



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 08
Tuesday 19 November 2019



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WALKER OF THE WEEK

I have plenty of fine local performances from which to choose my My Walker of the Week time time around. First to last Wednesday evening when VRWC track races were held at Mentone

- 12 year old **Darcey Roberts** - 10,000m Track walk in inaugural 56:42 (new VRWC U13 Club Record)
- 12 year old **Ariana Pashutina** - 5000m Track Walk in inaugural 28:00 (new VRWC U12 Club Record)
- 70 year old **Heather Carr** - 5000m Track Walk in 30:58 (new VRWC W70 Club Record)

Then to Sunday for our VRWC Summer Roadwalk Championships at Middle Park

- 17 year old **Corey Dickson** - 20km Roadwalk in inaugural 1:36:06
- 16 year old **Alanna Peart** - 10km Roadwalk in PB 49:30
- 15 year old **Fraser Saunder** - 5km Roadwalk in PB 24:01 the day after a 1500m PB of 6:43
- 12 year old **Darcey Roberts** - 3km Roadwalk in PB 14:51
- 16 year old **Heath Beveridge** – 5km Roadwalk PB of 23:41 the day after a 3000m PB of 13:41
- 12 year old **Ariana Pashutina** – 3km Roadwalk PB of 15:57

Darcey and Heather and Alanna and Fraser and Heath have all featured as Walkers of the Week a fair bit already and I do like to spread the award around where I can, so this week the award goes to 12 year old **Ariana Pashutina**.

Ariana joined the club in May as a brand new walker and, in 6 short months, had shown huge improvement. Her current PBs stand at 10:45 (2km), 15:57 (3km) and 28:00 (5km). She is possessed of a fine style and lots of speed and trains with the strong Knox training group, so the sky's the limit for this talented young girl. Well done Ariana!



Ariana in action on Wednesday evening at Mentone and on Sunday morning at Middle Park (photos Terry Swan)

WHAT'S COMING UP

- AV Shield competition takes a rest this week, with the Victorian Relay Championships scheduled, but the VRWC has come to the rescue with a further track walk meet scheduled next Wednesday 27th at Keilor. The fixture reads:

Wed 27th November 2019, VRWC Track Races, Keilor

Venue: Keilor Athletic Track, Stadium Dr, Keilor Park

7.00pm 1500m Open

7.15pm 5000m, 3000m Open

- AV Shield resumes on Saturday 30th November with Round 6, but that round does not include walks. Many of our local walkers, however, have entered one or other of the races at the **Australian 50km Championship meet at Fawkner Park on Sunday 1st December**. The last published start list, dated last Wednesday), had 53 starters as follows

Men 20km Race Walk (5)	Garganis, Adam	VIC
	Hosking, Michael	VIC
	Jones, Tyler	NSW
	Mottrom, Kim	SA
	Rew, Quentin	NZL
	Swan, Kyle	VIC
Men 50km Race Walk (12)	Bosworth, Tom	GBR
	Cowley, Rhydian	VIC
	DeMeester, Paul	USA
	Gibbons, Carl	NSW
	Heywood, Colin	NT
	Karlstrom, Perseus	SWE
	Kozica, Jason	VIC
	Linke, Christopher	GER
	Mohamed, Jafar	?
	Reading, Brendon	ACT
	Richardson, Dylan	NSW
	Tallent, Jared	SA
Men Under 18 5km Race Walk (2)	Beveridge, Heath	VIC
	Thompson, Will	VIC
Men Under 20 10km Race Walk (10)	Baker, Mitchell	ACT
	Bedford, Kyle	NSW
	Bruniges, Mathew	SA
	Camilleri, Tristan	SA
	Dickson, Corey	VIC
	Fraser, Tim	ACT
	McGinniskin, Jack	NSW
	Tebbutt, Oscar	NSW
	Young, Gwyllym	ACT
Women 20km Race Walk (9)	Barber, Alana	NZL
	Cross, Anna	SA
	Hamilton, Emily	VIC
	Montag, Jemima	VIC
	Papadopoulou, Christina	QLD
	Robinson, Rozie	NZL
	Smith, Beki	NSW
	Tallent, Rachel	VIC
Woods, Claire	SA	
Women 50km Race Walk (3)	Feiner, Tracy	VIC
	Ruddick, Kelly	VIC
	Woods, Claire	SA
Women Under 18 5km Race Walk (5)	Hay, Charlotte	VIC
	Hay, Charlotte	VIC
	O'Mahony, Kathleen	VIC
	Pashutina, Ariana	VIC
	Roberts, Darcey	VIC

Women Under 20 10km Race Walk (9)	Blackwell, Anna	TAS
	Bolton, Hannah	NSW
	Hannigan, Caitlin	QLD
	Henderson, Rebecca	VIC
	O'Neill, Molly	NSW
	Pearl, Alanna	VIC
	Pearl, Jemma	VIC
	Pitcher, Allannah	NSW
	Walker, Amy	NSW

With 12 entries in the men's 50km (including German walker Christopher Linke, British walker Tom Bosworth and Swedish walker Perseus Karlstrom) and with 3 entries in the women's 50km, we look like seeing our biggest local 50km race for quite a few years. And the final listing may show a few more names, depending on last minute entries. Keep an eye on <https://www.athletics.com.au/events/51744/> for an update.

VRWC TRACK RACES, MENTONE ATHLETICS TRACK, MENTONE, WEDNESDAY 13 NOVEMBER

The VRWC Summer Season continued last Wednesday evening, with 20 walkers contesting track events at Dolomore Reserve, Mentone. Conditions were cool with occasional windy bursts but were not too bad overall.

The 10,000m walk was the first event to kick off at 6:30PM and it was 20 year old **Kyle Swan** who went straight to the lead, recording an impressive solo time of 42:27. 17 year old **Corey Dickson** also walked well to finish with 49:39, while 12 year old **Darcey Roberts** continued her stellar form, walking her first ever 10,000m and setting a new VRWC U13 club record of 56:42 (the previous record of 58:10 had been set by Bec Henderson in 2014).

VRWC 10,000m Track Walk

1.	Kyle Swan	M	42:27	
2.	Corey Dickson	M	49:39	
3.	Darcey Roberts	F	56:42	First one, new VRWC U13 Record

The 1500m walk started at 7PM, with 4 walkers, including first timers **Rudi Coggins** and **Giselle Evans**. Rudi was the fastest with 8:48.

VRWC 1500m Track Walk

1.	Rudi Coggins	M	08:48	First time with us
2.	Aiden Smith	M	10:45	
3.	Giselle Evans	F	11:29	First time with us
4.	Pam Mews	F	16:21	

The 5000m and 3000m walks kicked off at 7:15PM, with 13 walkers in total. **Heather Carr** and **Ariana Pashutina** were the standouts, Heather breaking her own 5000m VRWC W70 club record time with 30:58 and Ariana setting a new VRWC U13 club record with 28:00. Overall, fastest times to **Jason Kozica** (24:04) and **David Smyth** (17:03).

VRWC 5000m Track Walk

1.	Jason Kozica	M	24:04	
2.	Kevin Cassidy	M	25:22	
3.	Emily Smith	F	27:55	PB 1:37
4.	Ariana Pashutina	F	28:00	Inaugural 5000m, new VRWC U13 record
5.	Heather Carr	F	30:58	New VRWC W70 record
6.	Terry O'Neill	M	32:42	
7.	Donna-Marie Elms	F	34:04	
8.	Paul Moritz	M	34:12	
9.	Gwen Steed	F	37:28	

VRWC 3000m Track Walk

1.	David Smyth	M	17:03	
2.	Marnie Grace	F	19:13	PB 0:13
3.	Ralph Bennett	M	19:35	
	Rupert Van Dongen	M	DQ	

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

Officials: Tim Erickson, Karyn O'Neill, Bill Dillon, Donna Dickson, Mark Roberts, Michael Bodey
Judges: Shane Dickson (chief), David Cash, Stuart Cooper, Gordon Loughnan
Photos: Terry Swan (see <https://www.facebook.com/photo.php?fbid=10220245424866597>)



Heather Carr, Kyle Swan, Corey Dickson, Jason Kozica and Rudi Coggins



David Smyth, Emily Smith, Ariana Pashutina and Darcey Roberts (photos Terry Swan)

VRWC SUMMER ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 17 NOVEMBER

Sunday morning saw the VRWC Summer Roadwalk Championships at Middle Park in Melbourne, and the weather was good, with cool overcast conditions for the 31 walkers in attendance.

The 20km walkers were first to start, with **Kyle Swan, Corey Dickson, Jason Kozica** and **Rhydian Cowley** all heading out together and walking an even paced race. That suited 17 year old Corey Dickson perfectly, as he shadowed his older clubmates to record a fantastic inaugural 20km time of 1:36:06. Overall, the Gus Theobold Trophy went to Kyle Swan with 1:34:50.

VRWC 20km Open Men - Gus Theobold Trophy

1.	Kyle Swan	M	48:44	1:34:50	
2.	Corey Dickson	M	48:45	1:36:06	Inaugural
3.	Jason Kozica	M	48:45	1:36:31	
4.	Rhydian Cowley	M	48:44	1:36:32	
	Paul Moritz	M		DQ	

The 10km walkers were next to start, with 16 year old **Alanna Peart** leading from the front to record a superb PB of 49:30. The other outstanding walks came from M70 walkers **Andrew Jamieson** (56:50) and **Heather Carr** (a new W70 club record of 1:04:55). The Heather Carr Trophy was won by **Tracy Feiner** with 52:40.

VRWC 10km Masters Women - Heather Carr Trophy

1.	Tracy Feiner	F	52:40	
2.	Heather Carr	F	1:04:55	VRWC W70 Club Record
3.	Gwen Steed	F	1:17:46	

VRWC Open 10km

1.	Alanna Peart	F	49:30	PB 1:32
2.	Andrew Jamieson	M	56:50	
3.	Mark Donahoo	M	1:04:14	
4.	Terry O'Neill	M	1:07:59	
	Ross Reid	M	DNF	

The 5km and 3km walkers raced together, with **Heath Beveridge**, **Fraser Saunder** and **Darcey Roberts** heading out together. They were all rewarded with PBs – 16 year old Heath recording 23:24, 15 year old Fraser recording 24:01 and 12 year old Darcey recording 14:51. Special mentions also to 14 year old **Kaylah Heikkila-Dobowik** (30:35) and 12 year old **Ariana Pashutina** (15:57) on their PBs. We also welcomed Coburg walker **Tracy Colbert** for her first walk with the club.

VRWC U20 5km Club Championships

1.	Heath Beveridge	M	23:24	PB 0:07
2.	Fraser Saunder	M	24:01	PB 0:10
1.	Jemma Peart	F	26:25	
2.	Kaylah Heikkila-Dubowik	F	30:35	PB 0:39

VRWC Open 5km

1.	Simon Evans	M	28:37	
2.	Ralph Bennett	M	33:25	
3.	Geoff Barrow	M	35:54	

VRWC U15 3km Club Championships

1.	Marcus Wakim	M	15:52	
1.	Darcey Roberts	F	14:51	PB 0:22
2.	Ariana Pashutina	F	15:57	PB 0:43
3.	Emily Smith	F	16:19	

VRWC Open 3km

1.	Donna Elms	F	19:52	
2.	Tracy Colbert	M	21:22	First walk with us

Our youngest walkers also had club championships today, with wins going to **Daniel Pashutin** (his first walk with us), **Zahlia Heikkila-Dubowik** and **Ela Uzun**. It was impressive to see the quality across all our junior age groups.

VRWC U12 1.5km Club Championships

1.	Daniel Pashutin	M	9:01	First walk with us
1.	Zahlia Heikkila-Dubowik	F	9:35	

VRWC U10 1.5km Club Championships

1.	Ela Uzun	F	8:25	
2.	Havana Ali	F	9:13	PB 0:19
3.	Addison Paulke	F	9:41	

Thanks as always to our many officials and judges and club helpers. Apologies if I have missed anyone.

Officials: Mark Donahoo, Tim Erickson, Bill Carr, Ian Laurie, Simon Baker, Donna Dickson, Cheryl Beveridge
Judges: Peter Vysma, Shane Dickson, Stuart Cooper, David Cash, Gordon Loughnan
Refreshment Table: Karyn O'Neill, Darlene Swan, Rob Cowley
Canteen: Kate Suich, Donna-Marie Elms
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/554>)



Alanna Peart, Andrew Jamieson, Corey Dickson and Daniel Pashutin



Ela Uzun, Jemma Peart, Heath Beveridge, Darcey Roberts, Fraser Saunder and Heather Carr

We welcomed Runners World Kew proprietor **Neil Ryan** to the presentations, as he handed out Runners World Winter Season awards to **Kyle Swan, Tracy Feiner, Alanna Peart and Corey Dickson**. The AV Winter Season Walks Perpetual Trophies were also awarded, with winners as follows:

NORM GOBLE TROPHY
 BETTY NEWMAN TROPHY
 AVIS REDMAN TROPHY
 TOM DAINTRY TROPHY
 BOB GARDINER SHIELD
 SIMON BAKER SHIELD

Most points earned in Men's AV Championships
 Women's Walking Team Champions
 Best Under 16 Girl Walker
 Best Under 14 Girl Walker
 Best U16/U14 Boy Walker
 Best U18 Boy Walker

Rhydian Cowley
Melbourne University
Kaylah Heikkila-Dubowik
Darcey Roberts
Fraser Saunder
Corey Dickson



AV Trophy winners Kaylah Heikkila-Dubowik, Rhydian Cowley, Darcey Roberts, Fraser Saunder and Corey Dickson, along with Tim Erickson



Runners World Winter Season winners Alanna Peart, Corey Dickson, Kyle Swan and Tracy Feiner with Neil Ryan



Kyle Swan, Tracy Feiner, Ariana Pashutina and Kaylah Heikkila-Dubowik

The VRWC 2019 AGM followed, with a highlight being the awarding of VRWC Life Memberships to stalwarts **David Cash** and **Ian Laurie**.



VRWC President Stuart Cooper congratulates David Cash and Ian Laurie (all photos Terry Swan)

The AGM also added a new club policy, titled 'Codes of Conduct'. You can read out at http://www.vrwc.org.au/vrwc_policies.shtml

AV SHIELD ROUND 5, COUNTRY VENUES. SATURDAY 16 NOVEMBER

Athletics Victoria Shield Round 5 was held last Saturday, but it was not a point scoring day for the walks. Consequently, walks were not held at the metropolitan venues, but they were scheduled as non-points-scoring in the 3 country venues.

Ballarat

Fraser Saunder was the standout in Ballarat recording a PB of 6:43 in the 1500m. Unfortunately, the official AV results have him down incorrectly as 6:53.85. **Scott Peart** also walked excellently for a big PB of 7:58.65.

1500m Walk

1.	Fraser Saunder	BYC	6:43.00	M16	PB 0:08
2.	Mia Darlow	UNA	9:40.57	F16	
3.	Scott Peart	BYC	7:58.65	M14	PB 0:28

Bendigo

3000m and 1500m walks were scheduled in Bendigo, with 7 walkers in attendance.

3000m Walk

1.	Jennifer Payne	SBE	18:22.77	F60	
2.	John Watson	BGO	23:11.98	M65	
3.	John Carter	UNA	24:26.20	M65	

1500m Walk

1.	Courtney Campbell	SBE	9:30.43	F14	
2.	Maddison Vaughan	UNA	9:38.21	F14	
3.	Amanda Robinson	BGO	10:53.45	F40	
4.	Geoffrey Major	EAG	13:26.02	M65	
5.	Wendy Ennor	EAG	?	F60	

Geelong

Heath Beveridge was the standout walker in Geelong with a big 3000m PB of 12:41.0.

3000m Walk

1.	Heath Beveridge	WES	13:41.0	M18	PB 0:37
2.	Arnika Nelson	WYN	16:57.1	F18	
3.	Owen Costin	CHI	16:33.6	M16	
4.	Jade Chitty	WES	19:24.7	F16	
5.	Phillip Dunstone	WES	19:01.9	M50	

6.	Robyn Shaw	WES	19:54.9	F55
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1500m Walk

1.	Kaylah Heikkila-Dubowik	COR	8:51.1	F16
2.	Francis Panakkal	WYN	12:58.2	M14

SAMA TRACK WALKS, WODEN PARK, CANBERRA, WEDNESDAY 13 NOVEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Great 3000m walk time by **Richard Everson** (M56 15:09).

1000m Walk

1.	PETER CRUMP	05:39	M59	73.48%
2.	MARIE MAXTED	05:46	W59	77.46%
3.	JACK RUSSELL	05:58	M67	75.69%
4.	GEORGE WHITE	06:02	M74	81.53%
5.	GIL MCINTOSH	06:35	M69	70.22%
6.	LIZ DOWNS	06:49	W64	68.89%
7.	HELEN SURIDGE	07:52	W68	62.45%

1000m Club Walk

1.	TREVOR BROWN	06:57	M70	67.31%
2.	MARGARET MCINTOSH	07:54	W66	60.76%
3.	GRAHAM HARRISON	08:05	M76	62.50%
4.	DAVID ROBERTSON	08:38	M86	68.21%

3000m Walk

1.	RICHARD EVERSON	15:09	M56	83.80%
2.	PETER CRUMP	18:16	M59	71.50%
3.	GEORGE WHITE	18:34	M74	83.41%
4.	JACK RUSSELL	19:35	M67	72.55%
5.	MARIE MAXTED	19:50	W59	71.70%
6.	GIL MCINTOSH	20:03	M69	72.54%
7.	LIZ DOWNS	22:26	W64	67.08%

3000m Club Walk

1.	TREVOR BROWN	21:38	M70	68.04%
2.	DAVE FALLON	22:32	M67	63.05%
3.	ROGER LOWE	23:50	M76	66.78%
4.	MARGARET MCINTOSH	24:27	W66	63.09%
5.	GRAHAM HARRISON	25:21	M76	62.79%
6.	EDNA BATES	26:22	W66	58.51%
7.	DAVID ROBERTSON	26:28	M86	70.36%
8.	CATHIE HORE	26:51	W69	59.77%
9.	JEFFREY KENNETT	30:57	M69	46.99%

ACTRWC ROADWALKS, WODEN PARK, WODEN, THURSDAY 14 NOVEMBER

Thanks to Val Chesterton for this week's results from the ACT Racewalking Club in Canberra. Fast 2000m by **Tim Fraser** (8:31).

2000m Walk

1.	Tim Fraser	8:31
2.	Owen Toyne	9:29
3.	Kodi Clarkson	9:56
4.	Hannah Manning	10:31
5.	Peter Baker	11:10
6.	Sebastian Young	11:53
7.	Bryan Thomas	14:14
8.	Ruth Baussmann	15:32
9.	Geoff Barker	16:08
10.	Doug Fitzgerald	16:18
11.	Robert Kennelly	16:44

12. Margaret McSpadden	16:54
13. Lorna England	17:22
14. Jenny May	18:20

ATHLETICS WA INTERCLUB, WAAS, PERTH, FRIDAY 15 NOVEMBER

Thanks to Terry Jones for this week's results from Western Australia. He commented: After a 39 degree day, it was still in the 30s at 6pm when this race was conducted.

Women 3000m Walk

1. Alexandra Griffin	14:51.46
2. Ashlyn Spence	16:51.17
3. Brooke Mortimore	17:18.14
4. Casey Mortimore	17:23.85
5. Kaytee Bogaers	18:34.40
6. Ebony Gough	19:07.12
7. Cara Mezzatesta	21:00.19
8. Caitlin Hodgkinson	21:10.93
Richelle Morales	DQ

Men 3000m Walk

1. Benjamin Reid	14:28.53
2. Bradley Mann	14:34.13
3. Calum Murphy	16:27.44
4. Xavier Bernard	17:10.19
Riley Wood	DQ

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 16 NOVEMBER

Thanks to Kim Mottrom for this week's results from Adelaide. A big PB from **Tristan Camilleri**.

5000m Walk

1. Tristan Camilleri	21:30.47
2. Kim Mottrom	22:18.70
3. Mathew Bruniges	24:55.30
4. Richard Everson	25:56.21
5. Greg Metha	30:16.57
6. Mia Wilks	30:16.57
7. Peter Crump	31:11.94
8. Marie Maxted	32:34.79
9. Ross Hill-Brown	41:34.46

1500m Walk

1. Zayden Kamish	7:45.82
2. Anthony Tana	8:03.58
3. Ruby Langford	8:13.10
4. Hannah Wilks	8:23.83
5. Katie DeRuvo	8:33.57
6. Nellie Langford	8:41.75

ATHLETICS SOUTH INTERCLUB, DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 16 NOVEMBER

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

End of School/Academic Year commitments for our younger athletes and injuries amongst our Evergreen Masters Walkers conspired to make for a very small field for today's Interclub 3000m event, but there were still silver linings to be found for Tas Race Walkers Club Members contesting events outside of Interclub. At the Hobart Districts LA Centre meet held prior to Interclub at the Domain Athletics Centre, **Oliver Morgan** did his 1500 Walk in a Hobart Districts U/13 Record time of 7:44. (Unfortunately at time of writing the full race result was not available). Also, congratulations also to Club member **Steve Ahern** in completing the Point to Pinnacle Half Marathon in very cool conditions.

3000m Walk

1. Anna Blackwell	OVA	15:22.61
Oliver Morgan	OVA	DNF

QMA T&F MEET, SAF, BRISBANE, SATURDAY 17 NOVEMBER

Finally, to Brisbane for the latest walks with the Queensland Masters.

3000m Walk

1. Bennett, Peter	M64	Qma Brisbane	16:59.23	77.63%
2. Sela, Patrick	M80	North Queensland	23:45.21	71.03%
3. McKinven, Noela	W77	Qma Brisbane	25:04.45	69.97%

MEETING D'AUTOMNE, NOGENT-SUR-MARNE, PARIS, SATURDAY 9 NOVEMBER

Emmanuel Tardi was in Berlin last week for the 30th anniversary of the fall of Berlin wall (he was there in 1989 when the wall fell) so this week sees a catchup on what has been a busy couple of weeks in the world of French racewalking. I continue to be impressed by the huge numbers of walking enthusiasts across France, along with the number of race organisers who put on their own races.

First to Saturday November 9th, which saw the 4th edition of the Grand prix de Nogent-sur-Marne, held in that southern suburb of Paris. Organizers were very happy with the large number of starters for what is classed as a winter race . The main races (10km and 20km) started at 2:30PM and were contested over a 1km loop which was challenging, with roots and dead leaves on the road.

Marine Quennehen (French National team member) won the 20km race with 1:43:19. while the 10km was won by junior walker **Aymeric Hue** with 47:48.

20km Walk

1.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	1:43:19
2.	BERCHEBRU Benoit	VEM/84	Ca Montreuil 93	1:46:06
3.	BEURION Mathieu	SEM/89	Ac Paris-joinville	1:47:41
4.	DENONCIN David	SEM/88	C.a. L:hay Les Roses	1:51:00
5.	LAMBERT Elsa	VEF/76	Ca Montreuil 93	1:53:04
6.	ANDRIEU Olivier	VEM/78	Ac Paris-joinville	1:53:06
7.	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	1:53:57
8.	BOLLINGER Vincent	VEM/84	Dynamic Aulnay Club	1:53:57
9.	LANOUE Severine	VEF/85	Ac 92	1:54:04
10.	LANEAU Maxime	VEM/84	Us Camon	1:54:31
11.	FRANCHIN Celia	SEF/87	Paris Uc	1:54:48
12.	BEURIER Jocelyn	VEM/85	Athle78 - S/l Us Vesinet	1:55:00
13.	OLIVARES Mathieu	VEM/76	Neuilly Sur Marne Athletisme	1:56:33
14.	STEFANELLY David	VEM/76	As Mantes	1:57:19
15.	LEGENTIL Marc	VEM/84	Dynamic Aulnay Club	1:58:10
16.	TURLET Albert	VEM/81	Ac 92 - S/l Avia Club Athleti	2:03:30
17.	RODRIGUEZ Lucie	VEF/84	Co Champagne Aa	2:06:55
18.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	2:09:24
19.	LANGLOIS Cloe	SEF/97	Dynamic Aulnay Club	2:15:07
20.	CHOICILLON Patrice	VEM/74	NL	2:23:04
21.	FABRE Judith laurence	VEF/64	C.a. L:hay Les Roses	2:29:28
22.	POUVREAU Manuella	VEF/64	Domont Athletisme	2:41:05
23.	RIGAL Jean-marc	VEM/59	Domont Athletisme	2:41:05
	CLO Ronan	SEM/95	Fc Sochaux Montbeliard	DNF
	PIEUX Ghislaine	VEF/71	L2a53 - S/l Stade Lavallois	DNF

10km Walk

1.	HUE Aymeric	JUM/01	Ec Orleans Cercle Jules Ferry	47:48
2.	DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	51:52
3.	BLONDIN David	VEM/69	Ea Cergy Pontoise Athlé	54:28
4.	NIAKATE Sadio	JUM/02	Ca Montreuil 93	55:27
5.	GIBRAT Fabrice	VEM/67	So Houilles	56:36
6.	FORESTIERI Alexandre	VEM/82	Ust Courir A Saint Tropez	56:37
7.	DAHM Florent	SEM/87	Ca Montreuil 93	57:13
8.	LACAZE Mathilde	SEF/81	NL	59:47
9.	TOUTAIN Eric	VEM/63	Us Ivry	1:00:48
10.	LETELLIER Alexandre	CAM/04	Athletic Club De Colombes	1:01:17
11.	NARME Jean-luc	VEM/60	Sc Brie-comte robert	1:01:52
12.	BESSOT Veronique	VEF/62	Domont Athletisme	1:02:07
13.	CHOCHOY Christine	VEF/68	Dynamic Aulnay Club	1:02:22
14.	RAES Chloe	VEF/76	Neubourg Ac	1:02:58
15.	JAEGER Emmanuelle	VEF/67	Ao Charenton	1:04:01
16.	VICTOR Etienne	VEM/64	Cag Arnouville Gonesse	1:04:49
17.	LANGLOIS Lise	JUF/02	Dynamic Aulnay Club	1:05:02
18.	CRUET Lea	JUF/01	As Meudon	1:05:08
19.	GALMICHE Catherine	VEF/57	Cag Arnouville Gonesse	1:06:26
20.	DELHON Vincent	VEM/75	Asfi Villejuif	1:06:49
21.	DORE Sophie	VEF/77	Uai Nogent-sur-marne	1:07:02
22.	LEMONNIER Dominique	VEF/56		1:11:09
23.	CORNIQUET Sophie	SEF/91	Foulees De St Germain En L	1:12:43
24.	BENIGNI Sandrine	VEF/72	Stade Francais	1:13:50
25.	ROMAN Dominique	VEF/59	Us Vesinet	1:15:42
26.	GARCIA Eric	VEM/66		1:16:04

27. REBRAY Anne-marie	VEF/54	Athletisme Le Bourget Drancy	1:16:31
28. SIMEON Elisabeth	VEF/42	Paris Uc	1:18:37
29. MONTIGNY Patrick	VEM/49	Elan Chevilly-larue	1:25:03
30. SAUNEUF Lola	VEF/46	Marne Et Gondoire Athletisme	1:25:37
31. PETEL Annie	VEF/42	As Meudon	1:36:41
HELLER Denis	VEM/56	Athletic Club De Colombes	DNF
CORVENNE Gilles	VEM/71	NL	DNF
OYHARCABAL Brice	VEM/76	Athletic Club De Colombes	DQ
VERGNAUD Serge	VEM/61	Us Vesinet	DQ



Meeting d'Automne Nogent-sur-Marne - Marine Quennehen (photo Emmanuel Tardi)

CHALLENGE MARIO GATTI, LARMOR-PLAGE, FRANCE, SUNDAY 10 NOVEMBER

The next day saw the Challenge Mario Gatti in Larmor-Plage (Brittany), with over 100 walkers in attendance. Lots of pics at <https://photos.app.goo.gl/8pWSbgWFkpW9Qq778>.

20,000m Track Walk

1. DEQUIN Alain	VEM/66	ULA De Cornouailles	1:49:36.94
2. COIS Steeve	SEM/89	Asc Le Havre	1:53:19.35
3. CHARBONNIER Nicolas	VEM/78	Us Bannalec	1:54:23.06
4. ROBIDOU Philippe	VEM/59	La Vigilante Fougères	1:54:33.04
5. BRAY Violaine	VEF/71	Cjf Saint-malo	1:54:36.80

10,000m Track Walk

1. LEBRETON Killian	ESM/00	Ta Rennes	51:02.33
2. LE MEUR Steven	ESM/98	Us Bannalec	51:35.89
3. POTIER Nicolas	SEM/89	Al Saint-marc	52:20.84
4. DEQUIN Alain	VEM/66	ULA De Cornouailles	54:29.90
5. GOURLET Romane	JUF/01	Stade Brestois	54:47.87
6. COIS Steeve	SEM/89	Asc Le Havre	55:01.09
7. CHARBONNIER Nicolas	VEM/78	Us Bannalec	56:10.64
8. BRAY Violaine	VEF/71	Cjf Saint-malo	56:14.84
9. ROBIDOU Philippe	VEM/59	La Vigilante Fougères	56:18.08
10. DRONIOU David	VEM/76	Ca Propriano	58:07.16
11. LE GARGASSON Patrick	VEM/64	Uaca Saint Brieuc	58:35.37
12. MORVAN Iona	JUF/01	Stade Brestois	59:28.11
13. ROUGE Amelie	JUF/01	Ren Loire Divatte	1:00:34.11
14. LISSILLOUR Sarah	JUF/02	Lannion Athletisme	1:02:23.78
15. DESNOT Valerie	VEF/62	Uaca Saint Brieuc	1:02:38.22
16. LABORY Gerard	VEM/56	ULA De Cornouailles	1:03:18.02
17. DANILO Florence	VEF/63	Athle Du Pays De Redon	1:04:19.26

18. BENETON Sherazade	JUF/02	Us Bannalec	1:06:53.97
LE MEUR Katell	JUF/01	Us Bannalec	DNF
TILLOY Gwenael	VEM/82	Uaca Saint Brieuc	DQ
GIRAUDEAU Denis	VEM/51	ULA De Cornouailles	DQ



Challenge Mario Gatti - Steven Le Meur, Killian Lebreton, Alain Dequin, Steeve Cois and Violaine Bray (photos Emmanuel Tardi)

43RD GRAND PRIX DE LA VOIE SACRÉE, VERDUN TO BAR LE DUC, FRANCE, SUNDAY 11 NOVEMBER

November 11th is a public holiday in France because it marks the end of the First World War. Two walking races have been organised on this date for many years. The first is the Grand Prix de la voie Sacrée which is a race between Bar le Duc and Verdun. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, it goes from Verdun to Bar le Duc.

The road used is a memorial road. It is the only road in France who don:t have number, it:s only named "La Voie Sacrée". It was along this road that some one million soldiers travelled to the famous Battle of Verdun in 1916. Most of them never came back. Memorial milestones, each with a soldier:s helmet on it, are placed every kilometre.

This year, the race length was 55.1km and the winners were **Sandrine Eichholtzer** and **Florian Letourneau** (who also won in 2018).

la Voie Sacrée, Verdun - Bar-le-Duc (55.1km)

1. Letourneau Florian	AC Château Thierry	5:39:12
2. Guetat Gérard	Tos Omnisports	5:41:01
3. Svensson Christer	Sweden	5:50:14
4. Olivares Mathieu	Neuilly s/Marne	5:56:15
5. Erard Christophe	Asm Bar le Duc	5:57:38
6. Sandrine Eichholtzer	ANA	6:03:34
7. Klapa Zbigniew	Poland	6:04:07
8. Maurel Éric	AC Château Thierry	6:33:37
9. Pfister William	Asm Bar le Duc	6:36:10
10. Marechal Pascal	AC Château Thierry	6:37:18
11. Pellerin Alain	AC Château Thierry	6:44:57
12. Gros Gildas	Es Thaon	6:47:23
13. Maldeme Damien A	vec Mirecourt	7:03:34
14. Thiriout Louis	A2M Metz	7:06:13
15. Jacquemin Mickael	Avec Mirecourt	7:15:29

Erize-la-Petite - Bar-le-Duc (21.5km)

1. Bibet Philippe	Us Toul	1:57:19
2. Démon Sonia	Efsra Reims	2:05:07
3. Bonnomet Arthur	Cocaa Châlons	2:10:01

4.	Rey Julien	Cocaa Châlons	2:10:31
5.	Boban Valérie	Avec Remiremont	2:12:02
6.	Honorez Denis	Cocaa Châlons	2:17:59
7.	Brastel Adeline	Efsra Reims	2:18:11
8.	Tournois Pascal	Asm Bar le Duc	2:24:00
9.	Florentin Catherine	Avec Mirecourt	2:27:51
10.	Florentin Thierry	Avec Mirecourt	2:27:53
11.	Tabouret Guy	Us Toul	2:34:05
12.	Jacquemin Joel	Avec Mirecourt	2:37:08
13.	Chaumet Daniel	NL	2:37:58
14.	Guery Christophe	AMB	2:42:22
15.	Frizon Andre	NL	2:45:19
16.	Hacquin Benoit	AMB	3:05:39
17.	Merveille Michel	H2 Herlies	3:14:10
18.	Thomas Michel	NL	3:23:04
19.	Chamagne Daniel	ASM Bar le Duc	4:00:00



The starting field for la Voie Sacrée (Verdun to Bar-le-Duc) – photo Emmanuel Tardi

ASCENSION DU MONT SAINTE ODILE, KLINGENTHAL, FRANCE, SUNDAY 11 NOVEMBER

And that is not the only French race held each Armistice Day. Every November 11th, there is also a walking race in Klingenthal in Alsace, in the east of France. In fact, this is the oldest racewalking event in France, having been held since 1935. The goal is to climb to the summit of Mont Sainte-Odile, a peak in the Vosges Mountains, where there is a convent. The race is only 8.55km long, but it is a hard walk, with the starting altitude at 280m and the finishing altitude at 750m. The field size is restricted to 100 and there are divisions for racewalkers and for nordic walkers, with separate rankings.

This year the men:s race was won by **Florian Mayer**, the 2018 50km national champion and defending champion, in a time of 49:53, well outside the 1981 race record of 45:37, set by Gérard Goujon from Belgium in 1981, while **Alejandra Ramirez Gomez** won the women:s race. Lots of photos at <https://photos.app.goo.gl/rtmgvCbJmdKgpdGD7>.



Ascension du Mont Sainte Odile - Alejandra Ramirez-Gomez and Florian Mayer (photos Emmanuel Tardi)

Montée du Mont Ste Odile, 8.55km Racewalk

1. MAYER Florian	SEM/96	Avec	49:53
2. SCHMITT Benjamin	SEM/87	Ana/sgw	52:20
3. STAHL Denis	M3M/68	CSLT De L:esp	55:12
4. RAMIREZ GOMEZ Alejandra	M1F/76	Ana/sgw	56:24
5. CLAUSS Daniel	M6M/55	Ana/sgw	58:13
6. LOMONIER Dorian	CAM/03	Esmgo Athletisme	58:21
7. THOURET Lucie	SEF/93	Mba	58:38
8. MACABREY Quentin	SEM/94	Mba	59:19
9. MACABREY Antoine	SEM/96	Mba	59:21
10. WALDVOGEL Noel	M5M/59	Westhouse	1:01:30
11. BOHIC Jean-paul	M2M/72	Team Kabbloc	1:01:37
12. WOLF Pia (Ger)	SEF/95	Tb Freistett	1:02:00
13. SCHATZ Marie-christine	M4F/65	CSLT De L:esp	1:02:23
14. ACKER Marie	SEF/97	Ana/sgw	1:03:11
15. SEIPEL Hans-georg (Ger)	M5M/58	T.v.buhlerthal	1:03:19
16. UHLRICH Paul	M6M/54	Club Vosgien Wasselonne	1:03:48
17. DIETZCHE Klaus (Ger)	M4M/62	S.c.onsbach	1:04:36
18. OULBANI Jean-claude	M6M/54	Oderen	1:05:16
19. RIVIERA Eugenio	M5M/58	Eha-uspa	1:05:36
20. WOHNHAAS Gerard	M6M/52	Mjc Ergersheim	1:06:17
21. FIX Gilbert	M6M/51	Traenheim	1:06:38
22. LOMONIER Nicolas	M3M/69	Esmgo Athletisme	1:06:57
23. SANDER Ulrike (Ger)	M1F/76	Tb Freistett	1:06:59
24. PONGIN Catherine	M4F/63	Us Talence	1:07:24
25. GASSER Yves	M6M/53	Dorlisheim	1:07:43
26. BOCH Edouard	M7M/49	Saverne	1:07:56
27. SCHWARZ Alfons (Ger)	M6M/54	Tv Buhlerthal	1:08:00
28. SCHULTZ Claire	M3F/66	CSLT L:esp	1:08:54
29. FAUSSER Francis	M6M/52	CSLT De L:esp	1:08:55
30. WIMMER Maria	M5F/57	CSLT De L:esp	1:10:41
31. GAUDIN Michel	M6M/52	CSLT De L:esp	1:10:42
32. MISCHLER Claudine	M7F/50	Ana/sgw	1:11:04
33. MAISON Sylvie	M2F/73	S2a/ibal	1:11:29
34. DEMENGEL-DELORME Lydie	M3F/69	Godasse Obernai	1:12:04
35. VAUCLAIR Alain	M5M/58	Ottrot	1:12:15
36. BLAESIUS Hugo	SEM/97	Ascs Non Licencie	1:12:52
37. BLAESIUS Didier	M3M/66	Mittelhausbergen	1:12:53
38. KARCHER Bernard	M4M/64	Amicale Cycliste Thann	1:13:52
39. FASSLER Lydie	M4F/61	La Godasse Obernoise	1:14:13
40. DOUTE Christian	M7M/50	Heiligenstein	1:14:17
41. OULMANN Aime	M5M/59	Wisches	1:14:22

42. BASSOMPIERRE Aurelien	M0M/81	Gertwiller	1:15:15
43. ANXIONNAT Claudine	M6F/51	Vosges Avec/bruyeres	1:15:16
44. MERCIER Jean-pierre	M3M/70	St Amarin	1:15:39
45. DOBERNECKER Marianne (Ger)	M6F/53	T.v.buhlerthal	1:16:05
46. OTT Christophe	M3M/66	Holtzheim	1:16:08
47. MOSSER Richard	M3M/67	S2a/rcs	1:17:13
48. MILANO Marie	M3F/67	Gresswiller	1:17:54
49. FRIANT Patricia	M4F/61	Scharrachbergheim	1:18:27
50. GAUDIN Marianne	M7F/48	CSLT De L:esp	1:19:00
51. LELANT Ariane	M6F/52	Esmgo Athletisme	1:19:10
52. SCHMITT Marie-claude	M6F/52	Ana/sgw	1:23:48
53. COTTARD Sandrine	M2F/71	Esmgo Athletisme	1:44:46

MEETING DE MARCHE ATHLÉTIQUE, BAYONNE, FRANCE, SUNDAY 17 NOVEMBER

And now onto last Sunday when Emmanuel was in Bayonne, in the south west of France, 800km from his home, for the 2nd edition of their local race. It was wet for the 10AM start but numbers were up on last year. The race was held on a 1km lap around the athletic stadium and near the Dive (the local river). The 20km race was won by previous international walkers **Fabrice Ramon** and **Elisabeth Brunet** while the 10k was won by **Anne-Catherine Quenehervé** who represented France in the IAAF Race Walking World Cups from 1987 to 1999 (under her maiden name of Berthonnaud).

See Emmanuel's photos at <https://photos.app.goo.gl/Z9w568jm5zxWZCcS7>.



Meeting de Marche Athlétique in Bayonne - Elisabeth Brunet and Fabrice Ramon (photos Emmanuel Tardi)

20km Walk

1. RAMON Fabrice	VEM/70	Grand Angouleme Athletisme	49:55	1:40:54
2. RICHARD Dorian	SEM/91	Acj Nerac	50:54	1:44:27
3. CIAN Anthony	SEM/94	Sa Merignac	53:57	1:46:59
4. BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	52:34	1:47:08
5. SAINT-MARC Adrien	ESM/00	Us Bazas	53:51	1:48:17
6. LE BONNIEC Philippe	VEM/66	Elan Girondais Athle	54:51	1:51:02
7. FOUJEM GANNO Daniel (CMR)	VEM/74	Cm Floirac	55:21	1:53:07
8. LACLERGERIE Annick	VEF/64	Sa Merignac	59:22	2:01:45
9. GALIANA Gerard	VEM/60	Union Sportive Cenon Athlé	1:06:03	2:17:23
10. GUALANDI Gerard	VEM/55	Ca Perigueux	1:10:50	2:24:02
11. SEN Gerard	VEM/48	Us Bazas	1:11:58	2:24:30
12. CANET Patrice	VEM/60	Tarbes Pyrenees Athletisme	1:13:02	2:31:15

10km Walk

1. GIMENEZ Mathys	CAM/03	Es Bruges	50:55
2. VANOOSTHUYSE Jean-franck	VEM/79	Us Talence	52:06

3.	GAUZE Francis	VEM/62	Fc Oloron	52:57
4.	QUENEHERVE Anne-catherine	VEF/66	Grand Angouleme Athletisme	54:48
5.	CERDA Bernard	VEM/64	Us Bazas	55:52
6.	RICHARD Kelian	JUM/02	Us Bazas	58:38
7.	JEAN Sandra	VEF/73	Tarbes Pyrenees Athletisme	1:02:10
8.	SEGAS Florian	JUM/02	Us Bazas	1:02:50
9.	BROCHOT Edith	VEF/52	Tarbes Pyrenees Athletisme	1:03:56
10.	PICARD Pascal	VEM/62	Us Bazas	1:04:38
11.	BERTHON Corinne	VEF/57	Sa Merignac	1:06:39
12.	LASSUS Marc	VEM/50	Us Bazas	1:04:47
13.	PERES Eric	VEM/66	Tarbes Pyrenees Athletisme	1:08:46
14.	BROLESE Laetitia	VEF/77	Elan Girondais Athle	1:10:15
15.	SEN Lucie	VEF/50	Us Bazas	1:11:56
16.	RUBIANO Thierry	VEM/68	Tarbes Pyrenees Athletisme	1:12:41
17.	SEGAS Myriam	VEF/71	Us Bazas	1:13:31
18.	TROCMET Jean-paul	VEM/61	Elan Girondais Athle	1:17:15
19.	LASSUS Maryse	VEF/49	Us Bazas	1:18:55
20.	TARDI Emmanuel	VEM/67	La Postillonne Longjumeau	1:19:59

MARCIADALMONDO ROUNDUP

marciadalmondo has only 1 press releases this week

- Wed 13 Nov - The best male Italian walkers in 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3642

But there were some interesting additional press releases by omarchador.

- Mon 18 Nov - Lidia Sánchez-Puebla and Álvaro López win in Toledo, Portugal
<https://omarchador.blogspot.com/2019/11/lidia-sanchez-puebla-e-alvaro-lopez.html>
- Sun 17 Nov - Results of track walks in Alhama de Murcia, Portugal
<https://omarchador.blogspot.com/2019/11/provas-de-controlo-em-alhama-de-murcia.html>
- Thu 14 Nov - Munich will host the 2022 European Championships
<https://omarchador.blogspot.com/2019/11/munich-acolhera-os-campeonatos-da.html>
- Tues 12 Nov - Results of the Open Games in Santa Catarina, Brazil
<https://omarchador.blogspot.com/2019/11/jogos-abertos-de-santa-catarina-em.html>

OUT AND ABOUT

- The decision by the IOC to move the Olympics walks and marathon runs from Tokyo to Sapporo continues to receive negative review. The latest critique is from champion Canadian walker Evan Dunfee. Some very tough words from Evan at <https://www.insidethegames.biz/articles/1087034/dunfee-accuses-ioc-of-hypocrisy>.
- Here is Evan's actual article: <https://www.insidethegames.biz/articles/1087018/evan-dunfee-on-ioc-moving-races>.
- The hearing to determine Team Sky doctor Dr Richard Freeman's fitness to practise medicine has started in explosive fashion, with ex-British Cycling technical director and Team Sky head coach Shane Sutton furiously denying claims he is a "doper" before storming out of the medical tribunal. See <https://www.bbc.com/sport/cycling/50387501>.
- Justice is finally done. Kenya's Abraham Kiptum has been handed a four-year ban by the Athletics Integrity Unit over an athlete biological passport (ABP) violation. Kiptum was provisionally suspended back in April, two days before he had been due to compete in the London Marathon. The reasoning behind the decision is spelt out clearly and leaves little doubt that their decision is correct. Kiptum had set a then half marathon world record of 58:18 in Valencia, showing just how well you can do when you dope. How's this for a stat: Between 2004 and August 2018, 138 Kenyan athletes tested positive for performance-enhancing drugs. See <https://www.insidethegames.biz/articles/1086981/kiptum-handed-four-year-doping-ban>.
- And yet another Kenyan drugs bust released yesterday, with Cyrus Rutto becoming the latest Kenyan runner to be banned for four years by the Athletics Integrity Unit (AIU) after testing positive for banned performance-enhancing drugs. Rutto has now been banned from April 4 this year and will miss next year's Olympic Games in Tokyo and the 2021 IAAF World Championships in Eugene in the USA. See <https://www.insidethegames.biz/articles/1087177/rutto-latest-kenyan-runner-to-be-banned>.

TALKING STAMPS

Ian and Margaret Beaumont alerted me to a 2007 Taiwan set of sporting stamps which included one titled 'Speed Walking' and which shows a walker! Here is the set. We are now trying to source some for our collections!



There have been a lot of racewalking related stamps released over the years, starting with a San Marino set issued in 1954, and I have them documented at <http://www.vrwc.org.au/vrwcstamps.shtml>. I will now be adding this latest find. Thanks Margaret and Ian!

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 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, 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, 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 http://www.brisbane2020nationals.com.au/
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 contact@racewalk.hk
Mar 23, 2020	38 th Dudinska Meet, Dudince, Slovakia
Apr 4, 2020	Podebrady Walks Meet, Podebrady, Czech Republic
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

May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany
Jun 5, 2020	46 th International RW Festival, Alytus, Lithuania
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>)