



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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Monday 26 August 2019



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WALKER OF THE WEEK

It might have been a very windy afternoon at Middle Park last Saturday but it did not faze VRWC walker **Heather Carr** who powered through to a time of **17:50** in our club 3km roadwalk. It was yet another W70 club record for Heather (after her 2km time of 11:42 last weekend) but it was more significant than that. To put this time into perspective, the World Masters W70 3000m track record of Swedish walker Britta Tibbling is 18:05 and the Australian W70 3000m track record of Gwen Steed is 19:09.2.

I can hardly wait for the summer to come, so that Heather can start attacking the W70 track records. For the moment, I am sure she has her eyes on a few road times. We wait with bated breath.



Heather in action at Middle Park on Saturday (photo Terry Swan)

WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for our next round of VRWC winter season roadwalks. Relay entries closed last Saturday (I expect to see teams posted later the week). You can still enter the 4km and 1km scratch races on the day or, more preferably, enter online via our online portal at <http://vrwc.org.au/wp1/>.

Saturday 31 st August 2019, Middle Park		
2.15pm	Relay event (3km, 1km, 2km, 4km)	Open
2.30pm	4km	Open
2.30pm	1km	Open
3.30pm	VRWC Winter Season presentations	
4.30pm	BBQ	

A few additional comments

- Our Winter Season presentations are on at 3:30PM (see later in the newsletter for recipient lists)
 - We are putting on a club BBQ at the completion of presentations (around 4:30PM) and all are invited.
 - The Middle Park Bowling Club has an Open Day on Saturday so parking will be hard to find. Come a little earlier and be prepared to park in Armstrong St and walk in.
- A final reminder that entries are now open for the **2019 Australian Roadwalk Championships** in **Adelaide** on **Sunday 8th September** (see <https://www.athletics.com.au/events/40660/>). **Entries close on Friday 30th August** which is 3 days time! Note that age for all AA and all RWA events is AA Age (ie age on 31st December 2019). We have 68 confirmed entries at the moment – see <https://2019winterwalkingchampionships.eventdesq.com/org/confirmed>. Numbers look good for the Open Men's 20km Championship but we need more women to put up their hands for the Open Women's 20km and 10km championships. Where are you, ladies!

20km Open Men (RWA and AA)

Barendregt	Travis
Cowley	Rhydian
Harlington	Alix
Jimenez Solis	Ignacio
Jones	Tyler
Mann	Bradley
Mottrom	Kim
Reading	Brendon
Richardson	Dylan
Swan	Kyle

20km Open Women (AA)

Barendregt	Amanda
McInnes	Simone

10km Open Women (RWA)

Bell	Bridget
McKinven	Noela

- The **20th Oceania Masters T&F Championships** get underway on **Friday** in Mackay, Queensland, and will go until Saturday 7th September. See more at <http://www.athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>. The walks are scheduled as follows
 - 10km Roadwalks Sunday 1 September
 - 5000m Track Walks Tuesday 3 September
 - 3000m Track Walks Friday 6 September

Good luck to all our VRWC entrants: **Paul Moritz, Russ Dickenson, Kevin Cassidy, Simon Evans, Clyde Riddoch, Gwen Steed, Carolyn Rosenbrock, Alison Thompson, Donna-Marie Elms, Heather Carr, Sylvia Machin, Pam Tindal and Pam Mews.**

- The **Athletics NZ Road Race Championships** have been approved as a Category B Permit Meet, subject to getting three Area Grade Race Walk judges on the judging panel. This is great news for race walkers as it means those entering the 20km walk and U20 10km walk can use these events to gain points in the IAAF World Ranking System and use the events as potential qualifiers (along with other events) for events like the Olympics and World Race Walking Teams Championship. Further details and race entry link at <http://athletics.org.nz/Events/nz-road-race-championships>.
 - Date: Sunday 15 September 2019
 - Venue: Bruce Pulman Park, Auckland
- Entries are now open for the annual **Around Lake Taihu** walks meet in China. The 3 day meet runs from **20-22 October** and will involve 20km, 12km and 12km legs. See more at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3565.
- Just passing on this from VRWC vice president Terry O'Neill. He has been asked if he would be interested in coaching the walkers at the Caulfield Little Athletics Centre at the Duncan McKinnon Reserve, cnr North Rd and East Boundary Rd, Murrumbena. He can't do it but wonders if one of our other walks coaches might be interested (obviously you would need to be currently registered with AV as a coach and have a current Working With Children accreditation). He believes that training is on a Monday or Wednesday evening from 5PM and that anyone interested should contact Mary Harper on 0425 719 384.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 24 AUGUST

Saturday afternoon was a windy affair in Melbourne, so much so that we restricted our walking races to a 1km loop that offered slightly more protection from the conditions, but it was still hard work for the 35 walkers in attendance. **Kyle Swan** was well out ahead with his 5km time of 22:43. Behind him, **Corey Dickson** and **Jason Kozica** staged a great contest over 12km, Corey eventually getting up by 1 second, 57:45 to 57:46. We had a smattering of PBs to **Emily Smith, Madeleine Feain** and **Jo Van Zeeland** but they were hard to come by with the wind. The performance of the day was by 70 year old **Heather Carr** who set a new W70 Club Record with her 3km time of 17:50. That is two records in two weeks for her.

12km Open

1.	Claire Samanna	1:11:44	
1.	Corey Dickson	57:45	Inaugural
2.	Jason Kozica	57:46	
3.	Gerard Feain	1:17:31	

10km Open

1.	Alison Thompson	1:02:43	
	Heath Beveridge	DNF	

5km Open

1.	Grace Louey	29:26	
2.	Emily Smith	29:32	PB 1:30
3.	Donna-Marie Elms	32:39	
4.	Marnie Grace	33:48	
5.	Gwen Steed	35:46	
6.	Karyn O'Neill	36:10	
1.	Kyle Swan	22:43	
2.	Russ Dickenson	37:32	

3km Open

1.	Sandra Geisler	16:24	
2.	Madeleine Feain	16:33	PB 0:26
3.	Ariana Pashutina	17:18	
4.	Heather Carr	17:50	W70 Club Record
5.	Maddison Nash	18:51	Inaugural
6.	Merilyn Thompson	21:30	
7.	Glennis McPherson	21:31	
1.	Kevin Cassidy	14:57	
2.	Ethan Nash	19:39	Inaugural
3.	Ralph Bennett	19:48	
	Steven Haverly	DQ	
	Mark Donahoo	DNF	

1.5km Open

1.	Molly Holmes	08:04	
2.	Ela Uzun	08:25	
3.	Sarah Holmes	08:26	
4.	Jo Van Zeeland	09:41	PB 0:31
5.	Havana Ali	09:48	
6.	Margaret Beaumont	14:26	
1.	Aiden Smith	10:14	
2.	Cody Wapshott	10:54	
3.	Ian Beaumont	14:26	



The start of the 3km and 1km walks



Mark Donahoo, Ralph Bennett, Jason Kozica, Corey Dickson and Emily Smith



Ela Uzun, Sarah Holmes, Jo Van Zeeland, Steve Havelly, Ian Beaumont and Margaret Beaumont (Photos Terry Swan)

Thanks to all our judges, officials and helpers. Apologies if I have missed anyone.

Officials: Mark Donahoo, Ian Laurie, Tim Erickson, Michael Bodey, Donna Dickson, Darlene Swan, Cheryl Beveridge

Judges: Peter Vysma (chief), Kathleen Marsh, Brenda Felton, Gordon Loughnan, Shane Dickson, Charlotte Holmes, Terry O'Neill

Canteen: Kate Suich

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F547>)

Finally, thanks to Gerard Feain for some very nice little videos from our recent club races.

1. VRWC Races August 3rd: <https://www.youtube.com/watch?v=H5x79YFrcQQ>
2. VRWC Races August 10th: <https://www.youtube.com/watch?v=R3Y4438gP1s>

You can check out all our videos at <http://www.vrwc.org.au/vrwcvideos.shtml>.

TWRC ROADWALKS, SEVEN MILE BEACH, HOBART, SATURDAY 24 AUGUST

Thanks to Dave Moore for this week's results from Tasmania.

Adding a little bit of variety to our Road Walk Season, today's event, held in mild but windy conditions at Seven Mile Beach, was a Handicap Race. Clever handicapping from Wayne Fletcher enabled our participants, regardless of the distance walked, to cross the finish line as part of the same race. William Robertson off scratch did a superb job to catch all and sundry to win the event, with Oliver Morgan coming in a comfortable second. From 3rd to 6th was a different story with some very tight finishes. Another good performance from **Wayne Fletcher** and some nice walking from **Gabby Hay** rounded off a good outing for all.

Handicap Walk	Finish Time	Corrected Time	Distance Approx.
1. Will Robertson	44.04	25.34	5.4 km
2. Oliver Morgan	44.51	9.51	1.8 km
3. Anna Blackwell	45.54	29.05	5.4 km
4. Gabby Hay	46.04	12.04	1.8 km
5. Wayne Fletcher	46.15	41.10	5.4 km
E6. Ron Foster	46.18	40.09	5.4 km
E6. Alice Randall	46.18	28.48	5.4 km
8. Dave Moore	48.52	48.52	5.4 km

ASA AND SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 24 AUGUST

Thanks to Kim Mottrom for this week's results from Adelaide. Kim commented: *Cold conditions with lower number than normal in the state championship events.*

ASA Open Women 10km

1. Olivia Sandery	52:50
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ASA U18 Women 8km

1. Mia Wilks	50:37
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ASA U14 Boys 3km

Zayden Kamish	DQ
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ASA U14 Girls 3km

1. Katie DeRuvo	17:27
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Club 10km

1. Tristan Camilleri	47:47
2. Peter Crump	1:02:44
3. Greg Metha	1:06:32

Club 3km

1. Toby Wilks	14:06
2. Cooper Rech	20:22
3. Liz Downs	22:20

Club 2km

1. Sam Wilks	10:45
2. Seb Richards	11:06
3. Zahra Kamish	14:36
4. Matilda Rech	14:50
5. Arabella Camilleri	17:07

ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 24 AUGUST

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

7km Walk

1. Mitchell Baker	33:59
2. Greg Durr	45:21
3. Robin Whyte	48:02
4. Bob Parker	54:03
5. Rosemary Parker	54:17
6. Kate Black	54:29
7. Mick Saunders	55:47
8. Jennifer Gilchrist	56:01
9. Geoff Barker	1:00:15
10. Val Chesterton	1:03:51

2km Walk

1. Kodi Clarkson	09:41
2. Robyn Saunders	16:46

1km Walk

1. Eloise Smith	05:57
2. Ella Baker	06:40
3. David Mackenzie	10:06

WA WARWC CHAMPIONSHIPS, WILSON, PERTH, SUNDAY 25 AUGUST

Thanks to Terry Jones for the results of the WARWC Club Championships in Perth on Sunday. He commented: *Another excellent sunny morning in Perth today and a good turnout for our club championships.*

Open 20km Walk

1.	Declan Tingay	1:45:24
2.	Andrew Duncan	1:51:59
	Brad Mann	DNF
	Karyn Tolardo	DNF

U14 3km Walk

1.	Lataya Lawrence	16.22
2.	Ashlyn Spence	17.10
3.	Layla Daballa	20.26
1.	John Ronan	15.30
2.	Xavier Bernard	16.20

U20 10km Walk

1.	Ben Reid	51.17
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U12 2km Walk

1.	Kaytee Bogaers	11.05
2.	Gracie Daballa	13.06
3.	Asha Freeman	13.46
4.	Ellis Freeman	14.33

Masters 5km Walk

1.	Karyn Tolardo	29.50
2.	Wendy farrow	32.48
3.	Glenis Duncan	47.34

1.	Riley Wood	10.43
2.	Luke Lawrence	13.04

U16 5km Walk

1.	Emily Bogaers	41.55
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U10 1.5km Walk

1.	Linkin Lawrence	9.58
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SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SUNDAY 25 AUGUST

Thanks to Colin Hainsworth for the results of the South Australian Masters walks on Sunday afternoon at the SA Stadium in Adelaide. He comments: *Cold arvo with sunny patches, preparation for 'Oceania' and AMG in October. Cold breeze at times.*

1500m Walk

1.	GEORGE WHITE	08:30	M74	89.32%
2.	GIL MCINTOSH	09:40	M69	73.79%
3.	RICHARD MOYLE	10:47	M63	61.86%
4.	JOHN HORE	10:49	M70	66.74%
5.	RODGER BARBER	11:14	M81	74.68%
6.	ROGER LOWE	11:25	M76	68.32%
7.	MARGARET MCINTOSH	12:10	W66	60.80%
8.	DAVID ROBERTSON	12:21	M86	73.71%
9.	LEIGH SMITH	13:15	M80	
10.	COLIN HAINSWORTH	14:31	M89	66.21%

5000m Walk

1.	GEORGE WHITE	29:59	M74	87.95%
2.	MARIE MAXTED	32:51	W59	74.38%
3.	GIL MCINTOSH	34:03	M69	72.67%
4.	BRIAN WITTY	36:54	M69	67.06%
5.	RICHARD MOYLE	37:50	M63	61.13%
6.	DAVE FALLON	39:00	M67	61.97%
7.	GRAHAM HARRISON	41:16	M76	65.69%
8.	CATHIE HORE	44:34	W68	61.42%

3000m Walk

1.	JOHN HORE	22:31	M70	65.37%
2.	RODGER BARBER	22:48	M81	75.15%
3.	JAN LAYNG	22:59	W70	70.80%
4.	ROGER LOWE	23:05	M76	68.95%
5.	MARGARET MCINTOSH	24:56	W66	61.87%
6.	DAVID ROBERTSON	24:58	M86	74.59%
7.	LEIGH SMITH	27:02	M80	
8.	EDNA BATES	27:22	W66	56.37%
9.	COLIN HAINSWORTH	29:49	M89	66.02%

QRWC TRACK CHAMPIONSHIPS, UQ TRACK, ST LUCIA, BRISBANE, SUNDAY 25 AUGUST

Thanks to Robyn Wales for the results of the QRWC Track Championships the UQ track in Brisbane on Sunday morning. He reports:

It was a beautiful winter's day with several great performances. **Lyla Williams** broke the U12 1500m record with several others scoring PBs. That was our last formal event for the season as we have a break on Father's Day and then some of us will be going to Adelaide for the national roadwalks. Qld All Schools is in Cairns this year, with successful athletes then going to Perth for Aust All Schools..so lots of fundraising!!!

Open 5000m

1.	Ignacio Jimenez	23.32
2.	Peter Bennett	27.46
3.	Patrick Sela	39.45

1.	Brenda Gannon	28.36
2.	Noela McKinven	41.21

U20 5000m

1.	Charlotte Hamann	28.39
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U18 5000m

1.	Nelson McCutcheon	23.49
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1.	Jasmine Rose McRoberts	34.00
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U16 3000m

1.	Lachlan McCure	15.36
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2.	Sophie Porter	17.26
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3.	Korey Brady	17.51
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4.	Torryn Fisher	20.25
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2.	Kai Norton	16.42
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1.	Summer Millard	16.24
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U14 1500m

1.	Sam McCure	7.28
2.	Alex Bradley	7.54

1.	Amber Norton	7.04
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2.	Tamika Gee	7.13
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3.	Anika Clarke	7.25
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4.	Olivia Hingst	8.51
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5.	Phoebe Chadwick	10.08
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U12 1500m

1.	Jack Bannister	8.41
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2.	Korbyn Bricknell-Hewitt	10.17
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1.	Lyla Williams	7.18
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2.	Lily Goulding	8.42
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3.	Anna Tudor	9.19
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U10 1000m

1.	Blake Gee	6.16
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1.	Siaan Fisher	5.41
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2.	Isabella Gee	5.50
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3.	Lucie Goulding	6.44
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Lyla Williams in action on Sunday morning (photo Crystal Goulding)

2019 NT TRACK AND FIELD CHAMPIONSHIPS, ARAFURA STADIUM, DARWIN, 15-18 AUGUST

Finally, going back a week for the results of the Northern Territory T&F Championships at the Arafura Stadium in Darwin. **Colin Heywood** was the standout, with wins in the 5000m walk (28:05.01) and the 1500m walk (7:48.39).



Colin Heywood in action in the NT T&F Championships (photo Athletics Northern Territory)

Day 1, Thursday 15 August

Girls U14 3000m Walk

1. Angelena Wickremasena	06	PAC	33:34.00
Starzia Fowler	06	PAC	DQ

Girls U16 3000m Walk

1. Holly Guymer	05	PAC	32:12.80
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Boys U16 3000m Walk

1. Corey Haigh	05	KAC	22:37.70
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Women U18 5000m Walk

1. Brianna Simmonds	03	KAC	36:45.12
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Women 30-99 5000m Walk

1. Aileen Kollasch	34	Madfrogs	47:27.61
Maggie Roberts	37	Madfrogs	DQ

Men 30-99 5000m Walk

1. Colin Heywood	54	DRW	28:05.01
2. Mark Latimer	51	Alice Spring	41:49.21
3. Gerry Wood	50	RAC	41:51.07

Day 3, Saturday 17 August

Girls 9 Year Olds 1100m Walk

Niora Pinto	10	DAC	DQ
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Girls 11 Year Olds 1500m Walk

1. Kate McTaggart	08	KAC	11:35.18
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Women 30-99 1500m Walk

1. Jess Brewster	85	RAC	10:26.84
2. Aileen Kollasch	34	Madfrogs	13:27.66
3. Veronica Williams	46	Madfrogs	13:50.58

Men 30-99 1500m Walk

1.	Colin Heywood	54	DRW	7:48.39
2.	Rodney Gregg	65	KAC	9:59.53
3.	Gerry Wood	50	RAC	12:15.83

95TH POLISH NATIONAL CHAMPIONSHIPS, RADOM, POLAND, 23-25 AUGUST

Walk results from the Polish National Track Championships last weekend are shown below. Full results at <https://domtel-sport.pl/uploads/wyniki/8983.pdf>.

10,000m Walk Men

1.	Dawid TOMALA	89-08-27	42:20.50
2.	Rafal SIKORA	87-02-17	42:22.45
3.	Rafal FEDACZYNSKI	80-12-03	42:23.99
4.	Jakub JELONEK	85-07-07	42:27.26
5.	Lukasz NIEDZIALEK	00-03-15	42:54.22
6.	Rafal AUGUSTYN	84-05-14	42:56.53

5000m Walk Women

1.	Katarzyna ZDZIEBLO	96-11-28	22:23.64
2.	Malgorzata CETNARSKA	98-08-02	24:52.65
3.	Antonina LOREK	95-02-11	25:41.39

FINNKAMPEN (SWE-FIN), STOCKHOLM STADIUM, STOCKHOLM, SATURDAY 24 AUGUST

Thanks to Birger Falt (<http://www.gang.se>) for the results of the annual Finnkampen meet in Stockholm last weekend. Here is my translation of his report

Two years ago in Stockholm, **Perseus Karlstrom** broke the Swedish 10,000m track walk record with 38.57.45. Last year in Tampere, Perseus had a wonderful duel against Veli-Matti Partanen and improved the Swedish record to 38.39.28). This year, Perseus came directly from his St. Moritz high-altitude camp and improved even further, winning with a new record of **38:03.95**.

Stockholm offered variety with good weather, sun, weak winds and up to 25 degrees. Right from the start, Perseus strode to the lead and settled on even km times around 3.50 min/km. After passing the halfway mark in 19.05, he recorded a second half 18.59, with a final km of 3.43. His final time of 38.03.95 was a substantial improvement in his SR of 38.39.28 and Erik Tysse's Nordic record of 38.32.0 (2008). The time was barely eleven seconds from the world record (Javier Francisco Fernandez 37.53.09 2008) and the sixth fastest of all time. Now it is back to St. Moritz to continue the fine tuning before Doha. This was Perseus's seventh straight Finnkampen victory. Finland's **Aleksi Ojala** was second early on but was passed by **Ato Ibanez** who, in his 16th Finnkampen, took a safe second place with 41.16.01 (PB 40.24.99 2018). Ojala came third at 41.03.32, ahead of **Joni Hava** with 44.18.41 and **Jaakko Määttänen** with 44.40.81. Sweden won the contest 13-9.

10 000m Walk Men (SWE - FIN 13 - 9)

1.	Perseus Karlström	90	SWE	38:03.95	PB, NR
2.	Anatole Ibañez	85	SWE	41:16.01	
3.	Aleksi Ojala	92	FIN	43:01.32	
4.	Joni Hava	99	FIN	44:18.41	PB
5.	Jaakko Määttänen	99	FIN	44:40.81	
6.	Anders Hansson	92	SWE	46:11.34	PB

If the men's walk went to Sweden, Finland dominated the women's walk, with **Elisa Neuvonen** (22:58;28), **Hele Haapaniemi** (23:02.55) and **Enni Nurmi** (24:36.04) taking the first 3 places. Overall, Finland won the contest 16-6. Overall, Finland won the contest 25-8. The U20 walks were also all-Finland affairs.

5000m Walk Women (SWE - FIN 5 - 16)

1.	Elisa Neuvonen	91	FIN	22:58.28	PB
2.	Hele Haapaniemi	93	FIN	23:02.55	PB
3.	Enni Nurmi	98	FIN	24:36.04	
4.	Siv Karlström	57	SWE	26:51.28	PB
5.	Helena Sandmer	92	SWE	28:40.81	
	Monica Svensson	78	SWE	DQ	

5000m Walk U20 Men

1.	Jerry Jokinen	02	FIN	22:50.43
2.	Rasmus Lerstrand	02	FIN	24:22.90

3000m Walk U20 Women

1.	Heta Veikkola	03	FIN	14:13.53	PB
2.	Eevi-Inkeri Tossavainen	03	FIN	14:50.38	PB



MÜLLER BRITISH ATHLETICS CHAMPIONSHIPS, ALEXANDER STADIUM, BIRMINGHAM, 24-25 AUGUST

Thanks to Mark Wall for the results of the walks in last weekend's British Athletics Championships in Birmingham. Mark had been judging in the World Transplant Games in Gateshead on Thursday and Friday (long train trips) then was on duty again in Birmingham on Saturday for further judging duties. We sometimes forget the huge hours that many of our officials put in to keep the show on the road, so well done and thanks Mark!

European U23 bronze medallist, **Callum Wilkinson** was cheered down the home straight as he broke Tom Bosworth's British record, stopping the clock at a **18:41.23**. In the women's race, **Bethan Davies** showed that she is coming into form at a crucial point in the season, as she won gold in a season's best 21:56.45. The Penalty Zone played a part in both races. For the women, **Jasmine Nicholls** was taken into the zone for the compulsory 30 seconds in the concluding lap, meaning she surrendered third place. **Natalie Myers** also had a 30 second sojourn in the zone. For the men, **Cameron Corbishley** and **Tom Partington** also spent time off the track.

Excellent article at <https://www.britishathletics.org.uk/news-and-features/championship-records-fall-for-gemili-and-bradshaw-as-wilkinson-sets-british-record/>.

Good video interview with Callum at <https://www.facebook.com/BritishAthletics/videos/2674850475859755/>.

Similarly, see <https://www.facebook.com/BritishAthletics/videos/513812162768629/> for a video interview with Bethan.

5000m Walk Open Women, 11:30AM, Sunday 25 August

1.	Bethan DAVIES	CARDIFF	28	21:56.45
2.	Erika KELLY	NORTHERN AC	26	24:39.08
3.	Madeline SHOTT	BELGRAVE H	25	25:33.67
4.	Jasmine NICHOLLS	LEICESTER	24	25:37.80 PB
5.	Pagen SPOONER	HYDE PARK HARRIERS	18	25:40.77
6.	Abigail JENNINGS	AFD AC	19	26:17.03
7.	Emily GHOSE	TONBRIDGE A C	20	27:54.93
8.	Natalie MYERS	CITY of SHEFFIELD and DEARNE	27	28:07.28
9.	Megan STRATTON-THOMAS	SWANSEA H	19	31:19.59

5000m Walk Open Men, 12:10PM, Sunday 25 August

1.	Callum WILKINSON	ENFIELD & HARINGEY H	22	18:41.23 NR
2.	Cameron CORBISHLEY	MEDWAY & MAIDSTONE	22	20:41.23
3.	Tom PARTINGTON	MANX H4	20	22:07.03
4.	Luc LEGON	BEXLEY A C	21	22:50.13
5.	Matthew CRANE	BEXLEY A C	17	22:57.52 PB
6.	David ANNETTS	NORTH HERTS	59	25:06.32
	George WILKINSON	ENFIELD & HARINGEY H	17	DQ



Callum Wilkinson celebrates his new British 5000m walk record (photo <https://www.britishathletics.org.uk>)

As per the results, the Great Britain & NI All Time lists now read as follows

18:41.23	Callum WILKINSON	2019	20:46.58	Johanna ATKINSON	2009
18:43.28	Tom BOSWORTH	2017	21:21.5	Bethan DAVIES	2018
19:27.39	Alex WRIGHT	2013	21:41.34	Heather LEWIS	2019
19:35.0	Darrell STONE	1989	21:42.51	Lisa KEHLER	2002
19:55.8	Ian MCCOMBIE	1989	21:52.40	Vicky LUPTON	1995
19:57.91	Dominic KING	2004	22:02.06	Betty SWOROWSKI	1989
19:57.95	Daniel KING	2004	22:37.47	Julie DRAKE	1993
20:05.7	Philip KING	1995	22:41.19	Carolyn PARTINGTON	1995
20:06.66	Matthew HALES	2000	22:51.23	Helen ELLEKER	1990
20:09.0	Steve PARTINGTON	1992	23:11.2	Carol TYSON	1979



*What's the correct collective term – perhaps a cacophony of judges?
Mark Wall, Dr Ian Richards, Bob Dobson (Penalty Lane), Noel Carmody, Peter Marlow (Chief), Glyn Jones and Steve Taylor*

WORLD TRANSPLANT GAMES, GATESHEAD INTERNATIONAL STADIUM, GATESHEAD, 17-23 AUGUST

Mark Wall spent two days (Thursday and Friday) officiating at the 2019 World Transplant Games at Gateshead near Newcastle, England. He reports:

Given that all have had organ transplants it was emotional, especially when one competitor received their medal from a person who was introduced as the donor they had never met. I was overcome by one athlete who had the legend on the back of their singlet: "In memory of my Donor". Below are the modified rules of race walking that the WTG use (this is akin to a UK 'B' Race).

The 2019 WTG Rules on walking are :-

Racewalk (powerwalk) will be conducted using the following rules: One foot must be on the ground at all times. Both feet off the ground is cause for disqualification. Each advancing foot-strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running, or "creeping" and is cause for disqualification. The advancing leg as it moves forward does not have to be completely locked as it passes under the body as it does in racewalking. Soft knee is acceptable however over excessive bent knee is deemed to be in a creeping or running shuffle and subject to disqualification. Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials during the course of the completion.

There were three races for men and for women. I have only the women's result from the website (see <http://worldtransplantgames.org/athletics-track-and-field-results>). I have tried to distill them from the original, they are poorly typed with a mixing of cases. Here they are for good or ill. There were a wide range of technical abilities. You may need to keep looking for the Mens' result on the Website (alas, I did, and they are not there at time of publication).

3000m Walk Women F18-29

1.	takahashi kotomi	Japan	19:38.0
2.	Fischer Bigna Ladina	Switzerland	22:38.6
3.	CHARPENTIER Domitille	France	24:48.6

Track & Field Racewalk 3000m F 30 to 39

1.	Stock Nadia	Great Britain & NI	19:23.7
2.	van Niekerk Elizabeth	South Africa	21:09.4
3.	Pilkington Catherine	Great Britain & NI	21:24.7
4.	Descheneaux Audree	Canada	21:27.1
5.	RezaEifard Raha	Iran	24:48.3
6.	Medina Maria Elena	Argentina	25:08.8
7.	Gignac Jesse	Canada	26:02.9

3000m Walk Women F 40-49

1.	beltran garcia Leidy yaneth	Colombia	20:57.9
2.	Sithebe Constance	South Africa	20:58.7
3.	Medcroft Ruth	Great Britain & NI	21:04.8
4.	DANG BEE ENG	Singapore	21:27.7
5.	Zheng Lan	China	21:50.6
6.	Moradi Ashraf	Iran	23:55.2
7.	Ha Kim Mui	Hong Kong	24:09.9
8.	Perra Tisa	Canada	24:22.2
9.	Mitzafon Ayelet	Israel	25:11.5
10.	Perpenti Barbara	Italy	26:19.6
11.	Brady Deanna	Canada	26:55.4
12.	hogan orla	Ireland	31:09.9

3000m Walk Women F 50-59

1.	Burri Susanna	South Africa	21:10.9
2.	Lagree Sandrine	France	21:23.9
3.	Saraiva Dora	Portugal	21:32.8
4.	Zoltowska Ewa	Poland	21:40.3
5.	Carnan Fiona	Great Britain & NI	22:06.1
6.	Lepore Lynette	Australia	23:54.5
7.	Epking Andrea	Germany	23:59.3
8.	Najarzadeh Rezvan	Iran	24:40.1
9.	GOULIOU KONSTANTINIA	Greece	25:18.6
10.	de Lange Sandra	Australia	28:58.6
11.	CHEN BREIER ETI ESTER	Israel	35:48.4

3000m Walk Women F 60-69

1.	Cross Kathy Great	Britain & NI	21:47.6
2.	Loughlin Ruth	Canada	23:35.3
3.	Valdivielso Maria Asuncion	Spain	23:45.4
4.	Honisch Renata	Austria	24:14.3
5.	Gracindo Donia	Israel	24:22.3
6.	Brady Janet	Canada	24:40.3
7.	Castellani Liliana	Italy	25:00.8
8.	Panico Carolina	Italy	27:02.9
9.	O'Neill Julie	Ireland	27:10.2
10.	Sundstrom Armi	Finland	28:02.1
11.	Fabregat Inmaculada	Spain	28:04.6
12.	Leung Ka Yee	Hong Kong	31:02.6

3000m Walk Women F 70-79

1.	Ceppi Gisele	Switzerland	26:12.5
2.	Scott Esther	Australia	26:54.1
3.	Lynch Janette	Great Britain & NI	27:04.0
4.	galler ruth	Israel	32:15.2

AUCKLAND ROADWALK CHAMPS, BRUCE PULMAN PARK, TAKANINI, NEW ZEALAND, SUNDAY 25 AUGUST

To New Zealand for the Auckland Roadwalk Champs.

10km Walk Women

1.	Corinne Smith	Whangarei	59:41
2.	Antonia Martin	NHB	1:07:15
3.	Amy Rhind	RW Auckland	1:11:19
4.	Karen Davison	NHB	1:11:28
5.	Shirley Barber	RW Auckland	1:28:45

10km Walk Men

1.	Troy Sargisson	RW Auckland	59:37
2.	Lyndon Hohaia	RW Auckland	56:47

3km Walk Men

1.	Richie Trathen	Pakuranga	26:05
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14TH EDITION OF THE 6 JOURS DE FRANCE, PRIVAS, FRANCE, 18-24 AUGUST

Thanks to Emmanuel Tardi for the results of the 14th annual French ultra festival in Privas, in the south of France (see <http://www.6jours-de-france.fr>). The meet saw 65 entrants in the 6 Day category (18-24 August) and 48 entrants in the 48 Hour category (22-24 August). Each lap was 1.178km around the stadium and the weather was generally good, with a little rain during the second day. Overall, **Daniel Duboscq** (623.678 km) and **Claudie Bizard** (620.265 km) won the 6 Day Walk divisions, while **Jacques Arnault** (260.825 km) and **Francoise Arnault** (188.224km) won the 48 Hour Walk divisions.

6 Jours Marche

1.	DUBOSCQ, Daniel	15.08.54	M65	623,678 km
2.	BIZARD, Claudie	27.05.59	F60	620,265 km
3.	CLEMENT, Philippe	03.08.64	M55	604,968 km
4.	CAILLEAUX, Patrick	09.12.50	M65	602,613 km
5.	DELANGE, Dominique	27.10.57	M60	555,532 km
6.	BIET, Christophe	19.05.66	M50	519,871 km
7.	LINARD, Benoit	24.03.65	M50	456,287 km
8.	ARITA, Seigi, jap	25.01.57	M60	428,493 km
9.	SCHEFFER, Christian	12.06.55	M60	435,001 km
10.	PIERRE, Patrick	19.08.48	M70	379,639 km
11.	KESSELMARK, Patrick	25.01.59	M60	354,183 km
12.	CAPUSANO, Alain	03.07.52	M65	305,509 km
13.	HARRE, Graeme,nz	09.01.67	M50	243,163 km
14.	POISSANT, Nicolas	06.08.73	M45	119,528 km
15.	BURGER, Alain	18.09.55	M60	171,409 km

48 Heures Marche

1.	ARNAULT, Jacques	M	260.825 km	47:56:22
2.	ODOUARD, Dominique	M	230.210 km	47:44:58
3.	BLONDE, Daniel	M	216.081 km	47:48:48
4.	EMONIERE, Philippe	M	181.934 km	47:59:33
5.	ARNAULT, Francoise	F	177.224 km	47:45:48
6.	MOUGENOT, Patrick	M	160.739 km	47:57:48



Claudie Bizard, Daniel Duboscq and Jacques Arnaut (photos Emmanuel Tardi)

MARCIADALMONDO ROUNDUP

marciadalmondo has 3 press releases for us this week.

- Thu 22 Aug - Lugano (SUI): Stefano Chiesa and Martina Ansaldi in Lugano
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3567
- Wed 21 Aug - Sergey Bakulin (RUS): 8 years suspension for anomalies in biological passport
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3566
- Tue 20 Aug - Around Taihu 2019: entries open
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3565

OUT AND ABOUT

- Big news for our long distance walkers: The date has now been set for the **2019 African Centurion 100 Mile walk**: the weekend of 26-27 October. It will be held on a course in and around Coetzenburg Stadium, Stellenbosch. See more at <http://africancenturion.com/>.
- Sometimes the ridiculousness of the situation just gets to you. Blind triathlete Gerrard Gosens has been caught up in a doping scandal which has seen his Paralympic dream cruelly snatched away after his guide tested positive for a banned substance. See <https://www.dailytelegraph.com.au/sport/olympics/blind-paralympian-banned-from-competing-after-his-guide-tested-positive-for-banned-substance/news-story/b88eebde3ef826229f7ecab20c06a893>.
- WADA has suspended the accreditation of the National Dope Testing Laboratory (NDTL) in New Delhi, India, for a period of up to six months. This suspension has been imposed due to non-conformities with the International Standard for Laboratories (ISL) as identified during a WADA site visit. See <https://www.wada-ama.org/en/media/news/2019-08/wada-suspends-accreditation-of-new-delhi-laboratory>.
- Last Tuesday, the IAAF informed the Korea Association of Athletics Federations (KAAF) that the 2011 IAAF World Championship 20km bronze medalist, **Stanislav Yemelyanov** of Russia, had retrospectively been stripped of his medal and that now South Korean walker Kim Hyun-sub will rise to third place. The original gold and silver medals awarded to Russians Valeriy Borchin and Vladimir Kanaykin had already been re-awarded as both had subsequently gone for doping. Now it is all 3 Russians. The IAAF official results page for the 20 km men's race in Daegu now lists Kim as a bronze medal with a time of 1:21:17, behind Luis Fernando Lopez of Colombia and Wang Zhen of China. Good riddance! See <https://atleticanotizie.myblog.it/2019/08/21/doping-8-anni-dopo-3-casi-di-doping-marciatore-diventa-il-1-sud-coreano-a-prendere-una-medaglia-ai-mondiali/>.
- Yemelyanov is not the only Russian walker in the news. **Sergey Bakulin** now faces a further 8 years suspension (until April 2027) for newly discovered anomalies in his biological passport. Bakulin had already been suspended for anomalies

in his biological passport in January 2015, a sanction reshaped in 2016 by the Court of Arbitration for Sport (CAS), which had cost him his 2011 50km world title and his 6th place in the 2012 London Games 50km. Back in competition in 2016, Sergey Bakulin could only compete on national races, given the suspension of the IAAF since November 2015. As an accessory sanction, the results obtained from 8.5.2018 to 3.4.2019 have been annulled. Has anything really changed in Russian racewalking? See http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=3566.

PRESENTATIONS THIS SATURDAY

Our VRWC Winter Season presentations next Saturday will include the awarding of trophies to all placegetters in our Handicap and Actual Time competitions. The full list is shown below. Hopefully most of you can make it to Middle Park!

Age Group	Handicap Competition Placings – Women			Actual Time Competition Placings – Women		
Masters 40-59	1	Donna-Marie Elms	28	1	Donna-Marie Elms	22
Masters 40-59	2	Merilyn Thompson	24	2	Sandra Geisler	21
Masters 40-59	3	Marnie Grace	14	3	Tracy Feiner	15
Masters 60+	1	Heather Carr	35	1	Heather Carr	32
Masters 60+	2	Gwen Steed	32	2	Karyn O'Neill	23
Masters 60+	3	Karyn O'Neill	26	3	Gwen Steed	20
VRWC Open	1	Madeleine Feain	23.5	1	Madeleine Feain	24
VRWC Open	2	Claire Samanna	8	2	Claire Samanna	10
VRWC Open	3	Jemima Montag	3	3	Jemima Montag	5
VRWC Under 10	1	Ela Uzun	34	1	Ela Uzun	32
VRWC Under 10	2	Havana Ali	29	2	Sarah Holmes	22
VRWC Under 10	3	Mietta Morgan	19	3	Havana Ali	20
VRWC Under 12	1	Darcey Roberts	24	1	Darcey Roberts	40
VRWC Under 12	2	Maddison Nash	21	2	Ariana Pashutina	21
VRWC Under 12	2	Riannah Tatlock	21	3	Maddison Nash	20
VRWC Under 14	1	Emily Smith	40	1	Emily Smith	29
VRWC Under 14	2	Kaylah Heikkila-Dubowik	24	2	Molly Holmes	15
VRWC Under 14	3	Molly Holmes	12	3	Kaylah Heikkila-Dubowik	13
VRWC Under 16	1	Grace Louey	33	1	Charlotte Hay	45
VRWC Under 16	2	Charlotte Hay	25	2	Grace Louey	22
VRWC Under 16	3	Brianna Briet	11	3	Brianna Briet	19
VRWC Under 18	1	Holly Cocking	24	1	Holly Cocking	35
VRWC Under 18	2	Kathleen O'Mahony	18	2	Kathleen O'Mahony	26
VRWC Under 18	3	Isabella Dingli	6	3	Isabella Dingli	4
Age Group	Handicap Competition Placings – Men			Actual Time Competition Placings – Men		
Masters 40-59	1	Albin Hess	38	1	Mark Blackwood	48
Masters 40-59	2	Pramesh Prasad	34	2	Pramesh Prasad	43
Masters 40-59	3	Mark Blackwood	33	3	Albin Hess	22
Masters 60+	1	Mark Donahoo	25	1	Mark Donahoo	22
Masters 60+	2	Andrew Jamieson	19	2	Andrew Jamieson	17
Masters 60+	3	Geoff Barrow	15	3	Geoff Barrow	14
VRWC Open	1	Kyle Swan	31	1	Kyle Swan	43
VRWC Open	2	Quentin Rew	10	2	Quentin Rew	13
VRWC Open	3	Rhydian Cowley	5	3	Rhydian Cowley	5
VRWC Under 10	1	Cody Wapshott	24	1	Cody Wapshott	22
VRWC Under 10	2	Heath Tatlock	17	2	Heath Tatlock	14
VRWC Under 10	3	Alex Barnes	2	3	Alex Barnes	3
VRWC Under 12	1	Luke Epps	34	1	Liam Hutchins	49
VRWC Under 12	2	Ethan Nash	32	2	Luke Epps	37
VRWC Under 12	2	Aiden Smith	31	2	Hamish Blackwood	30

VRWC Under 14	1	Sebastian Weickhardt	35	1	Sebastian Weickhardt	40
VRWC Under 14	2	Marcus Wakim	10	2	Marcus Wakim	6
VRWC Under 16	1	Angus Hay	37	1	Angus Hay	27
VRWC Under 16	2	Heath Beveridge	25	2	Heath Beveridge	25
VRWC Under 18	1	Corey Dickson	29	1	Corey Dickson	33

SUNDAY TRAINING

I caught these walkers in action at 8AM on Sunday morning as they got underway at St Kilda for their usual long weekend walk.



8AM last Sunday at St Kilda – Adam Garganis, Kyle Swan, Rhydian Cowley, Jason Kozica and Corey Dickson (with Jess Rothwell just starting her accompanying run)

The long Sunday walk is a tradition that dates back many years. Here's a photo from March 2006, with a group of our walkers making a 7AM start at 'The Tan' in Melbourne. Different faces but the same idea!



Caught in the semi darkness on a March 2006 Sunday morning – Tom Barnes, Megan Szirom, Siobhan Donovan, Kylie Irshad, Carma Watson, Lachlan Wilkinson, Frank Bertei, Chris Erickson and Kellie Wapshott head off for a 7AM training session

ONE FINAL PHOTO FROM LAST WEEKEND'S ENGLISH CENTURIONS 100 MILE WALK

Thank to Steve Partington for one final photo from last week's English Centurions' 100 Mile walk on the Isle of Man.



Emmanuel Tardi in action in the English Centurions meet in Douglas, Isle of Man (photo Steve Partington)

REPORTING IN FROM ST MORITZ

Thanks to Jemima Montag for her report from St Moritz. Fantastic – thanks so much Jem.

St Moritz Altitude Training Camp 2019



Hey, how's the oxygen down there!?

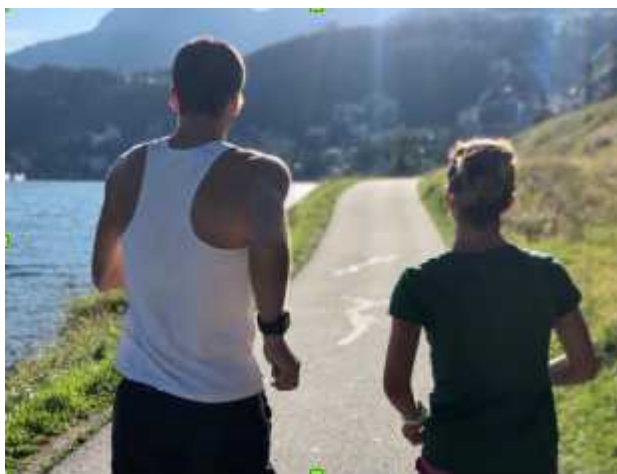
As a junior racewalker, I remember seeing photos of the senior athletes training in this magical-looking place filled with snow-capped mountains, lakes and colourful flowers. Being an elite athlete looked like such an exciting opportunity: to set goals, challenge physical and mental limits, befriend people from all over the world, travel and learn life-long skills such as resilience, teamwork and self care.

The opportunity arose to do a 5 week altitude block in St Moritz leading into the 2019 World Athletics Championships. Many of my racewalking idols have trained here before me, it feels like an exciting rite of passage.

8 weeks ago I left Australia to compete at the World University Games and I'll be on this side of the world until the World Champs in October. Being away for three times longer than I've done before was a little scary, but my sports psychologist and I were able to come up with what's been really helpful so far. My favourite, which I'll share with you in case you have an extended period away one day, is that I asked 12 friends to write me a letter, which I collected before leaving. 12 weeks away and 12 letters meant that each Sunday I could open a new letter (this takes lots of self restraint) and feel a sense of connection to home and to that friend. As silly as it felt to say "hey can you write me a letter, right now, to be opened some time in the next few months?", it's been a special ritual that helps me get through each week of training.

So we've got a team of 8 international athletes from Australia, New Zealand, Lithuania, Sweden, Poland and Canada along with 2 coaches and a physio (he's working hard). We all arrived from different contexts: the Kiwis had been doing some heat work in Greece, Evan was competing in the Pan American Games and others had been in their home / working environment. What we shared, was an eager excitement to come together and get stuck into some solid work. We're living across a few little apartments in a beautiful town called Celerina, just near St Moritz, at 1800m of altitude. It is buzzing with many other athletes, all seeking altitude at this important stage of the season.

So, here's how a typical day goes. Despite coming to this camp as a non-coffee drinker, I'm rooming with Brigita from Lithuania and after seeing the disappointment in her eyes when I declined her offer of a strong espresso on the first morning, I have been starting each day sitting with her and sipping on caffeine with my pre-training jammy toasts. The full squad will then meet up either at the 10km airport loop or 4km lake loop for a morning session which differs depending on the day, but typically there will be 2 long walks, a hill, a reps session and some shorter easy walks in the week. It's getting to the stage in the training camp where everyone wakes up with different levels of energy and motivation, so we are really trying to support one another; my favourite is the moving high-five.



Afterwards, we might go and stand in the (freezing glacial-water) lake for recovery, or head to the sauna to continue our heat-acclimation ahead of the extreme conditions expected in Doha and Tokyo.



Everyone enjoys napping and snacking their way through the afternoon, and we now refer to nap lengths as a 'Quentin nap' (90mins), a 'Brigita nap' (2hrs) etc. In what often feels like a bat of an eye, it's time for the afternoon session, which I quite enjoy doing as a bit of a solo meditation. I've got zero sense of direction, so I found a beautiful route on day 1 and have enjoyed getting to know each nook and crannie of it each afternoon since. I enjoy taking my time with these easy sessions, stopping to pick some flowers for our dining table, admiring the boisterous mountains, smiling at passers by (mainly so I can pat their German Shepherd), listening to the sound of the rain or tuning into the feeling of my lungs working harder than normal



Now you may be surprised to hear that there are actually many chefs amongst this team of racewalkers (which has meant there's no desire to go out and spend way too many Francs at a local restaurant). Each night someone volunteers to cook dinner for everyone and it's been wonderful to try some traditional dishes from people's country, such as goulash with spelt grain and beetroot salad from Lithuania and Vegemite-rubbed chicken from Australia (we excel in other areas). For some, cooking dinner for everyone is an exciting prospect, but it can also be quite exhausting to feed 11 hungry people (see Evan's post-cooking situation).



During dinner, we've been sparking conversation with a new question each night: what's your favourite city in the world, what animal would you like to be, what's a quirky body function you have, if you could excel in another sport what would it be, what's your dream job? It's fun to get to the end of a big training day and share a homemade meal whilst finding out the mosaic of elements that make up my training partners, aside from their sporting talents.

We certainly look forward to Sunday rest day, which begins with a sleep in and pancakes before exploring a new mountain by cable car, or a nearby town such as Livigno (Italy, for the gelato). These days are the perfect way to re-set physically and mentally, ready for the week ahead.



With the World Champs less than 6 weeks away, I'm looking forward to joining my Australian teammates for our pre-camp at the European Training Centre in Verase (Italy), where I will attempt to become a nocturnal heat-loving animal and prepare for our fairly novel, but ultimately interesting midnight race in Doha.

I hope you've enjoyed this little reflection and if you're an emerging junior, just like I was, wondering whether this could be you one day, my advice is:

Focus on enjoying the pursuit...achievements will come your way but there's so much more to our sport than times and places...

Find a strong driving purpose for *why* you're setting each goal

Support your team mates...this is more of a team sport than I once thought... "we rise by lifting others"

Jemima.

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

Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA See https://www.athletics.com.au/events/40660/
Sept 15 (Sun), 2019	Victorian 50km Championships, Middle Park, VIC
Oct 5 (Sat), 2019	AV Shield commences with Round 1 (tentative date)
Oct 26-27, 2019	AV All Schools T&F Championships Weekend 1, Doncaster
Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km also)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

2019 IAAF Race Walking Challenge Series (remaining race meets)

Sept 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

Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 15, 2019 (Sun)	NZ Road Walk Championships, Auckland (IAAF Category B Permit walk TBC)
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, 2-3, 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 8-19, 2021	World University Summer Games , Chengdu, China
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 27 - Aug 7, 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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)