



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 21
Tuesday 18 February 2020



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WALKER OF THE WEEK

My Walkers of the Week this time around are the 12 Knox Athletics Club walkers who swept the board last Wednesday evening in the annual Athletics Victoria 5000m Track Walk Team Championships at the Mentone Athletics Track.

Table listing team medals (Gold Men, Gold Women, Silver Women) and corresponding names of winners.

The 3 Knox teams, along with the Glenhuntly team (Heather Carr, Gwen Steed, Rozlyn Walker) who took bronze in the women's competition, all came together after the race for a photo shoot.



AV Teams medallits Rozlyn Walker; Heather Carr; Gwen Steed, Angus Hay, Mark O'Mahony, Corey Dickson, Kathleen O'Mahony, Emily Smith, Grace Louey, Darcey Roberts, Charlotte Hay and Ariana Pashutina (photo Terry Swan)

## WHAT'S COMING UP

- The **AV Shield Final** will be held at Lakeside Stadium (with 2000m walks on offer) on **Saturday 22<sup>nd</sup> February**. The AVSL Playoff Round (Rd 13, the Final) draft timetable is posted online. Note it is possible for you to enter the AV Shield Final even if your team has not qualified. It works like this:

Entries for the Playoff Round will open as per normal at 2PM on Wed 12<sup>th</sup> Feb. While the Playoff Round will be open to ALL eligible AV athletes, the priority will be to athletes of Clubs which are competing for a Premiership or a Playoff. From 2PM on Wed 12<sup>th</sup> until midday on Mon 17<sup>th</sup>, ONLY athletes from those clubs in contention for a Premiership or Playoff (8<sup>th</sup> v 3<sup>rd</sup>) can enter the AVSL Playoff Round – AV staff will DELETE any entry from an athlete who does not fall into that category. Then from 2PM on Mon 17<sup>th</sup>, the event will be open to all other ELIGIBLE athletes. Make sense?

- Next weekend also sees the **WA State T&F Championships** in Perth, with Open 10,000m and underage 5000m and 3000m walks on offer. All the various State T&F Championships will be coming up around now.
- The **Victorian Junior and Open T&F Championships** kick off a week later and are spread over two weekends as shown below. More info at <http://athsvic.org.au/events/competitions/avcompetitions/championships/>.
  - Feb 28 – Mar 1, 2020 Vic Junior and Open T&F Champs Weekend 1, Lakeside Stadium, Albert Park
  - Mar 6-8, 2020 Vic Junior and Open T&F Champs Weekend 2, Duncan McKinnen Reserve, Glenhuntly

## VRWC WINTER SEASON DATES NOW CONFIRMED

I have been forwarded the VRWC 2020 Winter Season Fixture, for which the main dates are shown below. For more details, drill down on webpage <http://www.vrwc.org.au/vrwcw20.shtml>. Note **our opening season races are on Saturday 25<sup>th</sup> April**.

### APRIL

18-19 April 2020	Australian Centurions 24 Hour Walk Champs	Coburg
Saturday 25 April 2020	VRWC Points races	Middle Park

### MAY

Saturday 2 May 2020	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
Saturday 9 May 2020	VRWC Points races	Middle Park
Saturday 16 May 2020	VRWC Points races	Middle Park
Sunday 24 May 2020	AV, AV COUNTRY, RWV & VRWC EVENTS	Middle Park
Saturday 30 May 2020	VRWC Points races	Middle Park

### JUNE

Sunday 7 June 2020	RWA 54 <sup>th</sup> Annual Lake Burley Griffin Carnival	Canberra
Saturday 13 June 2020	VRWC Points races and Prize day	Middle Park
Sunday 21 June 2020	AV, AV Schools, VMA & VRWC Champs	Middle Park
Saturday 27 June 2020	VRWC Points races	Middle Park

### JULY

Saturday 4 July 2020	VRWC Points races and Prize day	Middle Park
Saturday 11 July 2020	VRWC INTERVALS EVENT	Middle Park
Saturday 18 July 2020	VMA, RWA & VRWC EVENTS	Middle Park
Saturday 18 July 2020	Twilight Trivia fund raising afternoon	Middle Park
Sunday 26 July 2020	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park

### AUGUST

Saturday 1 August 2020	VRWC Points races	Middle Park
Saturday 8 August 2020	VRWC last point races of season	Middle Park
Saturday 15 August 2020	VRWC EVENTS– Prize day	Middle Park
Saturday 22 August 2020	VRWC EVENTS	Middle Park
Sunday 30 August 2020	AUST ROADWALK CHPS & RWA CARNIVAL	Middle Park (TBC)
Sunday 30 August 2020	AMA 20km Championships	Adelaide

### SEPTEMBER

Saturday 5 September 2020	VRWC Relay & Winter Season presentation	Middle Park
Sunday 13 September 2020	AV, RWA & VRWC EVENTS	Middle Park

## BRWC 2020 FOOTY TIPPING – BE IN IT TO WIN IT!



With the AFL season just a month away it's time to get your beanies and jumpers out ready to cheer on your favourite team. So while you're catching up on off-season injuries, player moves and enjoying the AFLW action, why not join the Ballarat Racewalking Club footy tipping competition for 2020.

Entry fee is just \$20 with prize money for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, with money back to the tipping wooden spooner! Click on link <https://www.ballaratracewalkers.com/wp/wp-content/uploads/2020/02/2020-BRWC-Footy-Tipping-entry.pdf> to download an entry form, and once filled in email to either Wayne Peart [wayne@jassmith.com.au](mailto:wayne@jassmith.com.au) or Graeme Saunder [janinetwig@hotmail.com](mailto:janinetwig@hotmail.com). The \$20 entry fee is payable via direct deposit to Ballarat Walkers Club (BSB 633-000 Account Number 108 307 141).

The tipping comp requires all tips for the season to be submitted on the entry form prior to Round 1, with all entries due in by Monday 16 March 2020. Each week you'll receive a summary of the week's tipping results, a preview of the round ahead and a copy of the leader board showing where you sit against our reference tipsters "The Mob", "Home Teams" and "2019 Ladder".

## AV 5000M TEAM TRACK WALK CHAMPIONSHIPS, DOLOMORE RESERVE, MENTONE, WEDNESDAY 12 FEB

The VRWC summer season is fast drawing to a close but not quite yet, as we travelled to Dolomore Reserve in Mentone last Wednesday evening to host the annual Athletics Victoria 5000m Walk Team Championships. Conditions were warm and humid but gradually cooled as the evening progressed.

We started proceedings with a VRWC 1500m track walk which saw **Corey Dickson** (6:32) and **Kevin Cassidy** (6:56) leading the field. Well done to 11 year old **Daniel Pashutin** who walked a big PB of 8:08 to finish 4<sup>th</sup>.

### VRWC 1500m Walk, 7:00PM

1.	Dickson, Corey	M	06:32	
2.	Cassidy, Kevin	M	06:56	
3.	Irshad, Kylie	F	07:53	
4.	Pashutin, Daniel	M	08:08	PB 0:31
5.	Keirl, Bernie	M	08:26	
6.	Elms, Donna-Marie	F	08:58	
7.	Colbert, Tracy	F	09:26	
8.	Hugo, Beverly	F	13:06	
	Bennett, Ralph	M	DQ	
	Imbriano, Joel	M	DQ	

The AV 5000m Team Championships followed at 7:15PM, with **Mark Blackwood** and Corey Dickson leading the men out. Corey soon slowed, given he was racing immediately after finishing the 1500m walk, allowing Mark to take line honours with 23:41. With Angus Hay finishing third, the Knox team took the Teams title.

### AV 5000m Team Championship - Men, 7:15PM

1.	Blackwood, Mark	KNA	23:41
2.	Dickson, Corey	KNA	24:58
3.	Hay, Angus	KNA	28:06
4.	Donahoo, Mark	ESS	29:11

### Team Placings

1.	KNA	6 pts	Mark Blackwood, Corey Dickson, Angus Hay
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The women's Teams Championship, held concurrently with the men, saw 12 year old **Darcey Roberts** (25:35) and 16 year old **Charlotte Hay** (25:45) walking brilliantly out in front and guiding their Knox team to victory, with **Ariana Pashutina** (28:08) in third. Such is the strength of the Knox Athletics walking team that their next 3 girls in **Emily Smith**, **Grace Louey** and **Kathleen O'Mahony** took second place in the teams, while third spot went to the Glenhuntly Masters team of **Heather Carr**, **Gwen Steed** and **Roz Walker**.



**AV 5000m Team Championship - Women, 7:15PM**

1.	Roberts, Darcey	KNA	25:35	
2.	Hay, Charlotte	KNA	25:45	
3.	Pashutina, Ariana	KNA	28:08	
4.	Smith, Emily	KNA	28:17	
5.	Louey, Grace	KNA	29:51	
6.	Carr, Heather	GHY	31:41	
7.	O'Mahony, Kathleen	KNA	32:05	
8.	Grace, Marnie	VMA	33:52	
9.	Steed, Gwen	GHY	38:44	
10.	Walker, Rozlyn	GHY	39:25	Inaugural

**Team Placings**

1.	KNA 1	6 pts	Darcey Roberts, Charlotte Hay, Ariana Pashutina
2.	KNA 2	16 pts	Emily Smith, Grace Louey, Kathleen O'Mahony
3.	GHY	23 pts	Heather Carr, Gwen Steed, Rozlyn Walker



*Mark Blackwood, Daniel Pashutin, Corey Dickson and Angus Hay*



*Darcey Roberts, Charlotte Hay, Ariana Pashutina and Rozly Walker (all photos Terry Swan)*

Thanks as always to our many officials, judges and helpers and thanks to the Mentone Athletics Track committee for allowing us to race there.

**Manager:** Tim Erickson  
**Judges:** Peter Vysma (C), Gordon Loughnan, Brenda Felton, Dave Cash, Shane Dickson, Stuart Cooper, Terry O'Neill (recorder)  
**Timekeepers:** Mark O'Mahony, Karyn O'Neill, Donna Dickson, Bill Carr, Donna-Marie Elms, Tracy Colbert  
**Photos:** Terry Swan (see <https://www.facebook.com/photo.php?fbid=10221087952769268&set=oa.10157845631178911>)

**BALLARAT RACEWALKERS CLUB FOUNDERS CUP, NORTH GARDENS, BALLARAT, THURSDAY 13 FEBRUARY**

I travelled to Ballarat, in country Victoria, last Thursday evening for their annual Founders Cup 3km handicap, 2019 End of Season Awards, AGM and BBQ. It was a very enjoyable trip. Club secretary Kerrie Peart reports:

Our first club meet for 2020 was well supported, with a large number of juniors joining us from outlying areas of Geelong and Maryborough for the 3km Founders Cup. It was fantastic to see our very own Mr Racewalking himself Tim Erickson join us on the track along with our cheer squad of Olympian **Willi Sawall**, Centurion walker **John Kilmartin** and BRWC co-founder **Daryl Biggin**.

In a sealed handicap **Fraser Saunder** lead out the pack, leaving everyone in his wake finishing in a very slick 13:38 (PB: 0:01) and new club U16 record. Our other walkers powered home, with **Scott Peart** finishing 2<sup>nd</sup> in 17:36 and **Tim Erickson** showing the juniors how it was done by finishing 3<sup>rd</sup> in 18:25. Our young juniors walking the reduced distance of 1km and showing plenty of style was **Ted Brennan**, with twins **Lachlan and Amelia Hill**, and Geelong's **Heath Tatlock** trying out their first walk with the club.

Our AGM followed the walk with aggregate & various club awards. Tim Erickson was awarded the 2019 Best Club Person award for his dedication to the Racewalking community both in Melbourne and as a whole, and the on-going support he has provided to our Ballarat club over the 24yrs of its existence. Thank you Tim, the award was well deserved.



*Willi Sawall, Fraser Saunder, Tim Erickson, Scott Peart, Jorja Tallent, Amelia Hill, Charlotte MacDonell, Ted Saunder, Lachlan Hill, Riannah Tatlock, Heath Tatlock, Kaylah Heikkila-Dubowik and Eija Heikkila-Dubowik (photo Kerrie Peart)*

**Daryl Biggin & Sharon Schnyder Founder Cup 3km Handicap**

1.	Fraser Saunder	13:38
2.	Scott Peart	17:36
3.	Tim Erickson	18:25
4.	Kaylah Heikkla-Dubowik	18:36
5.	Rhiannah Tatlock	18:45
6.	Charlotte MacDonell	22:23



**2km Walk**

- 1. Jorja Tallent 16:29

**1km Walk**

- 1. Zahlia Heikkla-Dubowik 6:12
- 2. Lachlan Hill 6:49
- 3. Ted Brennan 6:55
- 4. Amelia Hill 7:38
- 5. Heath Tatlock 8:24

**2019 BRWC End of Season Awards**

Aggregate Awards	Winner	Scott Peart
	Runner up	Fraser Saunder
	Third	Charlotte MacDonell
Encouragement Award		Laura Ballnger
Most Improved Style Award		Scott Peart
Best Club Person Award		Tim Erickson



*Fraser Saunder, Scott Peart, Tim Erickson and Ted Brennan*



*Charlotte MacDonell, Scott Peart, Fraser Saunder, Daryl Biggin, Fraser again and Tim Erickson (all photos Kerrie Peart)*

**VMA TRACK CHAMPIONSHIPS, DOLOMORE RESERVE, MENTONE, SUNDAY 16 FEBRUARY 2020**

The VRWC Summer Season wound up on Sunday morning, with the annual Victorian Masters 5000m Track Championships at Dolomore Reserve in Mentone. Conditions were pretty good apart from a bit of wind early. With 30 Masters walkers (15 men and 15 women) in action, the meet was well supported and the Masters walkers recorded some good times. The women did especially well, with PBs to **Marnie Grace**, **Dee Holohan** and **Rozlyn Walker**, along with first time 5000m walks by **Hsien Chiam** and **Tracy Colbert**. Alas, **Kelly Ruddick** looked like she had produced the walk of the meet with her finish time of 23:06, some 36 secs under the W45 world record, but she had felt poorly during the race and stepped onto the grass interior to recover before returning to the track to complete her race – an automatic disqualification. Hopefully she will take the record in the Victorian T&F Championship walk at the end of the month.

**VMA 5000m Track Championship Women, 8:30AM**

W40	1	Sandra Geisler (F/T)	27:14	
W40	2	Laura McLennan	34:54	
W45	1	Marnie Grace	33:22	PB 0:16
W45	2	Hsien Chiam	36:37	First one
W45	DQ	Kelly Ruddick	DQ	World Athletics Rule 17.6
W50	1	Dee Holohan	30:51	PB 1:00
W50	2	Tracy Colbert	33:41	First one
W55	1	Donna-Marie Elms	31:57	
W55	2	Rozlyn Walker	38:13	PB 1:12
W65	1	Alison Thompson	31:06	
W65	2	Karyn O'Neill	35:03	
W70	1	Heather Carr	31:10	
W70	DQ	Celia Johnson	DQ	
W75	1	Gwen Steed	37:28	
W75	2	Sylvia Machin	39:00	

**VMA 5000m Track Championship Men, 9:15AM**

M45	1	Pramesh Prasad (F/T)	25:17
M50	1	David Smyth	28:38
M55	1	Kevin Cassidy	25:26
M55	2	Simon Evans	27:26
M60	1	Mark Donahoo	28:39
M60	2	Terry O'Neill	31:19
M60	3	Paul Moritz	34:45
M60	4	Chris Worsnop	47:00
M60	DQ	Albin Hess	DQ
M65	1	Frank Prowse	34:10
M65	2	Clyde Riddoch	35:24
M70	1	Andrew Jamieson	27:34
M70	2	Geoff Barrow	36:37
M80	1	Gunther Ilgoutz	36:54
M80	2	Juan Perez	40:56

A small number of our club walkers contested VRWC non-championship races to round out the morning.

**VRWC 10,000m Walk, 10:00AM**

Kathleen O'Mahony	DNF
Charlotte Hay	DNF
Angus Hay	DQ

**VRWC 3000m Walk, 10:00AM**

1.	Joel Imbriano	17:10
2.	Maddison Nash	17:37
3.	Bernie Keirl	18:14

**VRWC 1500m Walk, 10:00AM**

1.	Simon Evans	08:14
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Thanks to all our officials, judges and helpers and well done to all our walkers.

Officials: Tim Erickson, Mark Donahoo  
Lapscorers: Bill Carr, Tony Doran, Barrie Wicks, Colin Thompson, Carolyn Rosenbrock



Judges:  
Photos:

Stuart Cooper (chief), Shane Dickson, Mark O'Mahony, David Cash, Terry O'Neill  
Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/564>)



*Andrew Jamieson, David Smyth, Dee Holohan, Hsien Chiam and Kevin Cassidy*



*Rozlyn Walker, Pramesh Prasad, Sandra Geisler and Tracy Colbert (all photos Terry Swan)*

**SAMA TRACK WALKS, SA ATHLETICS TRACK, MILE END, ADELAIDE, THURSDAY 13 FEBRUARY**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He commented; Warm, sunny evening. Two new SAMA records to myself and I believe a 2000m M55 walk record to **Richard Everson**. Also a 2000m M90 Australian walk record applied for, for **Colin Hainsworth**.

**1500m Walk**

1.	PETER CRUMP	08:21	M59	76.72%
2.	JACK RUSSELL	09:12	M67	75.75%
3.	GIL MCINTOSH	09:38	M69	74.04%
4.	MARIE MAXTED	09:59	W59	68.72%
5.	ROSS HILL-BROWN	11:07	M65	61.30%
6.	LIZ DOWNS	11:09	W64	64.84%



7.	COLIN HAINSWORTH	14:32	M90	67.41%	SAMA M90 Record
8.	DAVID ROBERTSON	15:05	M86	60.36%	

#### 1500m Club Walk

1.	TREVOR BROWN	10:35	M71	69.04%	
2.	DAVE FALLON	10:54	M67	63.93%	
3.	ROGER LOWE	11:45	M76	66.38%	
4.	HELEN SURIDGE	11:51	W68	63.95%	
5.	JAN LAYNG	11:56	W71	66.00%	
6.	GRAHAM HARRISON	12:04	M76	64.64%	
7.	MARGARET MCINTOSH	12:17	W67	60.94%	
8.	JEFFREY KENNETT	15:00	M69	47.55%	

#### 4000m Walk

1.	PETER CRUMP	23:12	M59	76.05%	
2.	JACK RUSSELL	26:11	M67	73.32%	
3.	GIL MCINTOSH	27:18	M69	71.99%	
4.	BRIAN WITTY	29:00	M69	67.77%	
5.	ROSS HILL-BROWN	32:25	M65	57.90%	
6.	DAVID ROBERTSON	35:50	M86	70.38%	

#### 4000m Club Walk

1.	CATHIE HORE	37:13	W69	58.76%	
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#### 2000m Walk

1.	RICHARD EVERSON	09:42	M56	<b>83.01%</b>	SAMA M55 record
2.	TREVOR BROWN	14:19	M71	66.00%	
3.	COLIN HAINSWORTH	19:44	M90	64.36%	SAMA M90 Record

#### 2000m Club Walk

1.	DAVE FALLON	15:35	M67	57.82%	
2.	HELEN SURIDGE	15:46	W68	63.20%	
3.	JAN LAYNG	16:20	W71	63.51%	
4.	MARGARET MCINTOSH	16:53	W67	58.27%	
5.	EDNA BATES	18:24	W67	53.46%	
6.	JEFFREY KENNETT	20:16	M69	45.50%	

### ATHLETICS WA INTERCLUB, WAAS, PERTH, FRIDAY 14 FEBRUARY

Thanks to Terry Jones for this week's results from Perth. It was warm for the Friday evening meet but a great time by **Declan Tingay**.

#### Mixed 5000m Walk

1.	Tingay, Declan	M	19:58.5
2.	Reid, Benjamin	M	23:53.2
3.	Ireland, Hannah	F	29:22.6
4.	Wickham, Reuben	M	30:11.2

### ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 15 FEBRUARY

Thanks to **Kim Mottrom** for this week's results from Adelaide. He commented: Good times today for **Toby Wilks** and **Ruby Langford** (PB) below. I had personally finished a 3km run 12 minutes before this race, so was happy with mine.

#### 5000m Walk

1.	Kim Mottrom	23:05.53
2.	Toby Wilks	24:28.51
3.	Mathew Bruniges	24:51.18
4.	Peter Crump	29:17.68
5.	Ruby Langford	29:34.96
6.	Greg Metha	29:35.52
7.	Mia Wilks	29:40.12
8.	Marie Maxted	33:50.59

### 1500m Walk

1.	Kiera Ross	07:13.54
2.	Sebastian Richards	07:46.65
3.	Hannah Wilks	08:06.41
4.	Katie DeRuvo	09:33.46

## 2020 TASMANIAN AGE T&F CHAMPIONSHIPS, DOMAIN ATHLETIC CENTRE, HOBART, 15-16 FEBRUARY

Thanks to Dave Moore for this week's results from Tasmania. he reports: Day One of our Tasmanian Age Championships saw **William Robertson** line up as the sole entrant in the U20 5000m, only to be denied the Gold medal by having to withdraw due to injury at the 3000m mark. Day Two saw the best of our Walkers Club juniors line up against each other. **Will Bottle** took an early lead and crossed the line in fine style and picked up a new PB as well. 12-year-old **Oliver Morgan** was next to finish, cracking 16 minutes for the first time, this puts him in the upper echelon of performances over the 3000m distance for his age on a national level. **Chloe Ahern** who hadn't raced over 3000m since October, looked very comfortable at his distance and was a deserving winner of her gold medal.

### U14 Men 3000m Walk Championship

1.	Oliver Morgan	OVA	15:46.76	PB
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### U15 Women 3000m Walk Championship

1.	Chloe Ahern	OVA	18:09.22	
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### U16 Men 3000m Walk Championship

1.	Will Bottle	NHC	14:43.50	PB
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### U20 Men 5000m Walk Championship

William Robertson	OVA	DNF
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*Chloe Ahern and Will Bottle (Photos Athletics Tasmania)*

## ACTRWC TRACK WALK ROUNDUP, CANBERRA

Thanks to Phillipa Hargreaves for some catchups from Canberra.

### WODEN PARK, SUNDAY 16 FEBRUARY

#### 10km Walk

1.	Tim Fraser	45:34
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### WODEN PARK, THURSDAY 13 FEBRUARY

#### 5,000m Walk

1.	Mitchell Baker	21.39
2.	Tim Fraser	22.08

**7.5km Walk**

1. Hannah Manning	46:35
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**5km Walk**

1. Miriam McCarty	36:49
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**2.5km Walk**

1. Michael Smith	12:41
2. Lilah Norden	19:20
3. Casey Norden	20:26
4. Ann Staunton-Jugovic	20:26
5. Reo Norden	22:21
6. Jack Norden	23:04

**3,000m Handicap**

1. Peter Baker	17.08
2. Bryan Thomas	22.06
3. Lorena England	27.16

**WODEN PARK, THURSDAY 6 FEBRUARY****1500m Walk**

1. Peter Baker	8.08.06
2. Robert Kennelly	12.53.76
3. Ann Staunton-Jugovic	7.58.50

**7<sup>TH</sup> INDIAN OPEN RACE WALKING CHAMPIONSHIPS, RANCHI, INDIA, 15-16 FEBRUARY**

Emmanuel Tardi was in India last weekend, one of the international racewalking judges at their National Roadwalking Championships in Ranchi in NE India. The races were held on a 1km course near the National Field Hockey Centre and, with cooler temperatures than in southern India, conditions were just about perfect for racewalking. Full results from the two day meet at <https://run.indianathletics.in/race-walking2020/schedule-results/>. Race reports also available from [marciadalmondo](http://marciadalmondo.com) and [omarchador](http://omarchador.com):

- Sun 16 Feb - Ranchi (IND): Sanabam Daman Singh (IND) wins 50km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3723](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3723)
- Sat 15 Feb - Ranchi (IND): Sandeep Kumar and Bhawana Jat new 20km race walk champions  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3720](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3720)
- Mon 17 Feb - Sanabam Singh wins Indian 50km  
<https://omarchador.blogspot.com/2020/02/sanabam-singh-sagra-se-campeao-da-india.html>
- Sun 16 Feb - Bhawana Jat (Indian record) and Sandeep Kumar win Indian 20km titles in Ranchi  
<https://omarchador.blogspot.com/2020/02/bhawana-jat-com-recorde-da-india-e.html>

The 20km races were held early on Saturday morning, with the men getting underway at 6:30AM and the women at 6:40AM. **Sandeep Kumar** went straight to the front in the men's race and was 100m in front by the end of the first lap. He kept this advantage till the end of the race, winning with a time of 1:21:34. He was a bit disappointed that despite his best effort, the Olympic qualification standard was still 34 seconds farther from him. "If I am selected for Asian Championships in Japan next month, I will try to improve the time and try to qualify for Tokyo2020," he said. **KT Irfan**, who was in the bunch trailing **Sandeep Kumar** by a minute at the halfway stage, pulled out, leaving **Rahul** (Haryana), **Vikash Singh** (Delhi) and **Ganapathi Krishnan** (Tamil Nadu) to fight for the second place. It was in the final 3km that Rahul pulled away from Vikash Singh to be able to claim the runner-up slot

The women's 20km was won by **Bhawana Jat**, one of their younger up and coming walkers, with a previous PB of 1:36:16. Her winning time of 1:29:54 confirms her place in the 2020 Olympics. Her time of 1:29:54.00 not only improved Baby Sowmya's National Record time of 1:31:29.00 set in Delhi two year ago but also was six seconds below the Olympic qualification standard laid down by World Athletics. Uttar Pradesh's **Priyanka Goswami** was 36 seconds shy of the qualification mark. The 23-year-old became the first Indian woman athlete to meet the qualifying standard for the Olympic Games in Tokyo later this year. KT Irfan (men's 20km walk), Avinash Sable (3000m steeplechase) and Neeraj Chopra (javelin throw) are the first three Indians to attain qualifying standards for Tokyo 2020.

**MEN 20KM Race Walk**

1. RAHUL .	96	HARYANA	1:21:59
2. VIKASH SINGH	96	DELHI	1:22:27
3. DEVENDER SINGH	83	HARYANA	1:23:17
4. GANPATHI KRISHNAN	89	TAMIL NADU	1:24:04
5. CHANDAN SINGH	87	UTTARAKHAND	1:24:11.
6. EKNATH TURAMBEKAR	98	MAHARASHTRA	1:24:19
7. MANISH RAWAT	91	UTTARAKHAND	1:24:23
8. HARDEEP .	98	HARYANA	1:24:24
9. NAVEEN .	98	HARYANA	1:24:25
10. JUNED .	99	HARYANA	1:25:12
11. AKSHDEEP SINGH	99	PUNJAB	1:26:12
12. DHANANJAY YADAV	98	UTTAR PRADESH	1:26:24
13. KULWANT SINGH	90	PUNJAB	1:26:38



14.	SANDEEP SINGH	97	UTTARAKHAND	1:28:15
15.	SUNIL .	97	HARYANA	1:28:20
16.	DHEERAJ KHATRI	98	HARYANA	1:28:28
17.	ELDHO VARGHESE	98	KERALA	1:28:44
18.	RAVINDER SANDHU	99	HARYANA	1:29:08
19.	KUSHAL SINGH	99	UTTAR PRADESH	1:29:46
20.	SARVJEET PATEL	02	UTTAR PRADESH	1:30:26
21.	SATYANDRA YADAV	96	UTTAR PRADESH	1:30:39
22.	SUDHIR .	98	HARYANA	1:31:07
23.	RAHUL .	00	HARYANA	1:31:29
24.	D.M.I.S.S DUNUKARA	92	SRI LANKA	1:31:58
25.	GIRRAJ MEHTA	99	RAJASTHAN	1:32:32
26.	MD RAHIM UDDIN	87	BANGLADESH	1:32:32
27.	KAMALDEEP .	00	HARYANA	1:32:59
28.	MD NURUZZAMAN	88	BANGLADESH	1:33:33
29.	ANKIT KUMAR	92	UTTAR PRADESH	1:33:43
30.	NAVEEN .	99	HARYANA	1:36:53
31.	SANPREET SINGH	98	PUNJAB	1:37:23
32.	NARESH KUMAR	00	RAJASTHAN	1:37:24
33.	MANISH .	03	HARYANA	1:37:29
34.	VIKEY .	00	HARYANA	1:42:00
	SAHIL .	99	HARYANA	DQ
	KARAN RATHI	95	HARYANA	DQ
	DEEPAK BHARDWAJ	00	HARYANA	DQ
	MANOJ JANGID	97	RAJASTHAN	DNF
	IRFAN KT	90	KERALA	DNF
	SK MAIDUL ISLAM	93	WEST BENGAL	DNF
	RAHUL .	99	HARYANA	DNF
	PANUCHA KESHRABHAI	78	GUJARAT	DNF
	SUNIL VISHWAKARMA	98	UTTAR PRADESH	DNF
	G. SHAMILA CHANDIKA	94	SRI LANKA	DNF
	DEEPAK KUMAR	92	PUNJAB	DNF

#### WOMEN 20KM Race Walk

1.	BHAWANA JAT	96	RAJASTHAN	1:29:54
2.	PRIYANKA GOSWAMI	96	UTTAR PRADESH	1:31:36
3.	KARAMJIT KAUR	91	PUNJAB	1:33:41
4.	RAVINA .	97	HARYANA	1:34:12
5.	SONAL SUKHWAL	98	RAJASTHAN	1:37:27
6.	RAKHI KUSHBALA	97	UTTAR PRADESH	1:40:05
7.	PRIYANKA PATEL	98	UTTAR PRADESH	1:41:05
8.	RAMANDEEP KAUR	99	PUNJAB	1:42:07
9.	SHANTI KUMARI	94	PUNJAB	1:43:35
10.	MANJU .	99	PUNJAB	1:47:02
11.	POOJA .	98	PUNJAB	1:47:29
12.	SUVARNA KAPSE	99	MAHARASHTRA	1:55:35
13.	P.B GAYANI	94	SRI LANKA	2:01:26
	ANNU BUDHWAR	99	HARYANA	DNF
	KRISHNA KUNDU	98	WEST BENGAL	DNF
	VANDANA GOPI CHANDRA	97	UTTAR PRADESH	DNF
	BANDANA PATEL	98	UTTAR PRADESH	DNF

The 50km (men) and the U20 10km (men and women) were held on Sunday, with the 50km starting in the semi darkness at 6AM. The pack was still together when the group passed the 5km mark (24:20) but it broke up soon after, with **Sanabam Singh** and **Gurpreet Singh** leading from then on. Sanabam broke clear at the 40km mark and was 300m in front by the 43km mark. Gurpreet then fought back and had reduced the deficit to 20m by 46km. Alas, that was as close as he got, and Sanabam going away again to win by just over 90 secs with 4:08:10. Conditions heated up in the second half of the race, leading to a lot of DNFs. The DNFs included Kailash who failed to finish within the cutoff time of 4:56:00.

#### MEN 50KM Race Walk

1.	SANABAM SINGH	89	MANIPUR	4:08:10
2.	GURPREET SINGH	84	PUNJAB	4:09:44
3.	ANJANI SINGH	93	UTTAR PRADESH	4:22:37
4.	RAM BABOO	99	UTTAR PRADESH	4:35:18
5.	ANAND SIROHI	00	HARYANA	4:42:12
	SAGAR JOSHI	87	GUJARAT	DNF

KAILASH YADAV	94	RAJASTHAN	DNF
ANIL KUMAR	88	RAJASTHAN	DNF
VISHNU SHARMA	97	RAJASTHAN	DNF
JITENDRA RATHORE	89	RAJASTHAN	DNF
RESHAM MIDHUN	87	TELANGANA	DNF
AMIT MISHRA	94	UTTARAKHAND	DNF

The U20 10km races saw strong fields, with **Amit** and **Paramjeet Bisht** staging a great battle in the men's race. They raced side by side for 7km before Amit broke away, finishing with a new national record of 40:28.

#### U20 BOYS 10KM Race Walk (37 finishers)

1. AMIT .	03	HARYANA	40:28
2. PARAMJEET BISHT	02	UTTARAKHAND	41:02
3. PARVEEN KUMAR	00	HARYANA	41:21
4. VISHVENDRA SINGH	02	MADHYA PRADESH	41:30
5. SANJAY KUMAR	01	RAJASTHAN	42:13
6. BAJARANGI PRAJAPATI	03	UTTAR PRADESH	42:33
7. MUKESH KUMAR	01	UTTARAKHAND	44:10
8. SACHIN BOHRA	03	UTTARAKHAND	44:16
9. SAHIL .	01	HARYANA	44:23
10. GAJENDRA NEGI	04	UTTARAKHAND	44:49

#### U20 GIRLS 10KM Race Walk (23 finishers)

1. MUNITA PRAJAPATI	02	UTTAR PRADESH	50:15
2. BALJEET BAJWA	02	PUNJAB	50:31
3. ROJI PATEL	01	UTTARAKHAND	51:11
4. MANSI NEGI	03	UTTARAKHAND	51:34
5. JASLEEN .	01	PUNJAB	53:32
6. MONIKA .	02	HARYANA	54:27
7. KOMAL PAL	03	UTTAR PRADESH	54:34
8. RACHANA .	03	HARYANA	54:36
9. RUBBY DEVI	03	PUNJAB	54:51
10. SNEHA .	00	HARYANA	54:53



Left: 20km winners Sandeep Kumar and Bhawana Jat  
Right: International judges Orsolya Gruber HUN, José Ganso (POR) and Emmanuel Tardi (FRA) (photos Emmanuel Tardi)



*Sandeep Kumar wins the 20km*



*The 50km field waits in the semi darkness for race start*

India has now announced the selection of 13 walkers to contest the Asian Race Walking Championships in Nomi (JPN). See further details at [http://www.marciadalmondo.com/eng/dettaqli\\_news.aspx?id=3729](http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=3729).

**103<sup>RD</sup> JAPANESE NATIONAL 20KM WALK CHAMPIONSHIPS, KOBE, JAPAN, SUNDAY 16 FEBRUARY**

The highly anticipated Japanese 20km Roadwalk Championships were held last Sunday in Kobe. It was even more interesting than usual with Swedish Champion and Doha bronze medallist **Perseus Karlstrom** announcing earlier in the week that he was going to have a go at the 20km world record. I know a lot of Australians were glued to the live feed on Sunday morning to see how he went. Alas, it was a good walk but just not sharp enough to beat all the Japanese. Persy fell a bit short of his own high expectations, finishing third with a time of 1:19:34 (still not too shabby in anyone's books).

He commented on social media post event:

*I gave it a crack, but conditions was not on my side today, strong winds made it difficult for super fast times. Instead I provided shelter and dragged along some of the best walkers in the world, not great tactics. Realizing the world record was not going to happen, I changed my race plan to race the race after 6km, but after 8km things unfortunately changed fast. Severe breathing problems made the remaining laps a fight with myself to push the limits of my asthma condition and despite disappointed I couldn't challenge World Champion Yamanishi @yamanishi0 for the win, a sub 1h20min performance is not bad! Until the next one.*



*Perseus lead the pack early in the 20km in Kobe*



The meet was well reported by both marciadalmondo and omarchador.blogspot.com

- Sun 16 Feb - Kobe (JPN): World mark for Toshikazu Yamanishi (1:17:36)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3722](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3722)
- Mon 17 Feb - Yamanishi and Okada dominate 20 km in Kobe, Japan  
<https://omarchador.blogspot.com/2020/02/yamanishi-e-okada-dominam-20-km-em-kobe.html>

Time precludes a more thorough report of the meet. For the record, the leading times were as follows

#### 20km Men

1.	Toshikazu Yamanishi	JPN	1:17:36	
2.	Koki Ikeda	JPN	1:19:07	
3.	Perseus Karlstrom	SWE	1:19:34	
4.	Eiki Takahashi	JPN	1:19:53	2 Mins in Penalty Zone
5.	Isamu Fujisawa	JPN	1:20:15	
6.	Tomohiro Noda	JPN	1:20:26	2 Mins in Penalty Zone
7.	Hirooki Arai	JPN	1:20:32	
8.	Satoshi Maruo	JPN	1:20:41	

#### 20km Women

1.	OKADA Kumiko	JPN	1:29:56	
2.	KAWAZOE Kaori	JPN	1:33:15	
3.	HAYASHI Nami	JPN	1:35:10	
4.	SONODA Serena	JPN	1:35:21	
5.	MICHIGUCHI Ai	JPN	1:36:36	
6.	GONZALEZ MONJARREZ Nadia Lizeth	MEX	1:37:02	
7.	KUMAGAI Nami	JPN	1:37:43	
8.	TODOKORO Chisa	JPN	1:39:08	

### OUT AND ABOUT

- The suspension of anti-doping testing in China as a result of measures imposed to help contain and control the spread of the Corona COVID-19 virus enters its third week tomorrow amid concerns over fairness heading into the Tokyo 2020 Olympic Games. Testing by Chinada, the Chinese anti-doping agency, was halted on February 3. The suspension of testing could be in place for weeks, if not months leading into the Olympic Games set to get underway on July 24. On top of that, many international sports events, including test events for the Olympics, have been cancelled. we are heading into what may be a very uncertain year for world sport. See <https://www.swimmingworldmagazine.com/news/halt-to-anti-doping-testing-in-china-over-corona-crisis-raises-concern/>.
- The Tokyo Marathon on 1<sup>st</sup> March is the latest casualty. Now that cases of COVID-19 has been confirmed within Tokyo, the local organisers have all but cancelled the event, restricting it to only marathon elites and the wheelchair elites. See [https://www.marathon.tokyo/en/news/detail/news\\_001576.html](https://www.marathon.tokyo/en/news/detail/news_001576.html).

### MARCIADALMONDO ROUNDUP

Marciadalmondo had 15 press releases this week, with lots of additional results. See in particular 3727 (Spanish 50km), 3728 (Copa do Brasil de Marcha), 3725 (Turkish Champs), 3724 (USA Indoor Titles) and 3721 (Italian U18 Indoors).

Tue 18 Feb - India selects 13 athletes for the 20km Asian Race Walking Championships in Nomi (JPN)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3729](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3729)

- Mon 17 Feb - Recife (BRA): Caio Bonfim and Erica de Sena win the Copa do Brasil de Marcha  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3728](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3728)
- Mon 17 Feb - Torreviejas (ESP): Smolonskis wins, Ivan Pajuelo and Mar Juárez win Spanish 50km titles  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3727](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3727)
- Sun 16 Feb - CAS reduces the suspension of Russian race walker Alexander Ivanov to two years  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3726](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3726)
- Sun 16 Feb - Antalya (TUR) - Victories of Salih Korkmaz (TUR) and Olena Sobchuck (UKR)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3725](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3725)

- Sun 16 Feb - Albuquerque (USA): Nick Christie and Robyn Stevens wins USATF Indoor Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3724](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3724)
- Sun 16 Feb - Ranchi (IND): Sanabam Daman Singh (IND) wins 50km [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3723](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3723)
- Sun 16 Feb - Kobe (JPN): World mark for Toshikazu Yamanishi (1:17:36) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3722](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3722)
- Sat 15 Feb - Ancona (ITA) - Giada Traina and Nicola Lomuscio win Italian U18 indoor Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3721](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3721)
- Sat 15 Feb - Ranchi (IND): Sandeep Kumar and Bhawana Jat new 20km race walk champions [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3720](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3720)
- Fri 14 Feb - Will the new Kobe circuit enter history? [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3719](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3719)
- Thu 13 Feb - Preview: Antalya (TUR): many stars at the 20km Turkish championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3718](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3718)
- Wed 12 Feb - Preview: Ancona (ITA) - Italian U18 Indoor Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3717](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3717)
- Tue 12 Feb - Athletes section: updating of the best male walkers for 2019 (third and last part update) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3716](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3716)
- Mon 11 Feb - Kobe (JPN): Perseus Karlstrom attempts to break Yusuke Suzuki's world record (1:16:36) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3715](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3715)

Omarchador also had lots of releases. Some of the more interesting included

- Mon 17 Feb - Results of Portuguese U20 Indoor Walk Championships <https://omarchador.blogspot.com/2020/02/nacionais-de-sub-20-em-pista-coberta.html>
- Mon 17 Feb - Yamanishi and Okada dominate 20 km in Kobe, Japan <https://omarchador.blogspot.com/2020/02/yamanishi-e-okada-dominam-20-km-em-kobe.html>
- Mon 17 Feb - Sanabam Singh wins Indian 50km <https://omarchador.blogspot.com/2020/02/sanabam-singh-sagra-se-campeao-da-india.html>
- Sun 16 Feb - Bhawana Jat (Indian record) and Sandeep Kumar win Indian 20km titles in Ranchi <https://omarchador.blogspot.com/2020/02/bhawana-jat-com-recorde-da-india-e.html>
- Sun 16 Feb - Preview of Sunday's International Festival of Patras (Greece) <https://omarchador.blogspot.com/2020/02/festival-internacional-de-patras-grecia.html>
- Fri 14 Feb - Results of Bolivian Walk Championships in Tarija <https://omarchador.blogspot.com/2020/02/campeonatos-de-marcha-da-bolivia-em.html>

#### **KATIE HAYWARD JOINS ALANA BARBER FOR A NZ TRAINING BLOCK.**

Thanks to NZ walker Alana Barber for this nice little informational piece and associated photos.

As you are aware I have the pleasure of Katie Hayward staying and training with me for 2 weeks in Auckland. I am usually the one travelling the world staying with others. It is great to be able to show Katie around my hometown and local favourite training spots. We have recovered well after Adelaide and got straight into quality training. Also Jason Kozica has been joining us for a few sessions. He is travelling back and forward from Melbourne while completing a research project in behavioural psychology at the Auckland University.

Today we had 'Beat Alana' which is a frequent event put on by Racewalking Auckland. Competitors choose a distance and are given a handicap with the aim of beating me to the finish line. It is a fun way to encourage people of all ages and abilities.



*Left: Racewalking Auckland had the honor of having Katie Hayward and Jason Kozica at the Beat Alana event  
 Centre: Alana Barber, Katie Hayward and Jason Kozica training at Blackpool, Waiheke Island, just off Auckland  
 Right: Post training drinks at Cable Bay Vineyard, Waiheke Island (all photos Alana Barber)*

**SHORT PROFILE OF ENGLISH WALKER MARK EASTON**

Regular readers of this newsletter will recognise Mark Eastman's name as his photos are regularly featured in many of the English race reports I publish. This short informational piece was published in this month's Enfield Walker newsletter, put out by Ron Wallwork. Great bit of info there Ron!



*Mark Eastman in action in days past (photo Enfield Walker)*

Many of the photographs used in the Enfield Walker and indeed national magazines like Athletic Weekly are those taken by Mark Easton: <https://markeaston.zenfolio.com/>. However, before taking up the camera, he was for almost fifteen years one of the country's top walkers. In the years spanning 1985 and 1999 he won 18 national titles and finished in the first three 20 times. He gained 15 international vests including four for Commonwealth Games and one for the European championships.

Mark's best times illustrate his wide range of ability: 3km 11.24, 5km 20.01, 10km 41.14, One Hour 14.158m, 20km 84.04, 30km 2,13,33 50km 4.03.53 along with six other performances under 4.10.00. He also came out of retirement in 2003 to take part in and win the Centenary London to Brighton (53 miles) in 8.06.15 which was the last ever staged.



Still contributing to the sport in which he excelled, Mark is the current Hon Treasurer of the RWA, so whether anyone requires an action photograph or would like to join the RWA 200 Club, Mark Easton is the man to see!

(The statistics used in this short piece have been gleaned from the NUTS booklet 16 entitled WALKS which was compiled by John Powell and Peter Matthews. In my opinion the booklet is a must have for followers of the discipline. Details from the NUTS website or [p.matthews121@btinternet.com](mailto:p.matthews121@btinternet.com))

## 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 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, Glenhantly
Mar 14-15, 2020	LAVIC State T&F Championships, Casey Fields
Mar 14-15, 2020	Victorian Masters,T&F Championships, Bendigo
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra\
Apr 18-19, 2020	Australian Centurions 24 Hour Qualifying Walk, Coburg, Victoria
Apr 25 (Sat), 2020	VRWC Winter Season Roadwalks at Middle Park (Season Opener)
Jun 7 (Sun), 2020	54 <sup>th</sup> LBG Racewalking Carnival, Canberra
Aug 30 (Sun), 2020	Australian Masters 20km Championships, Adelaide
Aug/Sept, 2020	Australian Roadwalk Championships, Tasmania (venue and date to be confirmed by AA)

### International Dates

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 <sup>th</sup> 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 11-12, 2020	Taiwan Veterans Spring Meet, Tainan Municipal Stadium, Tainan
Apr 18 (Sat), 2020	International Race Walk Meeting, Zaniemysl, Poland
May, 2-3, 2020	<b>29<sup>th</sup> World Athletics Race Walking Team Championships</b> , Minsk, Belarus See <a href="https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships">https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships</a>
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany (20km men and women)
May 30 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Jun 5 (Fri), 2020	46 <sup>th</sup> International RW Festival, Alytus, Lithuania
Jun 14 (Sun), 2020	Polish National Championships, Mielec, Poland
July 17-20, 2020	<b>18<sup>th</sup> World Athletics U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
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	<b>Oceania Masters Championships</b> , Norfolk Island
Apr 6-13, 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 8-19, 2021	<b>World University Summer Games</b> , Chengdu, China
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> World Athletics Championships</b> , Eugene, USA

July 27 - Aug 7, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.
Aug 7-17, 2022	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden

Aug 2023 (TBC)	<b>19<sup>th</sup> World Athletics Championships</b> , Budapest, Hungary
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Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496

Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)