



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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Tuesday 3 December 2019



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### WALKERS OF THE WEEK

There were lots of outstanding performances at Fawkner Park last Sunday morning. Some that spring to mind include

- 28 year old VRWC walker **Rhydian Cowley** who won the Australian Men's 50km Championship in a superb 3:52:58. It was his first ever attempt at this distance and he nailed it! He is already known as one of our best ever 20km walkers, with a PB of 1:20:19. He can now call himself a top 50km walker!
- 42 year old VRWC walker **Tracy Feiner** who won the Australian Women's 50km Championship. Like Rhydian, it was her first attempt at the distance. Her 30km split of 2:49:44 was only 32 seconds outside her 30km PB, set earlier this year in Melbourne. From then on, her finish was never in doubt, just the time. She did slow before rallying in the final 2km lap to record 4:59:32, a new **W40 50km Australian Masters Record**. It was not as fast as she had perhaps hoped but it was still a great walk for a first timer over that distance.
- 19 year old NSW walker **Dylan Richardson** who took silver in the Australian Men's 50km Championship. Walking the race of his life, he passed through 30km in a PB 2:29:20 before slowing in the final 20km to cross the finish line with 4:22:44. He had passed 2016 Rio Olympian Brendon Reading soon after the 30km mark and was never threatened from then on. It is only rarely that we see someone so young attack the 50km so confidently.
- 65 year old NT walker **Colin Heywood** who also completed his first ever 50km, his time of 5:05:34 beating the World Masters M65 50km Record of 5:11:22, set by USA walker Leon Jasionowski in 2010.
- 20 year old VRWC walker **Kyle Swan** who came second in the Men's Invitational 20km walk with a time of 1:23:53. He chased top English international Tom Bosworth the whole way and was rewarded with a PB that bettered his previous best by nearly 8 minutes!
- 17 year old ACT walker **Gwyllym Young** won the U20 Men's 10km race with 43:25, beating his previous PB by 2 mins and 32 sec. With the first 5 walkers all under 44:30 and all walking PBs, it was the most exciting race of the day.
- 17 year old VRWC walker **Will Thompson** who won the U18 Boys 5km with a huge PB of 21:58. After having the winter away from walking, he returned after only a month's training and amazed us all.
- 12 year old VRWC walker **Darcey Roberts** who won the U18 Girls 5km with 24:58, another huge PB and a time that is amazing for one so young.

And going back to last Wednesday, we had more wonderful walks in our VRWC track meet in Keilor

- 70 year old VRWC member **Heather Carr** who set a new World Masteres W70 5000m Walk Record with 17:58.
- 8 year old VRWC walker **Ela Uzun** who broke the VRWC U9 and U10 club records with her time of 8:11.

I think this must be the most high quality performances I have had to review in a single week. How do I ever choose my Walker of the Week? Ok, time to take the plunge. **My Walkers of the Week are Rhydian Cowley and Kyle Swan**. Both recorded world class times (Rhydian over 50km and Kyle over 20km) and both wrote their names into my Australian All-Time ranking lists, Kyle rising to 15<sup>th</sup> in the 20km list and Rhydian coming in at 9<sup>th</sup> in the 50km list.

20km All-Time Ranking	Name	State	DOB	Place	Location	Date	Age
1	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
3	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25

4	1:19.22.0	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.28.0	Dane Bird-Smith	Q	15/07/1992	6	London, England	13/08/2017	25
6	1:19.33.0	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
7	1:20.19.0	Rhydian Cowley	V	04/01/1991	7	Nomi, Japan	17/03/2019	28
8	1:20.43.0	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
9	1:20.49.0	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
10	1:21.19.0	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
11	1:21.36.0	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
12	1:21.49.0	Adam Rutter	N	12/12/1986	3	Melbourne	23/02/2008	21
13	1:22.08.0	Chris Erickson	V	01/12/1981	10	Nomi, Japan	15/03/2015	33
14	1:23.10.0	Michael Hosking	V	16/10/1985	6	Adelaide	11/02/2018	32
15	1:23:53.0	Kyle Swan	V	28/03/1999	2	Melbourne	01/12/2019	20
16	1:24.11.0	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
17	1:24.20.0	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
18	1:24.25.0	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
19	1:24.34.0	Brent Vallance	N	30/04/1972	15	Naumburg,Germany	23/05/1998	26
20	1:24.37.0	Brendon Reading	A	26/01/1989	12	Adelaide	19-02-2017	28

50km All-Time Ranking	Name	State	DOB	Place	Location	Date	Age	
1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Geelong	02/12/2006	29
2	3:36:53	Jared Tallent	VIC	17/01/1984	2	London, UK	11/07/2012	28
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet	28/05/1989	31
4	3:43:39	Luke Adams	NSW	22/10/1976	6	Berlin	21/08/2009	32
5	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	06/04/1980	38
6	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998	23
7	3:48:40	Chris Erickson	VIC	01/12/1981	10	Rio de Janiero	19-08-2016	34
8	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007	20
9	3:52:58	<b>Rhydian Cowley</b>	VIC	04/01/1991	1	Melbourne	01/12/2019	28
10	3:53:19	Duane Cousins	VIC	13/07/1973	2	Geelong	02/12/2006	23
11	3:53:23	Andrew Jachno	VIC	10/03/1957	19	Seoul	30/09/1988	31
12	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001	21
13	3:55:03	Brendon Reading	ACT	26-01-1989	4	Melbourne	13-12-2015	26
14	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001	26
15	3:55:17	Ian Rayson	NSW	04/02/1988	4	Melbourne	13-12-2015	27
16	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993	30
17	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington Spa	23/04/2000	27
18	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992	32
19	4:00:21	Craig Brill	VIC	10/11/1967	2	Melbourne	26/01/1992	24
20	4:03:17	Tim Erickson	VIC	23/11/1950	25	Eschborn	30/09/1979	28



*Rhydian Cowley and Kyle Swan in action at Fawkner Park (photos Terry Swan)*

I have also updated my 20km/50km list which shows the Australian walkers with the best doubles, based on IAAF points. Nathan Deakes leads this list from Jared Tallent. Rhydian now slots in at 7<sup>th</sup> place.

20KM/50KM DOUBLE	STATE	DOB	50KM TIME	POINTS	20KM TIME	POINTS	TOTAL
1	Nathan Deakes	VIC	17/08/1977	3:35:47	1249	1:17.33.0	2496
2	Jared Tallent	VIC	17/01/1984	3:36:53	1243	1:19.15.0	2455
3	Luke Adams	NSW	22/10/1976	3:43:39	1211	1:19.15.0	2423
4	Simon Baker	VIC	06/02/1958	3:43:13	1213	1:21.19.0	2384
5	Dion Russell	VIC	08/05/1975	3:47:34	1192	1:20.49.0	2373
6	Willi Sawall	VIC	07/11/1941	3:46:34	1196	1:21.36.0	2362
7	<b>Rhydian Cowley</b>	VIC	01/04/1991	3:52:58	1165	1:20.19.0	2355
8	Andrew Jachno	VIC	10/03/1957	3:53:23	1164	1:20.43.0	2347
9	Chris Erickson	VIC	01/12/1981	3:48:40	1182	1:22.08.0	2337
10	Adam Rutter	NSW	24/12/1986	3:52:49	1166	1:21.49.0	2327
11	Duane Cousins	VIC	13/07/1973	3:53:19	1164	1:24.20.0	2276
12	Liam Murphy	SA	05/06/1979	3:54:37	1158	1:24.11.0	2273
13	Ian Rayson	NSW	04/02/1988	3:55:17	1154	1:24.25.0	2264
14	Brendon Reading	ACT	26-01-1989	3:55:03	1155	1:24.37.0	2261
15	Darren Bown	SA	03/06/1974	3:55:05	1155	1:24.56.0	2256
16	Michael Harvey	VIC	05/12/1962	3:57:20	1145	1:25.34.0	2234
17	Dominic McGrath	VIC	04/06/1972	3:57:51	1142	1:27.19.0	2198
18	Tim Erickson	VIC	23/11/1950	4:03:17	1117	1:27.12.0	2175
19	Craig Brill	VIC	10/11/1967	4:00:21	1130	1:29.23.0	2147

### WHAT'S COMING UP

- No walks for us in Victoria this weekend, as the **Australian All Schools T&F Championships in Perth** will take precedence. Good luck to all our competitors in this big meet.
- With no walks to be held in AV Shield Round 7 (the Twilight Nitro round) on Friday 13<sup>th</sup> December, VRWC has come to the fore again with another track meet, this time at Clifton Hill on Wednesday 11<sup>th</sup> December. The timetable reads:

<b>Wed 11<sup>th</sup> December 2019, VRWC Track Races, Clifton Hill</b>		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
7.00pm	1500m	Open
7.15pm	5000m, 3000m	Open

- I can confirm that 1500m and 3000m walks will be held in AV Shield Round 8 on Saturday 21<sup>st</sup> December. Note the Werribee venue is not available due to infield works, so that competition will be transferred to the Aberfeldie venue.

That should be it locally for the 2019 year. It will then be time for a mid season break and some Christmas cheer!

Note that there are a few major walks meet scheduled over the next couple of months. Ones I know of include

- Dec 15 (Sun), 2019 Hong Kong 20km Road Walk Championships.  
See [https://hkaaa.com/en/comp\\_details.php?id=161](https://hkaaa.com/en/comp_details.php?id=161)
- Jan 1 (Wed), 2020 The First Walk 2020 (50km, 20km, 10km, 6 Hour), Hong Kong  
Email [contact@racewalk.hk](mailto:contact@racewalk.hk)
- Jan 25 (Sat), 2020 USATF 50km Olympic Trial, Santee, California.  
See <https://www.usatf.org/events/2020/2020-u-s-olympic-team-trials-men-s-50-km-race-walk>

### 53<sup>RD</sup> AUSTRALIAN 50KM CHAMPIONSHIPS, FAWKNER PARK, MELBOURNE, SUNDAY 1 DECEMBER 2019

Conditions were picture perfect for the 53<sup>rd</sup> Australian 50km Championships in Melbourne on the morning of Sunday 1<sup>st</sup> December 2019. The Australian 50km was first contested in 1952 with Victorian Len Chadwick winning with a time of 5:10:58. A lot of water has flown under the bridge since then.

The fast 2km loop in Fawkner Park, South Yarra, has been used since 2008, so this was the 12<sup>th</sup> occasion on which our 50km walkers have raced in this inner city venue. It was a cool and overcast 12°C when the gun sounded for the 7AM start and, apart from a few windy gusts, conditions stayed good throughout the race, with a weak sun forcing its way through to clouds in the late morning.

It was a huge meet, with invitational 20km, U20 10km and U18 5km events also on offer. But more about them later.

I am indebted to USA Attorney at Law Paul DeMeester for this report on the 50km walk. We were very pleased to see Paul, who has spearheaded the international push to save the 50km, attending our event. Over to Paul..

## NEWCOMERS DOMINATE 2019 AUSTRALIAN 50K CHAMPIONSHIPS

By Paul F. DeMeester

First-time 50K finishers dominated this year's Australian National Championships held on Sunday 1 December 2019 at Melbourne's Fawkner Park. The weather cooperated, with an overcast sky throughout the race, a temperature in the low teens and a humidity level of about 67%.

The main dish on this day's race walk menu was the 50K, although the 20K open invitational race attracted top talent of its own, with Tom Bosworth, Quentin Rew, Beki Smith, Jemima Montag and Rachel Tallent all taking part.

Ten 50K walkers took the start at 7 a.m., nine men and one woman. **Perseus Karlström** took the lead right away on this 2K circuit that consisted of a 1K straight line path completely shaded by trees and with manageable turns at both ends. Bosworth, the world record holder for the 1 Mile labelled it a 'fast circuit.' Fast was the word for Karlström, who bested the Swedish National Record here two years ago, only to miss out on seeing it ratified due to a technicality related to the number of starters in that race. Repeating the 3:44:35 performance would have brought a nice finish to a year of top performances for the Swede, who earned a World Championship 20K bronze at Doha and won the IAAF Race Walking Challenge. But hip soreness slowed him with less than 12K to go, increasing his lap time from sub-9 minutes to a 9:24 between the 38 and 40K marks; and led to his exit on the next lap.

**Rhydian Cowley** inherited the lead. A veteran 20K Australian international with three World Championships and one Olympic Games under his belt, Cowley settled into second behind Karlström for the first part of the race. His advantage over third-place **Christopher Linke** would rise to about a minute until the 20K mark, after which the German reeled in Cowley. Before the half-way point, Cowley and Linke switched places, putting Linke in a familiar position, as Linke had finished 19 seconds behind Karlström at the Doha Worlds. But Linke only intended to walk a 30K and stopped after covering that distance in 2:16:53, allowing Cowley back into second and young **Dylan Richardson** into a podium spot. By 42K, the 19-year old Richardson improved to second after Karlström exited the race, which departure gave Cowley the lead. This development also brought 2016 50K Olympian **Brendon Reading** into podium contention after a long absence from long-distance race walking. Reading had battled early on for position with fellow Rio Olympian **Jared Tallent**. The 2012 Olympic Champion, however, was not feeling his best and would bring a temporary halt to his race past 8K, then halt his race altogether some 4K further down the road after first yielding a position to Richardson.

The exits of three superstars made the early battle behind Tallent one that decided who would finish fourth. **Carl Gibbons** built a steady lead over local walker **Jason Kozica**, a lead that got as large as 5:14 after 32K. But the old adage that a 50K does not start until 35K held true for Kozica, who steadily chipped away at Gibbons' lead over him. By the 42<sup>nd</sup> km, the gap between these two had narrowed to a mere 20 seconds. Two laps later, Kozica had passed Gibbons for fourth, a place Kozica would solidify by the end of the race.

Behind this duelling duo, **Tracy Feiner** kept a steady pace. For the first 5K, Feiner walked with Kozica, then by herself for the remainder of the race. Her pace slowed twice, first around the 34K mark, then again between 40 and 45K. But then Feiner rallied, chopping half a minute from her penultimate lap time compared to the lap before that. Further acceleration on her last lap gave her a 28-second margin to finish below the five-hour mark to net her the 50K National Women's Championship title.

The next competitor would come close to that five-hour mark. Sixty-five year old **Colin Heywood** kept up a 10km/hr-plus pace through 30K, having passed through 10K in 57:05, 20K in 1:55:04 and 30K in 2:54:50. The masters walker passed through 40K in 3:59:01. Even though he may have slowed some in the last 20K of the race, it never showed in his form. Moreover, Heywood consistently increased speed to finish his last five laps in respectively 13:31-13:28-13:18-13:10-13:06. A great close to a great race!

Six of the seven finishers, all except Reading, finished their first 50K; a true tribute to the resilience of the 50K.

### Australian 50km Road Walk Championship Men

1.	Rhydian Cowley	91	VIC	0:46:32	1:32:11	2:18:10	3:03:03	3:52:58	Debut
2.	Dylan Richardson	00	NSW	0:49:29	1:39:20	2:29:20	3:23:27	4:22:44	Debut
3.	Brendon Reading	89	ACT	0:48:24	1:36:53	2:28:08	3:28:08	4:28:42	
4.	Jason Kozica	86	VIC	0:53:51	1:45:13	2:30:44	3:39:21	4:38:07	Debut
5.	Carl Gibbons	96	NSW	0:51:51	1:43:02	2:34:35	3:37:06	4:44:19	Debut
6.	Colin Heywood	54	NT	0:57:05	1:55:05	2:54:51	3:59:00	5:05:34	Debut
	Perseus Karlstrom	90	SWE	0:44:56	1:29:24	2:13:51	2:59:07	DNF	
	Christopher Linke	88	GER	0:47:18	1:33:09	2:16:54	-	DNF	
	Jared Tallent	84	SA	0:50:25	-	-	-	DNF	

### Australian 50km Road Walk Championship Women

1.	Tracy Feiner	77	VIC	0:54:27	1:50:39	2:49:44	3:55:21	4:59:32	Debut
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*Rhydian Cowley, Tracey Feiner, Dylan Richardson and Brendon Reading (photos Terry Swan)*



*From left: Carl Gibbons, Jason Kozica and Colin Heywood  
Right: Fittingly, Paul DeMeester, who has done so much to further the cause of the women's 50km walk, presented the 50km gold medal to Tracy Feiner, on behalf of Athletics Australia.*

And now to talk about the other events.

**Tom Bosworth** (GBR) and **Kyle Swan** (VIC) staged a great battle early on in the men's 20km, before Tom surged clear in the second half to win with 1:22:50. 20 year old Kyle was rewarded with a huge PB of 1:23:53 (41:57 followed by 41:56), nearly 8 minutes under his previous best, while third placed **Tyler Jones** (NSW) also PB'd with 1:25:42. Australian internationals **Beki Smith** (1:37:07), **Jemima Montag** (1:37:22) and **Rachel Tallent** (1:37:44) ensured an exciting women's 20km race, all at the early stages of fitness, but all showing glimpses of their true worth.

**Men 20km Road Walk Invitation Open**

1.	Tom Bosworth	90	GBR	0:41:43	1:22.50	
2.	Kyle Swan	99	VIC	0:41:57	1:23.53	PB 7:49
3.	Tyler Jones	98	NSW	0:42:42	1:25.42	PB 0:02
4.	Quentin Rew	84	NZL	0:43:23	1:28:27	
5.	Adam Garganis	97	VIC	0:47:41	1:35:40	
6.	Kim Mottrom	84	SA	0:49:41	1:38:01	
	Michael Hosking	85	VIC	-	DNS	

### Women 20km Road Walk Invitation Open

1.	Beki Smith	86	NSW	0:48:03	1:37:07
2.	Jemima Montag	98	VIC	0:48:25	1:37:22
3.	Rachel Tallent	93	ACT	0:47:48	1:37:44
4.	Rozie Robinson	90	NZL	0:54:41	1:56:41
5.	Emily Hamilton	98	VIC	0:54:41	2:00:17
	Heather Carr	49	VIC	1:03:48	DNF
	Christina Papadopoulou	96	QLD	-	DNF
	Alana Barber	87	NZL	-	DNS
	Anna Cross	00	SA	-	DNS
	Claire Woods	81	SA	-	DNS



*Jemima Montag, Beki Smith, Rachel Tallent, Tom Bosworth and Kyle Swan (photos Terry Swan)*

The U20 10km races were won by **Rebecca Henderson** (VIC) and **Gwyllym Young** (ACT). There were lots of PBs, with the first 6 men under the 2019 World Racewalking Team Championship qualifying standard of 46:30 and the first 2 girls under the qualifying standard of 50:00. Note that the official Athletics Australia results show Gwyllym Young and Tristan Camilleri dead heating in the 10km. This is incorrect – I think Gwyllym should have been 43:25, winning by around 3 secs.

### Men 10km Road Walk Invitation U20

1.	Gwyllym Young	02	ACT	43:25	PB 2:32
2.	Tristan Camilleri	01	SA	43:28	PB 0:59
3.	Mitchell Baker	01	ACT	43:47	PB 1:13
4.	Oscar Tebbutt	01	NSW	44:11	PB 0:03
5.	Corey Dickson	02	VIC	44:23	PB 0:30
6.	Jack McGinniskin	02	NSW	47:59	
7.	Tim Fraser	00	ACT	48:12	
8.	Mathew Bruniges	01	SA	48:45	
	Kyle Bedford	00	NSW	DQ	

### Women 10km Road Walk Invitation U20

1.	Rebecca Henderson	01	VIC	48:58	
2.	Alanna Peart	03	VIC	49:01	PB 0:29
3.	Caitlin Hannigan	02	QLD	50:32	PB 1:55
4.	Allanah Pitcher	03	NSW	51:37	
5.	Anna Blackwell	01	TAS	52:57	
6.	Jemma Peart	01	VIC	54:09	
7.	Molly O'Neill	00	NSW	54:30	
8.	Hannah Bolton	03	NSW	54:45	
9.	Amy Walker	01	NSW	1:00:57	

Finally, the U18 5km walks provided an opportunity for our younger Victorian walkers – and everyone PB'd. You can't do better than that. The two winners, **Will Thompson** (21:58) and **Darcey Roberts** (24:58) gave brilliant displays.



### Men 5km Road Walk Invitation U18

1.	Will Thompson	02	VIC	21:58	PB 1:25
2.	Heath Beveridge	03	VIC	23:04	PB 0:20
3.	Fraser Saunder	04	VIC	23:58	PB 0:03

### Women 5km Road Walk Invitation U18

1.	Darcey Roberts	07	VIC	24:58	PB 1:48
2.	Charlotte Hay	03	VIC	25:16	PB 0:11
3.	Ariana Pashutina	07	VIC	27:30	PB 0:30
4.	Kathleen O'Mahony	02	VIC	28:07	Eq PB



*Left: U20 walkers Gwyllym Young, Tristan Camilleri and Rebecca Henderson  
Right: U18 walkers Will Thompson, Darcey Roberts and Ariana Pashutina (photos Terry Swan)*

Finally, special mentions to athsvicTV's **David Armstrong** who has put together his usual high quality videos, and to NSW coach **Frank Overton** who brought 10 of his young charges down to Melbourne to race. Thanks Frank – an impressive performance.

Links as follows:

A.A. official results: <https://www.athletics.com.au/events/51744/>  
A.A. race report: <https://www.athletics.com.au/news/cowley-the-australian-race-walking-champion/>  
athsvicTV video - short: <https://www.youtube.com/watch?v=VU0KsCaNj7M>  
athsvicTV video -extended: <https://www.youtube.com/watch?v=5rmlpIttmYI>  
Terry Swan 50km/20km: <https://www.facebook.com/racewalkingaustralia/photos/a.1418987864931486/1418988044931468>  
Terry Swan 10km/5km: [https://www.facebook.com/racewalkingaustralia/photos/?tab=album&album\\_id=1419014988262107](https://www.facebook.com/racewalkingaustralia/photos/?tab=album&album_id=1419014988262107)

Overall, it was a wonderful day of racing, with lots of PBs and a lot of qualifiers for the 2020 IAAF World Team Championships. The next big meet on the local front will be the Australian Summer 20km Roadwalk Championships in Adelaide on Sunday 9<sup>th</sup> February 2020.

## VRWC TRACK WALKS, KEILOR ATHLETICS TRACK, KEILOR, WEDNESDAY 27 NOVEMBER 2019

And now for our usual roundup from around Australia.

Our latest VRWC summer season walks were held on Wednesday evening at the Keilor athletics track in NW Melbourne. The location meant that not too many could make the trip but those who did come along were rewarded with excellent conditions and some fine times.

**Kyle Swan** and **Corey Dickson** had a great battle early in the 5000m, until Kyle eventually put the hammer down and cleared away to win with 21:25. 17 year old Corey was rewarded for his efforts with a PB time of 21:39. Further back, 12 year **Darcey Roberts** walked a superb time of 26:16, setting a big PB, along with new U13 and U14 Club Records. 12 year old **Ariana Pashutina** also walked excellently for her time of 28:38.

The 3000m walk was won by 13 year old **Marcus Wakim** (PB 15:05), after a great battle with M60 **Kevin Cassidy** (15:15). Well done also to 12 year old **Maddison Nash** for her PB time of 17:24. But the standout 3000m walk was by W70 **Heather Carr** whose time of 17:58 set new a VRWC W70 Record (and for the record, she also broke her World and Australian record time of 18:01 by 3 secs).

Finally to the 1500m where 8 year olds **Ela Uzun** and **Havana Ali** walked wonderfully as usual. Well done to Ela who set new U19 and U10 VRWC Club Records with her time of 8:11.

#### VRWC 5000m Walk

1.	Kyle Swan	M	21:25	
2.	Corey Dickson	M	21:39	PB 0:09
3.	Heath Beveridge	M	25:55	
4.	Darcey Roberts	F	26:16	PB 0:30, VRWC U13/U14 Records
5.	Ariana Pashutina	F	28:38	
6.	Paul Moritz	M	34:18	

#### VRWC 3000m Walk

1.	Marcus Wakim	M	15:04	PB 0:18
2.	Kevin Cassidy	M	15:15	
3.	David Smyth	M	16:49	
4.	Maddison Nash	F	17:24	PB 0:23
5.	Mark Donahoo	M	17:30	
6.	Heather Carr	F	17:58	VRWC/Aust/World W70 Record
7.	Donna-Marie Elms	F	19:36	
8.	Tracy Colbert	F	21:16	PB 0:06

#### VRWC 1500m Walk

1.	Ela Uzun	F	8:11	PB 0:11, VRWC U9/U10 Club Records
2.	Havana Ali	F	9:28	

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

**Officials:** Tim Erickson, Mark Donahoo, Donna Dickson, Cheryl Beveridge, Mark Roberts

**Judges:** Peter Vysma (Chief), Shane Dickson, Stuart Cooper, Terry Swan

**Photos:** Darlene Swan (<http://www.vrwc.org.au/piwigo/index.php?category/555>)



*Kyle Swan, Corey Dickson, Darcey Roberts, Ela Uzun and Heather Carr*

Our next VRWC races will be held at the Collingwood Harriers track at Clifton Hill on the evening of Wednesday 11<sup>th</sup> December.



**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 27 NOVEMBER**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. **Richard Everson** was the standout.

**5000m Walk**

1.	JACK RUSSELL	33:56	M67	71.22%
2.	GIL MCINTOSH	34:58	M69	70.77%
3.	BRIAN WITTY	35:55	M69	68.90%

**5000m Club Walk**

1.	GRAHAM HARRISON	39:22	M76	68.86%
2.	CATHIE HORE	45:25	W69	61.14%
3.	DAVID ROBERTSON	46:43	M86	68.12%

**3000m Walk**

1.	RICHARD EVERSON	15:20	M56	<b>82.80%</b>
2.	PETER CRUMP	18:24	M59	70.98%
3.	MARIE MAXTED	20:47	W59	68.42%
4.	LIZ DOWNS	22:28	W64	66.98%

**3000m Club Walk**

1.	TREVOR BROWN	21:51	M70	67.36%
2.	ROGER LOWE	23:32	M76	67.63%
3.	HELEN SURIDGE	23:33	W68	67.23%
4.	MARGARET MCINTOSH	23:42	W66	65.09%

**ATHLETICS WA INTERCLUB, WAAS, PERTH, FRIDAY 29 NOVEMBER**

Thanks to Terry Jones for this week's results from Western Australia.

**Men 5000m Walk**

1.	Reid, Benjamin	25:44.6	
2.	Griffin, Alexandra	26:50.1	
	Murphy, Calum	DNF	

**AV SHIELD ROUND 6, COUNTRY VENUES**

Round 6 of the Athletics Victoria Shield competition last Saturday did not include walks for points scoring, but the 3 country venues did include walks as non points events. Results are shown below.

**Athletics Victoria Shield Round 6, Llanberris Reserve, Ballarat, Saturday 30 November**

**5000m Walk**

1.	Roslyn Ireland	BWK	FOP	40:32.5
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**2000m Walk**

1.	Sarah Brennan	BYC	F40	11:00.7
2.	Nicholas Burnett	BYC	M45	15:03.0
3.	Natalie Atherton	BYC	F40	13:31.2
4.	Olive Ireland	BWK	F55	16:38.3

**Athletics Victoria Shield Round 6, La Trobe University Track, Bendigo, Saturday 30 November**

**3000m Walk**

1.	Jennifer Payne	SBE	F60	18:36.8
2.	David Lonsdale	BEU	M50	21:31.3
3.	Annette Curtis	SBE	F60	23:38.2

**1500m Walk**

1.	Tiffany Bussem Jorgensen	BGO	F20	9:14.7
2.	Courtney Campbell	SBE	F14	9:45.0
3.	Wendy Ennor	EAG	F60	12:35.4
4.	Peter Savage	EAG	M65	14:26.2

**Athletics Victoria Shield Round 6, Landy Field, Geelong, Saturday 30 November**

**3000m Walk**

1.	Jade Chitty	WES	F16	19:41.7
2.	Robyn Shaw	WES	F55	20:06.3

**ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 30 NOVEMBER**

Thanks to Kim Mottrom for this week's results from Adelaide. PBs for **Sebastian Richards** and **Mia Wilks** and some fast times overall.

**3000m Walk**

1.	Richard Everson	M	16:02.16
2.	Sebastian Richards	M	16:03.36
3.	Mia Wilks	F	16:56.75
4.	Anthony Tana	M	17:42.36
5.	Ruby Langford	F	17:43.37
6.	Hannah Wilks	F	18:15.34
7.	Nellie Langford	F	18:55.64
8.	Marie Maxted	F	19:10.60
9.	Ross Hill-Brown	M	23:35.56

**1500m Walk**

1.	Kiera Ross	F	07:37.37
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**LA-TASMANIA STATE MEET, DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 30 NOVEMBER**

Thanks to Dave Moore for his weekly catchup on events Tasmanian. He reports:

Some 120 athletes tried their hand at racewalking events at Little Athletics Tasmania's State Meet, held at the Domain Athletic Centre on Saturday. There were very big fields in the younger age groups and, for the most part, nearly all tried their utmost to walk in accordance with the rules. We also saw some very polished performances, none better than **Chloe Ahern's** win in the U14 1500m Walk. Chloe kept a cool head, catching and passing the early race leader with 2 laps to go and narrowly missing out on breaking the state record with a new PB of 7.29.40. Solid PBs were also recorded by **Sophie Ahern** (6:52.00 for the U11 1100m Walk) and **Gabby Hay** (9:32:00 for the U12 1500m Walk), both athletes winning their races by leading from the front from start to finish.



*Sisters Chloe and Sophie Ahern storm home to win their age group races (Photos LA Tasmania)*

## MARCIADALMONDO ROUNDUP

marciadalmondo has 4 press releases this week

- Sun 1 Dec - Melbourne (AUS): Rhydian Cowley wins the 50km Australian Championship  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3649](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3649)
- Sat 30 Nov - Liu Hong female athlete of the year in the survey of Marcia dal Mondo  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3648](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3648)
- Fri 29 Nov- Yusuke Suzuki male athlete of the year in the survey of Marcia dal Mondo  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3647](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3647)
- Thu 28 Nov - Bolivar (COL) - XXI National Sport Games  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3646](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3646)

There were some interesting additional press releases by omarchador.

- Mon 2 Dec - Rhydian Cowley and Tracey Feiner, 50km Australian Champions  
<https://omarchador.blogspot.com/2019/12/rhydian-cowley-e-tracey-feiner-campeoes.html>
- Sat 30 Nov - Roberto Vieiro and Mireia Urrutia triumph in Manresa  
<https://omarchador.blogspot.com/2019/11/roberto-vieiro-e-mireia-urrutia.html>
- Fri 29 Nov - Chile: U18 and U16 national championships (results)  
<https://omarchador.blogspot.com/2019/11/chile-campeonatos-nacionales-de-sub-18-e.html>
- Thu 28 Nov - Leonardo Montaña wins the 50 km walk in the Colombian Sports Games  
<https://omarchador.blogspot.com/2019/11/leonardo-montana-vence-os-50-km-marcha.html>
- Thu 28 Nov - Lorena Arenas and Esteban Soto stand out in the Colombian National Games 20km  
<https://omarchador.blogspot.com/2019/11/lorena-arenas-e-esteban-soto-destacam.html>
- Wed 27 Nov - Vitória Oliveira and Daniel Ortega win in Alvaiázere  
<https://omarchador.blogspot.com/2019/11/vitoria-oliveira-e-daniel-ortega-vencem.html>

## OUT AND ABOUT

- Paul Warburton reviews the 20km and 50km walks for the IAAF – <https://www.worldathletics.org/news/news/2019-race-walk-20km-50km>.
- Russian Olympic springboard diving champion Ilya Zakharov has been suspended for 18 months for skipping three out-of-competition doping tests within a year. The 28-year-old won gold at the 2012 London Olympic Games in the 3 metre springboard. He also took gold as recently as 2017, at the World Aquatics Championships in Budapest, Hungary, alongside Evgeny Kuznetsov in the 3m synchronised springboard. See <https://www.insidethegames.biz/articles/1087470/russian-ilya-zakharov-banned-for-doping>.
- The Court of Arbitration for Sport (CAS) has confirmed bans for Russian athletes Yuliya Gushchina and Anna Nazarova following retests of their samples from the 2012 Olympic Games in London. The two athletes were sanctioned by the IOC as part of their London 2012 Olympic Games retests back in November 2017. See <https://www.insidethegames.biz/articles/1087458/cas-bans-russians-london-2012-retests>.
- Yet another Russian related issue has come to light. It is now confirmed that last year Russia fabricated evidence to discredit whistleblower Grigory Rodchenkov, long on their hit list for his exposes. Last year, Russia officials planted fabricated messages that they later claimed were written by Rodchenkov in a database that they had agreed to turn over to WADA investigators. Their attempt to frame Rodchenkov as the ringleader in a scheme to extort athletes and coaches by threatening to manipulate doping samples was also done in the hope of providing cover for their own manipulations of test results within the data set, and to help Russia avoid serious penalties from global anti-doping regulators. The push to extend the ban on Russia only grows each time something like this happens. They have not changed one iota! See <https://www.smh.com.au/sport/stunning-deception-inside-russia-s-failed-doping-cover-up-20191127-p53ekn.html>.
- The IOC has officially responded to the latest Russian doping manipulation scandal with its own statement. See <https://www.olympic.org/news/statement-from-the-ioc-on-wada-recommendations>.



- WADA has been criticised for its softly-softly approach to Russia, especially given the latest revelations. AP News argues that WADA now needs to finally stand up to Russia rather than just let Russia cheat and get away with it. See <https://apnews.com/9ba21623e406457aafe05679220d464d>.
- USADA CEO Travis Tygart certainly seems to think so. As per his press release of last Tuesday, Russia continues to flaunt the world's anti-doping rules, kick clean athletes in the gut and poke WADA in the eye and get away with it time and time again. In his view, WADA must get tougher and impose the fullest restrictions that the rules allow on Russian athlete participation in the Olympics. See <https://www.usada.org/statement/statement-travis-tygart-wada-crc-latest-russia-recommendations/>.

## 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

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 Aberfeldie, 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

Dec 15 (Sun), 2019	Hnog Kong 20km Road Walk Championships. See <a href="https://hkaaa.com/en/comp_details.php?id=161">https://hkaaa.com/en/comp_details.php?id=161</a>
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>
Jan 25 (Sat), 2020	USATF 50km Olympic Trial, Santee, California, USA
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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)