



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2019/2020 Number 23  
Tuesday 3 March 2020

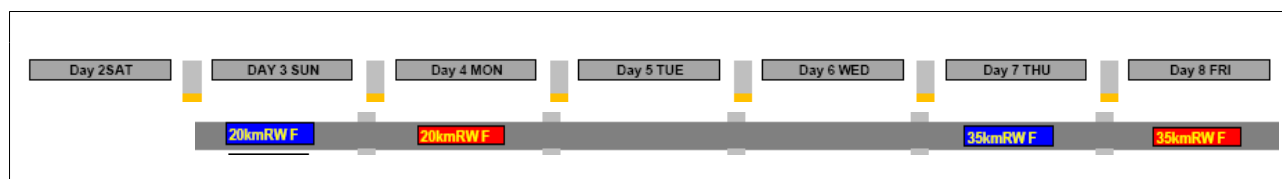


### VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: *RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*  
Telephone: 03 9817 3503  
Hours: Monday to Friday: 9:30am to 5:30pm  
Saturday: 9:00am to 3:00pm  
Website: <http://www.runnersworld.com.au>  
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

### IS THIS THE END OF THE ROAD FOR THE 50KM WALK?

It's not yet been released to the general public but a draft timetable for the 2021 World Athletics Championships, to be held in Eugene, Oregon, on 6-15 August 2021 shows that the 50km is to be replaced by a 35km walk. Here is the program cut and paste which shows the women's 20km on Day 3, the men's 20km on Day 4, the women's 35km on Day 7 and the men's 35km on Day 8.



No consultation has been held with the wider walking community and, in my opinion, no proper analysis of the implications of this change have been done. My comments are as follows

- This move is contrary to the press release issued by the IAAF at the Council meeting at Doha. That press release read

Council specifically agreed with the importance of:

- maintaining a 4-medal discipline and gender equity with two men's and two women's events at all major international competition
- continuing to prioritise investment in and development of the Race Walking Electronic Control System (i.e. the electronic chip insole technology)
- testing and validating the technology in competition during 2020
- roll out of two of the following events: 10km, 20km, 30km or 35km from 2022.

Specifically it promised no changes until 2022 (see <https://www.worldathletics.org/news/press-release/council-march-2019-doha-race-walk-diamond-lea>). As an aside, it also promised testing and validation of the electronic chip insole technology during competition in 2020. That's obviously not going to happen!

- The two new distances, 20km and 35km are very similar from a physiological perspective, both favouring a speed walker over an endurance walker. The 50km specialist will no longer have any avenue to practice his discipline at World Championship level. The best 20km walker is going to be the best 35km walker. The difference between the two events is not substantial enough to allow proper differentiation. With 4 days between the 20km and 35km walks, I predict that the 20km medallists are almost certainly going to also stand atop the 35km podiums. What scientific analysis, if any, has World Athletics undertaken to validate these this change? I have not seen any publications that even address this issue.
- The 50km event will now disappear from all major championships. Take for instance the Australian scenario where the Australian 50km championships have been held annually each December at Fawkner Park in Melbourne. I assume that this will be changed to an Australian 35km Championship meet in December 2020, so that the 35km races done there can be billed as our 2021 World Championships trial. The same will happen in other countries. Major walks meets like Dudince, which feature the 50km as a blue riband event, will also be forced to change to 35km. Alas, long live the 50km which is now officially dead.

It has been a long battle which started way back in January 2012 when Erin Taylor-Talcott gained permission to compete in the USA men's 50km Olympic Trial. She had bettered the trial qualifying standard of 4:45:00 (she had walked 4:41:36). The only catch was that she had to compete by Invitation since there was no women's 50km in the 2012 Olympics and the men's 50km was just that - an event exclusively for men.

From there, the impetus grew to include women in the 50km event and to grow the discipline and rid athletics of an obvious case of gender discrimination.

I have documented this 8 year battle on my VRWC website at <http://www.vrwc.org.au/save-the-50km.shtml>. Much of it needed the legal redress of USA Attorney at Law **Paul F. DeMeester** who took the fight to the various world athletics powers, taking most of the issues all the way to the Court of Arbitration in Sport.

Sadly, we also had to fight the IAAF Race Walking Committee who were perhaps our strongest opponent in this whole issue. They stand condemned for their actions.

We have had some famous victories which include

- The inclusion of Erin Taylor-Talcott in the men's 2016 IAAF World Race Walking Cup 50km in Rome
- The granting of World Record status to the women's 50km, with Ines Henriques the inaugural world record holder
- The inclusion of a women's 50km race in the 2017 IAAF World Athletics Championships in London
- The inclusion of a women's 50km race in the 2018 IAAF Race Walking World Teams Championships in Taicang
- The inclusion of a women's 50km race in the 2019 European Athletics Championships in Berlin
- The inclusion of a women's 50km race in the 2019 World Athletics Championships in Doha
- The inclusion of a women's 50km race in the 2020 World Athletics Race Walking Teams Championships in Minsk

If the 50km does now disappear from the international stage, we can all be proud, knowing that we have given our female walkers 4 years of enhanced competition and knowing that we have forced World Athletics to treat female racewalkers in the same way they treat their male counterparts.

Sadly, the IOC has shown that it is still stuck in the past. But are we really surprised!

Personally, I clearly stated my position some years ago. When the 50km disappears from competition, I will retire from the sport. That looks like being after the 2020 Olympics. Enjoy my newsletter while it still comes each week. The countdown is on.

#### WALKER OF THE WEEK

My Walkers of the Week are **Will Thompson** and **Corey Dickson**. These two talented young 17 year olds from Melbourne battled it out in the Victorian U20 5000m Track Championship last Friday evening at Lakeside Stadium in Melbourne. On this occasion, it was Will who won out, **21:29.00** to **21:32.32**. PBs to both lads and it took a final 300m sprint to separate them. Great stuff!



*Corey and Will last Friday evening at Lakeside Stadium (photo Wayne Peart)*

## WHAT'S COMING UP

- Weekend 2 of the **Victorian Junior and Open T&F Championships** continues this coming Saturday and Sunday at the the Duncan McKinnen Reserve, Corner North Road and Murrumbeena Road, Murrumbeena. More info at <http://athsvic.org.au/2020/generalnews/2020-victorian-track-field-championships-weekend-2/>. The walks timetable reads as follows

Saturday 7 March	9AM	5000m Walk Open Men and Women
Saturday 7 March	10:15AM	3000m Walks U14-U16 Boys and Girls

While lots is going on from a local perspective, things are not so rosy overseas, with a number of international races being cancelled. Marciadalmondo reports (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3746](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3746)) the postponment or cancellation of the following three major events

Sun 1 <sup>st</sup> March 2020	Italian 50km Championships, Bergamo (50km, 35km, 20km)
Sun 8 <sup>th</sup> March 2020	Lugano Trophy - Memorial Mario Albisetti Lugano SUI (20km)
Sun 15 <sup>th</sup> March 2020	Chinese Winter Walk Championships, Huangshan (50km, 20km)

The 44<sup>th</sup> All-Japan Racewalking Meet at Nomi (which includes the Asian 20km championships) has also been effected. It was due to be held next Sunday 15<sup>th</sup> March. Initially it was going to be partially effected, with the venue changed to a 1km course and the underage races (10km, 5km and 3km) cancelled. Yesterday, things escalated drastically, with the entire meet being cancelled. Here's the press release. It makes for interesting reading.



The whole racewalking year looks likely to be turned on its head if the Coronavirus issue continues to escalate. The best laid plans of walkers are being thrown into disarray.

**VIC JUNIOR AND OPEN T&F CHAMPS WEEKEND 1, LAKESIDE STADIUM, ALBERT PARK, FEB 28 – MAR 1**

Conditions were just about perfect for the Friday evening U17-U20 5000m racewalks on Weekend One of the Victorian T&F Championships at Lakeside Stadium in Albert Park, Melbourne. 15 year old **Fraser Saunder** led them out but it was soon a battle between 17 year olds **Will Thompson** and **Corey Dickson**. On this occasion, it was Will who won out, 21:29.00 to 21:32.32, PBs to both lads. **Heath Beveridge** (22:48.78) and **Fraser Saunder** (23:04.76) were next home, also in PBs while **Nikola Mandic** was just outside his PB with 23:12.63. **Alanna Peart** led the girls home with 23:26.89, ahead of **Jemma Peart** (24:57.52) and **Charlotte Hay** (25:26.73).

**U20 5000m Walk Men**

1.	Will Thompson	MPA	21:29.00	PB 0:29
2.	Corey Dickson	KNA	21:32.32	PB 0:07

**U20 5000m Walk Women**

1.	Jemma Peart	BYC	24:57.52	
2.	Holly Cocking	ANW	28:23.39	
3.	Kathleen O'Mahony	KNA	31:12.63	

**U18 5000m Walk Men**

1.	Heath Beveridge	WES	22:48.78	PB 0:16
2.	Nikola Mandic	CCA	23:12.92	
	Angus Hay	KNA	DQ	

**U18 5000m Walk Women**

1.	Alanna Peart	BYC	23:26.89	
2.	Charlotte Hay	KNA	25:26.73	
3.	Grace Louey	KNA	29:13.04	PB 0:13

**U17 5000m Walk Men**

1.	Fraser Saunder	BYC	23:04.76	PB 0:39
2.	Liam McLennan	DAC	27:14.39	First one
3.	Owen Costin	CHI	28:56.96	

**U17 5000m Walk Women**

1.	Jade Chitty	WES	32:17.21	First one
----	-------------	-----	----------	-----------

The Championships continue next weekend at the Duncan McKinnen Athletics Track in Murrumbidgee, with the Open 5000m and the U14-U16 3000m walks on Saturday morning.

Thanks to Wayne Peart for the following great pics.



*Fraser Saunder leads the field out*



*Corey Dickson and Will Thompson lead at the business end of the race*





*Alanna Peart, Nikola Mandic, Heath Beveridge, Holly Cocking, Jemma Peart and Kathleen O'Mahony*



*Jade Chitty, Nikola Mandic, Heath Beveridge, Charlotte Hay, Alanna Peart, Grace Louey, Liam McLennan, Fraser Saunderson and Owen Costin (all photos from Wayne Peart)*

**SAMA TRACK WALKS, SAATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 26 FEBRUARY**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. **George White** and **Richard Everson** were the standouts.

**1000m Walk**

1.	RICHARD EVERSON	04:33	M56	<b>88.71%</b>
2.	GEORGE WHITE	05:36	M74	<b>87.84%</b>
3.	JACK RUSSELL	05:38	M67	<b>80.17%</b>
4.	MARIE MAXTED	06:03	W59	73.83%
5.	MATTHEW LOVELL	06:23	M54	62.09%
6.	GIL MCINTOSH	06:43	M69	68.82%
7.	TREVOR BROWN	06:54	M71	68.62%
8.	DAVID ROBERTSON	09:12	M86	64.01%

**1000m Club Walk**

1.	MALCOLM TIGGEMAN	07:28	M67	60.48%
2.	GRAHAM HARRISON	07:35	M76	66.62%
3.	ROGER LOWE	07:46	M76	65.05%

4.	JAN LAYNG	07:47	W71	65.50%
5.	MARGARET MCINTOSH	07:48	W67	62.25%
6.	VALMAI PADGET	08:06	W75	66.44%

#### 3000m Walk

1.	GEORGE WHITE	18:07	M74	<b>85.49%</b>
2.	JACK RUSSELL	18:37	M67	76.32%
3.	MARIE MAXTED	19:44	W59	72.06%
4.	GIL MCINTOSH	19:52	M69	73.21%

#### 3000m Club Walk

1.	BRIAN WITTY	21:24	M69	67.96%
2.	TREVOR BROWN	21:25	M71	69.58%
3.	GRAHAM HARRISON	23:08	M76	68.80%
4.	JAN LAYNG	24:02	W71	68.68%
5.	MARGARET MCINTOSH	24:10	W67	64.65%
6.	VALMAI PADGET	24:39	W75	71.18%
7.	ROGER LOWE	27:13	M76	58.48%
8.	EDNA BATES	27:38	W67	56.54%
9.	JEFFREY KENNETT	30:03	M69	48.40%

### ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 27 FEBRUARY

Thanks to Val Chesterton for the latest results from Canberra.

#### 3000m Walk

1.	Hannah Manning	16:00
2.	Bryan Thomas	22:43
3.	Jennifer Gilchrist	24:50
4.	Harry Baker	25:05
5.	Ella Baker	25:08
6.	Sheryl Greathead	25:13
7.	Lorna England	26:34
8.	Robert Kennelly	27:48
9.	Lauren Watt	27:49

#### 1000m Walk

1.	Eloise Smith	06:51
2.	Jim White	07:23

### ATHLETICS SA T&F CHAMPIONSHIPS, SA ATHLETICS TRACK, MILE END, ADELAIDE, 29 FEB - 1 MAR

Thanks to Kim Mottrom for the results of the South Australian T&F Championships. Friday evening saw the Open 5000m walks, along with U17-U20 5000m walks and U14-U16 3000m walks. 19 year old **Tristan Camilleri** was the standout with 20:59.16, a 312 sec PB in the 5000m Walk. 17 year old **Olivia Sandery** also walked excellently for her 5000m PB time of 24:13.96.

#### Open Men 5000m

1.	Tristan Camilleri	20:59.16	PB 0:31
----	-------------------	----------	---------

#### O35 Men 5000m

1.	Kim Mottrom	22:20.75
----	-------------	----------

#### O50 Men 5000m

1.	Richard Everson	26:23.92
2.	Greg Metha	29:45.26
3.	Ross Hill-Brown	40:24.86

#### U20 Men 5000m

1.	Mathew Bruniges	24:21.59
----	-----------------	----------

<b>U18 Women 5000m</b>			
1.	Olivia Sandery	24:13.96	PB 0:25
<b>U17 Girls 5000m</b>			
1.	Ruby Langford	30:05.25	
<b>U16 Girls 3000m</b>			
1.	Kiera Ross	15:21.41	
2.	Nellie Langford	17:27.14	
<b>U15 Boys 3000m</b>			
1.	Anthony Tana	17:29.13	
<b>U15 Girls 3000m</b>			
1.	Daisy Braithwaite	15:35.68	PB
<b>U14 Girls 3000m</b>			
1.	Katie DeRuvo	17:40.24	
<b>U14 Boys 3000m</b>			
1.	Sebastian Richards	15:36.02	PB
2.	Zayden Kamish	18:33.86	

More walks were on the agenda on Sunday morning, with **Tristan Camilleri** (44:17.88) and **Kim Mottrom** (46:19.78) the fastest men again and **Olivia Sandery** (51:16.44) the fastest woman.

<b>Open Men 10,000m</b>			
1.	Tristan Camilleri	44:17.88	
2.	Alix Harlington	49:19.70	PB 2:22
<b>Open Women 10,000m</b>			
1.	Anna Cross	52:16.73	
2.	Kristie Goznic	53:10.58	
<b>U20 Men 10,000m</b>			
1.	Mathew Bruniges	51:13.36	
<b>U20 Women 10,000m</b>			
1.	Olivia Sandery	51:16.44	PB 1:11
<b>O35 Men 10,000m</b>			
1.	Kim Mottrom	46:19.78	
<b>O50 Men 10,000m</b>			
1.	Richard Everson	54:26.57	
2.	Greg Metha	62:12.22	
3.	Ross Hill-Brown	87:17.72	

<b>AACT 2019 SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 29 FEBRUARY</b>
---

Not many walkers in action in the ACT Summer Series meet in Canberra last Saturday.

<b>3000m Walk</b>			
1.	Toyne, Owen	13	Ginninderra 17:37.0
<b>1500m Walk</b>			
1.	Smith, Casey	16	New South Wales 9:16.1

**SOPAC ALL COMERS MEET, SOPAC, SYDNEY, SATURDAY 29 FEBRUARY**

To NSW where another very small walks field lined up for the 3000m walk in Sydney.

**3000m Walk**

1.	Boughton, Milly	14	Randwick Bot	14:55.30
2.	Lamb, Chloe	13	Sydney Pacific	15:49.31
3.	Stojanovic, Maris	14	Westfields	16:38.16
4.	Horton, Jai	14	Westfields	16:59.18
5.	Cassilles, Ciara	13	Westfields	19:33.56

**WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 1 MARCH**

Thanks to Terry Jones who commented: This was the last of our WARWC summer events, but there is one more race at WAAS yet to come. Our winter program will be published later this month, with events to commence on the first Sunday in May and end at the end of August.

**10km Walk**

	Ben Reid	DNF
	Brad Mann	DNF
	Andrew Duncan	DNF
	Karyn Tolardo	DNF

**5km Walk**

1.	Glenys Duncan	46.20
----	---------------	-------

**3km Walk**

1.	Sylvia Byers	27.05
2.	Coral McCooley	28.47

**1.5km Walk**

1.	Brad Mann	7.34
2.	Alexandra Griffin	7.40
3.	Karyn Tolardo	9.02
4.	Steve Travell	12.33
5.	Coral McCooley	13.17

**QMA T&F MEET, SAF, BRISBANE, SATURDAY 29 FEBRUARY**

**3000m Walk**

1.	Bennett, Peter	M64	Qma Brisbane	16:56.11	77.87%
2.	Stuckey, Jennifer	W55	Qma Brisbane	20:53.99	65.34%
3.	Kirwin, Roslyn	W31	Qma Brisbane	23:14.44	49.84%
4.	Wojcieszuk-Szuba,	W67	Unattached	23:20.39	65.27%
5.	Sela, Patrick	M80	Qma Gold Coa	23:40.89	71.25%
6.	McKinven, Noela	W77	Qma Brisbane	25:10.92	69.67%

**TASMANIAN OPEN AND MASTERS T&F CHAMPIONSHIPS, DOMAIN ATHLETICS CENTRE, HOBART, 28-29 FEB**

Thanks to Dave Moore who reports from Tasmania:

The first event of the Tasmanian T&F Championships to be decided was the Open 5000m Walk on Friday evening just gone. **William Robertson** and **Elizabeth Leitch** faced yet another race dominated by strong blustery conditions. William breezed through the 5000m with a performance at the upper end of his capabilities, while Elizabeth put her best foot forward and did a season best time to secure her gold medal. Similar conditions prevailed for the Masters 1500m Walk Championship held on Saturday Afternoon. **Elizabeth Leitch** led from the start and finished well ahead of the rest of the field. Our oldest Walker, **Wayne Fletcher**, put in a solid performance to cross the line in second place, leaving Dave Moore to close out the event in third place.

**Open Mens 5000m Walk Championship**

1.	William Robertson	23:14.79
----	-------------------	----------



### Open Women 5000m Walk Championship

1. Elizabeth Leitch 33:30.91

### Masters 1500m Walk Championship

1. Elizabeth Leitch 9:43.84 (1st W65)
2. Wayne Fletcher 12:05.00 (1st M70)
3. Dave Moore 14:40.79 (1st M60)



William Robertson, Elizabeth Leitch, Wayne Fletcher and Dave Moore (Photos Amanda Robertson and Paul Leitch)

### MOLLY BARNETT OPEN, COVENTRY UNIVERSITY, COVENTRY, SUNDAY 1 MARCH

Thanks to Mark Wall for passing on the results of the Molly Barnett Open, which included the England Athletics Roadwalk Championships, held last Sunday afternoon at Coventry University in cold blustery conditions. The penalty zone was used for all races and the walk numbers were large.

England Athletics Roadwalk Championships, which included the Molly Barnett Open, kicked off at 2:25PM. **Tom Bosworth** won as he liked in a new UK 10km record of 39:10, well ahead of **Cam Corbishley** (PB 40:59) and **Tom Partington** (44:43). **Heather Lewis** was first home in the women's 10km with a good 45:14, while the EA title went to **Gemma Bridge** (48:05) after a return from injury.

#### Senior Men 10km Walk

- |    |                    |                     |     |       |
|----|--------------------|---------------------|-----|-------|
| 1. | Tom Bosworth       | Tonbridge A C       | OP  | 39.10 |
| 2. | Cameron Corbishley | Medway & Maidstone  | OP  | 40.59 |
| 3. | Tom Partington     | Manx Harriers       | U23 | 44.43 |
| 4. | Luc Legon          | Bexley AC           | OP  | 46.39 |
| 5. | David Annetts      | North Herts. R R    | V55 | 49.33 |
| 6. | Steve Allen        | Barnet & District   | V45 | 60.28 |
|    | David Fall         | Birchfield Harriers | V75 | DQ    |

#### Senior Women 10km Walk

- |    |                   |                   |     |       |
|----|-------------------|-------------------|-----|-------|
| 1. | Gemma Bridge      | Oxford City A C   | OP  | 48.05 |
| 2. | Abigail Jennings  | AFD               | U23 | 52.26 |
| 3. | Natalie Myers     | 2 DASH            | OP  | 55.38 |
| 4. | Emily Ghose       | Tonbridge A C     | U23 | 57.20 |
| 5. | Jacqueline Benson | Ashford A C       | U23 | 60.21 |
| 6. | Melanie Peddle    | Loughton A C      | V50 | 61.18 |
|    | Maddie Shott      | Belgrave Harriers | OP  | DNF   |

**U20 Men 10km Walk**

1.	George Wilkinson	Enfield & Haringey	U20	46.47
2.	Matthew Crane	Bexley AC	U20	48.19

**U20 Women 10km Walk**

1.	Pagen Spooner	Hyde Park Harriers	U20	56.05
2.	Hannah Hopper	Cambridge H	U20	57.43
3.	Keira Heavey	Northern A C	U20	59.55
4.	Beatrice Fury	Medway & Maidstone	U20	60.46

**MOLLY BARNETT Open 10km Men**

1.	Francisco Reis	Surrey W C	V55	52.18
2.	John Constandinou	Birchfield Harriers	V45	64.11
	Daniel McKerlich	Cardif AC		DNF

**MOLLY BARNETT Open 10km Women**

1.	Heather Lewis	Pembrokeshire Harriers		45.14
2.	Silvana Alves	Barnet & District	V45	57.00
3.	Grazia Manzotti	Tonbridge A C	V	60.18
4.	Agata Kowalska	Hyde Park Harriers	U23	DNF

The above races were preceded earlier in the afternoon by various shorter non-championship races.

**Open Women 5km Walk**

1.	Erika Pontarollo	Hyde Park Harriers		27.46
2.	Julie Bellfield	Halesowen A C		31.25
3.	Lyn Bellfield	Halesowen A C		33.39

**U20 Women 5 km Walk**

1.	Millie Morris	Ashford A C		28.15
2.	Shannon Thomas	Swansea Harriers		31.11

**U17 Boys 5km Walk**

1.	Christian Hopper	Cambridge H		25.10
----	------------------	-------------	--	-------

**U17 Girls 5km Walk**

1.	Mia Dunwell	Northern A C		26.54
2.	Abby Hughes	Taunton A C		27.11
3.	Katy Stringer	Medway & Maidstone		27.11
4.	Lois Carty	AFD		28.24
5.	Abigail Smith	Blackheath and Bromley H		29.55
6.	Charlotte Wallis	AFD		30.44
7.	Georgia Parkinson	Menai T&F		31.30

**U15 Boys 3km Walk**

1.	Ellis Symonds	2DASH		17.38
2.	Jonathan Ellerton	Blackheath and Bromley H		19.49

**U15 Girls 3km Walk**

1.	Gracie Griffiths	Pembrokeshire Harriers		17.05
2.	Kelsey Tozer	Birchfield Harriers		18.21
3.	Hannah Carpenter	Llanelli AAC		18.42
4.	Carla Forsyth	Blackheath and Bromley H		18.43
5.	Lola-Mae Billingham	AFD		18.56
6.	Isabel Knowles	Halesowen A C		23.01

**U13 Boys 2km Walk**

1.	Lewis Burrs	Tonbridge A C		14.06
----	-------------	---------------	--	-------

**U13 Girls 2km Walk**

1.	Natasha Gadsby	DASH		15.27
----	----------------	------	--	-------

2.	Abigail Powell	Wolverhampton & Bilston	16.36
3.	April Tonks	DASH	18.32

Lots of great photos from **Mark Easton's** event gallery at <https://markeaston.zenfolio.com/f212789405>. Thanks to Mark for permission to use the ones below.



*Start*



*Tom Bosworth*



*Cameron Corbishley*



*Tom Partington*



*Jemma Bridge*



*Heather Lewis*

**IRISH INDOOR T&F CHAMPIONSHIPS, SPORT IRELAND NATIONAL INDOOR ARENA, DUBLIN, 29 FEB - 1 MAR**

There was plenty of excitement in the Irish T&F Championship 5000m race walk for men, even with only three competitors lining up - defending champion **Alex Wright** (Leevale), world 6<sup>th</sup> placer **Brendan Boyce** (Finn Valley) and up-and-comer **David Kenny** (Farranfore Maine Valley). 25 laps of the indoor track awaited, and they ticked off at a quick rate with some risks being taken and yellow cards being dished out. Wright was to the fore early on but then the lead changed hands with Kenny and Boyce pushing forward. Wright went back in front but a red card and a trip to the time penalty zone was in the offing which he refused as he walked off the track. Effectively his race was over and it was a duel between Robert Heffernan's stable. Kenny had the gap though and held on for an excellent gold in 19:45.57 to Boyce's 20:07.52.

**Sarah Glennon** (Mullingar Harriers) gave a gutsy effort in the women's 3,000m race walk but **Kate Veale** (West Waterford) had too much strength to retain her national title in 14:47.05. **Veronica Burke** (Ballinasloe and District) came back for silver in 14:54.68 with Glennon settling for bronze in 14:56.38.

**5000m Walk Men**

1.	David Kenny	Farranfore Maine Valley A.C.	19:45.97
2.	Brendan Boyce	Finn Valley A.C.	20:07.52

### 3,000m Walk Women

1.	Kate Veale	West Waterford A.C.)	14:47.05
2.	Veronica Burke	Ballinasloe and District	14:54.68
3.	Sarah Glennon	Mullingar Harriers A.C.	14:56.38

### 24 HEURES DE BOURGES, BOURGES, FRANCE, 29 FEBRUARY - 1 MARCH

Emmanuel Tardi was in Bourges, 200km south of Paris, for the French 100km walk championship last Saturday. But what's the story here – no 100km national championship for women! I thought we had gone past those days of anachronistic chauvinism.

The national championship was included as part of the 24 Heures de Bourges. Things got underway at 1PM on Saturday, with walkers racing over a 2.5km lap for the first 23 hours and then dropping down to to a 650m lap for the final hour. **Fabien Deparday** lead the field through to the 100km (10:59:56) before stopping as the new National 100km Champion, leaving **Alexandre Forestieri** and **Christophe Laborie** to lead the 24 Hour walkers through to the finish. Interestingly, both recorded the same distance of 184.183 km and were awarded joint first place. **Veronique Bessot** easily won the women's race with 170.566 km.

Ancillary races included a 2x6 Hour Walk ( 1pm to 7pm then 7am to 1pm) and a small 10km walk for others (including Emmanuel).

### French 100km Walk Championship Men

1.	DEPARDAY Fabien	VEM/70	Stadium Montigny AC	10:59:56
2.	LETOURNEAU Florian	SEM/88	Ac Chateau Thierry	11:12:30
3.	GEORGELIN Serge	VEM/68	Ac Cesson	11:18:04
4.	OLIVARES Mathieu	VEM/76	Neuilly Sur Marne Athletisme	11:50:41
5.	LABORIE Christophe	VEM/67	C.o. Des Ulis	12:10:45
6.	MONTANI Alexandre	VEM/66	Nice Cote D'azur Athletisme	12:24:27
7.	FORESTIERI Alexandre	VEM/82	Ust Courir A Saint Tropez	12:26:19
8.	MARECHAL Pascal	VEM/62	Ac Chateau Thierry	12:45:56
9.	KERLAU Yves-michel	VEM/61	Racing Club Nantais	12:48:28
10.	THOUMELIN Laurent	VEM/73	Athletisme Sarthe Loir 72	13:16:35
11.	PINEAU Laurent	VEM/68	Haute Saintonge Athlé	13:18:52
12.	GROS Gildas	VEM/67	Cis Anould	13:30:45
13.	JACQUEMIN Mickael	VEM/83	Athle Vosges Pays	13:35:03
14.	BALLAND Johann	VEM/78	Athle Vosges Pays	14:06:11
15.	DELANGE Dominique	VEM/57	Aj Auxerre Section Marathon	14:12:32
16.	YVERT Louis	VEM/	Cm Roubaix	14:19:18
17.	TINTIN Ronald	VEM/79	Ao Charenton	14:33:11
18.	RIGAL Jean-marc	VEM/59	Domont Athletisme	14:36:38
19.	ROCHA Fernando	VEM/70	Athle Vosges Pays	15:18:14
20.	GANNE Laurent	VEM/64	Us Aigrefeuille Athletisme	16:37:40
21.	KIENE Lyonel	VEM/64	Assp Vergeze	16:58:46
22.	ECHÉ Dominique	VEM/55	Nice Cote D'azur Athletisme	18:35:23
23.	RASSAIND Andre	VEM/37	Al Voiron	19:15:28
24.	BOUDIGNON Thierry	VEM/50	Ultra Marathon France	21:31:50
25.	PIERRE Patrick	VEM/48	Cercle Athl. Castelsarrasinois	21:57:21
26.	DE MARCILLAC Bertrand	VEM/39	Ca Montreuil 93	23:00:04
	MALFONDET Alain	VEM/		12:39:15
	LETESSIER Gilles	VEM/		12:57:37
	BIEBUCK Pascal (Bel)	VEM/		13:14:08
	FILLIEUX Christian (Bel)	VEM/		15:03:15
	FAVRIOU Laurent	VEM/		15:14:16
	MACCARI Patrick	VEM/		15:22:01
	RINGUEDE Dominique	VEM/		16:05:28
	CHEKHAB Said	VEM/		16:13:57
	VINCENT Dominique	VEM/		17:59:30
	GILLES Philippe	VEM/64	Usm Montargis	DNF
	ARNAULT Jacques	VEM/62	Neuilly Sur Marne Athletisme	DNF

### 10km Walk

1.	FOUGERON Pierre-alexandre	CAM/03	Us Berry Athletisme	57:10
2.	BABOIN Michel	VEM/56	Saran Loiret Athletic Club	58:12
3.	TOUTAIN Eric	VEM/63	Us Ivry	1:01:02
4.	GENESTE Jean-louis	VEM/66	Rc Vichy	1:02:07
5.	BEGUIN Nathalie	VEF/67	Ca Vierzon	1:16:09
6.	TARDI Emmanuel	VEM/67	La Postillonne Longjumeau	1:18:09
7.	GALES Olivia	VEF/73	Us Berry Athletisme	1:21:30

**24 Hours Walk Men**

E1. LABORIE Christophe	VEM/67	Essonne Athletic	184.183 km
E1. FORESTIERI Alexandre	VEM/82	Ust Courir A Saint Tropez	184.183 km
3. MARECHAL Pascal	VEM/62	Ac Chateau Thierry	181.980 km
4. LETESSIER Gilles	VEM/50		175.975 km
5. MALFONDET Alain	VEM/65		173.093 km
6. PINEAU Laurent	VEM/68	Athletisme Sud 17	169.332 km
7. BIEBUYCK Pascal (Bel)	VEM/75		163.752 km
8. YVERT Louis	VEM/46	Cm Roubaix	158.381 km
9. RIGAL Jean-marc	VEM/59	Domont Athletisme	157.196 km
10. FILLIEUX Christian (Bel)	VEM/55		152.700 km
11. FAVRIOU Laurent	VEM/65		150.462 km
12. DELANGE Dominique	VEM/57	Aj Auxerre Section Marathon	141.252 km
13. RINGUEDE Dominique	VEM/54		136.951 km
14. VINCENT Dominique	VEM/56		133.497 km
15. GANNE Laurent	VEM/64	Us Aigrefeuille Athletisme	132.871 km
16. CHECKHAB Said	VEM/		131.966 km
17. KIENE Lyonel	VEM/64	Assp Vergeze	129.363 km
18. TILLIER Ludovic	VEM/79	Le Chesnay 78 As	127.303 km
19. RASSAIND Andre	VEM/37	Al Voiron	121.819 km
20. TINTIN Ronald	VEM/79	Ao Charenton	120.613 km
21. DEPARDAY Fabien	VEM/70	Stadium Montigny Ac	118.697 km
22. ECHE Dominique	VEM/55	Nice Cote D'azur Athletisme	114.992 km
23. MACCARI Patrick	VEM/56		113.895 km
24. BOUDIGNON Thierry	VEM/50	Ultra Marathon France	112.160 km
25. GEORGELIN Serge	VEM/68	Ea Cesson	111.800 km
26. PIERRE Patrick	VEM/48	Cercle Athl. Castelsarrasinois	108.806 km
27. DE MARCILLAC Bertrand	VEM/39	Ca Montreuil 93	104.786 km
28. MONTANI Alexandre	VEM/66	Nice Cote D'azur Athletisme	100.629 km
29. ARNAULT Jacques	VEM/62	Neuilly Sur Marne Athletisme	75.629 km
30. GILLES Philippe	VEM/64	Usm Montargis	68.129 km
31. HIRSINGER Christian	VEM/52	Ultra Marathon France	60.629 km
32. VANDENDAUL Daniel	VEM/50		48.129 km
GUYOMARCH Jean-pierre	VEM/54		DNF
CHUI Didier	VEM/60	Athletisme Club De Bourges	DNF
THIRIOT Louis	VEM/50	Athletisme Metz Metropole	DNF
LEZIN Jean-claude	VEM/50		DNF
COMPAGNON Bruno	VEM/50		DNF

**24 Hours Walk Women**

1. BESSOT Veronique	VEF/62	Domont Athletisme	170.566 km
2. MAISON Sylvie	VEF/73	Strasbourg Agglo Athle	162.827 km
3. CAIN Marie	VEF/57	Nice Cote D'azur Athletisme	159.377 km
4. DAVID Christine	VEF/58	Essonne Athletic	152.854 km
5. BIZARD Claudie	VEF/59	Thiais Ac	150.653 km
6. JAVOY-GUITART-ROCA Sylvie	VEF/60		135.236 km

**2x6 Hours Walk Men**

1. BOCUZE Daniel	VEM/55	Fac Andrezieux	101.284 km
2. GIRAUDEAU Denis	VEM/51	Ula De Cornouaille	92.456 km
3. CECCALDI Georges	VEM/50	Entente Chalon/saone Athl.	87.931 km
4. PORCHER Claude	VEM/51		86.978 km
5. SEYNAEVE Serge (Bel)	VEM/60	Cm Roubaix	85.333 km
6. DIEN Daniel	VEM/50	Neuilly Sur Marne Athletisme	81.041 km
7. MACHAL Francis	VEM/58	Cm Roubaix	78.799 km
8. AUBERT Patrice	VEM/56	Die Ac	77.555 km
9. THEVENIN Pascal	VEM/59	Neuilly Sur Marne Athletisme	50.629 km
10. PORTANTE Frederic (Bel)	VEM/50		28.129 km

**2x6 Hours Walk Women**

1. BIRAUD Sophie	VEF/60		84.961 km
2. PANNIER Josiane	VEF/50	Havre Ac	81.877 km
3. NITYAGOVSKAYA Liudmilia	VEF/60	Russie	74.331 km
4. CORMIER Mireille	VEF/59	Entente Nimes Athletisme	70.693 km





Veronique Bessot, Fabien Deparday, Daniel Bocuze, Alexandre Forestieri and Christophe Laborie (photos Emmanuel Tardi)

**FRENCH INDOOR T&F CHAMPIONSHIPS, LIEVIN, FRANCE, SUNDAY 1 MARCH 2020**

Thanks to Emmanuel Tardi who was in Lievin, 250km north of Paris, on Sunday for the French Indoor Track Walk Championships (after being 200km south of Paris in Bourges on Saturday!) In the women's 3000m walk, **Emilie Menuet** led for the first 2000m, before **Clemence Beretta** passed her, going to win and set a new French record of 12:30.52 (Menuet held the old record with a time of 12:35). It was a great performance by Beretta who had only just returned on Friday from 3 weeks at a training camp in South Africa. **Gabriel Bordier** was an easy victor in the men's race with 19:03.49.

**3000m Walk Indoor Women**

1. BERETTA Clemence	Athle Vosges Pays	SEF/97	12:30.52
2. MENUET Emilie	Aj Blois-onzain	SEF/91	12:38.13
3. QUENNEHEN Marine	Ca Montreuil 93	SEF/91	13:07.56
4. AVEROUS Violaine	Ca Balma	VEF/85	13:17.02
5. CERANTOLA Laury	Entente Poitiers Athle 86	SEF/92	13:42.46
6. MARCOU Amandine	Sa Merignac	SEF/92	13:56.22
7. OSMONT Caroline	As Tourlaville	SEF/96	14:05.04
8. PICARD Axelle	St Max Essey Club Athlé	ESF/99	14:05.55
9. UDIN Servane	Ea Pays De Broceliande	SEF/88	14:17.28
10. LANOUE Severine	Avia Club Athletisme	VEF/85	14:29.36
11. IRINERO CHANFREAU Fabienne	Ca Montreuil 93	VEF/80	14:34.21
12. BOURHIS Amelie	Larmor Estran Athlé	SEF/92	14:34.97

**5000m Walk Indoor Men**

1. BORDIER Gabriel	Us St Berthevin	SEM/97	19:03.49
2. KUSTER David	Efs Reims A.	ESM/99	19:54.65
3. VALLEE Kyrian	Ca Balma	SEM/94	20:46.97
4. MADELINE-DEGY Martin	Ecla Albi	JUM/01	20:48.32
5. BAZZO BORTOT Symon	As Raismes	SEM/96	20:49.12
6. HUE Aymeric	Ec Orleans Cercle Jules Ferry	JUM/01	21:47.39
7. MASSE Florian	Us Tourcoing	SEM/95	21:58.91
8. TOUCHE Said (ALG)	Vga Compiègne	ESM/99	22:16.75
9. BERNABE Fabien	Sco Ste-marguerite Marseille	SEM/95	22:22.20
10. DELAUNAY Sebastien	Cap Saumur	VEM/74	22:23.76
11. HADULA Ludovic	Grac Renwez	SEM/87	22:26.44
LECAPLAIN Maxime	Stade Saint-lo	SEM/94	DQ



*Emilie Menuet, Clemence Beretta and Gabriel Bordier*



*The two French Indoor Walk Championship podiums (all photos from Emmanuel Tardi)*

**34<sup>TH</sup> INDOOR NATIONAL CHAMPIONSHIP, PIREAS, GREECE, 28-29 FEBRUARY**

Thanks to Zoe Gkini for the results of the 34<sup>th</sup> Greek National Indoor Championships which were held in Pireas last Friday and Saturday. The walks were held on Friday 28<sup>th</sup> February and proved to be very entertaining events. **Antigoni Drispioti** won the women's walk with 12:28.2, another sub 12:30 time done only 3 weeks after her record breaking time of 12.27.18. **Efstathia Kourkoutsaki** (U23) took silver with 13:32.3 while **Sofia Alikanioti** (also U23) took bronze with 13:35.0. Special mentions to mothers **Aggeliki Makri** and **Nikolitsa Andreopoulou**, along with **Irene Palmou Malena**, the youngest of the walkers at 16 years of age. The men's 5000m race saw gold going to **Ioannis Vaitzis** (21:15.3), ahead of 17 year old **Alexandros Mortzakis** (21:59.6) and **Konstaninos Ntentopoulos** (22:42.5). 50km winner **Dimitris Tsordias** finished fifth ahead of 57 year old veteran walker **Isaiah Tsitoglou**.

**3000m Walk Women**

1.	DRISPIOTI ANTIGONI	36	12:28.2
2.	KOUTKOUTSAKI EFTATHIA	22	13:32.3
3.	ALIKANIOTI SOFIA	22	13:35.0
4.	FIASKA OLGA	19	13:35.9



5.	MAKRI AGGELIKI	42	14:08.2
6.	ANDREOPOULOU NIKOLITSA	37	14:57.7
7.	TZATZIMAKI VASILIKI	17	15:41.7
8.	FLOROU PANAGIOTA	17	15:47.2
9.	PAPPA KIRIAKI	17	16:08.7
10.	PALMOU MALENA IRENE	16	16:54.1
11.	KOYTRA ELPIDA	17	17:01.6
12.	ASTERIOU MARIA	31	17:34.7
13.	MANTOYNA, FOTINI	28	19:04.4
	STOUPEL LYDIA	31	DQ

**5000m Walk Men**

1.	VAITSIS IOANNIS	25	21:15.3
2.	MORTZAKIS ALEXANDROS	17	21:59.6
3.	NTENTOPOULOS KONSTANTINOS	26	22:42.5
4.	MPACHOS ANDREAS	17	22:54.8
5.	TSORDIAS DIMITRIOS	24	23:13.2
6.	TSITOGLOU ISAIA	57	26:32.9



*Men's and women's fields and podium placings – photos Zoe Gkini*

## OUT AND ABOUT

- The Guardian newspaper pulls apart the CAS/IOC decision to stop women competing in the Olympic 50km and exposes the hypocrisy of the IOC. See <https://www.theguardian.com/sport/blog/2020/feb/25/racewalkers-long-march-for-equality-deserves-recognition-at-tokyo-2020>.
- A terrific Coaching booklet written by **Bob Cruise** and discussed at a recent Coaches Seminar in February in Adelaide. See <http://www.rwa.org.au/wp/wp-content/uploads/2020/02/Technique-Technique-Technique-14-PDF.pdf>

The impact of the Corona Virus is starting to be felt in the racewalking world. Given this, athletes and followers of the sport should consider their travel insurance and examine carefully what it covers.

- The following was released on the Italian Athletics Federation a week ago: Following the ordinance of Sunday 23 February of the Ministry of Health and of the Lombardy Region, we inform you that on Sunday 1 March the Italian Championship of 20km and 50km of walking scheduled in Bergamo will not be held. See <http://www.fidal.it/content/Marcia-annullati-i-Campionati-italiani-a-Bergamo/126355>.
- The Lugano Trophy / Memorial Mario Albisetti, scheduled for Lugano in Italy next Sunday 8<sup>th</sup> March, has also been cancelled. The website says it all: <https://lugano-racewalking.com/en/>.
- The 44<sup>th</sup> All-Japan Racewalking Meet at Nomi (which includes the Asian 20km championships) has also been effected. It was due to be held next Sunday 15<sup>th</sup> March. As reported earlier in the newsletter, it has now been cancelled, as Japan shuts down its major events and schools.
- Now here's an interesting bit of news - Coronavirus has caused a state of emergency to be declared in Sapporo, the Japanese city which is supposed to host the marathon and race walks during the Tokyo 2020 Olympic Games. Japan's northernmost prefecture of Hokkaido declared a state of emergency on Friday, as reported by Reuters. See <https://www.insidethegames.biz/articles/1091243/sapporo-coronavirus-state-of-emergency>.

Finally, a roundup on various doping related articles doing the rounds

- The thumb screws are starting to tighten for English runner Mo Farah who is now facing questions over his credibility after it emerged he repeatedly denied to US anti-doping investigators that he was given injections of a controversial supplement – only to change his account of what happened shortly afterwards. This is pretty explosive stuff - <https://www.theguardian.com/sport/2020/feb/24/leaked-reports-show-mo-farah-changed-account-to-us-investigators>. See also <https://www.bbc.com/sport/athletics/51591701>.
- This has come out as part of a BBC investigation, done under the mantle of the investigative program Panorama. If you live in the UK, you can view the Panorama episode at <https://www.bbc.co.uk/iplayer/episode/m000frjm/panorama-mo-farah-and-the-salazar-scandal>.
- You probably saw what is the big news of the week, with The Court of Arbitration for Sport (CAS) upholding the appeal filed by the World Anti-Doping Agency (WADA) against the Chinese swimmer Sun Yang and the Fédération Internationale de Natation (FINA). As a consequence, Sun Yang has been sanctioned with an eight-year period of ineligibility, starting on the date of the CAS award. See <https://www.abc.net.au/news/2020-02-28/sun-yang-banned-from-swimming-for-eight-years/12012900?section=sport>.
- Swimming's governing body FINA faces a new wave of athlete backlash if it doesn't modify the results from last year's World Championships in South Korea in the light of Sun Yang's eight-year ban from the sport. Already under heavy fire for allowing Sun to swim in the first place, FINA will now come under increasing pressure to void Sun's gold medals in the 200m and 400m freestyle. See <https://www.smh.com.au/sport/athlete-anger-set-to-grow-if-fina-doesn-t-void-sun-yang-s-gold-medals-20200229-p545mw.html>.
- Brett Clothier, the head of the Athletics Integrity Unit (IAU), said a few days ago that there will be doping cases before Tokyo 2020 that will "shock people" and that "more than a third of the AIU's cases are "World Championship or Olympic medallists or major marathon winners". see <https://www.bbc.com/sport/athletics/51671615>.

## MARCIADALMONDO ROUNDUP

Marciadalmondo has 9 press releases for us this week

- Mon 2 Mar - Coventry (GBR): Tom Bosworth sets the new British 10km record (39:10)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3750](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3750)
- Tue 3 Mar - San José de Costa Rica (CRC) - VIII Central American Race Walking Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3751](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3751)
- Mon 2 Mar - COVID-19: The 20 km Asian Championships in Nomi has also been canceled  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3749](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3749)
- Sun 01 Mar - Piraeus (GRE): Another great indoor result by Antigoni Drisbioti  
[http://marciadalmondo.com/eng/dettagli\\_news.aspx?id=3748](http://marciadalmondo.com/eng/dettagli_news.aspx?id=3748)
- Sat 29 Feb - Pombal (POR): Victories of Joao Vieira and Ana Cabecinha  
[http://marciadalmondo.com/eng/dettagli\\_news.aspx?id=3747](http://marciadalmondo.com/eng/dettagli_news.aspx?id=3747)
- Sun 1 Mar - Huangshan, Bergamo, Lugano have been canceled  
[http://marciadalmondo.com/eng/dettagli\\_news.aspx?id=3746](http://marciadalmondo.com/eng/dettagli_news.aspx?id=3746)
- Fri 27 Feb - Giovanni De Benedictis' record broken after 35 years  
[http://marciadalmondo.com/eng/dettagli\\_news.aspx?id=3744](http://marciadalmondo.com/eng/dettagli_news.aspx?id=3744)
- Thu 26 Feb - Klaipeda (LTU): Živilė Vaiciukeviciute and Marius Žiukas won indoor championships  
[http://marciadalmondo.com/eng/dettagli\\_news.aspx?id=3743](http://marciadalmondo.com/eng/dettagli_news.aspx?id=3743)
- Wed 25 Feb - Minsk (BLR): Results of 5000m walks at International U20 Match  
[http://marciadalmondo.com/eng/dettagli\\_news.aspx?id=3742](http://marciadalmondo.com/eng/dettagli_news.aspx?id=3742)

while Omarchador has 16 releases. Just so many results from around the world!

- Mon 2 Mar - David Kenny and Kate Veale win indoor track championships in Ireland  
<https://omarchador.blogspot.com/2020/03/david-kenny-e-kate-veale-vencem.html>
- Mon 2 Mar - Juned Khan and Sonal Sukhwal win Indian University Games 20km walks  
<https://omarchador.blogspot.com/2020/03/juned-khan-e-sonal-sukhwal-obtem.html>
- Sun 1 Mar - João Vieira and Ana Cabecinha win Portuguese Indoor walk titles  
<https://omarchador.blogspot.com/2020/03/joao-vieira-e-ana-cabecinha-somam.html>
- Sun 1 Mar - Lugano 2020 Trophy “Memorial Mario Albisetti” is canceled  
<https://omarchador.blogspot.com/2020/02/trofeu-lugano-2020-memorial-mario.html>
- Sat 29 Feb - Oliveira do Douro hosts Porto and Aveiro Roadwalk Championships  
<https://omarchador.blogspot.com/2020/02/oliveira-do-douro-recebe-campeonatos-de.html>
- Sat 29 Feb - Italian Roadwalk Championships (20 km and 50 km) in Bergamo have been cancelled  
<https://omarchador.blogspot.com/2020/02/anulado-o-campeonato-de-italia-de.html>
- Sat 29 Feb - Pombal will host the 2020 Portugal Indoor Track Championships  
<https://omarchador.blogspot.com/2020/02/pombal-vai-acolher-os-campeonatos-de.html>
- Fri 28 Feb - Anniina Kivimäki breaks Finland's Indoor U23 5000m walk national record  
<https://omarchador.blogspot.com/2020/02/anniina-kivimaki-bate-recorde-nacional.html>
- Fri 28 Feb - Results of Hungarian Indoor Track Championships  
<https://omarchador.blogspot.com/2020/02/campeonatos-da-hungria-de-pista-coberta.html>
- Thu 27 Feb - Results of Polish Indoor Veterans Championships  
<https://omarchador.blogspot.com/2020/02/campeonatos-de-veteranos-de-pista.html>
- Thu 27 Feb - Gold and silver for Portuguese walkers in VIRTUS indoor championships  
<https://omarchador.blogspot.com/2020/02/ouro-e-prata-para-marchadores.html>



- Wed 26 Feb - Evin Demir (Turkey) and Davide Finocchietti (Italy) win walks at Minsk U20 International meet <https://omarchador.blogspot.com/2020/02/evin-demir-turquia-e-davide.html>
- Wed 26 Feb - Aleksandr Liakhovich and Anna Terlyukevich win Belarusian Indoor Championship 5000m walks <https://omarchador.blogspot.com/2020/02/aleksandr-liakhovich-e-anna.html>
- Wed 26 Feb - Results of the 10,000m walks at the Belarusian Indoor Championships <https://omarchador.blogspot.com/2020/02/recorde-da-bielorrussia-de-10000-m.html>
- Tue 25 Feb - Rise of young Italian walker Nicola Lomuscio <https://omarchador.blogspot.com/2020/02/nicola-lomuscio-ascencao-de-um-jovem.html>
- Tue 25 Feb - Vaiciukeviciute and Žiukas win Lithuania indoor track championship walks <https://omarchador.blogspot.com/2020/02/vaiciukeviciute-e-ziukas-sagram-se.html>

### 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**

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 <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

#### **International Dates**

Mar 15 (Sun), 2020	Asian Championships, Nomi, Japan CANCELLED
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	<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)      **19<sup>th</sup> World Athletics Championships**, Budapest, Hungary

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>)