



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 15
Tuesday 7 January 2020



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WHAT'S COMING UP

The Australian Summer Season restarts again this week, after the Christmas break. Key January dates read as follows:

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 12 (Sun), 2020	Supernova Camp 10,000m Track Walk, MUAC Track, Melbourne, 9AM
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
Jan 27 (Mon), 2020	Supernova Camp 10,000m Track Walk, MUAC Track, Melbourne, 9AM

Athletics Victoria Shield competition resumes on Saturday with walks on offer at Meadowglen, Frankston, Ballarat, Bendigo and Geelong.

It doesn't matter where you live in the world, you will have almost certainly heard of our Australian bush fires, which are just as awful as the reports indicate. The ongoing smoke pall over Canberra has necessitated the move of the Supernova Camp from the AIS to Melbourne, with a number of our local Melbourne walks community rolling up the sleeves to help Camp organisers Brent Vallance and Louise Bourke with the changed logistics. The two 10,000m walks which had been scheduled for Canberra have now been moved to Melbourne and are on as follows

Jan 12 (Sun), 2020	Supernova Camp 10,000m Track Walk, MUAC Track, Melbourne, 9AM
Jan 27 (Mon), 2020	Supernova Camp 10,000m Track Walk, MUAC Track, Melbourne, 9AM

I recommend coming along to the Melbourne University track on either or both mornings to see some super walking. Note these are elite events are not open to club walkers. For them, our two upcoming VRWC races are the way to go.

Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 5 JANUARY

Not much action yet on the local Australian front but that will change with next week's newsletter. In the meanwhile, thanks to Terry Jones for this week's results from Western Australia. Only small fields as most are still in holiday mode.

10km Walk

1. Benjamin Reid	52.49
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3km Walk

1. John Ronan	16.01
2. Xavier Bernard	19.31
3. Riley Wood	20.36

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 4 JANUARY

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

Our first Walk of the new year saw a small field battle against exceptionally strong winds. Oliver Morgan cruised home for a comfortable win with great composure in the trying conditions.

3000m Walk

1.	Oliver Morgan	OVA	18:03.74
2.	Elizabeth Leitch	TMA	19:56.59
3.	Dave Moore	TMA	26:48.23
	Anna Blackwell	OVA	DNF

68TH TOKYO WALKING CHAMPIONSHIPS, TOKYO, WEDNESDAY 1 JANUARY 2020

Japan and Hong Kong always kick off our international racewalking year with their New Year's Day walks. I think both carnivals start at the same time but, as Japan is 1 hour ahead of Hong Kong, it can probably claim the title of the Year Opener. For Japan, the occasion was the 68th Tokyo Walk Championships, which were held in that city on a bright sunny Wednesday morning.

Thanks to marciadalmondo (see http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=3673) for their prompt report.

The 20km men's race, with over 100 starters and 83 finishers, saw a great battle between 20km world record holder **Yusuke Suzuki** and 20 year old newcomer **Motofumi Sawa**. Sawa kept up with Suzuki for most of the race and only fell behind in the final section, finishing 48 secs in arrears with a big PB of 1:20:49. Third placed **Tomohiro Noda** (1:21:24) and fourth placed **Yutaro Murayama** (1:21:58) also broke 1:22:00. The good news continued for Japan with 19 year old **Hiroto Jushu** finishing fifth with 1:22:55.

20km Open Men (83 finishers)

1.	Yusuke SUZUKI	JPN	2-Jan-88	1:20:01
2.	Motofumi SUWA	JPN	22-Oct-99	1:20:49
3.	Tomohiro NODA	JPN	24-Jan-96	1:21:24
4.	Yutaro MURAYAMA	JPN	29-Sep-98	1:21:58
5.	Hiroto JUSHO	JPN	11-Jan-00	1:22:37
6.	Subaru ISHIDA	JPN	4-Jun-99	1:23:23
7.	Daisuke MATSUNAGA	JPN	24-Mar-95	1:23:59
8.	Kohei TOYAMA	JPN	10-May-98	1:25:02
9.	Yuji OKAHATA	JPN	1997	1:25:05
10.	Hayato YANAGIHARA	JPN	2000	1:25:15

A big field of 35 contested the women's 10km. **Kaori Kawazoe** broke away from the leading pack to win with 45:05, ahead of 20 year old **Nami Hayashi** (PB 45:58 (previous of 47:36) and Hong Kong's **Jessica Ching Siu Nga** (PB 45:53).

10km Open Women (35 finishers)

1.	Kaori Kawazoe	JPN	45:05
2.	Nami Hayashi	JPN	45:58
3.	Ching Siu Nga Jessica	HKG	46:55
4.	Serena Sonoda	JPN	46:37
5.	Chiaki Asada	JPN	46:44

THE FIRST WALK 2020, HONG KONG, WEDNESDAY 1 JANUARY 2020

The Hong Kong carnival, called "The First Walk", took place on the new Pan Shek Kok Promenade course in that city, with the following races:

50km open (men and women):	8:30 AM
20km open (men and women):	9:00 AM
6 hours relay (3 athletes per team):	9:30 AM
10km U20 open (men):	10:30 AM

As usual, marciadalmondo was all across this event also (see http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=3675). However, my race report has been provided by Paul F. DeMeester who made the trip from San Francisco and supported the meet with a walk of 30km in the 50km Event. Over to Paul!

ANOTHER SUCCESSFUL FIRST WALK 50K IN HONG KONG

By Paul F. DeMeester
(Photos by Lam Man-biu)

The Hong Kong Race Walking Association has not been afraid to offer 50K races for both genders as part of their First Walk competition to start the new year. First launched in 2016, the fifth edition drew the largest 50K field yet, with 12 competitors taking the start, and delivering its greatest number of finishers at 9. Both numbers look small in absolute terms but loom large for a local race in an event as difficult as the 50K. Think of how many athletes would show for a local event such as pole vaulting, or gymnasts for a locally organized meet involving rings, the pommel horse, a balance beam and a vault. The winning times have been coming down over the years, from 6:03:48 in the men's race in 2016 won by Walker Wong Kai-chung to this year's winning time of 4:39:15 by **Edward Tse Chun-hung**. On the women's side, **Billie Kwok Chik-ha** won the inaugural race in 6:19:23 and won her fourth First Walk 50K in 2020 in a new national record of 5:40:51, missing the top step of the podium only once in 2019.

The men's 2020 winning time also established a new national record, besting the previous record set exactly one year before at the same race, when Chin Man Kit won in 4:54:26, breaking the Hong Kong 5-hour barrier for the first time and toppling the 2-year old national record set by **Ken Cheung Wai-tak** at this race in 2017, when his 5:03:23 broke a record that had endured since 1964, when Kam-Tong So had walked a 5:07:54 at the first Tokyo Olympics. Cheung had a part in this year's record breaking. He and Tse walked together for the first half of the race, when red card trouble sent Cheung to the pit box for five minutes. The cooling off period also cooled off the leader's pace, as the dueling duo were now separated. Once back in the race, Cheung did not give up and finished second a little over eight minutes behind the winner. They were joined on the podium by **Walker Wong**, who made it five for five podium trips in this race since his inaugural win in 2016. Wong improved his 50K time to 5:47:41.

The women's race was as spirited as the men's. Kwok was joined by **Alex Lo Po-man** and **Daisy Ng Chui-Yi** for the first part of the race. The eventual winner slowly pulled away at first, then showed her staying power in the second half of the race by keeping a consistent pace. She looks forward to another 50K soon. Her New Year's Day national record may not last long.

Wong, Edmund Chan Wai-on and Kwok are the only three walkers to have raced in all five First Walk 50K editions and pounded the pavement of all three race courses that have been used on New Year's Day. The first three editions were held at Stonecutters Island, providing the participants with spectacular views of giant container ships sailing into harbour, while walking directly underneath the span of Stonecutters Bridge, the cable-stayed link between the Kowloon Peninsula and Tsing Yi Island on the way to Hong Kong's airport. Last year's edition was held at Sunny Bay, near the airport, when on a blustery morning, the 20K companion race was highlighted by Olympic and World Champion Liu Hong returning to competition after her maternity leave. This year's venue was not the first time the Association conducted a meet at the Pak Shek Kok Promenade in the New Territories next to the campus of the Chinese University of Hong Kong, but a first nevertheless for its 50K race. Conditions were perfect for the long distance march: cool and overcast, with the sun breaking through only twice for just a few minutes each. The circuit consisted of two 500 meter segments that were gently curved next to the waterfront. The turn point just past the start-finish line and drinks tables used the plaza area to render the turn nice and wide. The opposite turn point was a bit tighter but was no bother at all. The promenade tiles made for easy walking. A special treat were the views of the distant mountains, high rises and coves in either direction along the promenade.

It was my second visit to the Hong Kong 50K after having been to Stonecutters Island back in 2018. Once again, I cannot lavish enough praise on **Echo Yeung** and the **Hong Kong Race Walking Association**. Among the other races on offer was a six-hour relay format, giving a lot of walkers who shy away from long distances a taste of the long game as part of a three-member team. The Association conducts training sessions four days a week in different parts of Hong Kong, all accessible by way of the local train system; maintains a website; puts on mountain hikes and socials. If only World Athletics (the Artists Formerly Known as IAAF) would do for the 50K world-wide what Echo and her group have done for the 50K in a small corner of the world, the 50K would be a booming event.



Left: Off They Go; the 50K Start

Right: 50K Leaders Edward Tse Chun-hung (51) and Ken Cheung Wai-tak (53) in company of relay walker Edwin Ma Mo-sheung



Left: The top three women battle it out - Billie Kwok Chik-ha (62), Alex Lo Po-man (61) and Daisy Ng Chui-Yi (64)
Right: Walker Wong Kai-chung (50) Rounds the Turn Point



Left: Billie Kwok Chik-ha for the Win
Right: Hong Kong's 50K 2020 Podium flanked by race organizer Echo Yeung on the left and race volunteer Sheila Purves on the right

Full results are shown below.

Men Open 50km

1.	Tse Chun-hung, Edward	4:39:15
2.	Cheung Wai-tak, Ken	4:47:32
3.	Wong Kai-chung, Walker	5:47:41
4.	Wong Siu-keung, Eddie	6:51:33
5.	Chan Wai-on, Edmund	7:02:48
	Paul F. DeMeester	DNF

Women Open 50km

1.	Kwok Chik-ha, Billie	5:40:51
2.	Lo Po-man, Alex	6:03:03
3.	Ng Chui-Yi, Daisy	6:17:16
4.	Cheung Mei-Yi, Emily	6:48:41
	Choi Kam-har, Wendy	DNF
	Ng Sau-man	DQ

Men Open 20km

1.	Fu Chi-wing, Jason	2:09:28
2.	Lam Man-biu	2:18:14
3.	Liu Hak-ming, Sam	2:19:50
4.	Lee Kwong-yiu, Bruce	2:21:50

5.	Kwok Chun-wai, Thomas	2:35:20
6.	Liu Wun-Tsun	2:37:46
7.	Bill Purves	2:54:08
	Chin Man-kit	DQ

Women Open 20km

1.	Cheung Ngun-mei, Beatrix	2:37:18
2.	Wong Shui-fong, Evan	2:53:49
3.	Lam Yun-king, Alice	2:58:03

Men Junior 10km

1.	Lai Yuk-cheung	0:56:24
2.	Lam Tse-nok, Ron	1:16:55
	Chan Ka-ho	DQ

6 Hour Relay

1.	Daniel Cheung, Catherine Kwan, Kan Cheung	52 laps
2.	Angel Chung, Alex Sze, Miu Chow	47 laps
3.	Winnie Lo, Linda Fung, Edwin Ma	45 laps
4.	Lai Hung-lin, Wong Ka-wah, Angela Ng	43 laps
5.	Kwok Yuk-yin, Fiona Cheung, Jefferwin Tom	41 laps
6.	Rosanna Lau, Lam Shuk-mei, Chan Lai-ping	35 laps

ENGLAND ATHLETICS INDOOR RACE WALKING CHAMPIONSHIPS , SHEFFIELD, SUNDAY 5 JANUARY 2020

Well done to **Tom Bosworth** for his comfortable win in the English Athletics Indoor Champs at Sheffield (11:18.00). It was a close finish in the women's race with **Pagen Spooner** (15:10.67) just beating **Natalie Myers** (15:11.26).

3000m Walk Senior Men

1.	Tom BOSWORTH	Tonbridge AC	11:18.00
2.	Tom PARTINGTON	Manx Harriers	13:00.32
3.	Luc LEGON	Bexley AC	13:04.74
4.	Matthew CRANE	Bexley AC	13:36.27
5.	Christian HOPPER	Cambridge Harriers	16:12.75
	Trevor HERRING	Kettering Town Harriers	DQ

3000m Walk Senior Women

1.	Pagen SPOONER	Hyde Park Harriers	15:10.67
2.	Natalie MYERS	2Dash	15:11.26
3.	Carolyn DERBYSHIRE	Nuneaton Harriers	15:44.95
4.	Hannah HOPPER	Cambridge Harriers	16:25.92
5.	Erika PONTAROLLO	Hyde Park Harriers	16:37.16
6.	Abigail SMITH	Blackheath & Bromley Harriers AC	17:07.53
	Val NIX	Kettering Town Harriers	DQ

THE U.S. AIR FORCE HISPANIC GAMES, THE ARMORY, NEW YORK, 3-4 JANUARY 2020

The indoor theme continues with two walk meets from New York. First to the New Balance T&F Centre at The Armory, where Day 2 of the US Air Force Hispanic Games kicked off with a down to the wire finish in the Girls Varsity 1500m Walk, with **Ciara Durcan** just beating **Isabella Rogler** by 0.02 sec.

Girls 1500m Race Walk Varsity

1.	Ciara Durcan	Pearl River	6:58.84
2.	Isabella Rogler	West Islip	6:58.86
3.	Marissa Sciotto	Sachem East	7:32.50
4.	Angelina Colon	Sachem East	7:33.81
5.	Marcela Araujo	Sachem East	7:34.46
6.	Emily Zahralban	Bellport	7:35.10
7.	Ashleigh Wakely	Massapequa	7:39.97
8.	Kayla Manel	Sachem East	7:43.85
9.	Gia Giudice	Sachem North	7:47.54
10.	Kelly Meyer	Massapequa	8:05.69
11.	Shelby Samuels	Bay Shore	8:23.10
12.	Mia Priore	White Plains	8:28.77
13.	Elaina Rasco	Sachem East	8:29.41
14.	Nicole Wong	Townsend Harris	8:35.57

15. Daniell Cornetta	Sachem East	8:39.71
16. Emily Tan	Townsend Harris	8:46.04
17. Aysegul Yumusak	Midwood	8:46.58
18. Stephan Dahowski	Goshen Central	8:55.62
19. Nancy Lin	Townsend Harris	9:03.65
20. Jane Yoo	Bronx Of Science	9:04.79
21. Shitian Chen	Bronx Of Science	9:06.60
22. Sabr Chiacchiaro	Sachem East	9:07.11
23. Molly Roy	Bay Shore	9:39.51
24. Elaine Wang	Bronx Of Science	9:44.89
25. Olivia Patsy	Sachem East	9:45.23
26. Diana Perez	Bronx Of Science	9:47.00
27. Kayla Ferraro	Edgemont	9:50.43
28. Julie Monderine	Sachem East	9:52.15
29. Kayla Anderson	Massapequa	9:54.57
30. Catherin Mazzola	Briarcliff	10:01.64
31. Nina Ruback	Newburgh Free	10:06.43
Shyla Singh	Edgemont	DQ
Leandrina Marmol	Freeport	DQ



Ciara Durcan just beating Isabella Rogler by 0.02 sec. (photo John Nepolitan)

This was followed by the 1500m Freshmen/Sophomore walk for girls.

Girls 1500m Race Walk Freshmen/Sophomore

1. Erin Ye	Huntington	8:27.60
2. Taylor Simonetti	Bay Shore	9:14.41
3. Carolyn Calenda	Briarcliff	9:23.28
4. Caroline Bolina	Sachem East	9:25.63
5. Maggie Zheng	Townsend Harris	9:26.87
6. Maya Ammar	Bay Shore	9:28.13
7. Hallie Lai	Townsend Harris	9:32.29
8. Tong Maggie Huang	Townsend Harris	9:37.30
9. Grace O'Rourke	Paul D Schreiber	9:47.75
10. Samantha Almonte	Hewlett - GW	9:49.18
11. Jodi-Kay Ormsby	Beacon School	9:52.54
12. Gruenberg-Theilin	Sachem North	10:04.03
13. Erica Jin	Townsend Harris	10:19.02
14. Isabella Zahl	Hendrick Hudson	10:23.83
15. Ariel Im	Paul D Schreiber	10:25.02
16. Makayla #brennan	Massapequa	10:33.75
17. Bonnie Chen	Townsend Harris	11:40.14
18. Erica Lee	Townsend Harris	12:11.71
19. Jordana Hanono	Hewlett - GW	12:12.80
20. Elon Orr	Townsend Harris	12:45.68
Kayla McGarvey	Sachem East	DQ
Megan Hoffmann	Sachem East	DQ

Lili Seidman	Hewlett - GW	DQ
Lilly Russo	East Meadow	DQ

2020 OCEAN BREEZE FREEDOM GAMES, STATEN ISLAND, NY, SATURDAY 4 JANUARY 2020

Yeat another girls' 1500m was on offer the same day at the Ocean Breeze Athletic Complex, Staten Island, NY.

Girls 1500m Race Walk

1.	Sisilli, Mia Monroe	Woodbury	7:38.72
2.	Sheppard, Lorna	Smithtown East	8:01.60
3.	Mattera, Madison	Deer Park	8:11.08
4.	Howard, Sara	North Rockland	8:14.50
5.	Araujo, Arianna	Deer Park	8:21.41
6.	DeFILIPPIS, Elizabeth	Smithtown East	8:51.75
7.	Yasmeen, Kinza	Connetquot	8:52.60
8.	Gonzalez, Gabriela	North Rockland	8:53.00
9.	Petrich, Maggie	Monroe Woodbury	9:29.84
10.	Ellis, Amber	North Rockland	9:57.48
11.	Tobaru, Mia	Deer Park	10:16.92
12.	Santiago, Victoria	New Dorp	10:20.05
13.	Gallagher, Kelsey	Farmingdale	10:33.88
14.	Crupi, Jordana	Susan Wagner	11:27.85
15.	Nowak, Kaia	Susan Wagner	11:27.94
16.	Marquess, Carly	Archbishop Ryan	13:20.02
	Salazar, Monica	Susan Wagner	DQ
	Zaleski, Anastasia	Susan Wagner	DQ

MARCIADALMONDO ROUNDUP

Marciadalmondo has 6 press releases this week. Note press releases 3678 and 3676 on further indoor meets – I just don't have time to do them justice to read marciadalmondo for all the news.

- Mon 6 Jan - Vittel, Nantes and Eubonne (FRA): David Kuster, Gabriel Bordier and Emilie Menuet record top times
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3678
- Sun 5 Jan - Sheffield (GRB): Tom Bosworth and Hagen Spooner win England Indoor Race Walk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3677
- Sat 4 Jan - Parma (ITA): Federico Tontodonati wins the first indoor race of the season in Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3676
- Fri 3 Jan - Hong Kong (HKG): Results of The First Race 2020
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3675
- Thu 2 Jan - Athletes section: updated reports of the best 2019 men's world athletes (second part)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3674
- Wed 1 Jan - Tokyo (JPN): Yusuke Suzuki and Kaori Kawazoe win the 68th Tokyo Walk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3673

There were also some interesting press releases by omarchador.

- Mon 6 Jan - Hong Kong opens 2020 with 50km race
<https://omarchador.blogspot.com/2020/01/hong-kong-abre-2020-com-provas-de-50-km.html>
- Sun 5 Jan - João Vieira and Inês Henriques the best Portuguese in the new World Athletics Rankings
<https://omarchador.blogspot.com/2020/01/joao-vieira-e-ines-henriques-os.html>
- Thu 2 Jan - Suzuki and Kawazoe Stand Out at Japan's New Year Festival
<https://omarchador.blogspot.com/2020/01/suzuki-e-kawazoe-destacam-se-no.html>

OUT AND ABOUT

- Congratulations to Australian international walker **Ian Rayson** and his wife Monica on the birth of the second child - Matilda Rose born 30/12/19, 2.7kg. Well done team!
- And congratulations to 2016 Rio Olympic walker **Brendon Reading** who married Ellie last Sunday in northern Tasmania. A number of his Rio competitors / team mates were there to help celebrate the big event – **Perseus Karlstrom, Quentin Rew, Evan Dunfee** and **Chris Erickson**. Even **Ian Rayson** made a quick trip over to join in the festivities.
- **Tracy Feiner**, who won the Australian Women's 50km championship at Fawkner Park in December, is off to USA later this month to race in the USA 50km trial in Santee, California on Saturday 25th January. Tracy is chasing the World Team Championships qualifying standard of 4:40:00. Good luck Tracy!

VALE KEITH KNOX: 1950-2020

NSW walking identity Keith Knox, born 15th September 1950, has died, aged 69. Keith was a proud member of Sutherland District Athletics Club and well known to all us older walkers.

He walked with distinction, representing NSW on many occasions, and representing Australia in the 1981 Lugano Cup. I raced against him myself on many occasions and have fond memories of our times together as competitors and fellow racewalkers. NSW had a very strong team in those days, shearheaded by Keith, Michael Woods and Rod Huxley, with John Smith thrown in for good measure.

Keith won many NSW titles including the 1980 NSW 50km, in which he recorded a PB of 4.26.21.

As mentioned above, he represented Australia in the 1981 Lugano Cup, coming 41st in the 20km walk with a time of 1:37:42. But his path to selection was not a straight-forward one as he was disqualified in the official trial, held in Adelaide in July 1981. Luckily for Keith, he had his times already on the board and was still selected.



1981 Australian Lugano Cup Team – Keith is left front

1981 marked the start of what was an excellent period of racing for him. He won medals in the next 3 Australian Roadwalk Championships as follows

1982 Aust. Walking	20 km Walk	2	1:35:02
1983 Aust. Walking	50 km Walk	1	4:28:20
1984 Aust. Walking	50 km Walk	3	4:21:27

and he was a regular medalist in the various AFORWC Championships contested during that timeframe. A quick perusal shows the following 3 medal performances (time precludes a more thorough analysis at this stage).

1982 Glover Shield	Richmond	10km	3 rd	44:00
1983 Alexander Cup	Adelaide	20km	2 nd	1:38:30
1984 Glover Shield	Ballarat	10km	1 st	44:40

He finished third in the 1984 Olympic 50 km trial, which was held in conjunction with the Australian 50km championship in March of that year, in a PB 4:21:27 but did not gain Olympic selection A standard of 4:15:00 had been set and, although not far outside it, he was on the wrong side of the numbers.

He continued to race nationally for many years after that and still holds six Sunderland Athletics Club walk records, set between 1983 and 1988, over distances of 3, 5, 10, 15, 20 and 50kms.

He also raced occasionally in the Masters scene, including in the World Masters Games in 2002 in Melbourne.



Keith (right) at the 2002 World Masters Games in Melbourne

My last recorded race for Keith was in a NSWRCW club roadrace in May 2012, when he completed 8km in 1:05:23.

Lauren Richardson posted

This news will come as quite a shock to many of us, who would have anticipated 'Knoxy' making the odd appearance in the upcoming 2020 cross country season. Though his appearances had been decreasing in number in recent years, he always seemed to re-surface at some point. Sadly, no more.

For NSW walkers able to attend, a funeral service will be held in the West Chapel, Woronora Cemetery at 2.30pm this Wednesday 8th January 2020.

THE NEW WORLD ATHLETICS RANKING SYSTEM TAKES SHAPE

The new World Athletics rankings system is now fully operational, with the points updated weekly. The latest update, released on 31st December, has a few Australians and New Zealanders in the top 100, with **Jemima Montag**, **Claire Woods** and **Rhydian Cowley** leading the race for Olympic spots. See all the listings at <https://www.worldathletics.org/world-rankings/introduction>.

50km Men

18	Rhydian COWLEY	04 JAN 1991	AUS	1199
45	Quentin REW	16 JUL 1984	NZL	1147

20km Men

22	Dane BIRD-SMITH	15 JUL 1992	AUS	1191
24	Rhydian COWLEY	04 JAN 1991	AUS	1186

50m Women

16	Claire WOODS	06 JUL 1981	AUS	1180
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20km Women

16	Jemima MONTAG	15 FEB 1998	AUS	1190
19	Katie HAYWARD	23 JUL 2000	AUS	1180

35	Claire WOODS	06 JUL 1981	AUS	1114
39	Alana BARBER	08 JUL 1987	NZL	1100
75	Rachel TALLENT	20 FEB 1993	AUS	1043

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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Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Jan 27 (Mon), 2020	Supernova Camp 10,000m Track Walk, MUAC Track, Melbourne, 9AM
Feb 1 (Sat), 2020	AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
Feb 8 (Sat), 2020	AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 12 (Wed), 2020	AV 5km Teams Championship, VRWC Walks, Mentone
Feb 15-16, 2020	LAVIC Region T&F Carnivals, Throughout Victoria
Feb 16 (Sun) 2020	VRWC Track Races, VMA 5000m Championships, Mentone
Feb 22 (Sat), 2020	AV Shield Final, Lakeside Stadium, 2000m walks
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 14-15, 2020	LAVIC State T&F Championships, Casey Fields
Mar 14-15, 2020	Victorian Masters, T&F Championships, Bendigo
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

International Dates

Jan 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

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

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

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

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

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