



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 11
Tuesday 10 December 2019



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WALKERS OF THE WEEK

My Walkers of the Week are two 17 year old walkers from last weekend's Australian All-Schools T&F Championships in Perth. ACT walker **Gwyllym Young** finished first in the U18 Men's 5000m track walk with **21:56.78**, just over 4 secs ahead of Victorian walker **Corey Dickson** whose time was **22:00.89** saw him take second place.

They have been racing each other in the same age group since 2015, when they first met in the U14 3000m Walk at the Australian All Schools Championships in Melbourne. Corey won on that occasion but overall, Gwyllym leads the head-to-head 9 to 2. The differential is normally small and little separates these two talented youngsters.

They are amongst a big group of junior boys striving for spots in the 2020 Race Walking Team Championships and the 2020 World U20 T&F Championships. I look forward to following their progress this summer.



Podium places to Corey Dickson and Gwyllym Young (photo Shane Dickson)

WHAT'S COMING UP

- With no walks to be held in AV Shield Round 7 (the Twilight Nitro round) on Friday 13th December, VRWC has come to the fore with another track meet, this time at Clifton Hill tomorrow night (Wednesday 11th December). The timetable reads:

| | | |
|--|--------------|------|
| Wed 11th December 2019, VRWC Track Races, Clifton Hill | | |
| 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 21st 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
- Jan 1 (Wed), 2020 The First Walk 2020 (50km, 20km, 10km, 6 Hour), Hong Kong
Email 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>

AUSTRALIAN ALL SCHOOLS T&F CHAMPIONSHIPS, PERTH, 6-8 DECEMBER

The Australian All Schools T&F Championships were held in Perth last weekend, with U14, U16 and U18 track walks on offer. Alas, few Victorians made the trip, many preferring to save their money and contest the Australian T&F Championships in Sydney next March as an alternative. However, there are enough good quality young walkers Australia wide to ensure that the walks were still strong events and that the medals all went to good performers.

The U14 and U16 3000m walks were contested on Friday afternoon in hot conditions, with the top walk performance going to Gold Coast walker **Jayda Anderson** (U15 3000m, 13:57.95).

Boys 3000m Walk U14, Friday 6 December

| | | | | |
|----|--------------------|----|-----|----------|
| 1. | Ronan, John | 07 | WA | 14:46.69 |
| 2. | Bradley, Alexander | 04 | QLD | 14:54.44 |
| 3. | Wright, Jack | 06 | WA | 14:56.44 |
| 4. | Wakim, Marcus | 06 | VIC | 14:59.98 |
| 5. | McCure, Sam | 06 | QLD | 15:29.31 |
| 6. | Beacroft, Isaac | 07 | NSW | 15:57.30 |
| 7. | Morgan, Oliver | 07 | TAS | 16:32.75 |
| 8. | Tana, Anthony | 06 | SA | 17:29.92 |
| | Young, Sebastian | 06 | ACT | DQ |

Girls 3000m Walk U14, Friday 6 December

| | | | | |
|----|------------------|----|-----|----------|
| 1. | Boughton, Milly | 06 | NSW | 14:28.90 |
| 2. | Stanley, Jayda | 06 | NSW | 14:46.15 |
| 3. | Norton, Amber | 06 | QLD | 14:48.34 |
| 4. | Heap, Ashanti | 06 | QLD | 15:21.21 |
| 5. | Lawrence, Lataya | 06 | WA | 15:41.83 |
| 6. | Spence, Ashlyn | 07 | WA | 16:55.37 |

Girls 3000m Walk U16, Friday 6 December

| | | | | |
|-----|--------------------------|----|-----|----------|
| 1. | Anderson, Jayda | 05 | QLD | 13:57.95 |
| 2. | McMillen, Elizabeth | 04 | NSW | 14:18.59 |
| 3. | Griffin, Alexandra | 05 | WA | 14:23.51 |
| 4. | Clarke, Anika | 05 | QLD | 15:01.74 |
| 5. | DeCelis, Ellie | 04 | NSW | 15:17.08 |
| 6. | Thomas, Emma | 05 | NSW | 15:18.10 |
| 7. | Laytham, Tara | 05 | NSW | 15:22.82 |
| 8. | Ofield, Mackenzie | 04 | QLD | 15:45.16 |
| 9. | Mortimore, Brooke | 05 | WA | 15:50.56 |
| 10. | Doyle, Hannah | 05 | WA | 17:23.56 |
| 11. | Milosevic, Vivian | 02 | QLD | 17:28.63 |
| 12. | Langford, Ruby | 04 | SA | 17:42.16 |
| 13. | Langford, Nellie | 05 | SA | 18:33.78 |
| 14. | Thompson, Eliza-Grace | 04 | VIC | 19:52.60 |
| 15. | Hodgkinson, Caitlin | 04 | WA | 20:42.28 |
| | Heikkila-Dubowik, Kaylah | 05 | VIC | DQ |

Boys 3000m Walk U16, Friday 6 December

| | | | | |
|----|-----------------|----|-----|----------|
| 1. | McCure, Lachlan | 04 | QLD | 14:21.41 |
| 2. | Dundon, Harry | 05 | NSW | 14:27.57 |
| 3. | Dickson, Adam | 04 | NSW | 14:33.20 |

| | | | | |
|----|-----------------|----|-----|----------|
| 4. | Norton, Kai | 05 | QLD | 14:41.19 |
| 5. | Robson, Jack | 05 | NSW | 15:28.48 |
| 6. | Wasson, Seth | 05 | QLD | 15:28.61 |
| 7. | Costin, Owen | 04 | VIC | 16:05.57 |
| 8. | Cramer, Jackson | 05 | WA | 18:58.38 |
| 9. | Westcott, Mark | 04 | NSW | 19:21.62 |
| | Nayar, Surya | 04 | RIS | DQ |

The U18 5000m walks were contested on Saturday afternoon, also in hot conditions. Top walks by 17 year olds **Gwyllym Young** of ACT (21:56.78) and **Corey Dickson** of VIC (22:44.99), along with 16 year old **Alanna Peart** of VIC (24:51.39).

Girls 5000m Walk U18, Saturday 7 December

| | | | | |
|-----|-------------------------|----|-----|----------|
| 1. | Peart, Alanna | 03 | VIC | 24:51.39 |
| 2. | Pitcher, Allannah | 03 | NSW | 25:22.86 |
| 3. | Blanch, Emma | 03 | NSW | 25:39.95 |
| 4. | Hay, Charlotte | 03 | VIC | 26:18.45 |
| 5. | Bolton, Hannah | 03 | NSW | 26:56.63 |
| 6. | Manning, Hannah | 02 | ACT | 27:41.33 |
| 7. | Hill, Gabriella | 03 | NSW | 30:26.42 |
| 8. | McRoberts, Jasmine-Rose | 02 | QLD | 30:28.66 |
| 9. | Morales, Richelle | 03 | WA | 30:45.40 |
| 10. | Bow, Elliot | 03 | QLD | 30:49.77 |
| 11. | Ireland, Hannah | 03 | WA | 31:45.80 |
| 12. | Gough, Ebony | 03 | WA | 33:11.79 |
| | Gallagher, Caitlin | 02 | WA | DNF |

Boys 5000m Walk U18, Saturday 7 December

| | | | | |
|----|--------------------|----|-----|----------|
| 1. | Young, Gwyllym | 02 | ACT | 21:56.78 |
| 2. | Dickson, Corey | 02 | VIC | 22:00.89 |
| 3. | McGinniskin, Jack | 02 | NSW | 22:44.99 |
| 4. | Thompson, Will | 02 | VIC | 23:05.83 |
| 5. | Robertson, William | 03 | TAS | 23:58.81 |
| 6. | Beveridge, Heath | 03 | VIC | 25:12.08 |
| 7. | Murphy, Calum | 02 | WA | 27:14.32 |
| 8. | Smit, James | 02 | NSW | 29:33.28 |



Left: Corey Dickson and Gwyllym Young are shadowed by Victorian Will Thompson in Perth (photo Shane Dickson)
 Right: Alanna Peart leads Allannah Pitcher and Charlotte Hay in Perth (photo Athletics Australia)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 4 DECEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Top performer was M56 **Richard Everson** (1000m 4:39 and 3000m 15:41).

1000m Yacht Handicap

| | | | | |
|----|-----------------|-------|-----|---------------|
| 1. | TREVOR BROWN | 06:48 | M70 | 68.80% |
| 2. | LIZ DOWNS | 06:46 | W64 | 69.40% |
| 3. | PETER CRUMP | 05:26 | M59 | 76.41% |
| 4. | JACK RUSSELL | 05:41 | M67 | 79.46% |
| 5. | GRAHAM HARRISON | 07:36 | M76 | 66.47% |
| 6. | DAVID ROBERTSON | 08:38 | M86 | 68.21% |
| 7. | RICHARD EVERSON | 04:39 | M56 | 86.81% |
| 8. | MARIE MAXTED | 06:28 | W59 | 69.08% |

3000m Yacht Handicap

| | | | | |
|-----|-----------------|-------|-----|---------------|
| 1. | GRAHAM HARRISON | 22:42 | M76 | 70.11% |
| 2. | JACK RUSSELL | 18:43 | M67 | 75.91% |
| 3. | PETER CRUMP | 17:43 | M59 | 73.72% |
| 4. | TREVOR BROWN | 21:26 | M70 | 68.67% |
| 5. | CATHIE HORE | 26:24 | W69 | 60.79% |
| 6. | MARIE MAXTED | 19:55 | W59 | 71.40% |
| 7. | BRIAN WITTY | 21:05 | M69 | 68.98% |
| 8. | RICHARD EVERSON | 15:41 | M56 | 80.95% |
| 9. | EDNA BATES | 26:59 | W67 | 57.90% |
| 10. | HELEN SURIDGE | 24:09 | W68 | 65.56% |
| 11. | DAVID ROBERTSON | 26:43 | M86 | 69.70% |
| 12. | LIZ DOWNS | 23:45 | W64 | 63.36% |
| 13. | MATTHEW LOVELL | 22:57 | M53 | 53.86% |
| 14. | ANNI LOVELL | 29:14 | | |

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 5 DECEMBER

Thanks to Val Chesterton for this week's results from Canberra. Only a small field at the ACT Race Walkers track meet in Woden.

1500m Walk

| | | |
|----|-------------------|-------|
| 1. | Peter Baker | 8:09 |
| 2. | Bryan Thomas | 10:33 |
| 3. | Sue Archer | 10:36 |
| 4. | Sherryl Greathead | 11:33 |
| 5. | Caroline Campbell | 11:46 |
| 6. | Jennie Gilchrist | 11:57 |
| 7. | Robert Kennelly | 12:27 |
| 8. | Lorna England | 12:30 |

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 7 DECEMBER

Thanks to Dave Moore for this week's results from Tasmania. He reports: Yet another day of fierce winds for competition at today's Interclub, with a comfortable win to **Anna Blackwell** and a solid performance from Masters athlete **Elizabeth Leitch**.

3000m Walk

| | | | |
|----|------------------|-----|----------|
| 1. | Anna Blackwell | OVA | 15:13.45 |
| 2. | Elizabeth Leitch | TMA | 19:54.00 |
| 3. | Dave Moore | TMA | 25:41.49 |

QMA T&F MEET, SAF, BRISBANE, SATURDAY 7 DECEMBER

And finally to Queensland, where Patrick Sela was the only walker in action in the weekly Queensland Masters meet in Brisbane.

3000m Walk

| | | | | |
|----|---------------|-----|----------|--------|
| 1. | Sela, Patrick | M80 | 23:26.55 | 71.98% |
|----|---------------|-----|----------|--------|

IRISH RACE WALKING 30K/20K CHAMPIONSHIPS, ST. ANNE'S PARK, RAHENY, SATURDAY 7 DECEMBER

My report is taken from <https://www.athleticsireland.ie/news/irish-life-health-national-race-walks/>.

Athletes from Sweden, Spain, Britain, Poland and the U.S.A were in St. Annes Park, Raheny, today taking part in the National Race walking championships held in ideal weather conditions. The numbers at the start were swelled by Juvenile and Master athletes who

were taking part in various distances, with a total number of 60 sent on their way by starter Cyril Smythe. The Mens 30 klms turned into a sometimes dramatic race with the Medals only decided in the final 4 klms.

Callum Wilkinson largely dominated the race, coming home a clear winner in 2:15:35. However the Great Britain international, who competes for Togher AC in Cork and is coached by Rob Heffernan, fell foul of the residential rule and was deemed ineligible for a championship medal. So the battle for the Medals looked to be between **Brendan Boyce**, fresh from his Doha exploits, **Cian McManamon** and up and coming star **David Kenny**. Indeed it was Kenny who made the first break, with McManamon in pursuit and Boyce starting very conservatively. Kenny was the first to hit the ground suffering from stomach cramps, but hauled himself bravely back to the race for a few klms before calling time on his efforts. Cian McManamon then took the race on but Boyce was in hot pursuit. He caught the championship leader at 25 klms and 1 klm later Cian finally cracked and called it a day. Boyce went on to win in 2:21:24. The exit of Kenny and McManamon left the door open for **Jerome Caprice** to come through for Silver and **Brian O'Domhnaill** to become the second Finn Valley athlete on the Podium, winning bronze.

The Women's medals went a more predictable route. Former world youth champion **Kate Veale** continued her road back to the top with a gutsy performance to win the race overall in the 20 klms. She shook off the overseas opposition, winning in a sharp 97 minutes. **Orlaith Delahunt**, current U23 champion, took Silver with **Rachel Glennon**, another U23 athlete, taking bronze.

The two races were IAAF accredited events with International judges on duty including Pierce O Callaghan and Ian Richards, who will be officiating at the Tokyo Olympics. Points for Olympic qualification were on offer and the main benefactor from an Irish perspective today was Kate Veale who, by virtue of her win and time, will earn valuable points.

At the conclusion of proceedings medals were presented by former world champion Robert Heffernan, who complimented athletes and officials

It was a great day's racing from Juveniles to Masters and great credit is due to the Athletics Ireland officials who were out in force. Particular thanks is due to local organiser Pat Hooper of Raheny Shamrocks who left no stone unturned to ensure the success of this important IAAF accredited event.

Full results at https://www.athleticsireland.ie/downloads/other/Race_Walk_2019_Results.pdf.

30km Walk Men

| | | | |
|----|----------------------|-----------------------------|---------|
| | Callum Wilkinson | Togher A.C. (Guest) | 2.15.35 |
| 1. | Brendan Boyce | Finn Valley A.C. | 2.21.24 |
| 2. | Jerome Caprice | D.S.D. A.C.(Mauritius) | 2.26.28 |
| | Jose Leonidas Romero | Spain (Guest) | 2:36.40 |
| | Pablo Rodriguez | Spain (Guest) | 2.36.41 |
| 3. | Brian O'Domhnaill | Finn Valley A.C. | 2.50.52 |
| | Dave Talcott | USA (Guest) | 2.57.46 |
| | Jakub Jelonek | Poland (Guest) | DQ |
| | David Kenny | Farranfore Maine Valley A.C | DNF |
| | Adam Mcinerney | Celbridge A.C. | DNF |
| | Cian Mcmanamon | Westport A.C. | DNF |

30km Walk Women

| | | | |
|--|--------------|-------------|---------|
| | Erin Talcott | USA (Guest) | 2.47.58 |
|--|--------------|-------------|---------|

20km Walk Men

| | | | |
|----|--------------------|-------------------------|---------|
| 1. | Sean McMullin | Mullingar Harriers A.C. | 2.16.20 |
| | Andreas Gustafsson | USA (Guest) | 1.37.55 |
| | Remo Karlstroem | Swedan (Guest) | 1.39.41 |

20km Walk Women

| | | | |
|----|------------------|---------------------------|---------|
| 1. | Kate Veale | West Waterford A.C. | 1.37.52 |
| | Madeline Shott | Belgrave Harriers (Guest) | 1.48.27 |
| | Anett Torma | HUNGARY (Guest) | 1.53.41 |
| 2. | Orlaith Delahunt | Sligo A.C. 20K | 1.57.20 |
| 3. | Rachel Glennon | Mullingar Harriers A.C | 2.08.13 |

10km Walk Men

| | | | |
|----|------------|----------------|---------|
| 1. | Joe Mooney | Adamstown A.C. | 1 47.31 |
|----|------------|----------------|---------|

36TH COUPE DE NOËL, VERDUN, SWITZERLAND, SUNDAY 10 DECEMBER

Emmanuel Tardi was in Yverdon, Switzerland, on Sunday for the 36th Coupe de Noël. More than 50 starters were on the start line at 10AM, including South African dual Olympian **Marc Mundell** who is currently living in Lausanne. Usually, the weather is very cold for the Coupe de Noël, but for this year the sun was out and the temperature was a pleasant 10°C. Like last year, French walker

Côme Martin won the race, breaking away after 2 laps of the 1.111km circuit. You can see a small video and race report at <http://www.swisswalking.org/fr/news/detail/936>.

10km Walk Men

| | | | | |
|-----|---------------------|----|-------------------------------|---------|
| 1. | Côme Martin | | H Annecy H. Savoie Athlé. F | 43.14 |
| 2. | Marc Mundell | 83 | H Républ. d'Afrique du Sud | 44.10 |
| 3. | Florian Peter | 02 | Ca Ambilly | 44.13 |
| 4. | Thomas Gloaguen | 96 | H Athletic Club Provence | 44.18 |
| 5. | Jean Marc Stark | 72 | HV AS-St Junien F | 45.23 |
| 6. | Faustin Garreau | | CAD AFA Feyzin F | 46.25 |
| 7. | Benjamin Segeat | 97 | H Athletic Club Provence | 49.28 |
| 8. | Nathan Bonzon | 00 | ICM Monthey | 50.51 |
| 9. | Mahdi Amimour | | H. Tarentaise Athletic Club F | 52.15 |
| 10. | Patrick Bonvarlet | 60 | HV AFA Feyzin F | 53.39 |
| 11. | Patrick Gavillet | 68 | HV CM Cour Lausanne | 54.15 |
| 12. | John Patin | 60 | HV Athletic Club Provence F. | 55.24 |
| 13. | Gérard Biarese | 68 | HV Le Lièvre et la tortue F | 55.33 |
| 14. | Gérard Perez | 51 | HV RCHJ Morez F | 56.45 |
| 15. | Philippe Aurrelle | 76 | HV CM Cour Lausanne | 57.12 |
| 16. | Daniel Siegenfuhr | 50 | HV E.S. Thaon Athlétisme | 57.15 |
| 17. | Abdelazziz Seffari | 58 | HV AFA Feyzin F | 58.32 |
| 18. | Pierre Olivier Roux | 60 | HV UAVH F | 1.00.54 |
| 19. | Gavon Balharry | 45 | HV CM Cour Lausanne | 1.02.53 |
| 20. | Régis ,L | 68 | HV Doubs Sud Athlétisme F | 1.04.41 |
| 21. | Bernard Haffner | 46 | HV Lyon Athlétisme | 1.06.41 |
| 22. | Gilles Vielfaure | | HV AFA Feyzin F | 1.07.25 |
| 23. | Gilles Vicario | 70 | HV AFA Feyzin F | 1.07.56 |
| 24. | Olivier Bianchi | 73 | HV CM Monthey | 1.09.14 |
| 25. | Claude Berner | 63 | HV CME La Poste | 1.09.47 |
| 26. | Daniel Brot | 53 | HV CM Yverdon | 1.11.58 |
| 27. | Claude Greber | 57 | HV CME La Poste | 1.12.06 |
| 28. | Joseph Bianco | 41 | HV CM Monthey | 1.15.17 |
| 29. | Emmanuel Tardi | 67 | HV LP Longjumeau F | 1.19.28 |

10km Walk Women

| | | | | |
|-----|--------------------------|----|-------------------------------|---------|
| 1. | Inta Demeuzoy | 71 | FV EA Moulins Yzeure F | 52.55 |
| 2. | Laurence Sina | 69 | FV ESL F | 53.38 |
| 3. | Inès Vincent | 02 | H. Tarentaise Athletic Club F | 54.33 |
| 4. | Liv Masson | 03 | H. Tarentaise Athletic Club F | 54.33 |
| 5. | Dora Brière | 59 | FV CM Cour Lausanne | 1.00.12 |
| 6. | Dominique Grizou-Vicario | 71 | FV AFA Feysin F | 1.01.43 |
| 7. | Mathilde Maxence | 99 | F Athletic Club Provence F | 1.03.45 |
| 8. | Hélène Milliet | 56 | FV Ca Chassieu F | 1.03.49 |
| 9. | Delphine Carlu | | Ca Chassieu F | 1.05.55 |
| 10. | Yvette Siegenfuhr | 54 | FV ES Thaon Athlétisme F | 1.08.21 |
| 11. | Hélène Baptiste | 50 | FV CM Yverdon | 1.15.32 |





Podium: Marc Mundell, Côme Martin and Florian Peter (photos Emmanuel Tardi)

CARDIFF MET UNIVERSITY CHRISTMAS INDOOR MEET, CARDIFF, MONDAY 9 DECEMBER

Thank to Mark Wall for this walk result from Wales. He reports:

A great finish to 2019 for both **Bethan Davies** and **Heather Lewis**. Heather tracked Bethan closely for a large part of the race before Bethan established her winning break. **Daniel McKerlich**, an INAS (International Sports Federation for Persons with Intellectual Disability) athlete, was well clear from the field to close out the podium. Fifth placed **Jemima Osborn** was having her second only race (having done a mile earlier in the year). It is good to see a third senior female walker in the Principality, especially one in her early 20s'. It was also pleasing to see two Under 15 girls finish in the result. Meg Stratton-Thomas was a notable absentee. All credit to the university for the annual race.

3000m Walk

| | | | | |
|----|------------------|------|-------|----------|
| 1. | Bethan DAVIES | SW | CARD | 12:49.33 |
| 2. | Heather LEWIS | SW | PEMB | 12:55.36 |
| 3. | Daniel MCKERLICH | U20M | UCARM | 17:20.71 |
| 4. | Gracie GRIFFITHS | U15G | PEMB | 18:12.32 |
| 5. | Jemima OSBORN | SW | SWAN | 18:24.69 |
| 6. | Ian TORODE | M60 | SWVAC | 18:44.93 |
| 7. | Hannah CARPENTER | U15G | LLANA | 19:00.86 |



Heather and Bethany in action in Cardiff (photo Wayne Griffiths)

NEW ZEALAND SECONDARY SCHOOLS CHAMPIONSHIPS, NEWTOWN PARK, WELLINGTON, 6-8 DECEMBER

To New Zealand where **Daniel du Toit** was the standout (13:09.6) in the NZ Secondary Schools Championships in Wellington.

3000m Walk Open Boys

| | | | |
|----|----------------|--------|----------|
| 1. | Daniel du Toit | Te Aho | 13:09.69 |
| 2. | Lucas Martin | WhangC | 13:43.85 |
| 3. | Ryan Jones | Napier | 14:23.77 |

2000m Walk Open Girls

| | | | |
|----|------------------|---------|----------|
| 1. | Antonia Martin | R'toe | 10:39.46 |
| 2. | Hannah Gilberd | Inglewd | 10:43.73 |
| 3. | Courtney Hillyer | ChchGHS | 11:03.39 |

MARCIADALMONDO ROUNDUP

marciadalmondo has 6 press releases this week

- Mon 9 Dec - Russia banned by WADA for four years
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3655
- Mon 9 Dec - Results of track walks at South East Asia Games in Clark City (PHI)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3654
- Sun 8 Dec - Results of 2019 Nagasaki Land Kyodo Tournament, Japan
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3653
- Thu 6 Dec - The Olympic race walks will take place in Sapporo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3652
- Tue 4 Dec - Results of the Chinese Taipei racewalk championships in Hinchu
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3651
- Mon 3 Dec - Mary Luz Andia and Cesar Augusto Rodriguez win National Cup in San Luis (PER)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3650

There were some interesting additional press releases by omarchador.

- Mon 9 Dec - Rui Coelho and Vitória Oliveira triumph in Celorico da Beira
<https://omarchador.blogspot.com/2019/12/rui-coelho-e-vitoria-oliveira.html>
- Sun 8 Dec - XXXIII Cantone Grand Prix of A Coruña de Marche Atlética rated top walks meet of 2019 by World Athletics
<https://omarchador.blogspot.com/2019/12/grande-premio-da-corunha-e-o-melhor.html>
- Sat 7 Dec - World Athletics 2020 Challenge Events Announced
<https://omarchador.blogspot.com/2019/12/anunciadas-as-provas-do-challenge-da.html>
- Fri 6 Dec - Peruvian walk victories in the South American School Games in Paraguay
<https://omarchador.blogspot.com/2019/12/vitorias-peruanas-na-marcha-dos-sul.html>
- Thu 5 Dec - Results of Australian 50km meet at Fawkner Park, Melbourne
<https://omarchador.blogspot.com/2019/12/veterania-e-juventude-nos-campeonatos.html>
- Tue 3 Dec - Mary Luz Andia beats Peru's 10,000m Walk record
<https://omarchador.blogspot.com/2019/12/mary-luz-andia-bate-recorde-do-peru-nos.html>

OUT AND ABOUT

- Why is it that whenever a website is updated, it ends up worse than its previous iteration. The new website for World Athletics (the new name for the IAAF) is a prime example of how to get it wrong. Anyway, with that whinge made, the meets in the 2020 World Athletics Race Walking Challenge have now been published. I won't put you through the agony of trying to find it on the new site. The link is <https://www.worldathletics.org/competitions/world-athletics-challenge-race-walking/calendar/2020>

| | |
|--------------------|--|
| Mar 28 (Sat), 2020 | 2020 Race Walking Challenge, Taicang, China |
| Apr 4 (Sat), 2020 | Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal |
| May 2-3, 2020 | World Athletics Race Walking Team Championships, Minsk, Belarus |
| May 20 (Sat), 2020 | Gran Premio Cantones de La Coruña, La Coruna, Spain |
| Aug 6-7, 2020 | Olympic Games, Sapporo, Japan |
| Oct 18-20, 2020 | Lake Taihu Tour, Suzhou, China |

- Tokyo 2020 confirmed Odori Park in Sapporo as the venue for the race walks and marathons at the 2020 Olympic Games following approval from the IOC Executive Board at its meeting last Wednesday. Events in the two disciplines will be held across four consecutive days, from August 6 to 9, to "facilitate the support of National Olympic Committee officials and coaches to the athletes" owing to the 800 kilometres distance from Tokyo to Sapporo. The men's 20km race walk will take place on August 6 instead of July 31, while the men's 50km race walk has been brought forward a day from August 8 to 7. That means no one can do the 20/50 double there. See <https://www.insidethegames.biz/articles/1087799/marathons-race-walks-tokyo-2020-moved>.
- Kenyan teenage runner Angela Ndungwa Munguti has been officially suspended for four-years after testing positive for banned anabolic steroids. The 17-year-old African Youth Games 800 metres silver medallist tested positive for Norandrosterone, a metabolite of nandrolone, the Athletics Integrity Unit (AIU) ruled. The test was carried out during last year's Summer Youth Olympic Games in Buenos Aires where she had finished fifth in the girls 800m. See <https://www.insidethegames.biz/articles/1087748/kenyan-teenage-banned-for-four-years>.
- As expected, WADA yesterday unanimously voted to ban Russia from the Olympics and Global Sports for 4 years, the latest and severest punishment yet connected to the years long cheating scheme that has tarnished global sport. Russian officials have 21 days to lodge an appeal with the Swiss-based Court of Arbitration for Sport. If this appeal fails then Russia will be excluded from the 2020 Olympics. To some, including many athlete groups and national antidoping agencies, this punishment does not go far enough, because it leaves open the possibility that hundreds of Russian athletes can appear in Tokyo, just as they did at the Winter Olympics in South Korea last year, competing as "neutrals". See <https://www.nytimes.com/2019/12/09/sports/russia-doping-ban.html?auth=link-dismiss-google1tap>.
- The International Paralympic Committee (IPC) has come out in support of WADA's decision. Their press release reads in part: "Those responsible for the manipulation of data from the Moscow Laboratory before it was transferred to WADA appear to have done everything possible to undermine the principles of fair and clean sport, principles that the rest of the sporting world support and adhere to. This sincere lack of respect towards the rest of the global sporting movement is not welcome and has zero place in the world of sport. It is only right that those responsible for this data manipulation are punished. See <https://www.paralympic.org/news/ipc-statement-decision-wada-executive-committee/>.
- Russian whistleblower Grigory Rodchenkov has questioned how any Russian athletes can prove they are "clean" after the WADA investigation found crucial data from the Moscow Laboratory had been deleted and manipulated. Rodchenkov, who exposed the state-sponsored doping programme which Russia used to cheat at major events, says that it was impossible to tell which Russian athletes are clean. See <https://www.insidethegames.biz/articles/1088014/rodchenkov-casts-doubt-on-russia-athlete>.

FOCUS ON OUR NEWEST 50KM CHAMPION TRACY FEINER

Tracy Feiner (nee Rosengrave), born 25/08/1977, started as an underage racewalker with the Knox-Sherbrooke Athletics Club in Melbourne during the 1990s. She had a successful career as a junior walker, winning Australian Championship bronze medals on five occasions

| | | | |
|----------------------------------|------|-----------------|----------|
| Australian U18 8km Roadwalk | 1994 | 3 rd | 42:51 |
| Australian U20 10km Roadwalk | 1995 | 3 rd | 55:02 |
| Australian All Schools U19 3000m | 1995 | 3 rd | 14:33.98 |
| Australian U20 10km Roadwalk | 1996 | 3 rd | 51:31 |
| Australian U20 5000m Trackwalk | 1997 | 3 rd | 24:20.50 |

Moving into the Open ranks in late 1997, she was a regular Victorian Championship medallist, normally fighting out the finish with Knox-Sherbrooke teammates Simone Wolowiec and Wendy Muldoon, along with Box Hill's Megan Szirom.

| | | | |
|---------------------------|------|-----------------|----------|
| Victorian 10km Roadwalk | 1995 | 2 nd | 50:36 |
| Victorian 5000m Trackwalk | 1997 | 3 rd | 24.14.89 |
| Victorian 10km Roadwalk | 1997 | 3 rd | 49:29 |
| Victorian 15km Roadwalk | 1997 | 3 rd | 1:21:59 |
| Victorian 20km Roadwalk | 1997 | 3 rd | 1:45:45 |
| Victorian 5000m Trackwalk | 1998 | 3 rd | 23.48.9 |
| Victorian 15km Roadwalk | 1998 | 3 rd | 1:17:02 |
| Victorian 20km Roadwalk | 1998 | 3 rd | 1:47:27 |
| Victorian 5000m Trackwalk | 1999 | 2 nd | 24.07.8 |
| Victorian 5000m Trackwalk | 2000 | 3 rd | 24.07.1 |

| | | | |
|-------------------------|------|-----------------|---------|
| Victorian 10km Roadwalk | 2000 | 2 nd | 50:00 |
| Victorian 15km Roadwalk | 2000 | 3 rd | 1:16:00 |
| Victorian 20km Roadwalk | 2000 | 2 nd | 1:46:43 |
| Victorian 15km Roadwalk | 2001 | 2 nd | 1:15:29 |
| Victorian 20km Roadwalk | 2001 | 2 nd | 1:45:00 |



*Cheryl Webb, Tracy and Lisa Sheridan-Paolini in action during a 10,000 metres walk in Sydney in August 2000
(photo Nick Wilson/ALLSPORT)*

Her early coaches included Jim Leppik and Harry Summers. She remembers fondly her time with Harry's squad which included Dominic McGrath, Wendy Muldoon, Brad Malcom and Andrew Jamieson.

She won Australian Open Championship medals (bronze and silver) in 2000 and 2001

| | | | |
|----------------------------|------|-----------------|-------|
| Australian 10km Open Women | 2000 | 3 rd | 49.05 |
| Australian 10km Open Women | 2001 | 2 nd | 49.38 |

and looked set to continue her rise up the ranks. I have her track PBs down as 13:18.7 (3000m, 22/02/2001) and 23:36.8 (5000m, 21/02/2002). Perhaps surprisingly, she then retired from the sport.



*Tracy competing in the 2006 Victorian 10km Roadwalk Championship
From left to right: Regan Lamble, Ross Reid, Simon Evans, Colin Heywood and Tracy*

She made a brief once-off appearance in 2006, now racing under her married name of Feiner, and winning silver in the Victorian 10km Roadwalk.

| | | | |
|-------------------------|------|-----------------|-------|
| Victorian 10km Roadwalk | 2006 | 2 nd | 52:07 |
|-------------------------|------|-----------------|-------|

She next appeared during the 2012-2013 summer, contesting a few AV Shield races in Melbourne, but soon disappeared again, with a young family to nurture.

She returned to the fold in 2018, dipping her toes into the longer distances. Now self coached, her start was promising, with a bronze in the Victorian 30km in early August.

| | | | |
|-------------------------|------|-----------------|---------------------------------|
| Victorian 30km Roadwalk | 2018 | 3 rd | 2:54:21 (W40 Australian Record) |
|-------------------------|------|-----------------|---------------------------------|

She recovered well, racing in and finishing a VRWC 20km in early September (2:00:24), and was planning to contest her first 50km at Fawkner park that year before sustaining an injury about 6 weeks out from the race. When she finally got over that and thought about getting back into training, she slipped on a step and put herself out of action again.

It was only in March 2019 that she was able to resume racing and her year since then has gone relatively smoothly. She participated in the 2019 VMA T&F Championships in March, winning golds in the two W40 walks, and in the 2019 AMA T&F Championships in April, winning golds in the three W40 walks.

She then turned her attention to the 2019 Victorian winter roadwalking season, with further success, winning gold and silver on the Victorian front and silver in the Australian 20km Roadwalk Championship

| | | | |
|-------------------------------------|------|-----------------|---------------------------------|
| Victorian 15km Roadwalk | 2019 | 2 nd | 1:21:39 |
| Victorian 30km Roadwalk | 2019 | 1 st | 2:49:12 (W40 Australian Record) |
| Australian 20km Winter Championship | 2019 | 2 nd | 1:51:22 |

She finished the winter season with a win in the VRWC 35km Club Championship in September, with a time of 3:22:44. She then indicated her intention of trying her hand in the Australian 50km Championship in December.

This she did in fine style, winning the Women's title with 4:59:44 and setting a new W40 Australian Masters record.

| | | | |
|------------------------------|------|-----------------|---------------------------------|
| Australian 50km Championship | 2019 | 1 st | 4:59:44 (W40 Australian Record) |
|------------------------------|------|-----------------|---------------------------------|



Tracy in action in the 2019 Victorian 30km Championship (left) and the 2019 Australian 50km Championship (right)

She explained her first 50km effort as follows:

I didn't know what to expect going in and to be honest I felt totally overwhelmed by all of the support throughout the race and particularly at the end, spurring me on to break 5 hours. The goal was obviously firstly to finish (no mean feat) but to get close to the World Cup qualifying time of 4:40:00, but once I blew up around 30km, just getting under 5 hours in one piece became a more realistic goal. I'm proud of myself for at least pulling it back in the last couple of laps and redeeming myself somewhat.

I am so pleased to see Tracy back in the sport and now doing so well, and I am sure that I will have many more race reports to add over the next few years.

AFTER 2 OLYMPIC CYCLES, THE DEMISE OF THE AIS NOW BITES HARD

With Rhydian Cowley's fine debut 50km last week in Melbourne (3:52:58), it is timely to consider which other Australian male walkers have also achieved a top 50km time on debut. Here's how I think the list looks

| | | | | | |
|----|----------------|---------|-----------|------------|----|
| 1. | Dion Russell | 3:48:12 | Melbourne | 14/12/1997 | 22 |
| 2. | Adam Rutter | 3:52:49 | Melbourne | 16/12/2007 | 20 |
| 3. | Nathan Deakes | 3:52:53 | Melbourne | 12/12/1999 | 22 |
| 4. | Rhydian Cowley | 3:52:58 | Melbourne | 01/12/2019 | 28 |
| 5. | Jared Tallent | 3:55:08 | Melbourne | 02/12/2006 | 22 |
| 6. | Liam Murphy | 3:55:20 | Melbourne | 05/05/2002 | 22 |

One anomaly stands out in that list. All walkers except for Rhydian were aged 20-22. Rhydian was aged 28. Why is that? One 3 letter acronym explains it all – AIS.

The Australian Institute of Sport (AIS) included a T&F scholarship program from its inception in 1981 until early 2013 when the doors were finally locked. All the walkers in the above list, with the exception of Rhydian, were AIS scholarship holders at the time of their debut 50km. Rhydian has never had that foot up the ladder, but has had to map out his own course, with little or no financial support, and having to self fund his career via full time work.

When the AIS walks program was shut down after the 2012 Olympics, we knew that the writing was on the wall for elite racewalking in Australia. Sure, the demise in standard would not be immediately visible, as the top walkers of that time would mostly stay on and do at least one further Olympic cycle. But when they finally all retired, who would replace them?

Consider the number of sub 4 hour walks done by Australians in each Olympic cycle from 1980 till now. It takes many years for a program to reap benefits and that was the case for the AIS walks program. But come 1996, it hit critical mass, and from then on, the number and quality of 50km performances blossomed. Consider the crash in the 2020 Olympic cycle. We have dropped from 14 sub-4 performances in the 2016 cycle to one in the 2020 cycle. Thank goodness for Rhydian Cowley who is that one!

| Olympic Cycle | Sub 4hrs | No of Athletes | No of New Athletes | Sub 3:50 | No of Athletes | New Athletes |
|---------------|----------|----------------|--------------------|----------|----------------|--------------|
| 1980 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1984 | 1 | 1 | 0 | 0 | 0 | 0 |
| 1988 | 4 | 3 | 1 | 1 | 1 | 1 |
| 1992 | 4 | 2 | 1 | 2 | 1 | 1 |
| 1996 | 6 | 4 | 3 | 0 | 0 | 0 |
| 2000 | 10 | 3 | 3 | 3 | 2 | 2 |
| 2004 | 11 | 4 | 2 | 3 | 1 | 0 |
| 2008 | 15 | 5 | 3 | 7 | 3 | 2 |
| 2012 | 19 | 5 | 1 | 11 | 3 | 2 |
| 2016 | 14 | 4 | 2 | 7 | 2 | 1 |
| 2020 | 1 | 1 | 1 | 0 | 0 | 0 |

What do we have left now to help athlete become a senior International? We have our January walks camp at the AIS and we have Brent Vallance's elite training group in Melbourne, but there is nothing comparable elsewhere in Australia. We have developmental groups in places like the Gold Coast and the ACT and Gosford, but nothing else in the way of elite senior groups.

The following table traces our rise and fall as a 50km nation. Sadly, I don't see the addition of any further sub 4 hour walkers this cycle. So, It's now up to Rhydian to face the challenge in front of him to reproduce or improve on this in Tokyo.

Australian Performances under 4hrs by Olympic Cycle since 1997

| 2000 - Sydney Olympic Cycle | | | | | | | |
|-----------------------------|---------|----------------------|-----|------------|---|------------------|-------------------|
| 1 | 3:47:29 | Nathan Deakes | VIC | 17/08/1977 | 6 | Sydney | 29/09/2000 |
| 2 | 3:47:34 | Dion Russell | VIC | 8/05/1975 | 1 | Melbourne | 13/12/1998 |
| 3 | 3:48:12 | <i>Russell</i> | | | 1 | Melbourne | 14/12/1997 |
| 4 | 3:52:53 | <i>Deakes</i> | | | 1 | Melbourne | 12/12/1999 |
| 5 | 3:52:53 | <i>Russell</i> | | | 1 | Melbourne | 12/12/1999 |
| 6 | 3:57:40 | Duane Cousins | VIC | 13/07/1973 | 2 | Melbourne | 14/12/1997 |

| | | | | | | | |
|----|---------|-----------------|-----|-----------|----|----------------|------------|
| 7 | 3:57:51 | Dominic McGrath | VIC | 4/06/1972 | 2 | Leamington Spa | 23/04/2000 |
| 8 | 3:59:15 | McGrath | | | 3 | Melbourne | 14/12/1997 |
| 9 | 3:59:23 | Russell | | | 13 | Seville | 25/08/1999 |
| 10 | 3:59:34 | Cousins | | | 3 | Melbourne | 12/12/1999 |

2004 - Athens Olympic Cycle

| | | | | | | | |
|----|---------|---------------|-----|------------|----|------------|------------|
| 1 | 3:39:43 | Nathan Deakes | VIC | 17/08/1977 | 1 | Melbourne | 7/12/2003 |
| 2 | 3:43:43 | Deakes | | | 1 | Naumburg | 8/04/2001 |
| 3 | 3:47:51 | Deakes | | | 1 | Melbourne | 1/05/2005 |
| 4 | 3:52:40 | Deakes | | | 1 | Manchester | 30/07/2002 |
| 5 | 3:54:37 | Liam Murphy | SA | 5/06/1979 | 1 | Melbourne | 13/05/2001 |
| 6 | 3:55:05 | Darren Bown | SA | 3/06/1974 | 2 | Melbourne | 13/05/2001 |
| 7 | 3:55:20 | Murphy | | | 1 | Melbourne | 5/05/2002 |
| 8 | 3:56:45 | Murphy | | | 15 | Turin | 13/10/2002 |
| 9 | 3:59:25 | Duane Cousins | VIC | 13/07/1973 | 3 | Melbourne | 13/05/2001 |
| 10 | 3:59:27 | Cousins | | | 2 | Melbourne | 5/05/2002 |
| 11 | 3:59:33 | Cousins | | | 1 | Melbourne | 18/05/2003 |

2008 - Beijing Olympic Cycle

| | | | | | | | |
|----|---------|----------------|-----|------------|----|-----------|------------|
| 1 | 3:35:47 | Nathan Deakes | VIC | 17/08/1977 | 1 | Melbourne | 2/12/2006 |
| 2 | 3:39:27 | Jared Tallent | VIC | 17/01/1984 | 2 | Beijing | 22/08/2008 |
| 3 | 3:42:53 | Deakes | | | 1 | Melbourne | 24/03/2006 |
| 4 | 3:43:53 | Deakes | | | 1 | Osaka | 1/09/2007 |
| 5 | 3:44:45 | Tallent | | | 1 | Melbourne | 16/12/2007 |
| 6 | 3:47:45 | Luke Adams | NSW | 22/10/1976 | 10 | Beijing | 22/08/2008 |
| 7 | 3:47:51 | Deakes | | | 1 | Melbourne | 1/05/2005 |
| 8 | 3:52:49 | Adam Rutter | NSW | 24/12/1986 | 2 | Melbourne | 16/12/2007 |
| 9 | 3:53:19 | Duane Cousins | VIC | 13/07/1973 | 2 | Melbourne | 2/12/2006 |
| 10 | 3:53:19 | Adams | | | 3 | Melbourne | 16/12/2007 |
| 11 | 3:55:08 | Tallent | | | 3 | Melbourne | 2/12/2006 |
| 12 | 3:55:57 | Cousins | | | 4 | Melbourne | 16/12/2007 |
| 13 | 3:58:22 | Chris Erickson | VIC | 1/12/1981 | 3 | Melbourne | 24/03/2006 |
| 14 | 3:59:02 | C Erickson | | | 5 | Melbourne | 16/12/2007 |
| 15 | 3:59:20 | C Erickson | | | 26 | La Coruna | 14/05/2006 |

2012 - London Olympic Cycle

| | | | | | | | |
|----|---------|----------------|-----|------------|----|-----------|------------|
| 1 | 3:36:53 | Jared Tallent | VIC | 17/01/1984 | 1 | London | 11/08/2012 |
| 2 | 3:38:56 | Tallent | | | 1 | Melbourne | 22/11/2009 |
| 3 | 3:40:32 | Tallent | | | 1 | Saransk | 13/05/2012 |
| 4 | 3:43:36 | Tallent | | | 2 | Daegu | 3/09/2011 |
| 5 | 3:43:39 | Luke Adams | NSW | 22/10/1976 | 5 | Berlin | 21/08/2009 |
| 6 | 3:44:50 | Tallent | | | 6 | Berlin | 21/08/2009 |
| 7 | 3:45:31 | Adams | | | 4 | Daegu | 3/09/2011 |
| 8 | 3:47:34 | Adams | | | 1 | Melbourne | 12/12/2010 |
| 9 | 3:48:02 | Nathan Deakes | VIC | 17/08/1977 | 6 | Dudince | 26/03/2011 |
| 10 | 3:48:45 | Deakes | | | 19 | London | 11/08/2012 |
| 11 | 3:49:33 | Tallent | | | 1 | Melbourne | 11/12/2011 |
| 12 | 3:50:34 | Deakes | | | 2 | Melbourne | 11/12/2011 |
| 13 | 3:51:57 | Chris Erickson | VIC | 1/12/1981 | 3 | Melbourne | 11/12/2011 |
| 14 | 3:53:41 | Adams | | | 23 | London | 11/08/2012 |
| 15 | 3:54:53 | C Erickson | | | 11 | Dudince | 26/03/2011 |
| 16 | 3:54:55 | Tallent | | | 3 | Chihuahua | 15/05/2010 |
| 17 | 3:55:30 | C Erickson | | | 1 | Melbourne | 14/12/2008 |
| 18 | 3:57:55 | Ian Rayson | NSW | | 4 | Melbourne | 11/12/2011 |
| 19 | 3:59:43 | Ian Rayson | | | 2 | Melbourne | 12/12/2010 |

| 2016 -Rio Olympic Cycle | | | | | | | |
|-------------------------|----------------|------------------------|------------|-------------------|-----------|-----------------------|-------------------|
| 1 | 3:40:03 | Jared Tallent | VIC | 17/01/1984 | 2 | Moscow | 1/09/2014 |
| 2 | 3:41:16 | <i>Tallent</i> | | | 2 | Rio de Janerio | 19/08/2016 |
| 3 | 3:42:17 | <i>Tallent</i> | | | 2 | Beijing | 29/08/2015 |
| 4 | 3:42:36 | <i>Tallent</i> | | | 1 | Rome | 9/05/2016 |
| 5 | 3:42:48 | <i>Tallent</i> | | | 2 | Taicang | 4/05/2014 |
| 6 | 3:48:40 | Chris Erickson | VIC | 1/12/1981 | 10 | Rio de Janerio | 19/08/2016 |
| 7 | 3:49:33 | <i>C Erickson</i> | | | 11 | Taicang | 4/05/2014 |
| 8 | 3:49:41 | <i>C Erickson</i> | | | 16 | Moscow | 1/09/2013 |
| 9 | 3:51:26 | <i>C Erickson</i> | | | 13 | Beijing | 29/08/2015 |
| 10 | 3:54:10 | <i>C Erickson</i> | | | 2 | Melbourne | 13/12/2015 |
| 11 | 3:55:03 | Brendon Reading | ACT | | 4 | Melbourne | 13/12/2015 |
| 12 | 3:55:17 | Ian Rayson | NSW | | 5 | Melbourne | 13/12/2015 |
| 13 | 3:55:24 | <i>C Erickson</i> | | | 1 | Melbourne | 2/03/2013 |
| 14 | 3:56:38 | <i>C Erickson</i> | | | 1 | Melbourne | 13/12/2014 |

| 2020 -Tokyo Sapporo Olympic Cycle | | | | | | | |
|-----------------------------------|----------------|-----------------------|------------|------------------|----------|------------------|------------------|
| 1 | 3:52:58 | Rhydian Cowley | VIC | 4/01/1991 | 1 | Melbourne | 1/12/2019 |

ATHLETICS AUSTRALIA SELECTION DOCUMENTS FINALLY RELEASED

Athletics Australia has finally released its selection criteria for the major 2020 international competitions. These include

- The 2020 World Race Walk Team Championships, Minsk, Belarus, May 2-4 May, 2020
- The 2020 World U20 Championships, Nairobi, Kenya, 17-20 July 2020
- The 2020 Olympic Games, Tokyo, Japan, July 24 – Aug 9, 2020

Let's review them.

- **World Race Walk Team Championships, Minsk, Belarus, May 2-4 May, 2020**

AA belatedly released the Selection Criteria for the 2020 IAAF World RaceWalk Teams Championships on Wednesday 27th November 2019, just 4 days before the official 50km trial and only 4 days before the end of the 50km qualification period. Just not good enough, given it is almost identical to the 2018 World Cup Selection Policy. See <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-Race-Walk-Cup> for further details. Salient points read as follows

- AA will select up to 5 walkers for each of the 50km men, 50km women, 20km men, 20km women and up to 3 walkers for each of the 10km Junior men and 10km Junior women.
- AA recommends that junior walkers do either the World Junior championships or the World Racewalking Cup but not both. A special exemption is required from AA to do both events.
- The selection trials are :

| | |
|-----------------|--|
| 50km men/women | Sunday 1 Dec 2019, Fawkner Park, Melbourne |
| All other walks | Sunday 9 February 2020, Adelaide, SA |
- The qualifying periods are

| | |
|----------------|--------------------------------------|
| 50km men/women | 1 December 2018 till 1 December 2019 |
| 20km events | 1 August 2019 till 9 February 2020 |
| 10km events | 1 August 2019 till 9 February 2020 |
- The qualifying standards are

| | |
|-------------------|----------------|
| 50km men | 4:06:00 |
| 50km women | 4:40:00 |
| 20km men | 1:28:00 |
| 20km women | 1:36:00 |
| 10km Junior men | 46:30 |
| 10km Junior women | 50:00 |
- Any athlete who finishes in the top 24 at the 2019 IAAF World Championships will be automatically selected (that means Dane Bird-Smith and Jemima Montag).
- Any athlete who won a medal at the 2018 IAAF World Race Walk Team Championships will be automatically selected (that means Claire Woods).

- The first two eligible athletes (excluding any athlete selected above) in each selection trial will be automatically selected in the team provided that the athlete has nominated for selection and has achieved the performance standard. Further selections may be made at the discretion of the selectors. This discretion is absolute and it need not be exercised.
- Performances must be achieved during an official competition organised in conformity with IAAF Rules. Performances must be achieved during competitions organised or authorised by the IAAF, its Area Associations or its National Member Federations. Results achieved at university or school competitions must be certified by Athletics Australia or the National Federation of the country in which the competition was organised. *Effectively, this means that you must ensure that you must make AA aware of any qualification attempts and ensure that your race has the proper count of officials, judges and that it is on a certified course.*

It is early days yet with only a very small number of qualifying races on the boards but current qualifiers as of Dec 4th are as follows (please advise if I have missed anyone)

| | | | | | |
|----------------------------------|--------------------------|---|----------|--------------|------------|
| 20km Men (1:28:00) | Dane Bird-Smith | Q | wildcard | | |
| | Kyle Swan | V | 1:23:53 | Melbourne | 01/12/2019 |
| | Rhydian Cowley | V | 1:24:10 | Taihu, China | 20/10/2019 |
| | Tyler Jones | N | 1:25:42 | Melbourne | 01/12/2019 |
| | <i>Rhydian Cowley</i> | V | 1:26:29 | Adelaide | 08/09/2019 |
| 20km Women (1:36:00) | Jemima Montag | V | wildcard | | |
| 50km Men | Rhydian Cowley | V | 3:52:58 | Melbourne | 01/12/2019 |
| 50km Women | Claire Woods | S | wildcard | | |
| 10km Junior Men (46:30) | Gwyllym Young | A | 43:25 | Melbourne | 01/12/2019 |
| | Tristan Camilleri | S | 43:28 | Melbourne | 01/12/2019 |
| | Mitchell Baker | A | 43:47 | Melbourne | 01/12/2019 |
| | Oscar Tebbutt | N | 44:11 | Melbourne | 01/12/2019 |
| | Corey Dickson | V | 44:23 | Melbourne | 01/12/2019 |
| | <i>Mitchell Baker</i> | A | 45:00 | Adelaide | 08/09/2019 |
| 10km Junior Women (50:00) | Rebecca Henderson | V | 48:58 | Melbourne | 01/12/2019 |
| | Alannah Peart | V | 49:01 | Melbourne | 01/12/2019 |

- **World U20 Championships, Nairobi, Kenya, 17-20 July 2020**

The AA Selection Policy for the 2020 World U20 Champs was posted on the AA website on Tuesday 27th Dec 2019. Read it at <https://www.athletics.com.au/able-bodied/iaaf-world-u20-championships/>.

- Only athletes born in 2001-2004 can be entered.
- A maximum of two athletes can be selected in each event.
- The qualifying standards for the 10,000m walks are **43:20** (men) and **48:20** (women).
- The selection trials will be held at the Australian U20 Championships on 21-29 March 2020 in Sydney.
- The winner of the walk trial will be an automatic selection provided he/she has attained the AA qualifying standard at least once during the AA Qualifying period. Any second selection is at the selectors' discretion.
- Any athlete selected in the Athletics Australia team for the IAAF 2020 World Race Walking Cup is ineligible for selection in Athletics Australia's team for the 2020 World Junior Track and Field Championships unless that athlete has been granted exemption in writing by the AA High Performance Manager.
- There are only a small number of nominated opportunities for walkers to attain the qualifying standard. Any other walk competitions organised as qualifying opportunities must meet the specific requirements of the IAAF and must be sanctioned by Athletics Australia. All requests in relation to walk qualifying opportunities must be directed to the Athletics Australia Competitions Manager.
- Both road and track walk performances are acceptable for qualifying purposes.
- Performances in mixed walk events will be accepted.

A.A. Junior Men 1000m walk **43:20** Qualification Period: 1 October 2019 to 5 April 2020
 A.A. Junior Women 10,000m walk **48:20** Qualification Period: 1 October 2019 to 5 April 2020

A.A. qualifying standards for the last 6 World U20 Championships have been relatively consistent:

| | | | | |
|------|----------|-------|----------|---------|
| 2020 | 43:20 | (men) | 48:20 | (women) |
| 2018 | 43:07.00 | (men) | 48:11.70 | (women) |
| 2016 | 43:35.5 | (men) | 48:21.3 | (women) |
| 2014 | 43:44 | (men) | 49:40 | (women) |
| 2012 | 44:05 | (men) | 49:25 | (women) |
| 2010 | 44:05 | (men) | 49:25 | (women) |

There are no Australian qualifiers as yet.

- **2020 Olympic Games, Tokyo, Japan, July 24 – Aug 9, 2020**

AA belatedly released its Olympic Selection documentation on Tuesday 26th November 2019 (see <https://www.athletics.com.au/events/56246/>).

It seems trials no longer exist, due to the changed IOC qualification system (more on that below). The document only refers to the Australian Championships as being a chance to qualify. To quote:

An Athlete will be eligible for an Automatic Nomination in an Event if (subject to clause 13) they:

- (a) win the Australian Championship in that Event; and*
- (b) have qualified for a Direct Quota Place*

This belated notification is a bit of a shame for the marathoners. The relevant Australian Championship in their case was the marathon at the Sydney Running Festival in September 2019. Being on at the same time as some of the big international marathons, it did not attract our top runners. They must now be irate. Any one of them could have jogged around as the first Australian to finish and he/she would now be in the box seat for Olympic selection once they got a few good times under their belt in other marathons.

Luckily Rhydian Cowley did walk in the 2019 Australian 50km championship, 4 days after the selection criteria were released. He has that box ticked.

Athletics Australia should hang its head in shame over what I can only call a timing debacle.

The new IOC standard has a series of layers

- Events have strict participation upper limits. For the walks, the upper limit is 60 walkers per event.
- There is an overall upper limit of 1900 T&F quota places in total, spread across all the events.
- For racewalk performances to be recognised
 - The course must be AIMS certified
 - A minimum of 3 International or Area Race Walking Judges must be on duty
 - The event must be on the IAAF certified competitions list.
- The qualifying system for Tokyo 2020 is fundamentally different to previous Olympics. While the qualification for Rio 2016 and other previous editions relied on qualifying times, Tokyo 2020 is primarily based on world ranking. The IAAF world rankings are based on the average of the best results for the athlete over the qualifying period. The results are weighted by the importance of the meet.
- The IAAF continues to set qualifying times, but these are "set for the sole purpose of qualifying athletes with exceptional performances unable to qualify through the IAAF World Rankings pathway." These selection criteria are
 - 20km Men 1:21:00
 - 20km Women 1:31:00
 - 50km Men 3:50:00

So in summary, selection is based on your IAAF World Ranking (if you have one), but there is a backdoor (the exceptional qualifying standards above) for those who haven't done enough races to get a World Ranking. You can read all about the new IOC system at https://en.wikipedia.org/wiki/Athletics_at_the_2020_Summer_Olympics_%E2%80%93_Qualification and <https://www.worldathletics.org/competition/standards/2020>.

The 50km qualification period extends from 1 January 2019 to 31 May 2020

The 20km qualification period extends from 1 January 2019 to 29 June 2020

Those with elite qualifying times on the board as

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|-----------------------------|------------------------|---|---------|-------------|------------|
| 20km Men (1:21:00) | Rhydian Cowley | V | 1:20:19 | Nomi, Japan | 17/03/2019 |
| | Dane Bird-Smith | Q | 1:20:52 | Adelaide | 10/02/2019 |
| 20km Women (1:31:00) | Katie Hayward | Q | 1:29:25 | Adelaide | 10/02/2019 |
| | Jemima Montag | V | 1:30:51 | Adelaide | 10/02/2019 |
| 50km Men (3:50:00) | - | | | | |

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

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| 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 |

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| 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

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| Dec 15 (Sun), 2019 | Hnog Kong 20km Road Walk Championships. See 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 |
| Jan 25 (Sat), 2020 | USATF 50km Olympic Trial, Santee, California, USA |
| Mar 15 (Sun), 2020 | Asian Championships, Nomi, Japan |
| Mar 23, 2020 | 38 th Dudinska Meet, Dudince, Slovakia |
| Mar 28 (Sat), 2020 | 2020 Race Walking Challenge, Taicang, China |
| Apr 4 (Sat), 2020 | Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal |
| 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 |
| May 20 (Sat), 2020 | Gran Premio Cantones de La Coruña, La Coruna, Spain |
| 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 |
| Oct 18-20, 2020 | Lake Taihu Tour, Suzhou, China |

2020 World Athletics Racewalking World Challenge

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| Mar 28 (Sat), 2020 | 2020 Race Walking Challenge, Taicang, China |
| Apr 4 (Sat), 2020 | Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal |
| May 2-3, 2020 | World Athletics Race Walking Team Championships, Minsk, Belarus |
| May 20 (Sat), 2020 | Gran Premio Cantones de La Coruña, La Coruna, Spain |
| Aug 6-7, 2020 | Olympic Games, Sapporo, Japan |
| Oct 18-20, 2020 | Lake Taihu Tour, Suzhou, China |

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| Jan 17-23, 2021 | 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 |

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| July 27 - Aug 7, 2022 | XXII Commonwealth Games , Birmingham, GBR. |
| Aug 7-17, 2022 | 24th World Masters T&F Championships , Gothenburg Sweden |

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| Aug 2023 (TBC) | 19th IAAF World Championships in Athletics , Budapest, Hungary |
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