



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2019/2020 Number 07  
Tuesday 12 November 2019



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### WALKERS OF THE WEEK

My Walkers of the Week are the walkers of the Knox Athletics Club. They showed their walking depth and quality on Saturday afternoon, fielding 3 teams in the AV Shield 4x800m walk at Knox. Their top team of Mark Blackwood, Corey Dickson, Charlotte Hay and Darcey Roberts won there with a time of 13:49, 73 seconds ahead of the next fastest team of Collingwood A, competing at Doncaster. Their next two teams, consisting of their youngsters, finished third and fourth at Knox, also with excellent walks.

1.	Knox A	<b>Mark Blackwood, Corey Dickson, Charlotte Hay, Darcey Roberts</b>	13:49.00	1988	XOP
3.	Knox C	<b>Hamish Blackwood, Luke Epps, Ariana Pashutina, Emily Smith</b>	16:52.00	1852	X14
4.	Knox B	<b>Angus Hay, Nathaniel Louey, Grace Louey, Kathleen O'Mahony</b>	16:14.00	1608	X1

Not only do they have the most walkers of any Victorian club, but they have a well balanced mixture of male and female, most of them quite young and most of them excellent walkers.



*Mark Blackwood, Corey Dickson, Charlotte Hay and Darcey Roberts led the strong Knox team on Saturday (file photos)*

### WHAT'S COMING UP

- AV Shield continues next Saturday with Round 5, but it is one of the weeks in which no walks are scheduled. However, don't worry as VRWC has you covered with two walk meets of its own in the this week.

- First to tomorrow night when VRWC Summer Season track races are scheduled at the Dolomore Reserve Athletics Track in Mentone. You can pre-enter at <https://vrwc.org.au/wp1/> or simply turn up on the night and register. The timetable reads as follows

<b>Wed 13<sup>th</sup> November 2019, VRWC Track Races, Mentone</b>		
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone		
6.30pm	10,000m Walk	Open
7.00pm	1500m Walk	Open
7.15pm	5000m, 3000m Walk	Open

- Then to next Sunday when we have our VRWC Summer Championships at Middle Park, followed by our AGM.. Just as for Wednesday, you can pre-enter at <https://vrwc.org.au/wp1/> or simply turn up on the day and register. The timetable reads as follows

<b>Sun 17<sup>th</sup> November 2019, VRWC Summer Championships and AGM , Middle Park</b>		
8:00am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.30am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
9.45am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.30am	Presentations	
11.00am	Annual General Meeting	

- Aso, as the **VRWC Financial Year started on 1<sup>st</sup> October**, you can renew your membership on either Wednesday or Sunday. You can also now do it online via a link at <https://www.vrwc.org.au/VRWCMembershipApplication.shtml>.
- Entries are now open for the **Australian 50km meet at Fawkner Park on Sunday 1<sup>st</sup> December**. Enter at <https://www.athletics.com.au/events/51744/>. Alas, the button which showed current entries has now disappeared and AA is just putting up a weekly summary of entries at the bottom of the link. Note that entries close either tomorrow or Friday (both dates are quoted on the AA event page) so time is quickly running out. It is good to see a healthy number of 50km walkers on the list.

And talking of the 50km at Fawkner Park, this is the main opportunity for Australian walkers to qualify for the 2020 IAAF World Race Walking Team Championships, but Athletics Australia has not yet published thse Selection Criteria document for this major event. I have been talking to AA over the past few days and I am assured that it is just about to be published. So check <https://www.athletics.com.au/high-performance/national-teams/> in a few days time.

- A further reminder of the **Walks Judging Seminar** which will be conducted in Melbourne the day before the 50km meet (ie **Saturday 30<sup>th</sup> November**). See full details at <http://athsvic.org.au/2019/generalnews/walk-judging-seminar/>. Download the application form from the AV link.
- AV has informed us that the racewalks have been swapped from AV Shield Round 6 (on 30<sup>th</sup> November) to AV Shield Round 10 (on Saturday 18<sup>th</sup> January). The reasoning is that Round 6 clashes with the AA/AV Walk Judging Seminar on that day and that would make it difficult for AV to get walk judges for that day's Shield. I think it's a good idea as it adds another walk at the business end of the season. With that change made, the rest of the AV Shield now reads as follows

Nov 16 (Sat), 2019	AV Shield Round 5, Aberfeldie and Nunawading, NO WALKS
Nov 30 (Sat), 2019	AV Shield Round 6, Casey Fields and Meadowglen NO WALKS
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 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, 2000m walks
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 22 (Sat), 2020	AV Shield Final, Lakeside Stadium, 2000m walks

And of course, VRWC has walks scheduled during most of the weeks when there are no AV walks.

## AV SHIELD ROUND 4, ACROSS VICTORIA, SATURDAY 9 NOVEMBER

Athletics Victoria took a gamble with a Relay Round last Saturday as part of its AV Shield competition. I was at Doncaster and I was impressed by the huge number of athletes in attendance, competing for their clubs in a large variety of relay formats. And of course, it gave clubs a hitout before the Victorian Relay Championships which are to be held at Box Hill on Saturday 23<sup>rd</sup> November. The good news for the walks fraternity was the inclusion of mixed gender 4x800m walk relays (teams of 2 male and 2 female walkers), with 4 of our 5 venues fielding teams (23 in number, a total of 82 walkers). See all the results in the AV Results Portal at <https://athsvic.resultshub.com.au/results.html?season=2019&series=avsl&round=4&venue=Doncaster&option=session&crit=1>

### AV Shield Round 4, Tom Kelly Athletics Track, Doncaster

First to the Doncaster track, where 7 teams contested the relay walk. The Collingwood A team went straight to the lead and extended it as the race progressed, compliments of some very good walking by **Grace Young, Mikaila Young, Marcus Wakim** and **Adam Garganis**.

#### 4x800m Walk Relay

1.	Collingwood A	Grace Young, Mikaila Young, Marcus Wakim, Adam Garganis	15:02.83	1796	XOP
2.	Western Athletics A	Phillip Dunstone, Heath Beveridge, Robyn Shaw, Jade Chitty	16:37.77	1536	XOP
3.	Keilor St Bernards A	Kerryn Walshe, Sebastian Weickhardt, Paul Kennedy, Madeleine Feain	16:59.24	1460	XOP
4.	Vic Masters A	Albin Hess, Pramesh Prasad, Kylie Irshad, Janet Holmes	18:00.03	1420	X40
5.	Coburg A	Tim Erickson, Tracy Colbert, Aidan Blair, Vicky Haritos	21:47.89	752	XOP
6.	Diamond Valley A	Karen Quinn, Rob Wendel, Marcus Stavrou, Patrick Clarke	23:17.71	724	X50
7.	Diamond Valley B	Tayla Borg, Matthew Thompson, Cyrus Wong, Charlotte Holmes	DQ	-	XOP



*Waiting to start at Doncaster: Kerryn Walshe, Karen Quinn, Albin Hess, Mikaila Young, Charlotte Holmes, Phillip Dunstone and Tim Erickson*



*Mikaila Young, Marcus Wakim, Grace Young, Adam Garganis and Pramesh Prasad (photos Gerard Feain)*



### AV Shield Round 4, Knox Athletics Track, Knox

Ninte teams were in action at Knox, with the Knox A team of **Mark Blackwood, Corey Dickson, Charlotte Hay** and **Darcey Roberts** over 2 minutes in front. Note that two of the teams were not eligible to score points, due to one walker not registered to AV and one walker competing by invitation.

#### 4x800m Walk Relay

1.	Knox A	Mark Blackwood, Corey Dickson, Charlotte Hay, Darcey Roberts	13:49.00	1988	XOP
2.	Mornington A	Will Thompson, Marilyn Thompson, Alannah Upson, Kyle Bird	16:02.00	1644	XOP
3.	Knox C	Hamish Blackwood, Luke Epps, Ariana Pashutina, Emily Smith	16:52.00	1852	X14
4.	Knox B	Angus Hay, Nathaniel Louey, Grace Louey, Kathleen O'Mahony	16:14.00	1608	X18
5.	Glenhuntly A	Ralph Bennett, Rhydian Cowley, Gwen Steed, Heather Carr	17:52.00	1280	XOP
6.	Nunwading B	Wendy Muldoon, Adam Mccann, David Sommers, Carolyn Rosenbrock	18:07.00	1396	X40
7.	Yarra Ranges A	Sarah Ebbels, Camden Hewitson, Anne-Marie Ebbels, Lucas Taylor	22:18.00	720	XOP
8.	Ringwood A	Sandra Geisler, Debbie Voogd, Thomas Matthews (NR), Geromi Tucker	20:30.00	-	XOP
9.	Nunwading A	Kyle Swan, Rebekah Powierski, Holly Cocking, Brad Simpson (INV)	18:07.00	-	XOP

### AV Shield Round 4, La Trobe Athletics Track, Bendigo

Next to Bendigo, where 4 teams were in action, with the Bendigo Harriers A team of **Amanda Robinson, John Watson, Geoff Jordan** and **Tiffany Bussem Jorgensen** winning.

#### 4x800m Walk Relay

1.	Bendigo Harriers A	Amanda Robinson, John Watson, Geoff Jordan, Tiffany Bussem Jorgensen	21:32.32	772	XOP
2.	Bendigo Uni A	Andrea Smith, Phoebe Lonsdale, David Lonsdale, Ross Douglas	21:56.81	744	XOP
3.	South Bendigo A	Leigh Browell, Annette Curtis, Andrea Woods, Christopher Timewell	23:03.34	740	X40
4.	Eaglehawk A	Annette Major, Wendy Ennor, Geoffrey Major, Peter Savage	26:14.36	532	X50

### AV Shield Round 4, Llanberris Reserve, Ballarat

While the AV Results Portal does not show any walk relays for Ballarat, there were 3 teams in action, with the Ballarat YCW A team of **Scott Peart, Fraser Saunder, Jemma Peart** and **Alanna Peart** winning with an impressive 14:40.

#### 4x800m Walk Relay

1.	Ballarat YCW A	Scott Peart, Fraser Saunder, Jemma Peart, Alanna Peart	14.40.00	?	X20
2.	Ballarat Harriers A	Kevin Ruddick, Peter Roberts, Kelly Ruddick and ??	?	?	XOP
3.	Ballarat YCW B	Ash Rogers, Gerry Skene, Sarah Brennan, Ruby Saunder	21:19.32	808	X20



*Left: The 3 Ballarat teams get underway, with Scott Peart, Kevin Ruddick and Sarah Brennan  
Middle and Right: Scott Peart to Jemma Peart to Fraser Saunder (all photos Kerrie Peart)*



Left: Fraser Saunder to Alanna Peart



Right: Kelly Ruddick

**SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 6 NOVEMBER**

Now to my roundup from around Australia. Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cooler, windy evening.

**800m Walk**

1.	TREVOR BROWN	05:42	M70
2.	LIZ DOWNS	05:20	W64
3.	GREGORY METHA	04:05	M55
4.	MARIE MAXTED	04:36	W59
5.	MARK WORTHING	04:14	M57
6.	ROGER LOWE	06:20	M76
7.	DAVID ROBERTSON	06:51	M86
8.	PETER CRUMP	04:35	M59
9.	MALCOLM TIGGEMAN	06:22	M67
10.	HELEN SURIDGE	06:14	W68

**5000m Walk**

1.	GREGORY METHA	30:44	M55	69.65%
2.	ROGER LOWE	40:38	M76	66.72%
3.	BRIAN WITTY	36:54	M69	67.06%
4.	PETER CRUMP	31:13	M59	71.16%
5.	MARIE MAXTED	34:43	W59	70.38%
6.	DAVID ROBERTSON	44:59	M86	70.74%

**3000m Walk**

1.	ROSS HILL-BROWN	23:38	M64	58.15%
2.	TREVOR BROWN	21:34	M70	68.25%
3.	EDNA BATES	27:16	W66	56.57%
4.	DAVE FALLON	23:01	M67	61.73%
5.	LIZ DOWNS	22:23	W64	67.23%
6.	CATHIE HORE	27:07	W69	59.18%
7.	JEFFREY KENNETT	31:44	M69	45.83%

**ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 7 NOVEMBER**

Thanks to Phillipa Hargraves for this week's results from the ACT Racwalking Club in Canberra. She comments: Great work on a cold windy night ! I'm sure next week will be stinking hot just to confuse us all. Thanks again to all our helpers on the 10km.

**3000m Walk**

1. Owen Toyne	14.57
2. Kodi Clarkson	15.21
3. Emma Adams	24.14
4. Helen Larmour	24.14
5. Lorna England	25.55
6. Magart McSpadden	26.07
7. Robert Kennelly	26.10

**1200m Walk**

1. Ewen Thompson	8.07
2. Jim White	9.06

**10,000m Walk**

1. Mitchell Baker	47.27
2. Tim Fraser	49.34
3. Hanning Manning	59.47
4. Brian Thomas	1.13.07
5. Sue Archer	1.13.07

**5000m Walk**

1. Ruth Baussmann	37.51
2. Geoff Barker	40.59
3. Sherryl Greathead	41.12

**ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 9 NOVEMBER**

Thanks to Kim Mottrom for this week's results from South Australia. PB walks from **Mathew Bruniges, Greg Metha** and **Sebastian Richards**.

**3000m Walk**

1. Kim Mottrom	13:08.30	
2. Mathew Bruniges	13:42.90	PB
3. Richard Everson	14:50.78	
4. Sebastian Richards	16:07.39	PB
5. Olivia Sandery	16:10.30	
6. Mia Wilks	17:20.50	
7. Anthony Tana	17:37.49	
8. Greg Metha	17:54.42	PB
9. Peter Crump	18:34.46	
10. Marie Maxted	18:56.08	
11. Ruby Langford	19:06.51	
12. Nellie Langford	20:51.36	
13. Ross Hill-Brown	24:05.38	

**1500m Walk**

1. Daisy Braithwaite	7:52.24
2. Meshach Begg	9:20.09

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 9 NOVEMBER**

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

Very cool conditions greeted our Walkers at Interclub today, but fortunately the howling winds and driving rain from earlier in the week stayed away. The 1500m race saw some tight contests in the middle and rear of the fields, with **Chloe Ahern** holding off a fast finishing **Oliver Morgan** and our youngest walker **Oscar Niely** finishing just ahead of our oldest walker **Wayne Fletcher**. Well done also to **Anna Blackwell**, Oliver Morgan and Oscar Niely for achieving PB's today.

**1500m Walk**

1. William Robertson	OVA	6:05.77	
2. Anna Blackwell	OVA	6:53.54	PB
3. Chloe Ahern	OVA	7:58.85	
4. Oliver Morgan	OVA	8:01.29	PB
5. Elizabeth Leitch	TMA	9:52.17	
6. Oscar Niely Hobart	LA	10:43.30	PB
7. Wayne Fletcher	NS	10:45.71	
8. Dave Moore	TMA	12:38.57	

**QMA T&F MEET, SAF, BRISBANE, SATURDAY 9 NOVEMBER**

To Brisbane where a small field of Queensland Masters walkers were in action.

**5000m Walk**

1.	Jimenez, Ignacio	M54	Qma Brisbane	24:55.33
2.	Bennett, Peter	M63	Qma Brisbane	28:55.81
3.	Sela, Patrick	M80	Qma Brisbane	40:59.62
4.	McKinven, Noela	W77	Qma Brisbane	42:29.66

**AACT 2019 SUMMER SERIES CLUB RELAYS, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 9 NOVEMBER**

Athletics ACT scheduled its Club Relays last Saturday in Canberra, with 2 walk teams in action.

**U16 Girls 2x1500m Relay**

1.	Queanbeyan A	Madison Gordon, Keeva Robinson-McEvoy	18:57.30
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**U16 Boys 2x1500m Relay**

1.	Ginninderra Athletics A	Owen Toyne, Kodi Clarkson	13:48.44
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**TRELOAR SHIELD, SAF, SYDNEY, SATURDAY 9 NOVEMBER**

To Sydney where the latest round of the Treloar Shield was contested on Saturday.

**3000m Walk Men**

1.	Pyda, Raven	15	Westfields	13:51.59
2.	Walter, Matthew	12	Asics Wests	17:35.37
3.	Byatt, Joel	12	Girraween	18:04.17
4.	Westcott, Mark	15	Nepean District	18:47.59
5.	Barrett, Douglas	67	U.T.S Northe	20:35.45
	Hyde, Brendon	74	Sydney University	DNF
	Dundon, Harry	14	Balmain	DQ

**3000m Walk Women**

1.	McMillen, Elizabeth	15	Sydney Pacific	14:59.51
2.	Laytham, Tara	14	Sydney Pacific	15:05.11
3.	Pitcher, Sienna	12	Mingara	15:15.49
4.	Lamb, Chloe	12	Sydney Pacific	15:18.51
5.	Thomas, Emma	14	Parramatta C	15:31.23
6.	DeCelis, Ellie	15	Illawong Rev	15:52.86
7.	Bell, Bridget	17	Asics Wests	15:56.43
8.	Parker, Hannah	17	Randwick Bot	15:57.58
9.	Beck, Grace	11	Asics Wests	16:06.05
10.	Dunne, Izabella	14	Mingara	16:14.67
11.	Munroe, Ella	13	Hills Distri	16:31.08
12.	Pengilley, Teegan	18	Bankstown Sp	17:14.07
13.	Hickson, Alannah	14	Asics Wests	17:30.91
	Boughton, Milly	13	Randwick Bot	DNF

**WARWC ROADWALKS, WILSON, SUNDAY 10 NOVEMBER**

Thanks to Terry Jones for the latest report from the Western Australian Racewalking Club in Perth. He comments: We had a max 40 degrees here yesterday but this morning it's only 20. What a relief.

**10km Walk**

1.	Andrew Duncan	57.22
2.	Karyn Tolardo	1:05.02

**3km Walk**

1.	John Ronan	15.59
2.	Xavier Bernard	16.43
3.	Ashlyn Spence	17.28
4.	Glenys Duncan	27.23

93 <sup>RD</sup> ENFIELD OPEN 7 MILES, DONKEY LANE, ENFIELD, SATURDAY 9 NOVEMBER
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The Enfield Open is one of the oldest walking events in the world, with its 93<sup>rd</sup> edition staged in London on Saturday. A good win to Callum Wilkinson (53:30), ahead of his younger brother George (54:14). Mark Easton has his usual excellent photo gallery at <https://markeaston.zenfolio.com/p44061176>.



*The start of the Enfield 7 Mile (photo Mark Easton)*

### 93<sup>rd</sup> Enfield Open 7 Miles Walk

1.	Callum Wilkinson	SM	EHAC	53.30	
2.	George Wilkinson	U20	EHAC	54.14	
3.	Luc Legon	SM	Camb H.	57.04	
4.	Maddy Shott	SW	Belgrave H	57.06	L1
5.	David Crane	M40	Surrey WC	59.39	
6.	Trevor Jones	M60	Steyping AC	64.37	
7.	Silvana Alves	W45	Barnet D AC	64.58	L2
8.	Dave Walsh	M55	Red R/Notts	66.00	
9.	Steve Uttley	M60	Ilford AC	66.21	
10.	Malcolm Martin	M60	Surrey WC	67.27	
11.	Penelope Cummings	W40	Aldershot FD	67.34	L3
12.	Emma Dyos	W45	Ilford AC	68.03	L4
13.	Graham Chapman	M60	HeadingtonAC	68.47	
14.	Melanie Peddle	W50	Loughton AC	68.57	L5
15.	Richard Emsley	M65	S & S	69.05	
16.	Martin Fisher ©	M60	Redcar RWC	69.44	
17.	Stuart Bennett ©	M60	Ilford AC	71.52	
18.	Colin Harle	M60	Belgrave H	72.50	
19.	John Ralph	M60	EHAC	74.01	
20.	Steve Kemp ©	M75	EMAC	74.14	
21.	Alicja Drende	W35	Belgrave H	74.36	L6
22.	Noel Blatchford	W70	Abingdon AC	74.42	L7
23.	Sue Barnett	W65	EHAC	75.28	L8
24.	David Kates ©	M70	Ilford AC	75.52	
25.	John Borgars ©	M70	Loughton AC	76.13	
26.	Amos Seddon	M75	EHAC	76.56	
27.	Ron Penfold	M75	Steyping AC	77.19	
28.	Glyn Jones	M75	Cov Godiva	78.14	
29.	David Hoben	M65	Surrey WC	80.08	
30.	Malc Blackwood	M65	Trent Park	80.13	



31. Steve Cartwright	M60	Col/Tend AC	81.21	
32. Arthur Thomson	M75	Steyning AC	81.31	
33. Chris Flint ©	M70	Surrey WC	83.29	
34. Geraldine Legon	W60	Bexley AC	84.58	L9
35. Beatrice Ubaka	W50	unattached	85.45	6m
36. Mille Morris	u20	Ashford AC	45.17	5m
37. Diana Braverman	W65	EHAC	58.42	5m
38. Peter Hannell	M75	Surrey WC	62.45	5m
39. Angela Martin	W55	Surrey WC	65.07	5m
40. Terry Braverman	M75	EHAC	67.59	5m
41. Gary Smith ©	M60	EHAC	36.58	3m
42. Jonny Ellerton	u15	Black'th Brom	21.32	2m

## MARCIADALMONDO ROUNDUP

marciadalmondo has 10 press releases this week

- Sat 9 Nov - East German walker Hartwig Gauder celebrates his 65<sup>th</sup> birthday  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3640](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3640)
- Sat 9 Nov - Updates to Marciadalmondo file section  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3639](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3639)
- Fri 8 Nov - Evolution of the average speed of the best athlete and the top 10 athletes in the 50km men: "Italy vs World"  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3638](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3638)
- Fri 8 Nov - Glenda Morejon one of five finalists announced for 2019 IAAF Rising Star World Award  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3637](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3637)
- Fri 8 Nov - Evolution of the average speed of the best athlete and the top 10 athletes in 20km women: "Italy vs World"  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3636](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3636)
- Thu 7 Nov - Mukachevo (UKR): 24<sup>th</sup> Carpathian Cup Results  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3635](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3635)
- Wed 6 Nov - Guntur (IND): 35<sup>th</sup> Indian U20, U18 and U16 National Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3634](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3634)
- Tue 5 Nov - Evolution of the average speed of the best athlete and the top 10 athletes in the 20km men: "Italy vs World"  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3633](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3633)
- Mon 4 Nov - Evolution of the average speed of the first 10 athletes in 20km men: "Area vs World"  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3632](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3632)
- Mon 4 Nov - Evolution of the average speed of the first 10 athletes in 20km women: "Area vs World"  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3631](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3631)

There was also 1 additional interesting press release by omarchador.

- Sat 9 Nov - Timetable released for 2020 WWC in Minsk  
<https://omarchador.blogspot.com/2019/11/minsk-2020-programa-horario-aprovado.html>

## OUT AND ABOUT

- The timetable has been announced for the 2020 IAAF World Race Walking Team Challenge in Minsk, Belarus.

Saturday, May 2	09:30	10km U20 Women
	10:40	10km U20 Men
	14:00	20km Women
	16.10	20km Men
Sunday, May 3	09:00	50km Men and Women

- **Craig Barrett**, 50km Walk Commonwealth Games silver medallist and three-time Olympian, swapped his walking shoes for running shoes last week for the 100m solo run in the Taranaki Steelformers Mountain Event at New Plymouth, New Zealand. He finished a close second behind 2016 winner Oliver Vincent. On the final 25km from Okato to New Plymouth,

Barrett was reducing Vincent's lead with each km, Vincent bravely holding on to cross the line in 16:22:31 and Barrett just over 2 mins behind with 16:25:12. Well done Craig!

- Gene testing could be introduced in time for next year's Olympic Games in Tokyo, IOC President Thomas Bach announced last week. It has been hailed as the most significant advance in drug-testing since the athlete biological passport was formally introduced in 2002. It could be accompanied by dried blood spot testing (DBS), another significant new weapon in the war against drug cheats. See <https://www.insidethegames.biz/articles/1086687/gene-testing-could-be-used-at-tokyo-2020>.
- Teenager Angela **Ndungwa Munguti** is the latest Kenyan athlete to fail a drugs test and face a doping ban. The 17-year-old African Youth Games 800 metres silver medallist tested positive for Norandrosterone, a metabolite of anabolic steroid nandrolone, the Athletics Integrity Unit (AIU) announced on Twitter. See <https://www.insidethegames.biz/articles/1086681/kenyan-teenager-latest-kenyan-suspended>.
- **Mo Farah** faces having drug-test samples reassessed as part of a new WADA investigation into athletes from Nike's Oregon Project. See <https://www.thetimes.co.uk/article/mo-farahs-old-samples-may-be-retested-jjtznngl>.
- The deep connections between NIKE and USATF and the IAAF go back many years. Consider a few titbits. USATF CEO Max Siegel signed a long-term sponsorship agreement with Nike in 2014, worth a reported \$500 million. The deal would lock NIKE in with USATF until 2040! Over many years, Siegel has been criticised for his spending and leadership style and described as a "polarizing figure" in the track and field community. Who has close ties to Nike - none other than IAAF President Seb Coe. Let's not forget that it was only after huge pressure that Coe, after gaining the IAAF Presidency, only reluctantly ditched his controversial £100,000 a year role as a Nike ambassador, maintaining at the same time that it was not a conflict of interest. Finally let's not forget the controversial awarding of the 2021 IAAF World Athletics Championships to Oregon by the IAAF, bypassing the usual formal bidding process. In fact, that was so suspicious that it is being investigated by the FBI and the Criminal Division of America's Internal Revenue Service (IRS). Yes, NIKE has its tentacles everywhere in USA and the global sport of athletics. The question you must ask yourself is - should I buy my sports gear from NIKE?
- And here is another Nike bombshell. At 17, **Mary Cain** was already a record-breaking phenom: the fastest girl in a generation, and the youngest American track and field athlete to make a World Championships team. Then, everything changed. This 7 minute video from the New York Times is a MUST WATCH. What a horrendous story! It's the sort of psychological and biological manipulation that we used to hear about in the old East German days. It now seems that Salazar has even more to answer for. If WADA is indeed going to investigate each of his athletes, I wonder how far that investigation will go! See [https://apple.news/A0o1pC\\_XJQdyp12B9Zq5GVVw](https://apple.news/A0o1pC_XJQdyp12B9Zq5GVVw).
- RUSADA director general Yuri Ganus has publicly contradicted claims by his country's Sports Minister Pavel Kolobkov that data from the Moscow Laboratory was not manipulated. Kolobkov, an Olympic fencing gold medallist, claimed last Thursday that Russia had nothing wrong. "Nothing was removed there, our experts insist this didn't happen," Interfax, an independent news agency in Moscow, reported. Ganus, though, attending the fifth World Conference on Doping in Sport, disputed the claims of Kolobkov. He has repeatedly blamed unnamed Russian officials for doctoring the data handed over to WADA. We now see that the corruption continues to be on a drip feed from the highest level. Keep the ban going! See <https://www.insidethegames.biz/articles/1086773/rusada-contradict-russia-sports-minister>.
- A timely warning of the danger in taking supplements, with 38 year old American tennis player Abigail Spears failing a drugs test after taking "packaged supplements" upon the doctor's recommendation when she was unwell. See <https://au.sports.yahoo.com/abigail-spears-suspended-after-doping-violation-015040898.html?guccounter=1>.

#### 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

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 NO 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, 2000m 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, 2000m walks
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
Mar 14-15, 2020	Victorian Masters, T&F Championships, Bendigo
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

#### International Dates

Jan 1 (Wed), 2020	The First Walk 2020 (50km, 20km, 10km, 6 Hour), Hong Kong Email <a href="mailto:contact@racewalk.hk">contact@racewalk.hk</a>
Mar 23, 2020	38 <sup>th</sup> Dudinska Meet, Dudince, Slovakia
Apr 4, 2020	Podebrady Walks Meet, Podebrady, Czech Republic
May, 2-3, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus See <a href="https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships">https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships</a>
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany
Jun 5, 2020	46 <sup>th</sup> International RW Festival, Alytus, Lithuania
July 17-20, 2020	<b>18<sup>th</sup> IAAF World U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Jan 17-23, 2020	<b>Oceania Masters Championships</b> , Norfolk Island
Apr 6-13, 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 8-19, 2021	<b>World University Summer Games</b> , Chengdu, China
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 27 - Aug 7, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.
Aug 7-17, 2022	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2023 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary

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