



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 04
Tuesday 22 October 2019



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WALKERS OF THE WEEK

My Walkers of the Week are the winners of the Age 16-20 1500m track walks at last Friday's School Sport Victorian Secondary Schools Athletics Championships at Albert Park.

- 16 year old Ballarat walker **Alanna Peart** set a new meet record of **6:25.94** in the Girls 16-20 1500m walk. She sat in for the first half behind the existing record holder Rebecca Henderson, before clearing away to win by 12 secs.
- 17 year old Melbourne based walker **Nikola Mandic** recording **6:10.36** to win the Boys 16-20 1500m walk by 59 secs. Nikola is a super track walker but only appears each summer, preferring to concentrate on his soccer during the winter.

Both Alanna and Nikola are past Walker of the Week winners (in fact, Alanna won it last week) and are worthy winners indeed.



Alanna and Nikola in action last Friday in Melbourne (photos Kerrie Peart)

WHAT'S COMING UP

- The next 2 weekends see the **Victorian All Schools T&F Championships** at the Tom Kelly Athletics Track in Doncaster. It is at Doncaster as the Lakeside Stadium in Albert Park is currently being resurfaced. See provisional timetable and start lists at <http://athsvic.org.au/2019/generalnews/2019-victorian-all-schools-track-field-championships/>.
- 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!

- 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/>. Alas, the button which showed current entries has now been removed. How frustrating!
- 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.

A NEW DESIGN FOR A VINTAGE VEST

If you ever watch one of our VRWC races, you will see two basic vest designs on display, the VRWC vest and the RWV vest. Here's a file photo from some years ago, showing the two differing designs side by side (just who are those young walkers).



While the RWV vest is a relatively recent design, the VRWC vest has been the same basic design for many years now and the Committee feel it is time for a revamp. To that end, they have come up with 2 designs which they wish to socialise with membership



Once I get a bit of time, I will put out a brief voting survey on our VRWC facebook page so that club members can indicate their preference between the 2 options.

SSV SECONDARY SCHOOLS T&F CHAMPS, LAKESIDE STADIUM, ALBERT PARK, FRIDAY 18 OCTOBER

Let me start with the Victorian walk results, in order or date. First to last Friday for the annual School Sport Victorian Secondary Schools Athletics Championships at Albert Park, held in windy conditions. This meet is open to all students in Y7-12 at Victorian Government Schools and includes two racewalks, an Open 1500m and an U16 1500m. The walks are always high quality events and we tend to see a few different walkers amongst the medals.

The highlight was the superb performance of 16 year old Ballarat walker **Alanna Peart** who set a new Open record of 6:25.94 in the Girls 16-20 1500m walk (she also holds the 12-15 Girls walk record). She sat in for the first half behind the existing record holder

Rebecca Henderson, before clearing away to win by 12 secs. It was also a high quality walk by Bec who finished second with 6:37.66, ahead of **Jemma Peart** (6:50.86). Alanna and Bec look like being the likely Australian representative walkers in next year's IAAF World Junior Championships, but there is still a lot of action to happen this summer before that happens.

The Boys 16-20 1500m also saw a great winning time, with 17 year old **Nikola Mandic** recording 6:10.36 to win by 59 secs. Like Alanna and Bec, Nikola is a strong and fast track walker but, unlike them, he only appears each summer, preferring his soccer during the winter. The U16 walks saw wins to **Caitlin Charles** (7:30.98) and **Sam Warelow** (7:45.58).

You can watch all 4 walks in the SSA Championship youtube video at <https://www.youtube.com/watch?v=4eQWCvaEEqk>. It's 8 hours in length, so you need to drag the cursor forward to the following points to see each event: U16 Girls (4:49:20), U16 Boys (4:56:10), U20 Girls (5:14:50) and U20 Boys (5:29:10).

Girls 16-20 1500m Walk

SSV Record: R 6:27.79 23/10/2017 Rebecca Henderson, Berwick

1.	Alanna Peart	Ballarat HS	6:25.94	PB 0:11, Meet Record
2.	Rebecca Henderson	Berwick SC	6:37.66	
3.	Jemma Peart	Ballarat HS	6:50.86	
4.	Charlotte Hay	Brentwood SC	7:17.37	
5.	Grace Young	Northcote HS	7:45.58	
6.	Jasmin Hass	Ringwood SC	7:57.91	
7.	Charlotte Holmes	St Helena SC	8:25.93	
8.	Lee Taylor	Yea HS	10:28.96	

Boys 16-20 1500m Walk

SSV Record: R 5:38.80 1992 Dion Russell, Balwyn

1.	Nikola Mandic	Nossal SC	6:10.26
2.	Brock McDonald	Grovedale C	7:09.18
3.	Geromi Tucker	Mullauna SC	7:17.30
4.	Angus Hay	Brentwood SC	7:50.39
5.	Jayden Day	Epping SC	8:59.69
6.	Carter Atkinson	Surf Coast SC	10:36.30



16-20 medalists Brock McDonald, Nikola Mandic, Geromi Tucker Rebecca Henderson, Alanna Peart and Jemma Peart

Girls 12-15 1500m Walk

SSV Record: R 6:36.33 22/10/2018 Alanna Peart, Ballarat HS

1.	Caitlin Charles	Matthew Flin	7:30.98	PB 0:03
2.	Molly Holmes	St Helena SC	7:40.88	PB 0:04
3.	Maddison Nash	Hazel Glen C	7:46.96	PB 0:18
4.	Brianna Dela-Saussaye	Cranbourne E	8:01.39	
5.	Kaylah Heikkila-Dubowi	Matthew Flin	8:17.00	
6.	Abby Trezise	Dromana SC	8:44.20	

7.	Claire Noonan	St Marys C Seymour	9:01.30
8.	Aria Wesson-Demarco	Vermont SC	9:04.70
9.	Alanah Epps	Highvale SC	9:13.38
10.	Maddison Vaughn	Catherine McAule	9:13.57

Boys 12-15 1500m Walk

SSV Record: R 5:58.20 2011 Nathan Brill, Rosebud

1.	Sam Warelow	North Geelong SC	7:45.58	
2.	Sebastian Weickhardt	Maribyrnong C	7:59.56	PB 0:04
3.	Shannon Delaney	Patterson River SC	7:59.86	
4.	Scott Peart	Ballarat HS	8:26.35	
5.	Camilo Ramirez-Borcherdt	University HS	8:56.53	
6.	Jack Ashcroft	Mount Waverley SC	9:01.01	
7.	Mason Purdue	Irymple SC	9:02.14	
8.	Ben Andrew	Mount Waverley SC	9:08.26	
9.	Brodie Tallent	Ballarat HS	9:20.25	
10.	Alex Tolson	Maryborough	10:29.32	
11.	Noah Menzies	Frankston HS	11:00.32	



12-15 medalists Sebastian Weickhardt, Sam Warelow, Shannon Delaney, Molly Holmes, Caitlin Charles and Maddison Nash



Onefinal photo: Charlotte Hay, Rebecca Henderson, Nikola Mandic, Alanna Peart and Jemma Peart (photos Kerrie Peart)

AVSL ROUND 3, AROUND VICTORIA, SATURDAY 19 OCTOBER

Fast forward one day for Round 3 of the Athletics Victoria Shield League (AVSL), which was held on Saturday afternoon at 5 venues 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, 72 walkers competed in a mixture of 5000m, 3000m, 2000m and 1500m track walks, with the two metropolitan regions the biggest venues. The numbers would have been bigger but for the SSSSA walks the day before. The results below show both the age group of the walker and the number of points each earned for his/her club. The top scoring walkers were **Darcey Roberts** (537), **Heather Carr** (536), **Corey Dickson** (508), **Wendy Muldoon** (494) and **Charlotte Hay** (489). I do note that for some reason no points are showing for the likes of **Mark Blackwood**, **Fraser Saunder** and **Andrew Jameson** who would have been amongst the top scorers also, judging on their times.

AVSL Round 3, Yarra Ranges Athletics Track, Berwick

Again, the largest and fastest of the walks venues. 17 year old **Corey Dickson** (22:26.1) and 12 year old **Darcy Roberts** (9:48.9) excelled in winning their respective races. Fast times also by **Nikola Mandic** (23:31.4), **Mark Blackwood** (23:39.0) and **Will Thompson** (23:59.9) in the 5000m and by **Luke Epps** (10:10.5), **Liam Hutchins** (10:35.5) and **Joel Imbriano** (10:39.4) in the 2000m. And special mentions to **Heather Carr** (11:49.5) and **Gwen Steed** (13:34.9) for their new W70 and W75 VRWC club records for the 2000m walk. Great stuff!

5000m Walk

1.	Corey Dickson	KNA	M18	22:26.1	508	
2.	Nikola Mandic	CCA	M18	23:31.4	483	
3.	Mark Blackwood	KNA	M40	23:39.0		
4.	Will Thompson	MPA	M18	23:59.9	473	
5.	Charlotte Hay	KNA	F18	26:04.7	489	
6.	Angus Hay	KNA	M18	27:39.2	394	PB 0:08
7.	Holly Cocking	ANW	F18	27:42.4	452	
8.	Andrew Jamieson	OSC	M65	28:03.1		
9.	Grace Louey	KNA	F18	29:28.7	411	
10.	Kathleen O'Mahoney	UNA	F18	29:31.6	410	
11.	Rebekah Powierski	ANW	F18	29:33.1	410	
12.	Lucas Taylor	YRA	MOP	30:39.5	276	
13.	Rupert Van Dongen	MEN	M45	33:15.7		
14.	Alannah Dingli	SAN	F18	34:32.3	274	
15.	Geromi Tucker	RWD	M18	DNF		

2000m Walk

1.	Darcey Roberts	KNA	F14	9:48.9	537	PB 0:05
2.	Luke Epps	KNA	M14	10:10.5	468	PB 0:02
3.	Liam Hutchins	KNA	M14	10:35.5	447	
4.	Joel Imbriano	STK	M14	10:39.4	443	
5.	Wendy Muldoon	ANW	F45	10:41.8	494	
6.	Simon Evans	BOH	M55	10:47.6	468	
7.	Emily Smith	KNA	F14	10:48.5	488	
8.	Hamish Blackwood	KNA	M14	10:49.6	435	PB 0:03
9.	Zachary Matters	BOH	M14	11:03.9	423	
10.	Ariana Pashutina	KNA	F14	11:11.0	468	
11.	Heather Carr	GHY	F65	11:49.5	536	W70 VRWC Record
12.	David Sommers	ANW	M60	12:06.3	432	
13.	Grant Murfett	VMA	M50	12:22.1	357	
14.	Ross Reid	COL	M65	12:48.5	430	
15.	Anthony Doran	GHY	M65	13:29.3	400	
16.	Gwen Steed	GHY	F65	13:34.9	461	W75 VRWC Record
17.	Geza Benke	OLM	M60	13:36.1	353	
18.	Merilyn Thompson	MPA	F50	13:44.5	341	
19.	Geoff Barrow	MEN	M65	13:51.4	380	
20.	Albin Hess	VMA	M55	14:28.3	271	
21.	Ian Handasyde	OSC	M65	17:22.1	214	
22.	Anne-Marie Ebbels	YRA	F45	18:48.6	124	
23.	Jill Jeanes	UNA	F20	16:18.9		



The 5000m walkers get underway at Yarra Ranges, with Corey Dickson leading them out



Mark Blackwood, Will Thompson, Heather Carr and Ariana Pashutina in action in the 2000m (photos Marilyn Thompson)

AVSL Round 3, Moonee Valley Athletics Track, Aberfeldie

Rather than in their usual spot as the first event on the program, the walks at Aberfeldie were scheduled for 6PM as the closing event. As the day was overcast, with intermittent showers, I turned up at 5PM, half expecting to see the meet cancelled and the track empty. To their credit, the AV officials had soldiered on and the walks were still on schedule. Alas, numbers were down as I think there were a few who decided that 6PM was just too late to fit into a busy family weekend. But those who did compete found the conditions good for some fast walking.

Adam Garganis was the pick of the them, with a fast 22:36.3 for the 5000m walk. He was one of only 3 competitors in that event, with **Heath Beveridge** (24:51.9) and **Madeleine Feain** (PB 29:10.4) rounding out the field. The 2000m saw a bigger field, with 13 year old **Liam McLennan** winning with 10:39.9.

5000m Walk

1.	Adam Garganis	COL	MOP	22:36.3	478	
2.	Heath Beveridge	WES	M18	24:51.9	455	
3.	Madeleine Feain	KSB	FOP	29:10.4	402	PB 0:37

2000m Walk

1.	Liam McLennan	DAC	M16	10:39.9	420
2.	Trenton Hawkins	PTN	M40	11:04.2	380
3.	David Smyth	COL	M50	11:10.6	426
4.	Paul Kennedy	KSB	M60	11:24.8	464
5.	Tim Erickson	COB	M65	11:26.8	489
6.	Maddison Nash	DIV	F14	12:09.6	414
7.	Phillip Dunstone	WES	M50	12:44.4	332
8.	Robyn Shaw	WES	F55	12:50.1	433
9.	Duncan Knox	ESS	M60	12:54.1	395
10.	Janice Hodgart	WES	F55	13:07.8	418
11.	Debbie Voogd	RWD	F50	15:35.5	242
12.	Donna Campbell	PTN	F45	18:22.0	135
13.	Heather Lamb	BWK	F55	18:43.8	165
14.	Glenys Schubert	DIV	F55	19:40.9	142



Adam Garganis, Liam JcLennan, Trenton Hawkins, Maddison Nash, Heath Beveridge and David Smyth (photos Gerard Feain)

AVSL Round 3, Llanberris Reserve, Ballarat

Now to the country venues. A small turnout in Ballarat, with 14 year old **Fraser Saunder** (14:16.0) walking fast as usual.

3000m Walk

1.	Fraser Saunder	BYC	M16	14:16.0	
2.	Sarah Brennan	BYC	F40	16:49.1	435
3.	Kevin Ruddick	BHA	M65	20:22.5	405

AVSL Round 3, La Trobe University Track, Bendigo

To Bendigo where **Jennie Payne** was the best of the walkers with 8:47.0 for the 1500m.

3000m Walk

1.	Andrea Smith	BEU	F40	18:57.1	336
2.	Leigh Browell	SBE	M45	20:52.3	250
3.	John Watson	BGO	M65	22:57.2	311
4.	Annette Curtis	SBE	F60	23:36.6	295

1500m Walk

1.	Jennifer Payne	SBE	F60	8:47.0	
2.	Destiney Seymour	SBE	F16	12:20.1	164
3.	Wendy Ennor	EAG	F60	12:31.4	

AVSL Round 3, Landy Field, Geelong

And finally to Geelong where NZ Olympian **Scott Nelson** (15:17.6) and **Kaylah Heikkila-Dubowik** (9:17.1) won.

3000m Walk

1.	Scott Nelson	WYN	M50	15:17.6	483
2.	Arnika Nelson	WYN	F18	16:48.5	426
3.	Jade Chitty	WES	F16	19:51.0	
4.	Leticia Nelson	WYN	F20	25:31.0	131

1500m Walk

1.	Kaylah Heikkila-Dubowik	COR	F16	9:17.1	356
2.	Riannah Tatlock	BEL	F14	9:36.8	352
3.	Francis Panakkal	WYN	M14	13:26.3	133

VRWC ROADWALKS, MIDDLE PARK, SUNDAY 20 OCTOBER

Our VRWC Summer Season opened on Sunday morning at Middle Park, with a cool overcast day and a cold wind to test the 20 walkers in attendance. Lots of the walkers had competed in the AV Shield walks the day before, so it was a good weekend of racing for them.

The longer events started at 8AM, with **Adam Garganis** going to the front and locking in a strong 20km training performance of 1:38:26, not too bad after his Saturday evening 5000m walk in the AV Shield. **Corey Dickson** and **Marnie Grace** tested themselves out over the 15km distance, with Corey walking a big PB of 1:20:17 and Marnie finishing her first attempt at the distance with 1:45:06. Special mention also to **Madeleine Feain** for her PB in the 10km walk (1:00:28).

20km Walk

1.	Adam Garganis	M	49:52	1:38:26	
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15km Walk

1.	Corey Dickson	M	54:48	1:20:27	PB 4:06
2.	Marnie Grace	F	1:10:05	1:45:06	Inaugural 15km

10km Walk

1.	Kevin Cassidy	M	52:39		
2.	Kylie Irshad	F	58:41		
3.	Madeleine Feain	F	1:00:28	PB 0:48	
4.	Heather Carr	F	1:08:28		
5.	Mark Donahoo	M	1:10:51		
	Heath Beveridge	M	DNF	7km in 41:14	

The shorter distance races went off together at 9AM, with **Tracy Feiner** and **Darcey Roberts** leading them out. Darcey completed the 2km in 9:49, a great backup after her 9:48.9 in the AV Shield 2000m the day before, while Tracy Feiner went on to win the 5km with 25:13. Special mention also to 12 year old **Ariana Pashutina** who walked a big 2km PB of 10:45. And a special note for **Gwen Steed** who broke her **W75 VRWC 5km club record** by 24 secs, with her time of 35:21.

5km Walk

1.	Tracy Feiner	F	25:13		
2.	Gwen Steed	F	35:21	New VRWC W75 record	
	Geoff Barrow	M	DNF	4km in 32:04	

3km Walk

1.	Emily Smith	F	16:31		
2.	Glennis McPherson	F	31:44		

2km Walk

1.	Darcey Roberts	F	9:49	Eq. PB	
2.	Ariana Pashutina	F	10:45	PB 0:18	
3.	Ian Beaumont	M	18:47		
4.	Margaret Beaumont	F	18:59		

1km Walk

1.	Ela Uzun	F	5:23		
2.	Havana Ali	F	6:25		

Thanks as always to our many judges, helpers and officials.

Officials: Tim Erickson, Mark Donahoo, Cheryl Beveridge, Donna Dickson, Mark Roberts
Judges: Peter Vysma (Chief), Stuart Cooper, Shane Dickson
Canteen: Wendy Cooper
Refreshment Table: Karyn O'Neill
Photos: Terry Swan (see <https://www.facebook.com/media/set/?set=oa.10157501206708911>)



Corey Dickson, Adam Garganis, Ariana Pashutina, Emily Smith, Heath Beveridge and Kevin Cassidy



Marnie Grace, Madeleine Feain, Gwen Steed, Darcey Roberts and Tracy Feiner (photos Terry Swan)

ACTRWC SUMMER SEASON TRACK RACES, WODEN PARK, CANBERRA, THURSDAY 17 OCTOBER

And now to results from elsewhere in Australia. First to Canberra, and thanks to Val Chesterton for the results of the opening round of the ACT Racewalking Club summer season. Good 2000m walk times by **Owen Toyne** (9:35) and **Kodi Clarkson** (9:59). You can check out their summer season fixture at <http://www.actwalkers.com.au/about-the-club/2019-2020-summer-season/>.

2000m Walk

- | | | |
|----|---------------|-------|
| 1. | Owen Toyne | 9:35 |
| 2. | Kodi Clarkson | 9:59 |
| 3. | Georgia Frew | 12:48 |
| 4. | Sue Archer | 14:28 |

5.	Sheryl Greathead	16:30
6.	Lorna England	17:17
7.	Robert Kennelly	18:26

800m Walk

1.	Val Chesterton	6:35
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ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 19 OCTOBER

Thanks to **Kim Mottrom** for this week's results from South Australia. He commented: Great conditions for some fast times. A couple of close finishes today; with Kim (12:52.18) just getting pipped by **Tristan Camilleri** (12:51.86).

3000m Walk

1.	Tristan Camilleri	12:51.86
2.	Kim Mottrom	12:52.18
3.	Mathew Bruniges	14:15.84
4.	Richard Everson	14:35.46
5.	Alix Harlington	14:36.68
6.	Kiera Ross	15:52.74
7.	Zayden Kamish	17:03.28
8.	Hannah Wilks	17:27.11
9.	Katie DeRuvo	17:29.37
10.	Mia Wilks	17:37.16
11.	Greg Metha	18:20.55
12.	Anthony Tana	18:48.16
13.	Marie Maxted	18:59.51

1500m Walk

1.	Sebastian Richards	08:10.65
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ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 19 OCTOBER

Thanks to Dave Moore for this week's results from Hobart. Strong walks from **William Robertson** and **Anna Blackwell** in cold and blustery conditions.

3000m Walk

1.	William Robertson	OVA	13:03.55
2.	Anna Blackwell	OVA	14:57.89
3.	Chloe Ahern	OVA	17:23.87
4.	Steve Ahern	OVA	19:09.63
5.	Elizabeth Leitch	TMA	20:14.80
	Dave Moore	TMA	DNF

QUEENSLAND MASTERS T&F MEET, SAF, BRISBANE, SATURDAY 19 OCTOBER

To Brisbane for the latest round of the Queensland Masters summer season.

5000m Walk

1.	Jimenez, Ignacio	M54	Qma Brisbane	23:43.65	86.42%
2.	Bennett, Peter	M63	Qma Brisbane	28:59.85	77.36%
3.	Gannon, Brenda	W45	Qma Brisbane	31:18.04	68.33%

AACT SUMMER SERIES MEET, AIS ATHLETICS TRACK, BELCONNEN, SUNDAY 20 OCTOBER

And to Canberra where only 1 walker was in action in the latest round of the Athletics ACT Summer Series.

3000m Walk

1.	Burns, Laura	14	NCG	17:38.6
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QUEENSLAND SCHOOL SPORT STATE CHAMPIONSHIPS, BARLOW PARK CAIRNS, 19-22 OCTOBER

The racewalks at the Queensland All-Schools Championships in Cairns were held on Monday 21 October, saw good fields and some fine times. Steve Langley, the coach of Katie Hayward, commented on the efforts of his younger charges:

Four amazing athletes four amazing results. State Athletic Championships in Cairns. **Kris Hayward** gold 15 years boys 3000m race walk (12:57.72), smashing state record. **Jayda Anderson** 14 years girls 3000m race walk gold (14:19.31) and smashing the state record. Ashanti Heap silver in 13 years girls 3000m race walk (16:11.75) and **Vivian Milosevic** silver in 15 years girls race walk 917:51.95) after less than 12 months in the event. Great job team now for nationals in Perth.



Kris Hayward, Ashanti Heap, Jayda Anderson and Vivian Milosevic in Cairns (photo Steve Langley)

Women 13 3000m Walk

1.	Norton, Amber	13	MN	15:54.46
2.	Heap, Ashanti	13	SC	16:11.75
3.	Lourigan, Daniella	13	WB	18:34.97
4.	Zirbel, Cheyenne	13	DD	18:37.59

Men 13 3000m Walk

1.	McCure, Sam	13	SC	15:54.19
2.	Bradley, Alexander	13	DD	15:55.42
3.	Bannister, Jack	13	SUN	17:55.41

Girls 14 3000m Walk

1.	Anderson, Jayda	14	SC	14:19.31	Record
2.	Clarke, Anika	14	ME	15:34.42	
3.	Millard, Summer	14	WB	16:55.80	
4.	Sentance, Charlotte	14	MN	17:05.29	
5.	Porter, Sophie	14	ME	17:36.18	
6.	Brady, Korey	14	MN	17:42.45	
7.	Bergh, Mia	14	SC	19:09.21	
8.	Fisher, Torryn	14	ME	20:12.84	

Women 15 3000m Walk

1.	Ofield, Mackenzie	15	SUN	16:25.48
2.	Milosevic, Vivian	15	SC	17:51.95

Men 14 3000m Walk

1.	Norton, Kai	14	MN	15:15.60
2.	Wasson, Seth	14	SUN	17:00.61
3.	Griffiths, Lochie	14	DD	20:29.82

Men 15 3000m Walk

1.	Hayward, Kris	15	SC	12:57.72	Record
2.	McCure, Lachlan	15	SC	16:28.53	
3.	Spanner, Jye	15	CAP	16:34.86	

Women 16 5000m Walk

1.	Vickers, Larissa	16	ME	29:02.97	
2.	Bow, Elliot	16	SUN	32:05.66	

Women 17 5000m Walk

1.	McRoberts, Jasmine-Rose	17	SUN	31:53.65	
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Men 17 5000m Walk

	McCutcheon, Nelson	17	ME	DNS	
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Men 18-19 5000m Walk

1.	Lyttle, Jayden	18	MW	32:28.87	
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AROUND LAKE TAIHU 3 DAY CLASSIC, SUZHUO, CHINA, 20-22 OCTOBER

The 7th edition of the Taihu Lake Classic began on Sunday in Suzhou, China, with a 20km walk, which doubled as the final of the 2019 IAAF Race Walking Challenge. The 3 day Tour meet then continued on Monday with a second stage of 12km, following by another final stage of 12km on Tuesday (today).

With big prize money on offer for both individual and teams, the Tour once again attracted a good turnout from international walkers, along with U20 teams from virtually all regions of China. The men's field included walkers from 14 nationalities, with Swede **Perseus Karlström** and Canadian **Evan Dunfee** the main drawcards. The women's field included walkers from 9 countries, but it looked as if it would be a mainly Chinese affair, with **Hong Liu**, **Shenjie Qieyang** and **Liujing Yang** (the Doha 20km medalists) and **Rui Liang** and **Maocuo Li** (Doha 50km gold and silver) all present and topping the rankings. Nice preview by the IAAF - see <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/around-taihu-suzhou-race-walking-2019>.

In the absence of Japanese leader Toshikazu Yamanishi, Perseus Karlstrom is expected to clinch the men's 2019 IAAF Race Walking Challenge, while in the absence of Chinese leader Shenjie Qieyang, HongLiu is expected to clinch the women's 2019 IAAF Race Walking Challenge. There is big money on offer here.



The top team in the men's team is expected to be the UMARA team, spearheaded by Perseus Karlstorm (SWE), along with David Hurtado (ECU), Andres Chocho (ECU), Jhon Alexander Castaneda (COL) and Ato Ibanez (SWE).



It is also great to see Australians Rhydian Cowley, Kyle Swan, Tyler Jones, Dylan Richardson and Carl Gibbons in action

Day 1 - 20km Walk, Sunday 20 October

The first day's competition saw individual wins to **Perseus Karlstrom** (SWE) and **Hong Liu** (CHN) and team wins to their respective teams and was well reported by both marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3615) and omarchador (<https://omarchador.blogspot.com/2019/10/perseus-karlstrom-e-hong-liu-vencem-20.html>). Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/20102019499Taihu2019-Results%EF%BC%88DAY1%EF%BC%89.pdf>.



Team UMARA sweeps the podium on Day 1 in the Men's 20km – David Hurtado, Perseus Karlstrom and Andres Choco

The wins cemented victory for Karlstrom and Liu in the 2019 IAAF Race Walking Challenge.

Rhydian Cowley was the best of the Australians, with a 7th place finish time of 1:24:10. Next home was **Tyler Jones** (33rd 1:30:32), followed by **Kyle Swan** (42nd 1:31:48), **Carl Gibbons** (56th 1:34:18) and **Dylan Richardson** (62nd 1:36:43). New Zealander **Quentin Rew** was also in action, finishing 36th with 1:31:17.

Brisbane based **Christina Papadopolous** was the only other Australian in action, finishing 21st in the women's 20km with 1:39:47.

Men's 20 km (75 finishers, 2 DNF and 8 DQ)

1.	Perseus Karlstrom	SWE	1.22.43
2.	Andres Chocho	ECU	1.23.11
3.	David Hurtado	ECU	1.23.19
4.	Manuel Esteban Soto	COL	1.23.23
5.	Isaac Palma Olivares	MEX	1.23.40
6.	Xiyangben Zha	CHN	1.24.00
7.	Rhydian Cowley	AUS	1.24.10
8.	Tongda Bian	CHN	1.24.23
9.	Wayne Snyman	RSA	1.24.29
10.	Wenchao Niu	CHN-Yunnan	1.25.22
11.	Song Sun	CHN	1.25.41
12.	Ivan Losev	UKR	1.25.52
13.	Tian Cai Chen	CHN-Tianjin	1.25.53
14.	Jhon Alexander Castañeda	COL	1.26.02
15.	Anatole Ibanez	SWE	1.26.02
16.	Jiaxu Zhang	CHN-Yunnan	1.26.04
17.	Xiaoqiang Zhu	CHN	1.26.20
18.	Fanglong Gong	CHN-Yunnan	1.26.40
19.	Tianlei Li	CHN-Jiangsu	1.26.55
20.	Jun Yin	CHN-Yunnan	1.27.10
23.	Evan Dunfee	CAN	1:28:35
29.	Nick Christie	USA	1:29:45
33.	Tyler Jones	AUS	1:30:32
36.	Quentin Rew	NZL	1:31:17
37.	Hendro Hendro	INA	1:31:24
42.	Kyle Swan	AUS	1:31:48
56.	Carl Gibbons	AUS	1:34:18
62.	Dylan Richardson	AUS	1:36:43

Women's 20km (33 finisher, 2 DQ)

1.	Hong Liu	CHN	1.29.53
2.	Maocuo Li	CHN	1.30.24
3.	Zhenxia Ma	CHN	1.31.25
4.	Erica Rocha De Sena	BRA	1.31.52
5.	Inna Kashyna	UKR	1.32.15
6.	Faying Ma	CHN-Qinghai	1.33.12
7.	Johana Ordoñez	ECU	1.33.16
8.	Yingliu Wang	CHN	1.34.10
9.	Viktoria Madaras	HUN	1.34.12
10.	Xiuzhi Lu	CHN	1.34.54
11.	Magaly Bonilla	ECU	1.35.48
12.	Zhuoma Qiji	CHN	1.36.17
13.	Lijuan Xie	CHN-Yunnan	1.38.21
14.	Kathleen Burnett	USA	1.38.21
15.	Hailu Cun	CHN-Yunnan	1.38.23
16.	Zhuomayingji Niu	CHN-Qinghai	1.38.48
17.	Haiying Ji	CHN-Qinghai	1.38.48
18.	Wenqing Liao	CHN-Jiangxi	1.39.17
19.	I stole Liu	CHN-Jiangxi	1.39.17
20.	Maritza Guaman	ECU	1.39.41
21.	Christina Papadopolous	GRE/AUS	1:39:47

Day 2 – 12km Walks, Monday 21 October

There was no stopping **Perseus Karlstrom** (SWE) as he swept to a repeat victory on Day 2, but it was a closer affair than the previous day, as he only managed to clear away from teammate **David Hurtado** at the finish. For his efforts, Hurtado was docked 3 minutes for red cards and was relegated from 2nd to 21st. The women's race turned out to be quite different from the day before, given the absence of the world champion Liu Hong, who had raced Day 1 only to ensure she won the IAAF Challenge competition. In her absence, Brazilian **Erica de Sena** attacked early and was rewarded with the win.

Once again, report from omarchador (<https://omarchador.blogspot.com/2019/10/karlstrom-e-sena-em-grande-no-segundo.html>) and results from marciadalmondo (http://www.marciadalmondo.com/admin/pdf/resultati/21102019202Taihu_DAY2.pdf). It's a team effort.

With Hurtado suffering a hit from the judges, the men's Teams lead changed from the UMARA team to to the Red Caciente Team who now have a slender 7 secs advantage. That means an exciting final day is in store for us.

Rhydian Cowley improved to 5th in the Day 2 race (51:57) but he tells me that it could have been an even higher finish had he not picked up a 30 second penalty in a tight battle for 3rd place. The post-race addition of the time penalty moved him down the board. His team has now moved up to 5th overall, 30 seconds in front of 6th place but 7 minutes behind 4th place. With regard to the other Australians, **Tyler Jones** finished 45th (56:19), **Carl Gibbons** was 57th (58:49) and **Dylan Richardson** was 59th (59:22). Alas, **Kyle Swan** suffered a DQ but I am sure he will bounce back on Day 3. Our sole woman **Christina Papadopolous** improved to 15th in the women's race (59:54).

Day 2 - 12km Men Monday 21 October (70 finishers, 10 DQ and 2 DNF)

1.	Perseus Karlstrom	SWE	50.30
2.	Manuel Esteban Soto	COL	51.18
3.	Tongda Bian	CHN	51.25
4.	Jiaxu Zhang	CHN-Yunnan	51.27
5.	Rhydian Cowley	AUS	51.57
6.	Isaac Palma Olivares	MEX	52.01
7.	Zhongkai Meng	CHN	52.15
8.	Andres Chocho	ECU	52.25
9.	Lihong Cui	CHN-Yunnan	52.30
10.	Ivan Losev	UKR	52.45
11.	Haofeng Huang	CHN	52.59
12.	Tian Cai Chen	CHN-Tianjin	53.04
13.	Xiaoqiang Zhu	CHN	53.06
14.	Fanglong Gong	CHN-Yunnan	53.10
15.	Anatole Ibanez	SWE	53.16
16.	Wayne Snyman	RSA	53.18
17.	Song Sun	CHN	53.23
18.	Jhon Alexander Castañeda	COL	53.26
19.	Wenchao Niu	CHN-Yunnan	53.35
20.	Yongcai Yu	CHN-Yunnan	53.39
21.	David Hurtado	ECU	53:44
22.	Evan Dunfee	CAN	53:46
25.	Quentin Rew	NZL	54:56
40.	Nick Christie	USA	55:55
45.	Tyler Jones	AUS	56:19
50.	Hendro Hendro	INA	57:44
57.	Carl Gibbons	AUS	58:49
59.	Dylan Richardson	AUS	59:22
71.	Kyle Swan	AUS	DQ

Day 2 - 12km Women Monday 21 October (34 finishers and 2 DNF)

1.	Erica Rocha De Sena	BRA	54.43
2.	Maocuo Li	CHN	55.25
3.	Zhenxia Ma	CHN	55.35
4.	Xiuzhi Lu	CHN	55.57
5.	Inna Kashyna	UKR	55.59
6.	Yingliu Wang	CHN	56.20
7.	Magaly Bonilla	ECU	56.22
8.	Faying Ma	CHN-Qinghai	56.24
9.	Viktoria Madarasz	HUN	57.40
10.	Johana Ordoñez	ECU	58.22
11.	Wenli Zhao	CHN-Yunnan	59.20
12.	Kathleen Burnett	USA	59.38
13.	Hailu Cun	CHN-Yunnan	59.42
14.	Zhuoma Qiji	CHN	59.51
15.	Christina Papadopolous	GRE/AUS	59.54
16.	Maritza Guaman	ECU	1.00.23
17.	Roumei Liu	CHN-Jiangxi	1.00.24
18.	Xiangkun Chang	CHN-Qinghai	1.00.43
19.	Yanfen Tan	CHN-Yunnan	1.01.02
20.	Zhuomayingji Niu	CHN-Qinghai	1.01.04



Day 2 – Men's and Women's podiums

The 3 Day Meet will conclude with a final 12km leg today (Tuesday).

USATF OPEN/MASTERS 30KM ROADWALK CHAMPIONSHIPS, HAUPPAUGE, NY, SUNDAY 20 OCTOBER

Maria Michta-Coffey (2:43:08) and **Steven Smith** (2:34:11) were the winners of the USATF 30km Roadwalk Championships in Hauppauge, New York, on Sunday. They were part of a huge meet which included a number of non-championship walking events and which attracted a large number of international walkers. Overall, the 30km honours went to the Ecuadian trio **David Velasquez** (2:18:37), **Jhonatan Amores-Carua** (2:19:30) and **Gonzolo Buston-Japon** (2:22:47).

Quite a few of the 30km walkers continued on to complete 50km, the best being Canadian **Dmitry Babenko** (4:26:07), along with Americans **Lydia McGranahan** (4:56:48) and **AJ Gruttadauro** (4:28:08). The winners of the 20km walks were **Dalia Oliveras** of Puerto Riel (1:38:28) and Ecuadorian **Gonzolo Buston-Japon** (1:30:54).

USATF 30Km Race Walk Championship Women

1.	Maria Michta-Coffey	33	Walk USA	2:43:08
2.	Erin Talcott	41	Shore AC	2:51:49
3.	Lydia McGranahan	42	Unattached-Oregon	2:53:20
4.	Teresa Vaill	57	Unattached-Florida	2:57:39
5.	Susan Randall	45	Shore AC	3:11:22
6.	Carmen Jackinsky	56	Racewalkers Northwest	3:40:24
7.	Kayla Torres	20	Walk USA	3:56:18

USATF 30Km Race Walk Championship Men

1.	Steven Smith	21	Unattached-Maine	2:34:11
2.	AJ Gruttadauro	21	Shore AC	2:36:57
3.	David Talcott	59	Shore AC	3:03:57
4.	Nate Vanderwall			3:10:15
5.	Dave McGovern	54	World Class Racewalkers	3:14:24
6.	Chris Mosier	39	unattached-Illinois	3:14:26
7.	Omar Nash	45	Southwest Ohio TC	3:14:26
8.	Douglas Johnson	59	Unattached-Kentucky	3:15:36
9.	Adrian Zamudio	43	Pegasus AC	3:17:05
10.	Dan O'Brien	54	Pegasus AC	3:18:06
11.	Barry Blake	64	Shore AC	3:55:31
	Emesh Fernando	36	US Air Force/Valor TC	DQ

Open 30 Km Men

1.	David Velasquez	24	Ecuador	2:18:37
2.	Jhonatan Amores-Carua	21	Ecuador	2:19:30
3.	Gonzolo Buston-Japon	19	Ecuador	2:22:47

4.	Steven Smith	21	Unattached-Maine	2:34:11
5.	Dmitry Babenko	46	Canada	2:36:57
6.	AJ Gruttadauro	21	Shore AC	2:36:57
7.	David Talcott	59	Shore AC	3:03:57
8.	Nate Vanderwall			3:10:15
9.	Dave McGovern	54	World Class Racewalkers	3:14:24
10.	Chris Mosier	39	unattached-Illinois	3:14:26
11.	Omar Nash	45	Southwest Ohio TC	3:14:26
12.	Douglas Johnson	59	Unattached-Kentucky	3:15:36
13.	Adrian Zamudio	43	Pegasus AC	3:17:05
14.	Dan O'Brien	54	Pegasus AC	3:18:06
15.	Barry Blake	64	Shore AC	3:55:31
	Emesh Fernando	36	US Air Force/Valor TC	DQ
	Jefferson Imbacuan-Paucar	25	Ecuador	DQ
	Xavier Mena-Jara	21	Ecuador	DQ

50 Km Women

1.	Lydia McGranahan	42	Unattached-Oregon	4:56:48
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50 Km Men

1.	Dmitry Babenko	46	Canada	4:26:07
2.	AJ Gruttadauro	21	Shore AC	4:28:08
3.	David Talcott	59	Shore AC	5:07:26
4.	Douglas Johnson	59	Unattached-Kentucky	5:36:47
5.	Nate Vanderwall			5:41:37
6.	Dave McGovern	54	World Class Racewalkers	5:44:41
7.	Chris Mosier	39	unattached-Illinois	5:53:47
8.	Omar Nash	45	Southwest Ohio TC	6:02:36
9.	Adrian Zamudio	43	Pegasus AC	6:19:45

20 Km Women

1.	Dalia Oliveras	21	Puerto Rico	1:38:28
2.	Maria Michta-Coffey	33	Walk USA	1:41:38
3.	Lauren Harris	21	Marist College	1:45:51
4.	Katie Miale	22	Marist College	1:46:17
5.	Chelsea Conway	30	Shore AC	1:51:52
6.	Gabriella Melendez	20	Puerto Rico	1:52:54

20 Km Men

1.	Gonzolo Buston-Japon	19	Ecuador	1:30:54
2.	Pablo Gomez	48	Chicago Walkers	1:44:19
3.	Anthony Colon-Apontes	19	Puerto Rico	1:55:58
4.	Vyacheslav Troshkin	71	Park Walkers	2:12:12
5.	Bruce Logan	52	Park Walkers	2:30:05

10 Km Women

1.	Kayla Shapiro	21	Marist College	52:57
2.	Adriana Arroyo	17	Puerto Rico	56:34
3.	Paola Sotomayor-Pierratoni	17	Puerto Rico	56:47
4.	Junelis Rosario-Velez	17	Puerto Rico	72:12

10 Km Men

1.	Zavier Colon	19	Puerto Rico	48:15
2.	Damien Santiago	18	Puerto Rico	48:38
3.	Dan Nehnevaj	22	Race Walkers Northwest	51:08
4.	Nicholas Soto-Colon	60	Puerto Rico	57:16
5.	Felix Nazario-Diaz	14	Puerto Rico	62:19
6.	Lawrence Usher	?	Unattached-Georgia	71:32
	Federico deLima-Alvarez	18	Colombia	DQ

5 Km Women

1.	Junnelyz Cruz-Negron	14	Puerto Rico	29:07
2.	Siobhan Sharpsteen	43	Unattached	33:33



Lydia McGranahan and AJ Gruttadauro in action in the 50km last weekend in Hauppauge (photos USARW Foundation)

23RD UKRAINIAN INTERNATIONAL ROADWALKING MEET, IVANO-FRANKIVSK, UKRAINE, 19-20 OCTOBER

The two day international roadwalk meet in the Ukrainian city of Ivano-Frankivsk last weekend was a high quality one, with Open 50km races, along with U20 and U18 races on Saturday and Open 20km and Masters races on Sunday. The meet also served as the Ukrainian national championships so was keenly supported by the local walkers. Thanks to omarchador for their daily reports at

<https://omarchador.blogspot.com/2019/10/alex-wright-vence-50-km-em-ivano.html>
<https://omarchador.blogspot.com/2019/10/vitorias-forasteiras-nos-20-km-de-ivano.html>

The meet was billed as a chance to gain a qualifier for Tokyo but unfortunately it clashed with the Lake Taihu Classic. As such, it was missing a few walkers, but we still had representatives from Poland, Greece, Belarus, Hungary, Turkey, Latvia, Moldova, Ireland and Portugal joining their Ukrainian fellows.

The 50km was won by Ireland's **Alex Wright** (3:51:13), with the national titles going to **Ihor Hlavan** (3:52:13) and **Lyudmyla Shelest** (4.58.25). The 20km wins went to Tunisian **Sahin Senoduncu** (1.22.50) and Belarussian **Anna Terliukevych** (1.31.01).

Men 50km

1.	Alex Wright	1990	IRL	3.51.13
2.	Ihor Hlavan	1990	UKR	3.52.13
3.	Anton Radko	1995	UKR	3.56.36
4.	Dmytro Sobchuk	1995	UKR	3.58.39
5.	Andriy Hrechkovskyy	1993	UKR	4.00.56
6.	Ruslans Smolonskis	1996	LAT	4.01.18
7.	Andriy Marchuk	1998	UKR	4.06.38
8.	Rabies Saulgriezis	1994	LAT	4.09.57
9.	Uladzimir Kalesnik	1992	BLR	4.10.14
10.	Ihor Saharuk	1988	UKR	4.11.01
11.	Andriy Krasnovskyy	1998	UKR	4.19.19
12.	Anton Kravchenko	1999	UKR	4.39.15
13.	Nazariy Stepanyuk	1994	UKR	4.41.58
	Yevhen Semenov	1997	UKR	DQ
	Kyrylo Andrushchenko	1993	UKR	DNF
	Mert Atli	1993	TUR	DNF
	Oleksiy Shelest	1973	UKR	DNF
	Helder Santos	1996	POR	DNF
	Pedro Santos	1986	POR	DNF
	Serhiy Susyk	1993	UKR	DNF
	Stepan Pasichnyy	1998	UKR	DNF

Women 50km

1.	Lyudmyla Shelest	1974	UKR	4.58.25
2.	Yuliya Kushka	1997	UKR	5.34.24

Men 20km

1.	Sahin Senoduncu	1994	TUR	1.22.50
2.	Serhiy Svitlychnyy	1994	UKR	1.22.53
3.	Oleh Svystun	1997	UKR	1.23.30
4.	???? Abdülselem	1999	TUR	1.23.53
5.	Andriy Syndyuk	1999	UKR	1.28.18
	Stanislav Mashtal	1998	UKR	DQ
	Oleksiy Bilorus	1992	UKR	DNF

Women 20km

1.	Anna Terliukevych	1987	BLR	1.31.01
2.	Hanna Shevchuk-Suslyk	1996	UKR	1.35.18
3.	Mariya Filyuk	1995	UKR	1.37.49
4.	Joana Pontes	2000	POR	1.44.30
5.	Yuliya Balyk	1997	UKR	1.44.35
6.	Katsiaryna Hniadzko	1999	BLR	1.45.14
7.	Yana Faryna	1999	UKR	1.48.18
8.	Kristina Povoroznyuk	1997	UKR	1.56.48
9.	Look Hrytsak	1993	UKR	2.02.40
	Agnieszka Dygacz	1985	POL	DNF
	Rusalina Povoroznyuk	1995	UKR	DNF

MARCIADALMONDO ROUNDUP

marciadalmondo has 4 press releases this week

- Sun 20 Oct - Taihu (CHN): Perseus Karlstrom and Liu Hong win the first stage
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3615
- Fri 18 Oct - Russia cancels the licenses of three race walking coaches
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3614
- Thu 17 Oct - Jesus Angel Garcia Bragado celebrates his 50th birthday
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3613
- Wed 16 oct - The IOC announces plan to move olympic marathon and race walking to Sapporo (JPN)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3612

There were a number of additional interesting press releases by omarchador

- Mon 21 Oct -Karlström and Sena win on the second day of Taihu
<https://omarchador.blogspot.com/2019/10/karlstrom-e-sena-em-grande-no-segundo.html>
- Mon 21 Oct - Foreign wins in the 20km walks in Ivano-Frankivsk, Ukraine
<https://omarchador.blogspot.com/2019/10/vitorias-forasteiras-nos-20-km-de-ivano.html>
- Sun 20 Oct - Perseus Karlstrom and Hong Liu win 20km IAAF China Challenge in Lake Taihu Classic
<https://omarchador.blogspot.com/2019/10/perseus-karlstrom-e-hong-liu-vencem-20.html>
- Sun 20 Oct - Alex Wright wins 50km in Ivano-Frankivsk, Ukraine
<https://omarchador.blogspot.com/2019/10/alex-wright-vence-50-km-em-ivano.html>
- Sun 19 Oct - Return to Taihu Lake begins this Sunday
<https://omarchador.blogspot.com/2019/10/volta-ao-lago-taihu-inicia-se-este.html>
- Sun 19 Oct - Bhawna Jat and Rahul victorious at Ranchi Indian Championships
<https://omarchador.blogspot.com/2019/10/bhawna-jat-e-rahul-vitoriosos-nos.html>

OUT AND ABOUT

- After digging deep in Doha, 50km bronze medallist **Evan Dunfee** sets his sights on Tokyo - a great IAAF article at <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-athletics-championships-doha-2019-6033/news/feature/men/50-kilometres-race-walk>.
- WADA has published the 2020 List of Prohibited Substances and Methods -see <https://www.asada.gov.au/news/2020-prohibited-list-released>.
- Good time of 12:47.33 by New Zealand junior **Daniel Du Toit** in the 3000m Walk at the Athletics Wellington meet on Saturday.
- It looks like Ex-Team Sky doctor Richard Freeman may be forced to have his day in the dock at long last as the Medical Practitioners Tribunal over the alleged ordering of a banned substance for a Team Sky rider is re-listed to begin later this month. He has proved so far to be a slippery and elusive character. Will light finally be cast on his role in this dubious piece of history? See <https://www.dailymail.co.uk/sport/sportsnews/article-7551985/Ex-Team-Sky-doctor-Richard-Freemans-tribunal-listed-later-month.html>.
- Is it the shoes? A proposal to regulate footwear in road running? - <https://www.stuff.co.nz/sport/other-sports/116621409/donikes-controversial-vaporfly-shoes-give-athletes-an-unfair-advantage>. I'm sorry but this is just such a stupid conversation to be having in my opinion. Shoe advances are always taking place. Are we all supposed to go back to tennis shoes or bare foot running!
- The marathon and race walking at next summer's Tokyo Olympics are set to be moved to Sapporo - 800km to the north - because of its cooler conditions. See <https://www.bbc.com/sport/olympics/50069413>. My thoughts- The correct time to consider 'athletes' welfare' was when the Games were awarded to Tokyo. A further chance was available when the timetable and course details were set for the various sports. Now, just 10 months out from the Games, the IOC/IAAF have seen the debacle at Doha and are panicking. Give me a break! Don't these people get paid the big bucks to get it right in the first place! Don't get me wrong. I think it's a good idea. It's just the timing – and it does raise a number of issues
 - Will the walkers and marathon runners want to prepare in the heat of the Village in Tokyo? I would definitely want to prepare in the cooler Sapporo conditions if I was going to race there.
 - Will there be a mini Olympic Village in Sapporo? If so, will Olympic Team managements from the various countries have to provide additional team managers and team doctors, etc. for this additional outpost.
 - Too bad if you have already booked your air tickets, event tickets or accommodation in Tokyo.

I could go on!



Photo from <https://omarchador.blogspot.com/2019/10/marcha-dos-jogos-olimpicos-de-2020-pode.html>

- See the indepth interview with 50km World Record holder **Johann Diniz** in which he discusses the 'Dante-esque' heat of Doha and the decision to move the 2020 walks to Sapporo. See https://www.lemonde.fr/sport/article/2019/10/16/je-2020-si-on-va-a-sapporo-ca-changera-completement-la-donne-yohann-diniz_6015778_3242.html.

- The All-Russia Athletics Federation (RusAF) has decided to cancel job licenses of Sergei Nikitin, Vyacheslav Golovin and Sergei Aparin, who had all worked as national race walk team's head coaches, the press service of RusAF reported in a statement on Wednesday. According to the statement, at least two athletes, supervised by each of the three coaches at issue, were suspended this year due to violations of anti-doping regulations. See <https://tass.com/sport/1083559>.

FROM THE VIDEO VAULTS

- Thanks to Frank Clark who found and posted this old video from 1964 (<https://www.youtube.com/watch?v=cMU-9-Qh-DE>) which shows in part the 3000m track walks from a 2 Day Interstate T&F Carnival which was held in Sydney to help athletes get qualifiers for the Tokyo Olympics. The video shows NSW triple Olympian **Ron Crawford** winning the walk ahead of fellow NSW walker **Frank Clark** and Victorian walker **Ted Allsopp**. Interestingly, only Frank featured in the Australian 2 Mile Track Walk Championship medals later that summer, with Victorians Noel Freeman (13.58.6) and Bob Gardiner (14.36.6) taking gold and silver and Frank Clark (14.40.2) picking up the bronze.



- I was also alerted last week to another old video, this time from the 1955 London to Brighton and Return Walk of 104 miles, won by the late great Hew Neilson. Check it out at <https://www.youtube.com/watch?v=PBWWPa7Oero>. I have updated my archive article on Hew – you can check it out at <http://www.vrwc.org.au/tim-archival/articles/wo-hew-neilson.pdf>.



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 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, Fawcner 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

May, 2-3, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus See https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships
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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