



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

We are spoilt for choice in this week's Walker Of The Week. Consider the possibilities

- 8 year old **Ela Uzun** competed in the 1500m track walk at our VRWC track carival at Clifton Hill last Wednesday evening, finishing in new U9/U10 Club Records with her time of **8:04**. A regular club record breaker, she has done it again!
- 70 year old **Heather Carr** was also in record breaking form at Clifton Hill with her 1500m time of **8:37**. This bettered her own VRWC W70 club record. Like Ela, she continues to amaze us week by week with her great walking.
- 29 year old **Rhydian Cowley** won the latest international 10,000m track race at Melbourne University on Monday morning, beating a top international field with a PB time of **39:30.8**. It was an 18 sec PB and his first time under 40 minutes in a 10,000m/10km walk (his previous best of 39:48 was a split in a 20km race).
- 18 year old **Rebecca Henderson** was in action in the same 10,000m track race, finishing with a huge PB of **47:43.6**. This makes her the first Australian girl to qualify for the 2020 World U20 T&F Championships walk and confirms her Number 1 ranking in the U20 Women.
- 17 year old **Will Thompson**, also in the same race, beat his PB by 39 secs with a time of 44:52.7. He is one of 6 junior men in contention for the 2020 World Team Championships and the signs look promising.
- 15 year old **Fraser Saunder** and 16 year old **Alanna Peart** were in action in the Open 5000m track walks at the Victorian Country Championships in Geelong, their winning times **23:43.16** (a 15 sec PB) and **23:33.64** respectively.
- 12 year old **Darcey Roberts** finished second to Alanna Peart in the above race, her time of **25:31.54** taking nearly 1 minute off her VRWC U13-U14 Club Records. Like Ela and Heather, she is another one who seems to break club records nearly every time she races.

I said a few issues ago that the choices on offer for that week were possibly the toughest ever. This week has surpassed that, with 8 quality performances, any one of which would be a worthy winner. But they can't all win and I have chosen....drum roll.... **Rhydian Cowley**.

Rhydian was my male walker of the year for 2019 and he has started 2020 with more of the same. For years, our top walkers had the support of AIS scholarships which allowed them to be full time athletes. Alas, that all disappeared after the 2012 Olympics, leaving Rhydian to do it on his own, with little (if any) help from Athletics Australia and having to work full time. He has been able to take the last month off work and savour, if only for a short while, the life of the full-time athlete, and look what he has now produced – a huge PB and a time that omens well for his forthcoming Olympic campaign. Well done Rhydian...you are a legend!



Rhydian Cowley leads Evan Dunfee in the International 10,000m walk in Melbourne on Monday (photo Terry Swan)

WHAT'S COMING UP

- AV Shield continues next Saturday 1st February, with Round 11 at Doncaster, Knox, Bendigo, Ballarat and Geelong. I believe that 5000m and 2000m walks will be on offer at most venues.
- Entries have now closed for the **Australian 20km Race Walking Championships**, to be held in Adelaide next month. I am chasing up an entry list at the moment. Carnival 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/**
 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

- For those going to Adelaide for the above mentioned Australian 20km Championships, Bob Cruise is conducting a **Coaching Seminar** there on **Saturday 8th February**. He tells me it is an introduction to coaching with an emphasis on technique and training plans. Registrations is via the ASA website. Link at <https://www.athleticssa.com.au/events/55019/>.

VRWC TRACK RACES, GEORGE KNOTT ATHLETICS TRACK, CLIFTON HILL, WEDNESDAY 22 JANUARY 2020

With the radar showing big rains quickly approaching from the west and with the prevailing winds hot and almost gale force, the 20 walkers at the George Knott Athletics Track at Clifton Hill on Wednesday evening had their work cut out. But they responded well, all walking excellently in the conditions. **Riley Coughlan** (8:02) and **Ela Uzun** (8:04) had a great battle at the front of the 1500m walk and both were rewarded with big PBs. Ela also bettered her own **U9/U10 1500m Club records** of 8:11, a big effort in the conditions. **Heather Carr** was also in record breaking form with her W70 time of 8:37. There is no stopping those two. **Daniel Pashutin** was not to be left out, finishing with a big PB of 8:39. We also welcomed Coburg Little Athletics walkers **Amelia and Tom Vernal**, as well as two of our mums **Alla Pashutina and Debra Nash**, all four having their first walks with the club. Welcome!

VRWC 1500m Walk

1.	Riley Coughlan	M	08:02	PB 1:16
2.	Ela Uzun	F	08:04	PB 0:07, VRWC U9/U10 Club Records
3.	Heather Carr	F	08:37	VRWC W70 Club Record
4.	Daniel Pashutin	M	08:39	PB 0:12
5.	Ethan Nash	M	09:09	
6.	Havana Ali	F	09:33	
7.	Tom Vernal	M	10:21	First walk with us
8.	Alla Pashutina	F	10:22	First walk with us
9.	Amelia Vernal	F	10:38	First walk with us
10.	Debra Nash	F	11:23	First walk with us

The excitement of the 1500m was a hard act to follow, but the 3000m and 5000m walkers were up to the challenge, with **Darcey Roberts** (15:13) and **Kevin Cassidy** (15:18) in the lead. **Liam Hutchins** (15:59) was only 1 sec outside his PB while **Angus Hay** (16:22) was only 2 secs outside his PB. **Sandra Geisler** (28:22) and **Mark Donahoo** (30:28) challenged themselves with 5000m.

VRWC 3000m Walk

1.	Darcey Roberts	F	15:13
2.	Kevin Cassidy	M	15:18
3.	Liam Hutchins	M	15:59
4.	Angus Hay	M	16:22
5.	Ariana Pashutina	F	16:28
6.	Emily Smith	F	17:01
7.	Maddison Nash	F	18:30
8.	Paul Moritz	M	20:56

VRWC 5000m Walk

1.	Sandra Geisler	F	28:22
2.	Mark Donahoo	M	30:28



Angus Hay, Daniel Pashutin, Darcey Roberts and Kevin Cassidy



Heather Carr, Ela Uzun, Riley Coughlan and Liam Hutchins (photos Terry Swan)

Finally a really great photo of **Darcey Roberts with Ela Uzun**. A few weeks previously, Ela had set new VRWC Club U9-U11 3000m track walk club records with her time of 16:50. The previous U11 club record had been held by Darcey so Darcey made herself available to present the record certificate to Ela, along with a little present. Really nice! Well done girls!



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

Officials: Tim Erickson, Therese Smith, Donna Elms, Kylie Hutchins
Judges: Peter Vysma (chief), Shane Dickson, Stuart Cooper, Brenda Felton
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/561>)

INTERNATIONAL 10,000M TRACK WALK, PARKVILLE, MELBOURNE, MONDAY 27 JANUARY

The second of the two Supernova Study International 10,000m track walks was held at the Melbourne University Athletics Track in Parkville (Melbourne), starting at 10AM on Monday 27th January.

Conditions were a bit warmer than 2 weeks ago, when the first race was held, with the 10AM temperature at 19°C and a full sun in evidence. By the time the race had finished, the reading had jumped a couple of degrees to 21°C, warm but not unbearable by any degree.

Other more critical factors were in effect for this race, with the study participants split into two groups – those who have been on a High Fat Low Carbo (HFLC) diet and those in the control High Carbo Low Fat (HCLF) diet. It was pretty obvious who was on which diet – the HCLF diet walkers thrived in the conditions, walking strongly and always in control. The HFLC diet walkers struggled against a body devoid of stored energy and had to draw on all their mental reserves to push themselves through the race. Nothing could illustrate the point more than first and second place. Winner **Rhydian Cowley** (AUS), on the HCLF diet, walked superbly, his time of 39:30.8 an 18 sec PB. Second placed **Perseus Karlstrom** (SWE, on the HFLC diet, struggled the whole way, his finish time of 39:49.1 nearly a minute slower than his winning time 2 weeks ago. Both wonderful walks but each with its own story. So don't be fooled by the slow times of some walkers. You can almost certainly guess on which side of the study they found themselves!

With Anezka Drahotova a non starter, it was left to 21 year old **Jemima Montag** (AUS) to lead the women home with a time of 44:58.5. I must also mention two of the junior walkers who produced superb walks. 17 year old **Will Thompson** (VIC) walked a 39 sec PB with 44:52.7 and 18 year old **Rebecca Henderson** (VIC) walked a 71 sec PB with 47:43.6.

10,000m Track Walk Men

1.	Rhydian Cowley	04/01/1991	AUS	39:30.8	PB 0:18
2.	Perseus Karlstrom	02/05/1990	SWE	39:49.1	
3.	Evan Dunfee	28/09/1990	CAN	39:50.5	
4.	Marius Ziukas	29/06/1985	LTU	40:10.3	
5.	Isamu Fujisawa	12/10/1987	JAP	41:29.5	
6.	Kyle Swan	28/03/1999	AUS	42:19.3	
7.	Ryosuke Kondo	25/12/1997	JPN	43:16.6	
8.	Quentin Rew	16/07/1984	NZL	44:08.0	
9.	Tadas Suskevicius	22/05/1985	LTU	44:33.8	
10.	Carlos Mercenario Arsos	26/07/2000	MEX	44:40.2	

11.	Mitchell Baker	06/07/2001	AUS	44:40.7	
12.	Will Thompson	18/11/2002	AUS	44:52.7	PB 0:39
13.	Toru Yamamoto	12/07/1990	JPN	46:01.0	
14.	Remo Karlstrom	13/04/1988	SWE	46:44.4	1 Minute time penalty
15.	Corey Dickson	19/07/2002	AUS	48:25.5	
16.	Tim Fraser	22/02/2000	AUS	50:01.0	

10,000m Track Walk Women

1.	Jemima Montag	15/02/1998	AUS	44:58.5	
2.	Alana Barber	08/07/1987	NZL	46:04.5	
3.	Katie Hayward	23/07/2000	AUS	46:15.0	
4.	Simone McInnes	27/11/1991	AUS	47:28.7	
5.	Rebecca Henderson	04/07/2001	AUS	47:43.6	PB 1:11
6.	Brigita Virbalyte	01/02/1985	LTU	50:25.0	

Thanks to Terry Swan for the great photos (see <https://www.dropbox.com/sh/ql8sykkifel9db/AAD0en4rhFZizSW-KVgnZf1wa>)



Jemima Montag, Katie Hayward, Alana Barber, Evan Dunfee, Rhydian Cowley, Perseus Karlstrom and Quentin Rew



Rebecca Henderson, Will Thompson, Kyle Swan and Mitchell Baker (photos Terry Swan)

Thanks also to the big team of officials and judges and helpers who ensured a top competition. We also had a big crowd of spectators.

Officials: Tim Erickson, Lynne Wolowiec, Peter Thorne, Lance Kamau, Albin Hess

Lap Scorers: Darlene Swan, Donna Dickson, Carolyn Rosenbrock, Marilyn Thompsen, Lyn Owen, Jenny Baird, Simon Baker

Judges: Kathleen Marsh (Chief), Diane Lowden, Shane Dickson, Gordon Loughan, Stuart Cooper, Peter Vysma (Posting Board)

REVIEWING THE U20 INTERNATIONAL QUALIFIERS

With top performances from Rebecca Henderson, Mitchell Baker and Will Thompson on Monday, it is timely to review which Australians are in the running for the two big U20 international competitions on offer in 2020.

First to the **IAAF World Race Walk Team Championships** which will be held in Minsk, Belarus, on May 2-4 May. We will send up to 3 U20 men and up to 3 U20 women to contest 10km roadwalks. We have 6 junior men and 2 junior women in contention so far. The official trial will be in 2 weeks time in Adelaide. Talk about a tight contest for spots.

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	44:40.7	Melbourne	27/01/2020
	Will Thompson	V	44:52.7	Melbourne	27/01/2020
	<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
	<i>Will Thompson</i>	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	47:43.6	Melbourne	27/01/2020
	<i>Rebecca Henderson</i>	V	48:58	Melbourne	01/12/2019
	Alanna Peart	V	49:01	Melbourne	01/12/2019

Next to the **World U20 Championships** which will be held in Nairobi, Kenya, from 17-20 July. We will send up to 2 U20 men and up to 2 U20 women if they can meet the tougher qualifying standards. They will contest 10,000m track walks. Only 1 qualifier as yet, but there is still plenty of time, with the trial scheduled to be held at the Australian T&F Championships in Sydney in late March.

10km Junior Men (43:20)	No one so far but Gwyllym Young and Tristan Camilleri lead a big group of contenders.				
10km Junior Women (48:20)	Rebecca Henderson	V	47:43.6	Melbourne	27/01/2020

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, LANDY FIELD, GEELONG, 24-27 JANUARY

All the track walk events at the Victorian Country T&F Championships in Geelong were held last Friday, with the 5000m walkers first off at 8:30AM.. Excellent winning times by 15 year old **Fraser Saunder** (23:43.16) and 16 year old **Alanna Peart** (23:33.64). Great walk also by 12 year old **Darcey Roberts** who came second in the Open Women's race with 25:31.54.

Open Men 5000m Walk

1.	Fraser Saunder	BYC	23:43.16	PB 0:15
2.	Owen Costin	CHI	32:32.12	
3.	Leigh Browell	SBE	37:37.18	

Open Women 5000m Walk

1.	Alanna Peart	BYC	23:33.64	VRWC U13-U14 Club Records
2.	Darcey Roberts	KNA	25:31.54	
3.	Charlotte Hay	KNA	26:46.19	

U20 Men 5000m Walk

1.	Heath Beveridge	WES	25:24.38
2.	Angus Hay	KNA	28:57.69

40+ Men 5000m Walk

1.	Leigh Browell	SBE	37:37.18
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U20 Women 5000m Walk

1.	Jemma Peart	BYC	26:14.59
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The 3000m walkers were next up, at 1:40PM. **Fraser Saunder** (14:08.38) and **Alanna Peart** (13:41.59) were back in action, taking the fastest times once again. Good to see newbie walker **Tracy Colbert** (19:40.97) improving so quickly.

50+ Men 3000m Walk

1. David Smyth COL 17:15.22

50+ Women 3000m Walk

1. Donna-Marie Elms PTN 19:09.56
 2. Tracy Colbert COB 19:40.97 PB 0:11
 Annette Major EAG DQ

U18 Boys 3000m Walk

1. Fraser Saunder BYC 14:08.38
 2. Owen Costin CHI 19:00.67

U18 Girls 3000m Walk

1. Alanna Peart BYC 13:41.59
 2. Charlotte Hay KNA 16:20.63
 3. Claire Noonan EAG 20:16.72

U16 Boys 3000m Walk

1. Scott Peart BYC 17:23.60
 Sebastian Weickhardt KSB DQ

U16 Girls 3000m Walk

1. Emily Smith KNA 16:45.73
 2. Kaylah Heikkila-Dubowik COR 18:05.30
 3. Riannah Tatlock BEL 18:38.68

Finally, the 1500m walkers rounded out the day with a 5:50PM start. Fastest time to veteran **Geoff Barrow** (9:58.29).

60+ Men 1500m Walk

1. Geoff Barrow MEN 9:58.29
 2. Peter Savage EAG 14:41.71

60+ Women 1500m Walk

1. Janelle Archer WEL 11:05.09

U14 Girls 1500m Walk

1. Janelle Archer WEL 11:05.09

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 22 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide - Cool, light breezy evening. Top walks on the night to **George While** (M74) and **Richard Everson** (M56), both over 80% on the age graded rankings.

1500m Yacht Handicap

1.	JEFFREY KENNETT	14:19	M69	49.82%
2.	DAVE FALLON	11:10	M67	62.41%
3.	PETER CRUMP	08:17	M59	77.34%
4.	GIL MCINTOSH	09:34	M69	74.56%
5.	GEORGE WHITE	08:42	M74	87.27%
6.	ROGER LOWE	11:40	M76	66.85%
7.	RICHARD EVERSON	07:41	M56	81.06%
8.	VALMAI PADGET	12:12	W75	68.32%
9.	CATHIE HORE	13:34	W69	56.56%
10.	MARIE MAXTED	10:03	W59	68.26%
11.	DAVID ROBERTSON	13:12	M86	68.97%
12.	COLIN HAINSWORTH	14:25	M90	67.95%

4000m Yacht Handicap

1.	ROGER LOWE	32:50	M76	65.54%
2.	PETER CRUMP	23:01	M59	76.66%
3.	GEORGE WHITE	23:47	M74	88.02%
4.	GIL MCINTOSH	27:52	M69	70.52%
5.	RICHARD EVERSON	21:16	M56	80.66%
6.	BRIAN WITTY	29:30	M69	66.62%

2000m Yacht Handicap

1.	COLIN HAINSWORTH	19:16	M90	65.91%
2.	MARIE MAXTED	13:36	W59	66.04%
3.	DAVE FALLON	15:11	M67	59.34%
4.	CATHIE HORE	18:03	W69	55.93%
5.	DAVID ROBERTSON	18:17	M86	64.50%

ATHLETICS WA TRACK WALKS, WAAS, PERTH, WEDNESDAY 22 JANUARY
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Thanks to Terry Jones for the latest results from Western Australia. Good to see **Declan Tingay** (11:47.8) getting back into good form ahead of Adelaide.

Men 3000m Walk

1.	Declan Tingay	11:47.8
2.	Benjamin Reid	13:56.6
3.	Bradley Mann	14:12.2
4.	Riley Wood	17:51.1
5.	Luke Lawrence	19:45.9
	John Ronan	DNF

Women 3000m Walk

1.	Lataya Lawrence	16:53.2
2.	Hannah Ireland	17:04.0
3.	Kaytee Bogaers	18:11.8
	Richelle Morales	DNF

ATHLETICS ACT T&F CHAMPIONSHIPS, AIS ATHLETICS TRACK, CANBERRA, 24-27 JANUARY
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The ACT T&F Championships were held over 4 days last week, with the track walks being scheduled on Friday 24 January. Best effort of the day was by 17 year old **Gwyllym Young** who recorded a 14 sec PB in winning the 5000m (21:36.53).

Girls 11-13 3000m Walk

1.	Norden, Lilah	13	New South Wales	20:11.88
2.	Frew, Georgia	12	South Canber	20:20.07

Women 14-15 3000m Walk

1.	Boughton, Milly	14	New South Wales	15:03.55
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Women 16-17 5000m Walk

1.	McMillen, Elizabeth	16	New South Wales	25:41.66
2.	Smith, Casey	16	New South Wales	36:05.16

Women 18-19 5000m Walk

1.	Parker, Hannah	18	New South Wales	26:48.28
2.	Bell, Bridget	18	New South Wales	28:44.31
3.	Manning, Hannah	18	North Canber	29:45.42

Men 11-13 3000m Walk

1.	Clarkson, Kodi	12	Ginninderra	15:51.48
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Men 14-15 3000m Walk

1.	Bell, Darcy	14	New South Wales	17:55.17
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Men 18-19 5000m Walk

1.	Young, Gwyllym	18	South Canber	21:36.53	PB 0:14
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Men 20-99 5000m Walk

1.	Reading, Brendon	31	New South Wales	22:01.70
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QMA T&F MEET, SAF, BRISBANE, SATURDAY 25 JANUARY

Finally to Brisbane for the Queensland Masters.

5000m Walk

1.	Jimenez, Ignacio	M54	Qma Brisbane	28:31.65	71.88%
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2.	Bennett, Peter	M64	Qma Brisbane	29:20.65	76.45%
3.	McKiven, Noela	W77	Qma Brisbane	43:38.22	69.94%

2020 USATF 50KM RACE WALK CHAMPIONSHIPS, SANTEE, CA, SATURDAY 25 JANUARY

I start my overseas reporting with the results of the USATF 50km Championships, held in Santee, California, on Saturday. Thanks to Paul F. DeMeester for his race report and photos.

SANTEE SERVES UP AN EXCITING 50K U.S. OLYMPIC TRIALS RACE

By Paul F. DeMeester

Santee, California - 25 January 2020. Growing up in Europe as an athletics aficionado, I was always glued to news about the U.S. Olympic Trials, a unique competition at which U.S. athletes need to finish in the top three before they are even eligible to qualify for the Olympics. Wisely, in later years, the 50K Race Walk and Marathon Trials have been split off from the rest of the competition and scheduled early in the Olympic year, to give the chosen few some recovery time before the real Olympic deal.

Santee 2020 did not disappoint. **Tracy Sundlun** and his cadre of top-flight race organizers put on a smooth-running number of races within the race. Besides the Men's Olympic 50K Trials (limited to 15 entrants), U.S. women and masters athletes contested their 2020 national championships, while an Open 50K was also on offer, featuring 2016 Rio Olympian **Mathieu Bilodeau** (Canada), who walked the day's fastest 50K in 4:03:52. Even though rain was not part of the weather forecast in this California town close to the Mexican border, it sure rained Olympians in terms of their presence, primarily off the race circuit. U.S. Olympians **John Nunn** (2004, 2012, 2016), **Miranda Melville** (2016), **Philip Dunn** (2000, 2004), **Tim Seaman** (2000, 2004), **Curt Clausen** (1996, 2000, 2004) and **Allen James** (1992, 1996) graced the venue with their presence. Dunn did an admirable job as race announcer, filling in at the last minute, as Sundlun had been called away on a family emergency. Canadian Olympian **Rachel Seaman** (2012), who lives locally with husband/coach Tim, took part in the 20K, an event she easily won in 1:36:26. So nice to see Rachel back in good form after she missed the 2016 Olympics due to a hamstring injury.

Another local, **Emmanuel "Natos" Corvera**, walked in search of a first Olympic 20K berth, now partially based on rankings rather than dependent on sheer time. Without serious opposition, he posted a 1:26:35, putting him in reach of an Olympic dream, alongside **Nick Christie**, who walked 1:24:15 last year at La Coruna, Spain.

Christie was in action in the 50K, in the city where he set his personal best of 4:09:32 two years ago. Nick came close to an Olympic 50K entry back in 2016 when he was the no. 2 U.S. 50K walker behind Nunn. He started off well in this year's Olympic Trials, taking the early lead that stretched to a few minutes, while walking at a sub-four hour pace. But as the thick fog evaporated from the circuit, so did Christie's lead. After a bit more than three hours and 45 minutes of racing, former Swedish 50K national **Andreas Gustafsson** - whose transfer of allegiance finally was approved last year but one week too late for the 2019 U.S. Nationals - reeled Christie in and took over the lead. Christie's slowing also allowed defending U.S. Champion **Matthew Forgues** to pass the early leader.

Christie, however, managed to recover from his late race slump and still end up on the podium. Given the need for U.S. athletes to earn a top-three Trials finish and the uncertainty of the rankings outcome, Christie retains an outside chance for an Olympic 50K selection. The next finisher, **Anthony "A.J." Gruttadauro**, was hampered in his forward progress when a spectator crossed the road at the 40K mark and ran full on into A.J. Yours truly had a front row seat to the incident, having just been passed by A.J. on course. Gruttadauro slowed markedly with a visible injury. It took him well over a kilometer to find his stride again.

Honorable mention goes to three race walkers who finished behind A.J. At age 48, **Pablo Gomez** just gets better every year in the 50K, this year clocking in at 4:45:23 for fifth in the Trials. Two spots further up was 59-year old **Dave Talcott** (5:06:52) who bested 60-year old **Ian Whatley** by about two minutes. It goes to show that the 50K is ageless. Sandwiched in between these masters walkers was **Michael Mannozi**. Mannozi had earned a podium spot at the 2016 Olympic Trials and then set his personal best (4:26:46) in Santee the next January, but then concentrated on moving to Canada and starting a family. He is back in more ways than one, having recently returned stateside and joined the U.S. Air Force. Mike started out cautiously before working his way up to sixth, overtaking **Omar Nash**, **Dave McGovern**, Talcott and Whatley in the process. For McGovern, it was his tenth U.S. Olympics Trials, five per distance. Dave continues to be an inspiration for all those he has guided in a coaching career spanning almost three decades.

For Talcott, the Santee race served as a family outing, as Dave was able to watch his better half **Erin Taylor-Talcott** (and I say that strictly based on finishing times), grab silver in the Women's U.S. National Championship race in 4:47:01. Erin, who is the person most responsible for the inclusion of women in 50K races at world level, is back at the sharp end of races, after lesser seasons in 2018 and 2019. The former six-time U.S. Women's 50K Champion was second to defending Champion **Robyn Stevens**, who since the race here in Santee a year ago, has become the top U.S. woman at both the 20K and 50K. Stevens took the lead early and never looked back, posting her second best 50K time with a 4:37:33.

The women's race came with a twist, as U.S. international team member **Stephanie Casey**, who was sixth and the top U.S. finisher (out of four) at last year's Pan Am Cup in 4:41:12 on a hot day in Lazaro Cardenas (Mexico), did not register on time for this year's championship race. She participated in the 50K but was not classified in the women's national championship. She finished slightly ahead of Taylor-Talcott, even though Erin had moved through the field from fifth to second and almost caught Casey at the finish line, falling 8 seconds short. Taylor-Talcott knew of the registration issue, so she knew Casey was not in the podium mix. It would have been an interesting battle between these two U.S. 50K stars had both been in the same race.

Joining Robyn and Erin on the podium was **Katie Burnett**, the only woman race walker to have finished both World Championships 50K races (London 2017 and Doha 2019). The U.S. record holder (4:21:51) who also may lay claim to the fastest world time for the 50,000 meters on the track (4:29:45.56), Katie has been one of three different U.S. women's 50K champions in the last five years (besides Robyn and Erin), showing the strength of U.S. women over the longer distance. Not on the podium but deserving of a statue is **Darlene Backlund**, a repeat finisher at this distance despite now being 73 years old. Darlene's way of supporting the women's 50K is to go out there, do the race and finish it in a time that makes many of us younger walkers envious (this year 7:05:46). Darlene does this year in, year out. Thank you, Darlene, for your support to the cause.

Initially it was expected that Australia's own **Tracy Feiner** would participate in the Open 50K race. But Tracy has raced a lot since her sub-five hour 50K in Melbourne's Fawkner Park a mere eight weeks ago. She opted for the 20K instead and acquitted herself well in a race that included Seaman and three young U.S. 20K hopefuls (**Amberly Melendez**, **Celina Lepe** and **Anali Cisneros**), who all booked themselves automatic entries to the 20K U.S. Olympic Trials race in June. Tracy finished 44 seconds behind a second Canadian 20K walker, Katelynn Ramage, and kept a third Canadian, Joean Lu, behind her by five seconds. Tracy's time of 1:49:14 is a significant improvement over the September 2019 time of 1:51:22 that she posted in Adelaide. Well done, Tracy.

This wonderful race day did not pass without expressions of regret that the Olympic Trials 50K was for men only. The U.S. race walking community has been at the fore of the women's 50K. USA Track & Field (USATF) organized annual women's national championships long before any other federation. It was Erin's lawsuit in the Court of Arbitration for Sport (CAS) that resulted in the inclusion of women in the World Championships in 2017. With only three weeks' notice before the race, USATF fielded a full team of three. In the interest of full disclosure, I was Erin's lawyer in CAS and currently represent her (and seven other walkers) in pending CAS lawsuits to seek Olympic 50K equality for this year's Olympics.

At the awards banquet on the night of this year's race, USATF Chief of Sport Performance **Duffy Mahoney** lent his strong support to 50K gender equality. Duffy gave well deserved accolades to World Athletics Council Members **Abby Hoffman** (Canada) and **Anna Riccardi** (Italy) as well as to international race walking judge and former IAAF Race Walking Committee Member **Maryanne Daniel**. All three have been great advocates for 50K gender equality at top level, including the Olympics. Duffy served on the IAAF Competition Commission together with Riccardi and Hoffman on 1 December 2018, when Commission Chair Hoffman forwarded a resolution to the full IAAF Council to request the International Olympic Committee to include women walkers in the 2020 Olympic 50K. The full Council's adoption of that resolution three days later may well make a world of difference in whether CAS decides to include women in the Sapporo Olympic 50K race. Thank you, Duffy, and those he credited. We shall find out soon enough what CAS will decide. Stay tuned and hope for the best.

U.S. 2020 Olympic Trials Men's 50K Race Walk

1.	Andreas Gustafsson	4:12:11
2.	Matthew Forgues	4:14:44
3.	Nick Christie	4:27:29
4.	A.J. Gruttadauro	4:42:32
5.	Pablo Gomez	4:45:23
6.	Michael Mannozi	5:02:01
7.	Dave Talcott	5:06:52
8.	Ian Whatley	5:08:54
9.	Dave McGovern	5:36:18
10.	Douglas Johnson	5:42:45
	Omar Nash	DNF
	Nathan Vanderwall	DNF
	Adrian Zamudio	DNF
	Chris Mosier	DNF
	Steve Harper	DQ

U.S. 2020 Women's National Championship 50K Race Walk

1.	Robyn Stevens	4:37:33
2.	Erin Taylor-Talcott	4:47:01
3.	Katie Burnett	4:53:26
4.	Lydia McGranahan	5:16:18
5.	Kathryn Grimes	6:00:57
6.	Melissa Bosserman	6:31:05
7.	Carmen Jackinsky	6:56:57
	Teresa Vaill	DNF

Open 50K and U.S. Masters Championships 50K

1.	Mathieu Bilodeau (CAN)	4:03:52	1M
2.	Stephanie Casey	4:46:53	1F
3.	Yolanda Holder	6:22:55	1F 60-64
4.	Barry Blake	6:26:47	1M 65-69
5.	Bruce Logan	6:34:51	1M 55-59
6.	Darlene Backlund	7:05:46	1F 70-74
	Charles Tucker Brugh	DNF	

Open 20K Invitational

1.	Emmanuel Corvera	1:26:35	1M
2.	Rachel Seaman (CAN)	1:36:25	1F
3.	Amberly Melendez	1:39:17	2F
4.	Celina Lepe	1:43:45	3F
5.	Anali Cisneros	1:45:59	4F
6.	Katelynn Ramage (CAN)	1:48:29	5F
7.	Tracy Feiner (AUS)	1:49:13	6F
8.	Joean Lu (CAN)	1:49:18	7F
9.	Audrey Fox	1:51:55	8F
10.	Miriam Andablo	1:53:34	9F
11.	Nayeli Cisneros	1:56:08	10F
12.	Paul DeMeester	2:14:59	2M
13.	Richard Campbell	2:20:56	3M
14.	George Papacalos	2:51:06	4M
	Alger Liang (CAN)	DQ	
	Kenny Ho (CAN)	DQ	

Open 10K Invitational

1.	Andreas Gonzalez-Aquino (MEX)	47:10	1M
2.	Daniel Soliven (CAN)	49:36	2M
3.	Giovanni Cisneros	52:08	3M
4.	Joanna Yu (CAN)	1:03:40	1F
5.	Concepcion Vazquez-Prado (MEX)	1:06:31	2F
6.	Deo Jaravata	1:09:54	4M
7.	Melanie Diaz	1:13:22	3F
8.	Wendy Clark	1:17:00	4F
	Francisco Aguiar	DQ	

Note: All walkers are from the United States unless otherwise noted.

Thanks to Paul DeMeester for the following photos.



*Left: Andreas Gustafsson wins his first U.S. title
 Middle: Stephanie Casey breaks the tape in the women's 50km just ahead of Erin Taylor-Talcott
 Right: An upbeat Erin Taylor-Talcott is happy with her good 50km form (photos Paul F. DeMeester)*



Tracy Feiner (218) racing in Southern California



Robyn Stevens checks her pace



Nick Christie in the early lead

YORKSHIRE RWC CLUB 10KM ROAD WALK, DRIFHLINGTON, SUNDAY 26 JANUARY

And now to England for a couple of results. First, thanks to Trevor McDermot for this one from Yorkshire. He reported:

This was the initial event for a new Northern Race Walking League that will run annually from this year. Next will be the Area 20km Champs at Douglas, IoM, on Feb 22nd (closing date for entries Feb 18th), followed by the Ken Munro Trophy 10 Miles (Scotland v Lancashire v Yorkshire) + 3km races, Guests allowed, at Dalton, North Yorks on 29th March. A detailed League programme and fixture list will be finalised and circulated in three weeks.

Natalie Myers was away sharply from the start and, moving very well in the rain, led the field home by a good margin. Lancashire WC won the team race from the host club. Thank you all who supported this morning.

10km Walk

1.	Natalie Myers	2DASH	55.05
2.	Adrian Edward	Lancs WC	59.42
3.	Dave Walsh	Redhill RR	59.54
4.	Colin Scott	Yorks RWC	61.01
5.	Tony Malone	Lancs WC	61.01
6.	Tony Bell	Lancs WC	65.54
7.	Graham Jackson	Northern M	66.13
8.	Dennis Jackson	Yorkshire RWC	66.14
9.	Neil Armitage	Yorkshire RWC	71.07
10.	Phil McCullagh	Lancs WC	71.16
11.	Mark Byrne	Redcar RWC	76.06

5km Walk

1.	Richard Cole	Yorkshire RWC	37.40
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Team (4 to score)

1.	Lancashire WC	23 pts
2.	Yorkshire RWC	33 pts

STEYNING OPEN 15KM WALK, STEYNING, WEST SUSSEX, SATURDAY 25 JANUARY

And now to Steyning, where Peter Hannell reported as follows for Surrey Walking Club

The 15km course had been revised for the new start due to excess traffic on the bypass with more distance on the quiet and pleasant country lane. The weather, despite a cold but gentle breeze, was kind for January and times were generally good. SWC presence was limited to two this year although the overall total of 15 was very good and included a record five women for what is now one of the longest races on the calendar. **Francisco Reis** soon fell a little way behind winner **Ian Richards** (Steyning) but held the gap to a couple of minutes at the end with a fair time. As ever the highlight of the meeting was the return to the Steyning HQ and the very welcome refreshments and friendly social gathering which always accompanies Steyning AC races.

Steyping 15km Walk

1.	Ian Richards	M70	Steyping AC	78:07
2.	Francisco Reis	M55	Surrey WC	80:34
3.	Abigail Jennings	U20W	Aldershot F&D AC	81:10
4.	Silvana Alves	W45	Barnet & District AC	84:23
5.	Sophie Hales	Snr. L	Essex Ladies AC	85:36
6.	Trevor Jones	M60	Steyping AC	86:03
7.	David Kemp	M60	Arena 80 AC	87:00
8.	Richard Emsley	M65	Saints & Sinners RC	91:21
9.	Steve Allen	M60	Barnet & District AC	92:41
10.	Jimmy Ball	M55	Steyping AC	94:16
11.	Julie Drake	W50	Arena 80 AC	95:22
12.	Stuart Maidment	M70	Steyping AC	101:16
13.	John Killick	M70		101:24
14.	Paul Gaston	M70	Surrey WC	110:23
15.	June Avery	W60	Clwb Rhedeg Pontardawe	110:56

MARCIADALMONDO ROUNDUP

Marciadalmondo had a very busy week, with 11 press releases. In particular, I will leave you to check out 3698, 3697 and 3696 for additional early season results of note.

- Mon 27 Jan - Santee (USA): Andreas Gustafsson and Robyn Stevens win USATF 50km titles
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3700
- Mon 27 Jan - Melbourne (AUS): Rhydian Cowley (AUS) and Jemima Montag (AUS) win Supernova 10,000m track walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3699
- Sun 26 Jan - Porto de Mos (POR): Results of the Portuguese Roadwalk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3698
- Sun 26 Jan - Grosseto (ITA): Results of the first round of the Italian Road Walk Club Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3697
- Sat 25 Jan - Arahal (ESP): Luis Alberto Amezcua and Maria Perez win Andalusian championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3696
- Sat 25 Jan - Banned Russian race walking coach still working with athletes, official says
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3695
- Fri 24 Jan - Chinese squad in Italy have their first timetrials for the year
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3694
- Thu 23 Jan - Preview of Italian season opener this weekend in Grosseto
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3693
- Thu 23 Jan - Around Taihu 2020 dates set for 26-28 September
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3692
- Tue 21 Jan - Quarteira (POR): victories for Ana Cabecinha, Edna Barros and Pedro Dias
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3691
- Mon 20 Jan - Mostoles (ESP): Victory of Jose Ignacio Dias Velasquez in 20km men
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3690

Omarchador was also busy with 9 press releases this week. The yearly racing calendar is ramping up!

- Mon 27 Jan - João Vieira, Vitória Oliveira and CA Seia win 35km championships in Porto de Mós, Portugal
<https://omarchador.blogspot.com/2020/01/joao-vieira-vitoria-oliveira-e-ca-seia.html>
- Mon 27 Jan - Hungarian Tokodi wins 50km. Manuel Marques and Sandra Silva win Portugues 50km championships
<https://omarchador.blogspot.com/2020/01/hungaro-tokodi-vence-50-km-manuel.html>
- Sun 26 Jan - Results of the Castilla y León Championships in Burgos, Spain
<https://omarchador.blogspot.com/2020/01/campeonatos-de-marcha-de-castela-e-leao.html>

- Sat 25 Jan - Porto de Mós hosts the Portugeste 50km and 35km Championships this weekend
<https://omarchador.blogspot.com/2020/01/porto-de-mos-acolhe-os-campeonatos.html>
- Fri 24 Jan - Madeira, Portugal, to host Veterans walks this weekend
<https://omarchador.blogspot.com/2020/01/madeira-disputa-2-edicao-do-meeting.html>
- Fri 24 Jan - Taylor Ewert breaks U20 USA 3000m indoor track record
<https://omarchador.blogspot.com/2020/01/taylor-ewert-bate-recorde-sub-20-dos-eu.html>
- Thu 23 Jan - Results of Portuguese Indoor and Outdoor Winter Regionals
https://omarchador.blogspot.com/2020/01/regionais-de-inverno-em-pista-coberta-e_23.html
- Wed 22 Jan - Dimitris Tsordias and Nikolitsa Andreopoulou win Greek 50km Championships
<https://omarchador.blogspot.com/2020/01/dimitris-tsordias-e-nikolitsa.html>
- Tue 21 Jan - Results of Madrid Championships in Móstoles, Spain
<https://omarchador.blogspot.com/2020/01/campeonato-de-madrid-e-xiii-trofeu-de.html>

OUT AND ABOUT

- Has anything really changed in Russia. <https://www.reuters.com/article/us-sport-doping-russia/banned-russian-race-walking-coach-still-working-with-athletes-official-says-idUSKBN1ZNI58>.

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

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
Apr 18-19, 2020	Australian Centurions 24 Hour Qualifying Walk, Coburg, Victoria
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

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 (Sat), 2020	Podebrady Walks Meet, Podebrady, Czech Republic
Apr 18 (Sat), 2020	International Race Walk Meeting, Zaniemysl, Poland
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 (Fri), 2020	46 th International RW Festival, Alytus, Lithuania
Jun 14 (Sun), 2020	Polish National Championships, Mielec, Poland
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
Sep 26-28, 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
Sep 26-28, 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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