



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 17
Tuesday 21 January 2020



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WALKER OF THE WEEK

It's another big week for VRWC walkers with 3 performances in particular catching my eye

- 73 year old **Andrew Jamieson** powered through the AV Shield 2000m track walk at Frankston on Saturday in a very impressive 10:28.3, so impressive that it actually bettered his Victorian and Australian Masters M70 records which stood at 10:32.9 .
- 70 year old **Heather Carr** was also in action in the 2000m track walk at Frankston, recording an equally impressive 11:47.0 and also bettering her own Victorian and Australian Masters W70 records which stood at 10:52.2.
- 8 year old **Ela Uzun** competed in the Open 2km roadwalk at the VRWC Carnival at Middle Park on Sunday morning, finishing with a fantastic time of 11:11, two seconds under her U9 club record of 11:13.

All three walkers have won my weekly award on many occasions (Andrew 12 times, Heather 14 times and Ela 5 times in her short career). Heather and Ela were joint winners only 3 weeks ago so it's Andrew's turn this week. He has amazed us since he returned to racewalking in the mid nineties, setting World Masters records from all age groups from M50 to M70 and regularly winning golds in the various WMA championships that he has contested. And he is doing in the M70 division exactly the same thing he has done in every other division – rewriting the record books.

You can read more about Andrew at <http://www.vrwc.org.au/tim-archive/articles/wv-andrew-jamieson.pdf>. In the meanwhile, well done mate! Too good for me!



Andrew in action in the VRWC Summer Road Championships in November 2019 (photo Terry Swan)

WHAT'S COMING UP

Looking further ahead, we have action galore on the Victorian front in the next week.

- The next VRWC Summer Carnival will be held tomorrow night at the Collingwood Harriers track in Clifton Hill. Entries are taken on the night. Just come along ready to race.

Wed 22nd January 2020, VRWC Track Races, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
7.00pm	VRWC 1500m Walk	Open
7.15pm	VRWC 5000m, 3000m Walks	Open

- The Victorian **Country Track & Field Championships** will be held this weekend at the Landy Field in Geelong, with Open, Masters and Underage track walks on offer. Good luck to all our country walkers. Entry lists and provisional timetable at <http://athsvic.org.au/2020/generalnews/2020-victorian-country-track-field-championships/>.
- The second of the two **Supernova Camp 10,000m Track Walks** will be held on Monday morning at the Melbourne University track in Parkville, Melbourne. The start time is 10AM and it promises to be just as exciting as the first one earlier this month on Sunday 12th January. Come along and see some high quality international walking.

AV Shield will continue the following Saturday 1st February, with Round 11 at Doncaster, Knox, Bendigo, Ballarat and Geelong.

- I look forward to reporting on the USATF 50km Olympic Trial which will be held in Santee, California, next Saturday 25th January. Good luck to 2019 Australian Women's 50km champion Tracy Feiner who is competing.
- A reminder that entries close next Monday for the **Australian 20km Race Walking Championships** which will be held in Adelaide next month. Details are as follows

Event:	Australian 20km Race Walking Championship	
Venue:	War Memorial Drive, Adelaide SA (between Froome Rd and Bunday's Rd)	
Date:	Sunday 9th February 2020	
Entry Panel:	https://2020oceaniachampionships.eventdesq.com/	
Entry Close:	Monday 27th January 2020	
Draft Timetable:	7:00am	Australian 20km Road Walk Championships
	8:00am	Oceania Under 20 10km Road Walk Championships
	8:00am	Invitational Under 18 5km Road Walk

- Zoe Gkini has asked me to advertise the **4th Patras Racewalking Festival**, to be held in Patras, Greece, on **Sunday 16th February**. It includes the Greek U23 20km Championships, as well as a variety of events for other age groups. If you fancy a trip to Greece, now is the time to lock it in. See more at <http://www.vrwc.org.au/documents/Patras%20RW%20Festival%202020%20Invitation.pdf>.
- Finally, some advance notice that we have added an additional 10,000m track walk to our VRWC/VMA fixture on Sunday 16th February. Some of our junior walkers are still chasing qualifiers for the Australian Junior T&F Championships so we are glad to offer them another chance. See the updated summer fixture at <http://www.vrwc.org.au/vrwcs20.shtml>.

Sun 16th February 2020, VRWC Track Races, VMA 5000m Championships, Mentone		
Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone		
8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	10,000m , 5000m and 3000m	VRWC Open
10.30am	1500m	VRWC Open

ATHLETICS VICTORIA SHIELD ROUND 10, AROUND VICTORIA, SATURDAY 18 JANUARY

The Athletics Victoria Shield competition continued last Saturday, with Round 10, with 66 walkers in action across the 5 venues. Conditions were ok, but a bit hot and windy.

AV Shield Round 10, Ringwood Athletic Track, Ringwood, Saturday 18 January

Melbourne walkers had a choice of competing locally at Ringwood or travelling down to Werribee, so most chose Ringwood as the better option. There were so many walkers in attendance (41 in total) that they scheduled two heats of the 2000m walk. The heats were won by 16 year old **Nikola Mandic** (a fast 8:41.3) and by **Mark Blackwood** (9:01.5). Special mentions to **Kevin Cassidy** (a huge PB with 9:35.3), **Angus Hay** (PB 10:17.1) and **Rebekah Powierski** (PB 10:31.2). And of course, I have already discussed the wonderful record breaking walks of **Heather Carr** (11:47.0) and **Andrew Jamieson** (10:28.3).

2000m Walk Heat 1

1.	Nikola Mandic	CCA	M18	8:41.3	
2.	Charlotte Hay	KNA	F18	10:11.0	
3.	Angus Hay	KNA	M18	10:17.1	PB 0:17
4.	Sandra Geisler	RWD	F40	10:20.0	
5.	Liam McLennan	DAC	M16	10:27.1	
6.	Rebekah Powierski	ANW	F18	10:31.2	PB 0:55
7.	Wendy Muldoon	ANW	F45	10:44.4	
8.	Simon Evans	BOH	M55	10:48.3	
9.	Ariana Pashutina	KNA	F14	10:48.7	
10.	Natalie Laurie	ANW	FOP	10:52.5	
11.	Emily Smith	KNA	F14	11:06.7	
12.	Zachary Matters	BOH	M14	11:30.6	
13.	Heather Carr	GHY	F65	11:47.0	VMA/AMA/VRWC W70 Record
14.	Dee Holohan	SAN	F50	11:48.0	
15.	Maddison Nash	DIV	F14	11:49.3	
16.	Cassie Little	GHY	FOP	13:01.8	
17.	Ralph Bennett	GHY	M65	13:04.2	
18.	Geoff Barrow	MEN	M65	13:54.5	
19.	Peter Wyatt	MPA	M60	14:02.2	
	Rupert Van Dongen	MEN	M45	DQ	

2000m Walk Heat 2

1.	Mark Blackwood	KNA	M40	9:01.5	
2.	Kevin Cassidy	UNA	M55	9:35.3	PB 0:36
3.	Andrew Jamieson	OSC	M65	10:28.3	VMA/AMA/VRWC M70 Record
4.	Pia Hunter	BOH	F50	11:58.9	
5.	Kathleen O'Mahony	KNA	F18	12:09.6	
6.	David Sommers	ANW	M60	12:39.2	
7.	Laura McLennan	DAC	F40	12:51.8	
8.	Ian Handasyde	OSC	M65	13:12.9	
9.	Debbie Mckenzie	DIV	F50	13:15.0	
10.	Karen Quinn	DIV	F55	13:15.9	
11.	Campbell McLennan	DAC	M45	13:29.1	
12.	Clyde Riddoch	VMA	M65	13:42.3	
13.	Janice Marston	WAM	F50	13:57.7	
14.	Gwen Steed	GHY	F65	14:03.0	
15.	Anthony Doran	GHY	M65	14:14.8	
16.	Robert Gardiner	COL	M65	14:25.5	
17.	Rozlyn Walker	GHY	F55	14:47.7	
18.	Kathi Hewitson	YRA	F45	14:48.0	
19.	Debbie Voogd	RWD	F50	16:11.5	
20.	Anne-Marie Ebbels	YRA	F45	19:51.1	
	Hamish Blackwood	KNA	M14	DQ	



Bob Gardiner, pictured here at Ringwood on Saturday with fellow walker Kylie Irshad (photo from James Murray)

AV Shield Round 10, Victoria University Athletics Track, Hoppers Crossing, Saturday 18 January
Heath Beveridge was a long way in front in the 2000m walk at Werribee, finishing with 9:28.5.

2000m Walk

1.	Heath Beveridge	WES	M18	9:28.5
2.	Danny Hawksworth	ESS	M40	11:00.3
3.	David Smyth	COL	M50	11:11.9
4.	Mark Donahoo	ESS	M60	11:16.5
5.	Trenton Hawkins	PTN	M40	11:25.0
6.	Riley Coughlan	UNA	M14	11:51.4
7.	Tim Erickson	COB	M65	11:54.3
8.	Phillip Dunstone	WES	M50	12:03.0
9.	Madeleine Feain	KSB	FOP	12:10.3
10.	John Kondogonis	KSB	M55	12:27.3
11.	Donna-Marie Elms	PTN	F55	12:34.0
12.	Brian Anderson	ESS	M60	12:44.6
13.	Tracy Colbert	COB	F50	13:03.3
14.	Robyn Shaw	WES	F55	13:14.0
15.	Jade Chitty	WES	F16	13:20.3
16.	Janice Hodgart	WES	F55	14:08.7
17.	Geza Benke	OLM	M60	14:23.3
18.	Tess Rickard	BWK	FOP	17:31.6
19.	Brenda Cashin	WES	F55	18:21.3
20.	Heather Lamb	BWK	F55	19:01.6



Waiting to start the 2000m walk at Werribee (all photos by Gerard Feain)



David Smyth, Trenton Hawkins, Riley Coughlan, Phillip Dunstone, Donna-Marie Elms and Heath Beveridge

The country venues did not schedule walks this week as part of the official points competition but Bendigo and Geelong featured invitation 1500m walks. Fastest time overall to **Kaylah Heikkila-Dubowik** in Geelong (8:35.9).

AV Shield Round 10, La Trobe University Athletics Track, Bendigo, Saturday 18 January

1500m Walk

1.	Brooke Newberry	ARM	F14	9:03.0
2.	Annette Major	EAG	F55	10:38.0
3.	Wendy Ennor	EAG	F60	12:39.9
4.	Peter Savage	EAG	M65	14:34.3

AV Shield Round 10, Landy Field, Geelong, Saturday 18 January

1500m Walk

1.	Kaylah Heikkila-Dubowik	COR	F16	8:35.9
2.	Riannah Tatlock	BEL	F14	8:47.4

VRWC ROAD RACES, MIDDLE PARK, SUNDAY 19 JANUARY

The heavy smoke haze forecast for Melbourne over the weekend did not eventuate and we were able to continue with our VRWC road races at Middle Park on Sunday morning. With the sun out and with still conditions, it was tough going and everyone felt it, but it was definitely easier than it might have been, with the relatively clear air.

Overall, 26 walkers were in action, with **Jason Kozica** and **Adam Garganis** the longest walk exponents, both completing their allotted 15km. W45 **Kelly Ruddick** stormed through the 10km, finishing with an impressive 48:40. Big congrats to 8 year old **Ela Uzun** who broke her U9 2km club record by 2 secs, recording a time of 11:11. She finished just behind **Riley Coughlan** who was just outside his PB with 11:08. We also welcomed **Matt Harvey**, son of former international Michael Harvey, for his first ever racewalk. Matt looked good as he strode through the 2km in a time of 18:12. It was also great to see dad Michael on hand. We also welcomed Tasmanian walker **Dave Moore** to Melbourne – he has a stroll in the 5km Open Walk.

VRWC OPEN 15KM WALK

1.	Jason Kozica	M	1:17:45	
2.	Adam Garganis	M	1:20:23	
	Paul Moritz	M	DNF	(6km in 43:00)

VRWC OPEN 10KM WALK

1.	Kelly Ruddick	F	48:40	
2.	Heath Beveridge	M	55:46	
3.	Mark Donahoo	M	1:02:52	
4.	Terry O'Neill	M	1:06:00	
5.	Heather Carr	F	1:06:37	
6.	Donna-Marie Elms	F	1:10:30	
	Kathleen O'Mahony	F	DNF	(4km in 24:55)

VRWC OPEN 5KM WALK

1.	Kevin Cassidy	M	26:38	
2.	Gwen Steed	F	38:11	
3.	Dave Moore (TAS)	M	45:36	
	Tracy Feiner	F	DQ	

VRWC OPEN 3KM WALK

1.	Ariana Pashutina	F	16:39	
2.	Liam Hutchins	M	16:39	
3.	Emily Smith	F	16:56	
4.	Karyn O'Neill	F	21:42	
5.	Anthony Doran	M	22:10	

VRWC OPEN 2KM WALK

1.	Riley Coughlan	M	11:08	
2.	Ela Uzun	F	11:11	PB 0:02, new VRWC U9 Club Record
3.	Havana Ali	F	13:03	
4.	Ralph Bennett	M	13:04	
5.	Matt Harvey	M	18:12	First ever racewalk

VRWC OPEN 1KM WALK

1.	Daniel Pashutin	M	5:39	First walk at this distance
2.	Pam Mews	F	11:42	

Thanks as always to our officials, judges and helpers. Apologies if I missed anyone. We would have no races without you all.

Officials: Tim Erickson, Donna Dickson, Cheryl Beveridge, Frances Attard, Bill Carr
Race Entry: Karyn O'Neill, Mark Donahoo, Ralph Bennett
Judges: Peter Vysma (chief), Gordon Loughnan, Stuart Cooper, Shane Dickson, Mark O'Mahony
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/560>)



Dave Moore, Jason Kozica, Kelly Ruddick and Adam Garganis, Liam Hutchins, Emily Smith and Ariana Pashutina



Kevin Cassidy, Matt Harvey, Heather Carr, Riley Coughlan and Ela Uzun (photos Terry Swan)

SAMA TRACK WALKS, SAATHLETICS STADIYM, MILE END, ADELAIDE, WEDNESDAY 15 JANUARY

Thanks to **Colin Hainsworth** for this week's results from the South Australian Masters in Adelaide. And well done to Colin who celebrated his recent 90th birthday with two SAMA M90 records.

1000m Walk

1.	RICHARD EVERSON	04:34	M56	88.39%
2.	PETER CRUMP	05:31	M59	75.26%
3.	JACK RUSSELL	05:44	M67	78.77%
4.	GEORGE WHITE	05:48	M74	84.81%
5.	GIL MCINTOSH	06:33	M69	70.57%

6.	COLIN HAINSWORTH	09:41	M90	65.39%	SAMA Record M90
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1000m Club Walk

1.	GRAHAM HARRISON	07:29	M76	67.51%
2.	RODGER BARBER	07:37	M81	71.31%
3.	VALMAI PADGET	08:19	W75	64.71%

3000m Walk

1.	PETER CRUMP	17:39	M59	73.99%	
2.	GEORGE WHITE	18:11	M74	85.17%	
3.	JACK RUSSELL	19:44	M67	72.00%	
4.	GIL MCINTOSH	21:08	M69	68.82%	
5.	COLIN HAINSWORTH	30:31	M90	65.77%	SAMA Record M90

3000m Club Walk

1.	DAVE FALLON	23:00	M67	61.77%
2.	GRAHAM HARRISON	23:17	M76	68.36%
3.	RODGER BARBER	23:50	M81	71.89%
4.	VALMAI PADGET	25:46	W75	68.09%
5.	CATHIE HORE	27:42	W69	57.93%

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 18 JANUARY

Thanks to Dave Moore for the latest results from Tasmania. he commented: Great walk from **Oliver Morgan** to be the first of our Walkers to record a PB for 2020.

Athletics South 3000m Walk

1.	Oliver Morgan	OVA	16:29.67
2.	Elizabeth Leitch	TMA	19:47.27

SALLY PEARSON SHIELD, SAF, BRISBANE, SATURDAY 18 JANUARY

Finally, some walk results from Queensland. The walkers in that State do not seem to have very many opportunities to race in the regularly scheduled T&F meets.

Women 5000m Walk

1.	Hannigan, Caitlin	18	UNQ	24:28.23
2.	Novinetz, Camryn	17	Ipswich & District	24:34.57
3.	Anderson, Jayda	15	Gold Coast Central	24:59.16
4.	Ofield, Mackenzie	16	USC	29:43.78
5.	Hill, Gabriella	17	Gold Coast Victory	31:00.06
6.	Milosevic, Vivian	16	QA	32:39.07

3000m Walk Women

1.	Norton, Amber	14	QRW	15:46.44
2.	Clarke, Anika	15	Redlands Athletics	15:48.42
3.	Gee, Tamika	13	QRW	15:49.87
4.	Williams, Lyla	13	Gold Coast Victory	16:16.71
5.	Bergh, Mia	15	Gold Coast Victory	17:57.49
6.	Brady, Korey	15	QRW	18:17.05
7.	McRoberts, Jasmine-Rose	18	QRW	18:19.92

3000m Walk Women

1.	Norton, Kai	15	QRW	16:53.06
2.	Bannister, Jack	14	USC	16:53.74

WARWC ROADWALKS, SHELLEY, SUNDAY 19 JANUARY

Thanks to Terry Jones for the latest from the Western Australian Racewalking Club in Perth.

20km Walk

1.	Andrew Duncan	1:53:47
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10km Walk

1.	Ben Reid	50.42
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2.	Karyn Tolardo	1:04:58
3.	Wendy Farrow	1:05:19

3km Walk

1.	Xavier Bernard	18.03
2.	Ashlyn Spence	18.54
3.	Riley Wood	19.24
4.	Glenys Duncan	27.54

1.5km Walk

1.	Kaytee Bogaers	8.52
2.	Emily Bogaers	12.36

NSW COUNTRY CHAMPIONSHIPS, BARDEN PARK, DUBBO, 17-19 JANUARY

And finally to NSW, where the NSW Country Championships were contested in the country city of Dubbo.

Men 3000m Walk Open

1.	Martin, Tim	22	Coffs Harbou	18:31.61
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Men 3000m Walk 50-59

1.	Rowe, Greg	59	Mingara	24:21.66
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Women 3000m Walk Open

1.	O'Neill, Molly	20	Mingara	15:48.21
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Women 3000m Walk 30-39

1.	McKendrick, Danielle	36	Mingara	25:09.13
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Women 3000m Walk 50-59

1.	Martin, Anthea	53	Coffs Harbou	21:03.60
2.	Smith, Heidi	52	Illawarra Bl	25:53.68

Women 3000m Walk U18

1.	Callaway, Madison	17	Lake Illawarra	22:51.24
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Men 3000m Walk U17

1.	Vizintin, Cory	16	Macquarie Hunter	26:45.44
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Women 3000m Walk U17

1.	Smith, Casey	16	Independent Athlete	19:48.50
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Men 1500m Walk U14

1.	Charlton, Peter	13	Eastlakes	11:28.87
2.	Day, Jackson	12	Macquarie Hunter	13:08.37
3.	Whiddon, Jack	12	Eastlakes	13:24.37

GREEK 50KM CHAMPIONSHIP & 8TH RW WINTER GAMES, SCHINIAS, GREECE, SUNDAY 19 JANUARY

Thanks to Zoe Gkini for the results of the year opening meet in Greece. She reports.

On a very very cold rainy and windy day with the temperature hovering around 9C, the Greek 50km Championships were held as part of the 8th Winter Racewalking Games at the Olympic Rowing Centre in Schinias, just east of the historic city of Marathon. **Dimitris Tsiordias** (AEOlympias Patras) was a surprise winner in the men's 50km, after many years of trying. He was followed home by **Ioannis Viatsis** and **Costas Stamelos**. **Nikolitsa Andreopoulou**, the mother of 3 children, won the women's 50km walk, her third year in the medals. Defending Greek champion **Aggeliki Makri**, who finished 14th in the 50km in DOHA, was forced to retire after 37km, suffering from stomach issues. At that stage, she had been well in front of Andreopoulou and was in fact just behind the male winner Tsiordias. On another positive note, lots of young Greek racewalkers were in action, especially on the female side, with **Antonopoulou Anastasia** (2004) walking well in her first ever 5km, finishing with 25.52.

50km Men

1.	Tsordias, Dimitrios	1996	4.41.33
2.	Vaitsis, Ioannis	1995	4.50.32
3.	Stamelos, Costas	1989	5.16.52

50km Women

1.	Andreopoulou, Nikolitsa	1983	5.06.32
	Makri, Aggeliki	1978	DNF

20km Women

1.	Asteriou, Maria	1989	2.17.17
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10km Women

1.	Stupel, Lydia	1989	55.10
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10km U18 Boys

1.	Mortzakis, Alexandros	2003	48.40
2.	Bosdas, Aristotelis	2003	50.22
3.	Kelepouris, Michael	2003	51.25

10km U18 Girls

1.	Papadimitriou, Zafiria	2003	55.38
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5km U18 Girls

1.	Antonopoulou, Anastasia	2004	25.12
2.	Arvanitaki, Chrisanthi	2004	-
3.	Florou, Panagiota	2004	-

3km U16 Girls

1.	Tsimigatou, Mirto	2005	16.18
2.	Esmerly, Chrisa	2007	17.17
3.	Vasiliou, Pavlina	2005	17.28
4.	Bouchali, Maria	2006	17.32
5.	Barkouli, Efremia Georgia	2005	19.28
6.	Karapiperi, Panagiota	2006	19.36
7.	Konidary, Alexandra	2005	24.04

2km U14 Girls

1.	Papathanasopoulou, Despina	2007	12.36
2.	Korkotzelou, Maria	2007	12.39
3.	Giannousa, Dimitra	2007	12.40
4.	Plitaria, Polixeni	2008	13.11
5.	Papadaki, Chrisa	2008	13.42
6.	Hamanta, Fotini	2007	13.43
7.	Mantzouridi, Theodora	2008	14.30

1km U12 Boys

1.	Zervos Alexandros, Nektarios	2009	6.17
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1km U12 Girls

1.	Tsismetzoglou, Lydia	2009	6.35
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The 50km walkers get underway in the cold conditions



Left: 50km walkers in action



Right: Nikolitsa Andreopoulou



Left: Men's 50km Podium



Right: Antonopoulou Anastasia

The next big meet in the Greek RW calendar will be Patra's Racewalking Festival on Sunday 16th February.

CHAMPIONNAT RÉGIONAL EN SALLE, NANTES, FRANCE, SUNDAY 19 JANUARY

Thanks to Emmanuel Tardi for the latest results from France. He tells us that the French indoor regional championships were held last weekend, with results from all over France. The most interesting race was in Nantes, where **Gabriel Bordier** won with a PB time of 18:41.89. This time ranks him number 2 all-time on the French lists behind Johann Diniz who has a time of 18:29.44. **Sebastien Delaunay**, who was in the same race, beat the French M45 indoor record.

5000m Walk Indoors Women

1.	ALI Sarah	JUF/01	Vineuil Sports	14:35.21
2.	POUZIN Margaux	SEF/95	As Bouguenais-reze	15:14.03
3.	CORMIER Chloe	ESF/98	Saran Loiret Athletic Club	15:18.11
4.	LIJEOUR Laura	CAF/03	Ac La Chapelle/erdre	15:31.26
5.	GASNIER Kathleen	ESF/00	Cote De Jade Athlé	15:32.14
6.	BERTON Laurence	VEF/76	Sa Fontenay-le-comte	15:33.89

7.	PIEUX Ghislaine	VEF/71	Stade Lavallois	15:39.09
8.	GUILLARD Caroline	VEF/71	Saran Loiret Athletic Club	15:42.24
9.	BRUSSEAU Gwladys	VEF/74	Ec Orleans Cercle Jules Ferry	15:44.62
10.	PICART Lysa	CAF/03	Cote De Jade Athlé	15:49.50
11.	MAJOU Amandine	CAF/03	Esm Challans	15:56.93
12.	RABOT Anne-laure	VEF/73	Vineuil Sports	16:02.63
13.	DURAND Chloe	JUF/02	Rcn Loire Divatte	16:21.49

5000m Walk Indoors Men

1.	BORDIER Gabriel	SEM/97	Us St Berthevin	18:41.89
2.	LECAPLAIN Maxime	SEM/94	Stade Saint-lo	21:22.33
3.	DELAUNAY Sebastien	VEM/74	Cap Saumur	21:25.81
4.	HUE Aymeric	JUM/01	Ec Orleans Cercle Jules Ferry	21:41.29
5.	LEBON Hugo	ESM/99	Saran Loiret Athletic Club	22:05.93
6.	ROUSSIASSE Lucas	SEM/97	Entente Angevine Athletisme	23:07.36
7.	POIROUT Stephane	VEM/76	Racing Club Nantais	23:34.71
	GUINAUDEAU Keny	SEM/93	Ac Roche-sur-yon	DNF
	ROBICHON Alexis	ESM/00	Ac Roche-sur-yon *	DNF



Gabriel Bordier in action in Nantes (photo from Emmanuel Tardi)

2020 ERWL RACES, KING GEORGE PLAYING FIELDS, ENFIELD, SATURDAY 18 JANUARY

Thanks to Ron Wallwork for the latest walk results from the Enfield Race Walking League at Donkey Lane, London. Ron reported that the weather was dry and sunny. The next ERWL races will be at Donkey Lane on 22nd February. Mark Easton has posted his race photo gallery (excellent as usual) at <https://markeaston.zenfolio.com/p1044036373>.

5 Miles Walk

1.	Dave Annetts	North Herts RR	M55	38.00
2.	George Wilkinson	Enfield H AC	u20	39.04
3.	Maddy Shott (W)	Belgrave H	SW	39.11
4.	Silvana Alves (W)	Barnet & D AC	W45	44.57
5.	Millie Morris (W)	Ashford AC	u20	45.37
6.	Trevor Jones	Steyning AC	M60	45.54
7.	Jaqueline Benson (W)	Ashford AC	u23	46.30
8.	Malcolm Martin	Surrey WC	M65	46.43
9.	Steve Uttley	Ilford AC	M60	46.58
10.	Graham Chapman	Headington RR	M65	47.23
11.	Emma Dyos (W)	Ilford AC	W45	47.52
12.	Chris Hobbs	Ashford AC	M60	48.31
13.	Steve Allen	Barnet & D AC	M60	48.37
14.	Melanie Peddle (W)	Loughton AC	W50	48.38
15.	Colin Harle	Belgrave H	M60	49.50
16.	Cath Duhig © (W)	CA M Torrevieja	W65	50.02
17.	Mark Culshaw	Belgrave H	M50	50.24

18.	Helen Middleton (W)	Enfield H AC	W55	50.37
19.	Stuart Bennett ©	Ilford AC	M60	51.27
20.	Rachel Harding (W)	Ashford AC	u 20	51.28
21.	Alicja Drende (W)	Belgrave H	W35	51.33
22.	John Ralph	Enfield H AC	M60	52.45
23.	John Borgars ©	Loughton AC	M70	53.04
24.	Noel Blatchford (W)	Abingdon Ac	W70	53.18
25.	Sue Barnett (W)	Enfield H AC	W70	53.24
26.	Simon Morgan	Ilford AC	M50	54.40
27.	Andrew Cox	Surrey WC	M65	55.02
28.	Catherine Davies (W)	Belgrave H	W50	55.13
29.	Lesley Morris (W)	Ilford AC	W55	56.26
30.	Diana Braverman (W)	Enfield H AC	W65	56.44
31.	Tom Casserley	Enfield H AC	M80	56.58
32.	Malcolm Blackwood	Trent Park	M70	57.16
33.	Tony Wilkinson	unattached	M55	57.58
34.	David Hoben	Surrey WC	M65	58.00
35.	Arthur Thomson	Enfield H AC	M80	58.16
36.	Shaun Lightman	Surrey WC	M75	59.14
37.	Gary Smith ©	Enfield H AC	M65	59.36
38.	Chris Flint©	Surrey WC	M75	59.52
39.	Bob Dobson ©	Ilford AC	M70	60.06
40.	Angela Martin (W)	Surrey WC	W55	62.50

3 Mile Walk

1.	Peter Hannell	Surrey WC	M75	38.00
2.	Elaine Oxley	unattached	M45	42.48

2 Mile Walk

1.	Ken Livermore	Enfield H AC	M85	31.29
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Walkers get underway in Enfield last Saturday



George Wilkinson, Dave Annetts and Maddy Shott (all photos Mark Easton)

MARCIADALMONDO ROUNDUP

Marciadalmondo has 4 press releases this week.

- Mon 20 Jan - Schinias (GRE): Dimitri Tsordias and Nikolitsa Andreopoulou win Greek 50km Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3689
- Mon 20 Jan - Around Taihu 2020: LOC questions to athletes, coaches and managers http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3688
- Sat 18 Jan - Kuming (CHN): Victories of Li Maocuo and Yin Jiaxing http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3687
- Tue 14 Jan - Leiria (POR): Victories of Miguel Rodriguez and Ines Henriques http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3686

Marciadalmondo was also busy, with 10 press releases.

- Sun 19 Jan - Katie Burnett walks fast 3000m in Boston, USA <https://omarchador.blogspot.com/2020/01/katie-burnett-no-meeting-2020-greater.html>
- Sun 19 Jan - Results of ANDDI 2020 National Indoor Track Championships <https://omarchador.blogspot.com/2020/01/campeonatos-nacionais-anddi-2020-de.html>
- Sun 19 Jan - Portugese Federation drags the chain with World Walking Cup criteria still not released <https://omarchador.blogspot.com/2020/01/minsk-2020-que-criterios-federativos.html>
- Sun 19 Jan - Tenerife will host Ibero-American Athletics <https://omarchador.blogspot.com/2020/01/tenerife-acolhera-os-ibero-americanos.html>
- Sat 18 Jan - Beki Smith and Tyler Jones win NSW championships in Mingara <https://omarchador.blogspot.com/2020/01/beki-smith-e-tyler-jones-vencem.html>
- Fri 17 Jan - Results of 28th Cidade de Viladecans in Spain <https://omarchador.blogspot.com/2020/01/viladecans-em-espanha-organizou-o-28.html>
- Thu 16 Jan - Results of USATF Winter Series Meet in Chula Vista, California <https://omarchador.blogspot.com/2020/01/san-diego-usatf-winter-series-em-chula.html>
- Thu 16 Jan - Spanish 50km championships will take place in Torreveja on 16h February <https://omarchador.blogspot.com/2020/01/campeonatos-de-espanha-de-50-km-marcha.html>

- Wed 15 Jan - Results of Supernova 10,000m track walk in Melbourne
<https://omarchador.blogspot.com/2020/01/meeting-de-marcha-supernova-em.html>
- Tue 14 Jan - Salih Korkmaz and Meryem Bekmez set Turkish indoor track records
<https://omarchador.blogspot.com/2020/01/salih-korkmaz-e-meryem-bekmez-batem.html>

OUT AND ABOUT

- A wonderful article just published on Melbourne based Kiwi international **Quentin Rew** - a must read piece. See <https://www.rnz.co.nz/news/sport/407718/olympic-racewalker-the-unique-quentin-rew>.
- This article on the implications of doping in the sport of cross country skiing rings so true for walking. "“If somebody cheats and can train more in their early 20s, even if they say, ‘Oh, I only doped for one year or this one time,’ you’re never innocent after that. Everything after that is a lie because those training volume hours in your early 20s are so crucial to your development as a skier. “Even if you truly regret it, you can’t erase the leg up that you now have. So that’s one hard thing... our sport is so long that doping exacerbates the advantage that you get.” See <https://www.usada.org/spirit-of-sport/athlete-voices/jessie-diggins-building-clean-sport-culture/>.
- The doping woes for Kenya continue, with Athletics Kenya admitting that some of the country’s top athletes are running away from doping control officers. And they run pretty fast! Sorry to have to say it but Kenyan athletics is a joke!
<https://antidopingworld.wordpress.com/2020/01/19/breaking-news-kenya-accuses-top-athletes-of-dodging-doping-tests/>.

SUPERNOVA CAMP UNDERWAY IN MELBOURNE

Readers will remember from recent newsletters that the Supernova Camp, scheduled to be run at the AIS in Canberra during January, had to be rescheduled to Melbourne due to the stifling and dangerous air pollution from the ongoing climate change related bushfires.

Some of the overseas entrants decided not to come but most made it to Australia and are now resident in Melbourne and training hard, alongside a group of Australian walkers, both Open and Junior. Thanks to Kerrie Peart for these photos from a speed session at Middle Park completed a few days ago. Boy, were they moving fast!



And here a few more photos from a long walk undertaken this morning around the Albert Park Lake parklands.



Alanna Peart, Brigita Virbalyte, Remo Karlstrom and finally Brent Vallance giving a drink to Isamu Fujisawa



Mitch Baker, Tim Fraser, Quentin Rew (no, he's not really Swedish!) and Toru Yamamoto

They will all be racing this coming Monday in another 10,000m track walk at the Melbourne University Track in Parkville, so make sure you come along for the 10AM start to see the real Australia Day fireworks!

AUSTRALIAN WORLD TEAM CHAMPIONSHIPS SELECTION CRITERIA CHANGED

Athletics Australia 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 their 50km qualification period. As a result of feedback from aggrieved 50km walkers, AA released an amended policy in January 2020, with the **qualifying period for the 50km and 20km walks extended to 12th April**. The updated policy is found at <https://www.athletics.com.au/world-race-walking-championships/> Here's a cut and paste of the salient information from the document.

AIMS	SELECTING ATHLETES THAT ARE REALISTIC MEDAL CONTENDERS IN MINSK PROVIDING MAJOR CHAMPIONSHIPS EXPERIENCE TO POTENTIAL FUTURE OLYMPIC GAMES MEDALLISTS AND TOP 8 FINISHERS		
EVENT	50KM WALK	20KM WALK	10KM WALK
TRIAL	AUSTRALIAN 50KM WALK 01 DEC - MELBOURNE	AUSTRALIAN 20KM WALK 09 FEB - ADELAIDE	
QUALIFYING PERIOD START	1 DECEMBER 2018	1 AUGUST 2019	
QUALIFYING PERIOD END	12 APRIL 2020		9 FEBRUARY 2020
AUTOMATIC SELECTION	TOP 24 AT 2019 WORLD CHAMPIONSHIPS MEDAL AT 2018 WORLD RACE WALK TEAM CHAMPIONSHIPS TOP 2 AT TRIAL AND ACHIEVED THE STANDARD IN THE QUALIFYING PERIOD		FIRST 2 ELIGIBLE ATHLETES AT TRIAL
DISCRETIONARY SELECTION	ANY REMAINING PLACES (UP TO A TOTAL OF 5) AFTER APPLICATION OF AUTOMATIC SELECTION		ANY REMAINING PLACES (UP TO A TOTAL OF 3) AFTER APPLICATION OF AUTOMATIC SELECTION
ATHLETE LEVY	N/A		EXPECTED \$2,000 - \$2,500

It is early days yet with only a small number of qualifying races on the boards but my take on the current qualifiers as of January 20th should read as shown below. The U20 Men is particularly competitive, with 6 walkers in contention for the 3 available spots.

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
	<i>Mitchell Baker</i>	A	45:09	Melbourne	12/01/2020
	<i>Corey Dickson</i>	V	45:12	Melbourne	12/01/2020
	Will Thompson	V	45:31	Melbourne	12/01/2020
	<i>Oscar Tebbutt</i>	N	46:11	Sydney	11/01/2019
10km Junior Women (50:00)	Rebecca Henderson	V	48:58	Melbourne	01/12/2019
	Alannah Peart	V	49:01	Melbourne	01/12/2019

WORLD ATHLETICS CHANGES

You are all probably around the fact that the IAAF recently changed its name to World Athletics. But you may not be aware that the rule governing racewalking has been changed. Rule 230 is gone. Rule 54 replaces it. It still reads much the same, but with new numbering. I've summarised it at <http://www.vrwc.org.au/vrwcWARules.shtml>.

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

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, 10AM
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 21-23, 2020	WA State T&F Championships, Perth (Open 10,000m, underage 5000m and 3000m 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, Duncan McKinnen Reserve, Glenhuntly
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
Jun 7 (Sun), 2020	54 th LBG Racewalking Carnival, Canberra
Aug/Sept, 2020	Australian Roadwalk Championships, Tasmania (venue and date to be confirmed by AA)

International Dates

Jan 25 (Sat), 2020	USATF 50km Olympic Trial, Santee, California, USA
Feb 16 (Sun), 2020	Turkish Race Walking Championships Antalya TUR (20km men and women)
Feb 16 (Sun), 2020	4 th Patras Racewalking Festival, Patras, Greece (20km men and women)
Mar 8 (Sun), 2020	Lugano Trophy - Memorial Mario Albisetti Lugano SUI (20km men and women)
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 World Athletics 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 (20km men and women)
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 World Athletics 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 World Athletics Championships , 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 World Athletics Championships , Budapest, Hungary
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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)