



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 03
Tuesday 15 October 2019



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WALKERS OF THE WEEK

My Walkers of the Week are **Andrew Jamieson** and **Alanna Peart**, who were the top scoring walkers in our Athletics Victoria Shield League competition last weekend.

- 73 year old Andrew scored 526 points for his 3000m walk time of **16:18.4** at the Casey Fields track in Berwick.
- 16 year old Alanna also scored 526 points for her 5000m walk time of **24:17.5** at the Llanberis Field track in Ballarat.

Andrew continues to amaze us every year with his age defying walking feats, while Alanna is one of our top junior walkers and definitely someone to keep watching. Well done Andrew and Alanna!



*Left: Andrew competing in his Old Scotch Athletics Club colours in AV Shield
Right: Alanna wins the Australian U18 5km Roadwalk Championship in Adelaide in August*

WHAT'S COMING UP

- For Victorians, our summer season continues next Saturday with the third round of the **Athletics Victoria Shield League (AVSL)**. Walks are on offer in all 5 venues (Aberfeldie, Yarra Ranges, Geelong, Bendigo and Ballarat). More info at <http://athsvic.org.au/events/competitions/avcompetitions/avsl/>. I'll be doing the 2000m walk option at Aberfeldie – that's far enough for me! Pre-enter via the AV Online Members Portal at <https://members.athsvic.org.au/>.
- Our VRWC Summer Season kicks off the next day, with a roadwalk meet at our headquarters at Middle Park. You can enter on the day or, more preferably, pre-enter online at <https://vrwc.org.au/wp1/>. Then all you have to do on raceday is pay your money and confirm your number at the table.

Sun 20th October 2019, VRWC Road Races, Middle Park		
8.00am	20km, 15km, 10km	Open
9.00am	5km, 3km	Open
9.30am	2km, 1km	Open
10.00am	VRWC Committee meeting	

- A reminder that the new **VRWC Financial Year started on 1st October** so it is time for all club members to renew their membership. You can now do it online via a link at <https://www.vrwc.org.au/VRWCMembershipApplication.shtml>. We should have a paper based membership form available at Middle Park on Sunday for those of the old school!
- Next Saturday also sees the final round of the 2019 IAAF Race Walking Challenge get underway in Suzhou in China, with the 3 day Around Taihu International Race Walking 2019 kicking off. The list of Aussies in action includes **Dylan Richardson, Tyler Jones, Carl Gibbons, Kyle Swan** and **Rhydian Cowley**, as well as Hong Kong based masters walker **Peter Back**. You can see the start lists at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3611
- A reminder that entries are now open for the **Australian 50km meet at Fawkner Park on Sunday 1st December**. See more at <https://www.athletics.com.au/events/51744/>
- A further reminder of the **Walks Judging Seminar** which will be conducted in Melbourne the day before the 50km meet (ie **Saturday 30th November**). See full details at <http://athsvic.org.au/2019/generalnews/walk-judging-seminar/>. Download the application form from the AV link.

AVSL ROUND 2, AROUND VICTORIA, SATURDAY 12 OCTOBER

The Athletics Victoria Shield League (AVSL) continued last weekend with with 5 venues in action around Victoria (Berwick, Doncaster, Ballarat, Bendigo and Geelong). Once again, AV results were up almost immediately on the AV Results Hub (see <https://athsvic.resultshub.com.au/results.html>) and it made my reporting job a relatively simple task.

Overall, 87 walkers competed in a mixture of 5000m, 3000m, 2000m and 1500m track walks, with the two metropolitan regions the biggest venues. The results below show both the age group of the walker and the number of points each earned for his/her club. Seven walkers scored in excess of 500 points, with **Andrew Jamieson** (526), **Alanna Peart** (526), **Heather Carr** (523), **Kyle Swan** (519), **Darcey Roberts** (517), **Rebecca Henderson** (510) and **Corey Dickson** (502) leading the way.

AVSL Round 2, (Yellow vs Red), Tom Kelly Athletics Track, Doncaster

Adam Garganis opened his summer season with a good 13:32.7 to win the 3000m walk at Doncaster, but it was 12 year old **Darcey Roberts** who produced the walk of the day with her huge PB time of 15:13.1. **Marcus Wakim** won the 1500m with a fast 7:40.7 ahead of **Liam McLennan** (8:00.2).

3000m Walk

1.	Adam Garganis	COL	MOP	13:32.7	476
2.	Darcey Roberts	KNA	F14	15:13.1	517
3.	Grace Young	COL	F18	16:01.6	457
4.	Geromi Tucker	RWD	M18	16:13.3	405
5.	Sandra Geisler	RWD	F40	16:19.7	454
6.	Wendy Muldoon	ANW	F45	16:23.3	476
7.	Simon Evans	BOH	M55	16:40.1	461
8.	Madeleine Feain	KSB	FOP	16:42.0	414
9.	Trenton Hawkins	PTN	M40	17:14.8	362
10.	Timothy Erickson	COB	M65	17:17.9	492
11.	Mark Donahoo	ESS	M60	17:36.6	457
12.	Paul Kennedy	KSB	M60	17:54.1	448
13.	Donna-Marie Elms	PTN	F55	18:45.0	446
14.	Brian Anderson	ESS	M60	19:06.2	412
15.	Laura McLennan	DAC	F40	19:18.2	317
16.	Phillip Dunstone	WES	M50	19:40.1	321
17.	Duncan Knox	ESS	M60	20:01.4	380
18.	Alannah Dingli	SAN	F18	20:27.2	263
19.	Janice Hodgart	WES	F55	20:28.6	383
20.	Robyn Shaw	WES	F55	20:35.7	378
21.	Geza Benke	OLM	M60	20:55.2	345
22.	Stephen Murphy	ESS	M55	21:48.2	277
23.	Debbie Voogd	RWD	F50	23:55.7	220
24.	Krystal Kunig	KSB	FOP	24:12.8	155
25.	Jenny-Rose Szuhai-Andrews	BWK	F50	25:09.6	190

26. Donna Campbell	PTN	F45	27:48.2	127
27. Angela Edwards	RWD	F50	28:11.3	140
Hamish Beaumont	MUU	M40	DQ	

1500m Walk

1. Marcus Wakim	COL	M14	7:40.7	454
2. Liam McLennan	DAC	M16	8:00.2	409
3. Maddison Nash	DIV	F14	8:15.2	466
4. Edie Bridgewater	PTN	F16	9:12.0	365
Luke Mathews	KSB	M16	DQ	



Adam Garganis leads out and then clears out



Darcey Roberts



Robyn Shaw and Janice Hodgart



Donn-Marie Elms, Laura McLennan, Simon Evans, Sandra Geisler, Tim Erickson and Trenton Hawkins (photos Gerard Feain)

AVSL Round 2, (Blue vs White), Casey Fields Athletics Track, Berwick

Casey Fields was definitely our strongest walks venue, with **Kyle Swan** (12:29.8) and **Bec Henderson** (14:16.5) leading the way in the 3000m walk. Others to excel included **Corey Dickson** (13:30.9), **Mark Blackwood** (13:44.3), **Will Thompson** (13:51.7), **Andrew Jamieson** (M73 16:18.4), and **Heather Carr** (W70 18:16.7). **Luke Epps** led them home in the 1500m walk (7:28.3), ahead of **Liam Hutchins** (7:49.0) and **Emily Smith** (8:06.3).

3000m Walk

1.	Kyle Swan	ANW	MOP	12:29.8	519
2.	Corey Dickson	KNA	M18	13:30.9	502
3.	Mark Blackwood	KNA	M40	13:44.3	496
4.	Will Thompson	MPA	M18	13:51.7	489
5.	Rebecca Henderson	MEN	F20	14:16.5	510
6.	Charlotte Hay	KNA	F18	15:25.2	481
7.	Andrew Jamieson	OSC	M65	16:18.4	526
8.	Holly Cocking	ANW	F18	16:21.5	444
9.	Angus Hay	KNA	M18	16:42.7	383
10.	Grace Louey	KNA	F18	17:14.9	409
11.	Rebekah Powierski	ANW	F18	17:35.2	395
12.	Kym Osmund	VMA	FOP	18:03.3	346
13.	Heather Carr	GHY	F65	18:16.7	523
14.	David Sommers	ANW	M60	18:25.7	432
15.	Rupert Van Dongen	MEN	M45	18:56.0	318
16.	Ross Reid	COL	M65	19:12.9	438
17.	Carolyn Rosenbrock	ANW	F55	20:10.3	398
18.	Julian Boland	MEN	M55	20:37.2	317
19.	Gwen Steed	GHY	F65	20:59.1	444
20.	Geoff Barrow	MEN	M65	21:19.1	371
21.	Anthony Doran	GHY	M65	21:39.6	359
22.	Merilyn Thompson	MPA	F50	22:02.5	277
	Ian Handasyde	OSC	M65	DQ	
	Albin Hess	VMA	M55	DQ	

1500m Walk

1.	Luke Epps	KNA	M14	7:28.3	469
2.	Liam Hutchins	KNA	M14	7:49.0	445
3.	Emily Smith	KNA	F14	8:06.3	478
4.	Hamish Blackwood	KNA	M14	8:09.8	421
5.	Ariana Pashutina	KNA	F14	8:17.7	463
6.	Brianna Briet	CCA	F16	8:31.5	427
7.	Hamish Terris	MPA	M14	13:20.0	136

AVSL Round 2, Llanberris Reserve, Ballarat

16 year old **Alanna Peart** was the standout walker in Ballarat with 24:17.5 for the 5000m walk.

5000m Walk

1.	Alanna Peart	BYC	F18	24:17.5	526
	Jemma Peart	BYC	F20	DNF	

2000m Walk

1.	Sarah Brennan	BYC	F40	10:43.8	468
2.	Kevin Ruddick	BHA	M65	12:12.8	456
3.	Donna Gleeson	EKA	F45	15:10.1	232
4.	Olive Ireland	BWK	F55	16:38.5	226
	Heather Lamb	BWK	F55	DQ	

AVSL Round 2, La Trobe University Track, Bendigo

No 5000m walkers in Bendigo but a good field in the 2000m, with **Tiffany Bussem Jorgensen** the fastest with 12:24.5.

2000m Walk

1.	Tiffany Bussem Jorgensen	BGO	F20	12:24.5	
2.	Andrea Smith	BEU	F40	13:31.7	283
3.	Courtney Campbell	SBE	F14	14:53.9	246
4.	Amanda Robinson	BGO	F40	14:56.9	214
5.	John Carter	UNA	M65	15:49.3	277
6.	Sandra Kadri	EAG	F45	16:40.1	179
	Wendy Ennor	EAG	F60	DNF	
	John Watson	BGO	M65	DNF	

AVSL Round 2, Landy Field, Geelong

Finally to Geelong where **Heath Beveridge** won the 5000m (26:50.4) and **Scott Nelson** won the 2000m (9:57.4).

5000m Walk

1.	Heath Beveridge	WES	M18	26:50.4	413
2.	Arnika Nelson	WYN	F18	28:35.6	432

2000m Walk

1.	Scott Nelson	WYN	M50	9:57.4	487
2.	Joel Imbriano	STK	M14	10:26.7	454
3.	Owen Costin	CHI	M16	11:18.7	382
4.	Kaylah Heikkila-Dubowik	COR	F16	11:25.0	436
5.	Riannah Tatlock	BEL	F14	11:58.4	424
6.	Jade Chitty	WES	F16	12:54.4	333

JARED TALLENT 1.5KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 13 OCTOBER

Thanks to Kerrie Peart for her report from the latest Ballarat Race Walking Club event.

A quick 1.5km dash was on the agenda for the running the Jared Tallent Cup. The field was small, but quick times were the order of the day. **Charlotte MacDonell** lead out from the start and held off the fast finishing **Sarah Brennan** to take 1st place in the Jared Tallent 1.5km race with a 1 min PB time of 10:00. **Fraser Saunder** placing 3rd with the fastest time of the day in a very slick 6:51. A special mention to **Rex Brennan** in his debut 500m walk, exhibiting plenty of style.

Jared Tallent 1.5km Handicap North Gardens, Lake Wendouree

1.	Charlotte MacDonell	10:00	PB 1:00
2.	Sarah Brennan	8:04	
3.	Fraser Saunder	6:51	PB 0:02
4.	Alanna Peart	7:01	

0.5km Walk

1.	Ted Brennan	3:34	First one
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*Left: Ted Brennan looks the goods in his first walk
Right: Winner Charlotte MacDonell with club founder and coach Daryl Biggin (photos Kerry Peart)*

ATHLETICS WA SUMMER COMPETITION, WA ATHLETICS STADIUM, PERTH, FRIDAY 11 OCTOBER

Some competitive walking in Perth on Friday evening, with **Ben Reid** (14:44.22), **Bradley Mann** (14:51.53) and **Alexandra Griffin** (14:55.44) all close.

3000m Walk Men

1.	Benjamin Reid	01	Front Runner	14:44.22
2.	Bradley Mann	99	Front Runner	14:51.53
3.	Xavier Bernard	07	Front Runner	16:21.07
4.	Calum Murphy	02	Athletics WA	16:46.91
5.	Riley Wood	08	Cockburn Ath	18:18.75

3000m Walk Women

1.	Alexandra Griffin	05	Uwa Athletics Club	14:55.44
2.	Brooke Mortimore	05	Athletics WA	16:16.60
3.	Kaytee Bogaers	08	Mandurah Roc	16:30.17
4.	Richelle Morales	03	Athletics WA	17:33.28
5.	Hannah Ireland	03	Mandurah Roc	17:35.74
	Casey Mortimore	07	Athletics WA	DQ

TRELOAR SHIELD, SOPAC, SYDNEY, SATURDAY 12 OCTOBER

Thanks to Frank Overton for the results of Round 1 of the Treloar Shield T&F Competition in Sydney. Good walks by **Kyle Bedford** (13:00.39), **Raven Pyda** (14:38.52), **Elizabeth McMillen** (14:46.89) and **Emma Thomas** (14:58.23).

Men 3000m Walk Open

1.	Bedford, Kyle	19	Nepean Distr	13:00.39
2.	Pyda, Raven	15	Westfields A	14:38.52
3.	Bell, Darcy	13	Asics Wests	17:04.22
4.	Horton, Jai	13	Westfields A	19:41.09
	Dundon, Harry	14	Balmain Athl	DQ

Women 3000m Walk Open

1.	McMillen, Elizabeth	15	Sydney Pacif	14:46.89
2.	Thomas, Emma	14	Parramatta C	14:58.23
3.	Moughton, Milly	13	Randwick Bot	15:09.26
4.	Laytham, Tara	14	Sydney Pacif	15:19.54
5.	O'Neill, Molly	19	Adamstown Ne	15:23.47
6.	Parker, Hannah	17	Randwick Bot	15:27.74
7.	Lamb, Chloe	12	Sydney Pacif	15:30.85
8.	Pengilley, Teegan	18	Bankstown Sp	16:15.87
9.	Bell, Bridget	17	Asics Wests	16:20.42
10.	Stojanovic, Maris	13	Westfields A	16:27.95
11.	Fagan, Nicole	30	Asics Wests	17:12.00
12.	Woods, Zoe	12	Asics Wests	17:13.02
13.	Callaway, Madison	16	Lake Illawarra	20:28.42

ASA INTERCLUB ROUND 1, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 12 OCTOBER

Thanks to **Kim Mottrom** for this weekend's opening round of Interclub competition in Adelaide. The comments: Warm day for our first track races of the summer. Kim led the way with 13:16.75.

Open 3000m

1.	Kim Mottrom	13:16.75
2.	Mathew Bruniges	14:29.92
3.	Alix Harlington	14:44.36
4.	Richard Everson	15:18.41
5.	Greg Metha	18:38.30
6.	Anthony Tana	19:48.59
7.	Zayden Kamish	19:48.66

U14 Boys 1500m

1. Sebastian Richards 8:34.81

ATHLETICS TASMANIA SUMMER SEASON RACES GET UNDERWAY

Two sets of results from Hobart to open their Summer Season

Tasmanian Masters Southern T&F Meet, Domain Athletics Track, Hobart, Wednesday 9 October

The first race is from a mid week meet with the Tasmanian Masters Southern Area group which could also count for Club points in the Athletics South Competition. Wayne Fletcher was the sole walker (good on you Wayne).

3000m Walk

1. Wayne Fletcher 22.40

Athletics South Interclub Round 1, Domain Athletics Track, Hobart, Saturday 12 October

Then to Saturday for the opening round of the Athletics South Interclub season in Hobart. Dave Moore reported: Our walkers had very mild conditions for the track season opener at the Domain Athletics Centre on Saturday. **William Robertson** stole the show, blitzing the field with his first ever sub 6 minute 1500m. **Oliver Morgan** also chipped in with a strong performance for a first up Track Season PB, with **Oscar Nieely** putting in a sterling effort for his first 1500.

1500m Walk

1. William Robertson OVA 5:58.67 PB
2. Chloe Ahern OVA 7:49.78
3. Oliver Morgan OVA 8:09.73 PB
4. Steve Ahern OVA 9:29.39
5. Elizabeth Leitch TMA 9:46.69
6. Gabby Hay Huon LAC 10:17.27
7. Oscar Nieely Hobart LAC 10:50.09 First One
8. Dave Moore TMA 12:34.92

AACT SUMMER SERIES ROUND 1, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 12 OCTOBER

Saturday saw the opening round of Athletics A CT Summer Series T&F in Canberra, with a couple of walkers in action.

1500m Walk

1. Smith, Casey 15 Athletics Nsw 8:35.5
2. Kalenjuk, Emmalea 11 Woden Athlet 11:44.4

10/20KM DE LISSES 2019, LISSES, FRANCE, SUNDAY 13 OCTOBER

Emmanuel Tardi was in Lisses, 30km south of Paris, on Sunday for the 5th staging of their annual roadwalk meet. It was a busy day for him as walk judge and organizer. He tells me that weather conditions were perfect at 9:30AM when 10km and 20km races started and the course was a flat 1.667km loop. There were 40 walkers overall. **Jérôme Bocquet** and **Jacques Lelandais** started the faster in the men's 20km but **Florian Masse** caught them at 5km, going on to win comfortably. In the women's 20km race, **Maeva Casale**, who was a member of the French national 50km team in Taicang and Alytus) won very easily, beating her personal best.

20km Marche Homme

1. Florian Masse 52:26 1:44:51
2. Pierre Gerbaud-Blin 53:57 1:49:44
3. Jérôme Bocquet 53:26 1:49:55
4. Jacques Lelandais 53:58 1:50:58
5. Mathieu Olivares 58:56 2:01:21
6. Jocelyn Beurier 59:36 2:02:51
7. David Stefanelly 1:00:36 2:03:57
8. Fabien Deparday 59:47 2:04:50
9. Alexandre Forestieri 59:48 2:06:21
10. Christophe Bourichon 1:04:43 2:09:10
11. Eddy Duclos 1:04:43 2:09:10
12. Stéphane Labrousse 1:06:45 2:16:45
- Eric Toutain 1:03:57 DNF
- Serge Vergnaud -- DQ

20km Marche Femme

1.	Maeva Casale	52:57	1:46:21
2.	Maud Delhors	56:34	1:53:25
3.	Kathleen Gasnier	1:01:18	2:07:34
4.	Nathalie Steinville	1:06:16	2:13:30
5.	Norah Versyp	1:07:04	2:20:18
6.	Lucie Bizard	1:09:21	2:23:34
7.	Claudie Bizard	1:13:03	2:27:48

10km Marche Homme

1.	Marc Haumesser	58:45
2.	Florent Dahm	59:03
3.	Paul Delhors	1:00:16
4.	Fabrice Gibrat	1:01:15
5.	René-Jean Maure	1:01:59
6.	Jean-Frédéric Bruch	1:04:11
7.	Daniel Sibout	1:04:18
8.	Philippe Lamirault	1:04:40
9.	Jean-Paul Leroux	1:17:58
10.	Michel Lagrève	1:22:04
11.	Patrick Montigny	1:28:43

10km Marche Femme

1.	Ghislaine Pieux	59:40
2.	Chloé Raes	1:04:17
3.	Marie-Noelle Lorcy	1:06:44
4.	Catherine Galmiche	1:07:04
5.	Sophie Corniquet	1:11:50
6.	Manuella Pouvreau	1:15:33
7.	Anne Hugot	1:29:30

Judges: Emmanuel Tardi (Européen) – Chief Judge
Michel Letoqueux (Régional) - Chief Judge Joint
Dominique Pinon (Fédéral)
Dominique Leclercq (Fédéral)
Eric Swidzinski (Fédéral)
Valérie Dessirier (Régional)
Claude Mauny (Régional)
Georges Ambroisine (Départemental)



Maeva Casale, Florian Masse, Marc Haumesser and Maud Delhors



The judges! (all photos Emmanuel Tardi)

You can see more of Emmanuel's photos at

https://photos.google.com/share/AF1QipMXDCPAWpOphyq9Td9hZPg_L3MKcSG27JZHY_Mrt5433_aSboRL1TqmR0o32gFLEg.

ERWL 5 MILES WALK, DONKEY LANE, ENFIELD, SATURDAY 12 OCTOBER

Thanks to Ron Wallwork for the results of the latest Enfield Race Walking League meet in London. **George Wilkinson** (38:11) and **Dave Annetts** (38:20) had a good battle by the look of the results.

5 Mile Walk

1.	George Wilkinson	U20	EHAC	38.11	
2.	Dave Annetts	M50	North Herts RR	38.20	
3.	Francisco Reis	M55	Surrey WC	44.26	
4.	Millie Morris	u20	Ashford AC	46.09	L1
5.	Steve Uttley	M60	Ilford AC	47.06	
6.	Jim Ball	M60	Steyning AC	47.16	
7.	Penelope Cummings	M60	Aldershot FD	47.32	L2
8.	Melanie Peddle	W50	Loughton AC	48.59	L3
9.	Silvana Alves	W45	Barnet D AC	49.15	L4
10.	Mark Culshaw	M50	Belgrave H	50.46	
11.	Helen Middleton	W55	EHAC	51.42	L5
12.	John Ralph	M60	EHAC	51.58	
13.	Maureen Noel	W55	Belgrave H	52.16	L6
14.	Steve Allen	M60	Barnet D AC	52.43	
15.	Stuart Bennett ©	M60	Ilford AC	53.15	
16.	Noel Blatchford	W70	Abingdon AC	53.15	L7
17.	Alitcia Drenda	W35	Belgrave H	53.20	
18.	Ron Penfold	M75	Steyning AC	53.23	
19.	Sue Barnett	W65	EHAC	53.37	L9
20.	John Borgars ©	M70	Loughton AC	54.22	
21.	Tom Casserley	M80	EHAC	56.08	
22.	Malcolm Blackwood	M65	Trent Park	56.57	
23.	Steve Cartwright	M60	Colc/Tend	57.15	
24.	Arthur Thomson	M80	EHAC	58.22	
25.	David Hoben	M65	Surrey WC	58.22	
26.	Shaun Lightman	M75	Surrey WC	59.06	
27.	Michael Harran	M80	Surrey WC	59.41	
	Peter Hannell	M75	Surrey WC	DNF	(4 miles in 50.32)
	Chris Hobbs	M60	Ashford AC	DNF	(2 miles in 20.58)
	Ken Livermore ©	M85	EHAC	DNF	(2 miles in 30.55)

MARCIADALMONDO ROUNDUP

It's been a very quiet week for news, with marciadalmondo posting only one press release

- Fri 11 Oct - Around Taihu 2019: entry lists
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3611

There were a couple of interesting press releases by omarchador

- Mon 14 Oct - Heather Lee sets new W90 world record at 3,000 m
<https://omarchador.blogspot.com/2019/10/heather-lee-com-novo-recorde-do-mundo.html>
- Sun 12 Oct - Judges at the World Athletics Championships in Doha
<https://omarchador.blogspot.com/2019/10/os-juizes-de-marcha-nos-campeonatos.html>

Here is the DOHA racewalk judging team, including Australian IAAF judge **Kirsten Crocker**



Left to right: Chinatamy Suppiah (Malaysia), JC Assistant Kirsten Crocker (Australia), Anne Fröberg (Finland), Noel Carmody (Great Britain), Secretary, Dolores Rojas (Spain), Steve Taylor (Great Britain), Yukio Seki (Japan), one of three IAAF Technical Delegates, Jose Dias (Portugal), Yang Zhongmin (China), Wang Tak Fung (Hong Kong), Maryanne Daniel (USA), Daniel Michaud (Chief Judge) and Ho Weng Hong (Macau), JC Assistant (photo Steve Taylor Facebook)

OUT AND ABOUT

- Following on from their sterling performances in the Doha 50km championships, European Athletics has fine articles on
 - 43 year old Portuguese bronze medallist **Joao Vieira**: <https://www.european-athletics.org/news/article=now-vieira-creates-history-with-silver-the-50km-race-walk/index.html>
 - 49 year old 8th placed Spaniard **Jesus Angel Garcia**: <https://www.european-athletics.org/news/article=retirement-still-doesn-beckon-for-history-maker-garcia/index.html>
- The latest edition of the **British Race Walking Record** is now available for review and download at <http://racewalkingassociation.com/Newsletters/RWR888.pdf>. Well done as always to editor Noel Carmody.
- The fallout from the Alberto Salazar banning is underway. Neil Black will leave his role as UK Athletics' performance director at the end of this month after being heavily criticised for backing Salazar. Black had twice refused to rule out resigning in the wake of the World Championships, where his position had been weakened further by falling short of his medal target. But Sportsmail understands there was also an appetite for change at the organisation, which has come in for heavy fire for its handling of a 2015 review into Mo Farah's coaching relationship with Salazar, who was banned for four

years for doping offences last week. See <https://www.dailymail.co.uk/sport/sportsnews/article-7550937/UK-Athletics-performance-director-Neil-Black-resign-wake-Alberto-Salazar-scandal.html>.

- In more fallout from the suspension of athletics coach Alberto Salazar by USADA, The Nike Oregon Project (NOP) has been shut down by Nike. CEO Mark Parker made the announcement on Thursday, Oct. 10 by a memo that was initially shared with Runner's World Magazine. See <https://athleticsillustrated.com/nike-oregon-project-shut-down/>.
- Wow, this is huge. RUSADA director general Yury Ganus has suggested "thousands" of changes were made to the Moscow Laboratory data before it was handed over to WADA. In an interview with German magazine Der Spiegel, Ganus claimed some of the changes, which included the names of athletes involved, were made as late as December 2018 and January 2019. Ganus' concession appears to strengthen the case for RUSADA to be declared non-compliant - a sanction which would trigger a range of punishments, including a ban from sending athletes to Tokyo 2020. See <https://www.insidethegames.biz/articles/1085731/wada-russia>.
- India is another hotbed of potential and real drug use in sport. India's Nirmala Sheoran is to be stripped of the two gold medals (400 metres and 4x400 relay) she won at the 2017 Asian Championships after being banned by the Athletics Integrity Unit (AIU) for four years. The 24-year-old tested positive for steroids drostanolone and metenolone at a competition back in India in June 2018. See <https://www.insidethegames.biz/articles/1085834/indian-to-lose-asian-golds-after-doping>.

CAST YOUR VOTES

Nicola Maggio of marciadalmondo fame has created his usual yearly polls to let us all vote for the top male and female walkers of the year. All walking enthusiasts are encouraged to cast their votes (up to 3 names in each poll). His shorts lists are

Male Walkers

Suzuki Yusuke	JPN
Karkstrom Perseus	SWE
Dunfee Evan	CAN
Yamanishi Toshikazu	JPN
Stano Massimo	ITA
Ikeda Koki	JPN
Wang Kaihua	CHN
Martin Alvaro	ESP

Female Walkers

Liu Hong	CHN
Giorgi Eleonora Anna	ITA
De Sena Erica	BRA
Liang Rui	CHN
Takacs Julia	ESP
Qieyang Shenjie	CHN
Li Maocuo	CHN
Arenas Sandra Lorena	COL

You can cast your votes at <https://www.facebook.com/groups/MarciaDalMondo/>.

FOCUS ON RAY MIDDLETON – A CHAMPION WALKER FROM PAST YEARS

Thanks to Graham Young for his facebook post yesterday, alerting us to a wonderful youtube video of the 1970 European Postman's Walk in London, won by English walker **Ray Middleton**. Check it out at <https://www.youtube.com/watch?v=wygWpWzMT0E>. I had a newspaper cutting of the event but actually seeing it live is something else.

I wrote an article on Ray Middleton some years ago, but have now been able to go back to it and add lots of additional information. One of the great things about the internet is the additional information that comes to light every year. The updated article is found at <http://www.vrwc.org.au/tim-archive/wo.shtml>.

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 19 (Sat), 2019	AV Shield Round 3, Aberfeldie and Yarra Rangess, 2000m and 5000m walks
Oct 20 (Sun), 2019	VRWC Road Races, Middle Park
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
Nov 9 (Sat), 2019	AV Shield Round 4 (Relays Round), Knox and Doncaster, 4x800m walks (Mixed)
Nov 13 (Wed), 2019	VRWC Track Races, Mentone
Nov 16 (Sat), 2019	AV Shield Round 5, Aberfeldie and Nunawading, NO WALKS
Nov 17 (Sun,) 2019	VRWC Summer Championships and AGM, Middle Park
Nov 27 (Wed), 2019	VRWC Track Races, Keilor
Nov 30 (Sat), 2019	AV Shield Round 6, Casey Fields and Meadowglen, 2000m walks

Nov 30 (Sat), 2019	AV/AA Walk Judging Seminar, Melbourne
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Dec 11 (Wed), 2019	VRWC Track Races, Clifton Hill
Dec 13 (Fri), 2019	AV Shield Round 7, Twilight Nitro, NO WALKS
Dec 21 (Sat), 2019	AV Shield Round 8, Box Hill and Werribee, 1500m and 3000m walks
Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 11 (Sat), 2020	NSW 10,000m Walk Championships, Mingara Regional Athletics Centre, Mingara
Jan 11 (Sat), 2020	AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks
Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Keilor Park, NO WALKS
Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 1 (Sat), 2020	AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
Feb 8 (Sat), 2020	AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 12 (Wed), 2020	AV 5km Teams Championship, VRWC Walks, Mentone
Feb 15-16, 2020	LAVIC Region T&F Carnivals, Throughout Victoria
Feb 16 (Sun) 2020	VRWC Track Races, VMA 5000m Championships, Mentone
Feb 22 (Sat), 2020	AV Shield Final, Lakeside Stadium (timetable TBA)
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 14-15, 2020	LAVIC State T&F Championships, Casey Fields
?	Victorian Masters, T&F Championships, TBC
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

International Dates – 2019 and onwards

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
Jan 17-23, 2020	Oceania Masters Championships , Norfolk Island
Apr 6-13, 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 2023 (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>)