



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 52
Tuesday 24 September 2019



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

ANOTHER YEAR DONE AND DUSTED

As our VRWC financial year comes to a close, I can report another action packed year of newsletters, with 52 in total. In fact, I checked my archives and found I have only missed one weekly issue in the last 12 years. That was in 2016 when I was in the Amazonian jungle on a tour.

I start this issue by acknowledging all those people who regularly feed results to me. On the Australian front, thanks to **Kerrie Peart** and **Paul Rance** (VIC), **Colin Hainsworth** and **Kim Mottrom** (SA), **Val Chesterton** (ACT), **Terry Jones** (WA), **Dave Moore** (TAS) and **Robyn Wales** (QLD). Internationally, thanks to **Emmanuel Tardi** (FRA), **Mark Wall**, **Mark Easton** and **Ron Wallwork** (GBR) and the many others who let me know the latest news and let me use their photos. Apologies if I missed anyone. The old brain cells do get a bit overworked sometimes!

And of course it would be indeed remiss of me if I did not acknowledge the mighty efforts of US Attorney at Law **Paul DeMeester** who has continued with his vigilant defence the 50km against internal IAAF forces (sadly, some from within the walks community itself) and is such a champion of the women's 50km.

I am also indebted to the writers behind <http://www.marciadalmondo.com/> and <http://omarchador.blogspot.com.au/> for the many results and race reports that they regularly produce. In our own way, we all work to ensure that you, the reader, have the latest racewalking news in a timely manner.

That said, here we go again with this week's issue!

WHAT'S COMING UP

- It's time for break for our Australian walkers. For Victorians, our summer season will not kick off until AV Shield Round 1 on Saturday 5th October.
- I alerted readers in last week's newsletter to the fact that Athletics Victoria had only scheduled track walks in 6 of the 12 rounds of Shield competition this summer. They have now released their summer handbook (see <http://athsvic.org.au/events/competitions/avcompetitions/avsl/>) and it shows that walks are now scheduled in 7 of the AVSL rounds (Rounds 1,2,3,6,8,9,11) as well as part of the Relay Round (Round 4). That means that we now have walks in 8 of the 12 AVSL home and away rounds. This is a much better outcome (but still not perfect).

IAAF WORLD CHAMPIONSHIPS STARTING THIS WEEK

The 2019 IAAF World Championships, bought by big money and to be held in Doha in sweltering heat, get underway this week. But let's be clear – QATAR is a country with Sharia Law, with criminal prosecution for anything but the straightest sex, with clear and ongoing human rights violations, with an unaccountable absolute monarchy, where migrant workers have slaved to build the glistening new stadium, without rights, with minimal pay and with passports confiscated. Needless to say, I made my decision a long time ago to bypass these championships.

As usual, it is the athletes caught in the middle here and I certainly wish them all the best as they sweat it out in ridiculously dangerous conditions. The walks are all scheduled to be held overnight (11:30PM start times) as are the marathons (midnight start times). All track sessions are held in late afternoon and evening and in an air conditioned stadium!

The walks are scheduled as follows

- Sat 28 Sept, 11:30PM 50km Walk Men and Women
- Sun 29 Sept 11:30PM 20km Walk Women
- Fri 4 Oct 11:30PM 20km Walk Men

You will note that the IAAF has made it as hard as possible for the women, putting the women's 20km on a day after the women's 50km. Yes, their ongoing bias against the 50km continues front and centre.

There are previews of each of the walk events as follows:

- <https://www.iaaf.org/news/preview/world-championships-doha-2019-men-20km-race-w>
- <https://www.iaaf.org/news/preview/world-championships-doha-2019-women-20km-race>
- <https://www.iaaf.org/news/preview/world-championships-doha-2019-men-50km-race-w>
- <https://www.iaaf.org/news/preview/world-championships-doha-2019-women-50km-race>

and entry lists for each event can be seen at the following link:

<https://www.iaaf.org/competitions/iaaf-world-championships/news/world-championships-doha-2019-entry-lists>

Field sizes are	20km Men:	56 walkers from 31 countries
	20km Women:	46 walkers from 31 countries
	50km Men:	47 walkers from 26 countries
	50km Women:	24 walkers from 14 countries

The women's 50km is the smallest of the fields, due to a number of factors, including the lateness of the addition of that event to the program. Further, we still don't know whether the women's 50km will be scheduled at the 2020 Olympics (the case is still with CAS), so a number of top 20km/50km exponents have opted for the 20km event (this includes the 50km world record holder Liu Hong of China). We also have a couple of late withdrawals including Claire Woods (AUS). And not all counties have selected all qualified walkers. But we still have 24 female 50km walkers who will to the line in Doha and that is a good result.

Alas, due to injury, **Claire Woods** (50km Walk) has withdrawn from the Australian Team, leaving only 4 walkers

- 20km Walk Women: **Jemima Montag (VIC), Katie Hayward (QLD)**
- 20km Walk Men: **Dane Bird-Smith (QLD), Rhydian Cowley (VIC)**

Australian 20km walker **Jemima Montag** is currently in the Australian team holding camp at the AIS European Training Centre in Varese, Italy (see <https://www.athletics.com.au/news/australian-team-in-italy-holding-camp/>)



Jemima Montag (front left) in Varese, Italy, doing her final prep for Doha (photo Athletics Australia)

While Jemima is in Italy with half the team, **Katie Hayward** has been preparing with the rest of the team in the heat of Cairns – nice article on her at <https://news.griffith.edu.au/2019/09/23/griffith-racewalker-all-set-for-world-athletics-championships/>. She flies out on Wednesday, four days before her Doha 20km walk.

ACTRWC ROADWALKS, YERRABI DAM, CANBERRA, SATURDAY 21 SEPTEMBER

Only one walk result this week from around Australia, as we all enjoy a break between seasons. Thanks to Val Chesterton for this week's results from Canberra.

Turkey Handicap 4km Walk

1.	Owen Toyne	21:36
2.	Kodi Clarkson	21:43
3.	Robin Whyte	26:47
4.	Bryan Thomas	28:40
5.	Mick Saunders	30:04
6.	Geoff Barker	35:58
7.	Val Chesterton	38:27

2km Walk

1.	Jack Thackray	18:10
----	---------------	-------

GRAND PRIX DE NEUILLY, NEUILLY-SUR-MARNE, FRANCE, SUNDAY 22 SEPTEMBER

Emmanuel Tardi was in Neuilly-sur-Marne, a eastern suburb of Paris, last Sunday for the 21st annual Grand Prix Neuilly organised by the local club. The lap was 1.5km long and incorporated 500m on the track. The weather was cloudy but the rain held off. 30 walkers were on the start line at 9.30AM.

In the men's 20km walk, **Aurelien Quinion** (PB 1:22:29), who was only out for a training stroll, walked with **David Durand-Pichard** for the first 11km, before kicking down to finish with 1:45:66. He then continued on to finish a 46km session. In the women 20km, **Marine Letertre** headed out with teammate **Sylvie Sevellec**, but soon cleared away to win with 2:00:09. There were also ancilliary 10km walks.

20km Men

1.	QUINION Aurelien	SEM/93	E Franconville Cesame VO	1:45:55
2.	DURAND-PICHARD David	VEM/72	Athletisme Metz Metropole	1:49:14
3.	ANDRIEU Olivier	VEM/78	Ac Paris-joinville	1:55:33
4.	GRENAT Bruno	VEM/65	Usm Gagny	1:59:11
5.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	2:01:45
6.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	2:03:34
7.	MARIE Frederic	VEM/61	Grand Paris Seine & Oise	2:05:23
8.	STEFANELLY David	VEM/76	Grand Paris Seine & Oise	2:05:41
9.	BEURIER Jocelyn	SEM/85	Athle 78	2:09:04
10.	TURLET Albert	SEM/81	Athletic Clubs 92	2:13:12
11.	BOURICHON Christophe	VEM/70	Us Champagne-sur-seine	2:15:23
12.	HELLER Denis	VEM/56	Athletic Club De Colombes	2:29:04
	LEMOGNE Loic	VEM/55	C.c. Taverny Athletisme	DQ

20km Women

1.	LETERTRE Marine	SEF/91	Ea Cesson	2:00:09
2.	SEVELLEC Sylvie	VEF/64	Ea Cesson	2:04:19
3.	BIZARD PLANCHOT Emilie	SEF/85	Neuilly Sur Marne Athl	2:13:25
4.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	2:15:12
5.	MONMOUTON Delphine	VEF/73	Athle 78	2:15:53
6.	LANGLOIS Cloe	ESF/97	Dynamic Aulnay Club	2:26:29
7.	BIZARD Claudie	VEF/59	Thiais Ac	2:28:31
8.	BIZARD Lucie	SEF/90	Stade Francais	2:32:00
	GALMICHE Catherine	VEF/57	Cag Arnouville Gonesse	DNF

10km Men

1.	DAHM Florent	SEM/87	Ca Montreuil 93	1:02:17
2.	BUISSON Dominique	VEM/57	Saint-brice Athletisme	1:08:01
3.	VERGNOLLE Laurent	VEM/65	Racing Multi Athlon	1:12:07
4.	MONTIGNY Patrick	VEM/49	Elan Chevilly-larue	1:31:18

10km Women

1.	POUVREAU Manuella	VEF/64	Domont Athletisme	1:15:44
2.	SIMEON Elisabeth	VEF/42	Paris Uc	1:21:41
3.	PETEL Annie	VEF/42	As Meudon	1:42:24

Judges: Emmanuel TARDI - Europe
Eric Swidzinski - Fédéral
Dominique Leclercq - Fédéral
Béatrice Fiacre - Fédéral
Franck Desmonière - Régional
Michel Letoqueux - Régional



David Durand-Pichard, Aurelien Quinion and Marine Letertre (photos Emmanuel Tardi)

More of Emmanuel's photos can be sourced at <https://photos.app.goo.gl/G4wUhNmvV2L7f4aH6>.

54TH NIJMEGEN-ROTTERDAM (160KM), NIJMEGEN, NEDERLAND, 21-22 SEPTEMBER

Last weekend saw one of the very popular ultra distance events of the European year, the annual Nijmegen to Rotterdam walk (see <http://www.rotterdamsewandelsportvereniging.nl/index.php?page=nijmegen-rotterdam-160-km>). It got underway on Saturday morning, nearly 70 walkers setting out from the Nijmeegse Kronenburg Park and hoping to complete the 160km walk to Rotterdam. This event is not a race. Rather, it is a group walk, with the leaders travelling at a pace of 7km/hr. Regular cafe stops are scheduled every 20km, when the group reforms and then off they go again. A meal stop is scheduled at the 60km mark in Leersum. This leads to a wonderful sense of comraderie, with everyone helping everyone else. It is a great concept which ensures that most of the walkers actually finish the long walk to the Kralingsebos in Rotterdam after the allotted 29 hours.

I see a number of Australian Centurions amongst the list, including **Jantinus Meints**, **Adrie Ros**, **Sue Clements** and **Gertrude Achterberg**. I have not seen the final results yet but I read that there were 66 starters and 56 finishers. It takes a huge workforce to put on something like this so well done to the organisers and volunteers.

The race report (<https://www.rotterdamsewandelsportvereniging.nl/index.php?mact=News.cntnt01.detail.0&cntnt01articleid=134>) reads nicely:

From the start to the finish it was dry and sunny. It cooled down to around 15 degrees overnight. Pretty tasty. During the day it was around 25 degrees on both days. Pretty hot. Perhaps the heat played a role in the relatively large number of dropouts. 8 out of 66 participants = 12%. But the walkers who succeeded can be proud. **Annie van der Meer** participated for the 36th time and tops the list. But also the jubilees **Aaf Peters** (35th) and **Rein Pistorius** (25th). Eleven debutants walked the longest walking tour in the Netherlands. Extra special is the performance of **Thomas Leijtens**. He was too young to be allowed to participate. The minimum age is 20 years, and Thomas did not meet that. He asked the RWV for dispensation, and it was granted. Thomas walked the 160 kilometers in an exemplary way. He became the youngest participant in Nijmegen-Rotterdam ever. We congratulate all participants on their achievement, we thank the volunteers for the enthusiastic effort to

make it a successful edition. The 55th Nijmegen-Rotterdam will take place on 19-20 September 2020. You can already start today to make your training schedule.

OUT AND ABOUT

- Seen in action at the Victorian Little Athletics U11 Skills Clinic held on last weekend at the Nunawading and Doncaster tracks: JDS coach **Frances Attard** and Australian representative racewalker **Kyle Swan**. Well done Fran and Kyle!



Frances Attard (left) and Kyle Swan (second from right) at last weekend's LAVIC Skills Clinic (photo Terry Swan)

- If you ever needed reminding why Russia is banned from international athletics, you need look no further than their walk performances in the last few IAAF World Championships. Marciadalondo has summed it up nicely in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3596. Between the 1997 and the 2013 World Champs. Russian walkers were initially awarded but then lost 7 Golds and 5 Silvers as a result of doping violations. Do we expect anything different when they are eventually reinstated?
- Just to reiterate what we can expect, the rumour is that WADA is set to announce that Russian drug-testing laboratory data may have been manipulated before it was eventually passed on as per the reinstatement agreement process. I did wonder why the handover deadline was breached on 2 occasions and why the data was not made available until months after the due date. Well, it does take time if you have to cover up doping, doesn't it! See <https://www.bbc.com/sport/49780788>.
- And it did not take long for rumour to become fact. A formal compliance procedure has now been launched against RUSADA and the country has been given three weeks by WADA to respond to allegations it manipulated data from the Moscow Laboratory. They will be expected to address the reasons behind differences between the Laboratory Information Management System database provided by a whistleblower in October 2017 and the version WADA extracted from the facility in January. Compliance Review Committee chairman Jonathan Taylor told insidethegames a team of forensic experts could not find an "innocent reason" for the discrepancies, thought to include the deletion of positive test results. See <https://www.insidethegames.biz/articles/1085070/wada-compliance-rusada-moscow-data>.
- And of course, Kenya continues to be in the news for all the wrong reasons: more doping exposures involving some of their top distance runners. See <https://antidopingworld.wordpress.com/2019/09/23/breaking-news-new-evidence-of-doping-%F0%9F%92%89-in-kenya%F0%9F%87%B0%F0%9F%87%AA/>

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 press releases for us this week

- Sun 22 Sep - Doping violations in the history of World Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3596
- Sun 22 Sep - Doha (QAT) - Preview: 20km World Championships (Men)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3595

- Sat 21 Sep - Doha (QAT) - Preview: 20km World Championships (Women)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3594
- Fri 20 Sep - Doha (QAT) - Preview: 50km World Championships (Men)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3593
- Thu 19 Sep - One month to "Around Taihu 2019"
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3592
- Thu 18 Sep - Doha (QAT) -Preview: 50km World Championships (Women)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3591

Omarchador also has a selection of different press releases of interest.

- Mon 23 Sep - Spanish Doha World Championship walk selections
<https://omarchador.blogspot.com/2019/09/espanha-selecao-para-o-mundial-de-doha.html>
- Sun 22 Sep - Results of Brazilian University Games (JUBs) in Fortaleza
<https://omarchador.blogspot.com/2019/09/jogos-universitarios-do-brasil-jubs-em.html>
- Sun 22 Sep - Results of Slovakian Grand Prix in Nitra
<https://omarchador.blogspot.com/2019/09/grande-premio-de-marcha-em-nitra.html>
- Sat 21 Sep - Results of U23 Italian Club Championships in Rieti
<https://omarchador.blogspot.com/2019/09/campeonatos-de-clubes-de-italia-sub-23.html>
- Sat 21 Sep - Accident puts Eider Arévalo out of Doha World Champs
<https://omarchador.blogspot.com/2019/09/acidente-coloca-eider-arevalo-fora-do.html>
- Thu 19 Sep - Renic and Erent win in Zagreb, Croatia
<https://omarchador.blogspot.com/2019/09/renic-e-erent-vencem-em-zagreb-croacia.html>
- Thu 19 Sep - Japanese Doha World Championship selections
<https://omarchador.blogspot.com/2019/09/japao-selecao-para-o-mundial-de-doha.html>
- Wed 18 Sep - Živilė Vaiciukevičiūtė and Artur Mastianica, Lithuanian champions at Druskininkai
<https://omarchador.blogspot.com/2019/09/zivile-vaiciukeviciute-e-artur.html>

2019 AUSTRALIAN RANKINGS LISTS – 20KM WALK

As we come to the end of our Australian Winter Roadwalking season, it's time for some ranking lists. Last week, I published the 10km lists. This week sees the 20km ranking lists for men and women, as extracted from my stats site <http://racewalkaustralia.com>.

20km Men - 2019 Ranking List (1:50:50 or better)

1.	Rhydian Cowley	SM	1:20:19	VIC	17/03/2019
2.	Dane Bird-Smith	SM	1:20:52	QLD	10/02/2019
3.	Tyler Jones	U23M	1:25:44	NSW	10/02/2019
4.	Declan Tingay	U23M	1:26:22	WA	10/02/2019
5.	Jared Tallent	SM	1:27:37	SA	10/02/2019
6.	Carl Gibbons	U23M	1:29:53	NSW	10/02/2019
7.	Kyle Swan	U23M	1:31:42	VIC	08/09/2019
8.	Adam Garganis	U23M	1:32:13	VIC	08/09/2019
9.	Kim Mottrom	SM	1:35:46	SA	08/09/2019
10.	Ignatio Jimenez	M50	1:36:23	QLD	08/09/2019
11.	Jason Kozica	SM	1:37:18	VIC	10/02/2019
12.	Dylan Richardson	U20M	1:37:55	NSW	10/02/2019
13.	Jack McGinniskin	U17M	1:38:27	NSW	28/07/2019
14.	Mitchell Baker	U20M	1:39:33	ACT	13/07/2019
15.	Mark Blackwood	M40	1:43:51	VIC	20/01/2019
16.	Andrew Duncan	M50	1:44:05	WA	19/05/2019
17.	Pramesh Prasad	M45	1:44:14	VIC	23/06/2019
18.	Alix Harlington	U20M	1:45:06	SA	08/09/2019
19.	Kyle Bird	U23M	1:45:52	VIC	10/02/2019
20.	Bradley Mann	U23M	1:46:40	TAS	08/09/2019
21.	Kevin Cassidy	M55	1:47:34	VIC	23/06/2019
22.	Kyle Bedford	U20M	1:48:24	NSW	28/07/2019
23.	Travis Barendregt	U20M	1:50:00	NSW	08/09/2019

20km Women - 2019 Ranking List (2:10:00 or better)

1.	Katie Hayward	U20W	1:29:25	QLD	10/02/2019
2.	Jemima Montag	U23W	1:30:51	VIC	10/02/2019
3.	Claire Woods	W35	1:33:15	SA	11/05/2019
4.	Rachel Tallent	SW	1:33:36	VIC	17/03/2019
5.	Simone McInnes	SW	1:39:30	VIC	11/05/2019
6.	Kelly Ruddick	W45	1:39:52	VIC	10/02/2019
7.	Philippa Huse	U20W	1:40:06	VIC	17/03/2019
8.	Jessica Pickles	SW	1:41:10	QLD	10/02/2019
9.	Katya Martin	U23W	1:50:17	QLD	10/02/2019
10.	Tracy Feiner	W40	1:51:22	VIC	08/09/2019
11.	Kristie Goznik	SW	1:52:23	SA	25/05/2019
12.	Alice Randall	U20W	1:58:43	TAS	04/05/2019
13.	Madeleine Feain	U23W	1:59:53	VIC	28/07/2019
14.	Amanda Barendregt	SW	2:00:41	NSW	08/09/2019
15.	Claire Samanna	SW	2:03:35	VIC	15/09/2019
16.	Ann Staunton-Jugovic	W55	2:09:28	ACT	13/07/2019

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

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)

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

Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2-3, 2020	29 th IAAF World Race Walking Team Championships, Minsk, Belarus
July 17-20, 2020	18 th IAAF World U20 T&F Championships, Nairobi, Kenya
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Mar 2021	9 th World Masters Indoor T&F Championships, Edmonton, Canada
Aug 8-19, 2021	World University Summer Games, Chengdu, China
Aug 6-15, 2021 (TBC)	18 th IAAF World Championships in Athletics, Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games, Birmingham, GBR.
Aug 7-17, 2022	24 th World Masters T&F Championships, Gothenburg Sweden
Aug 2021 (TBC)	19 th 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>)