



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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THE RACEWALKING CALENDAR IS SHREDED

Racewalking cancellations or postponements are coming thick and fast. We were hard hit in Victoria last weekend with the following two big meets cancelled

- Little Athletics Victoria T&F Championships, Melbourne, Mar 14-15, 2020
- Victorian Masters T&F Championships, Bendigo, Mar 14-15, 2020

Nationally, Athletics Australia have taken the decision to cancel the 2020 Australian Junior (U14-U18) T&F Championships, which will not be re-scheduled, and have postponed the 2020 Australian Senior (U20, Open and Para) T&F Championships to a date or dates to be determined. See <https://www.athletics.com.au/news/2020-australian-track-field-championships/>.

- Australian Open and Junior T&F Championships, Sydney, Mar 21-29, 2020

The Australian Masters Assn has also decided to pull the plug on its 2020 Champs (see <http://www.brisbane2020nationals.com.au/>)

- Australian Masters T&F Championships, Brisbane, Apr 10-13, 2020

Little Athletics Australia has advised that all States should cancel their Little Athletics State Championships. As we know, Victoria followed the advice and cancelled their champs. Queensland also followed the recommendation and pulled the plug on their State Champs last weekend. Other States will follow suite. See <https://littleathletics.com.au/coronavirus-update/>

- Little Athletics Queensland T&F Championships, Brisbane, Mar 14-15, 2020

Looking with a wider lens, major events all across Australia have been cancelled. Some of the big ones in Melbourne include

- The Australian Formula 1 Grand Prix, Melbourne, 12-15 March
- The Melbourne Comedy Festival, Mar 25 – Apr 19
- The Melbourne Food and Wine Festival, Mar 19-29

The AFL and NRL Football Leagues are starting but are being played, for the time being, behind closed doors and with empty stadiums. Whether those seasons even continue remains to be seen.

Internationally, walkers are unable to qualify for the Olympics as meet after meet is cancelled. How about this for a list

- Mar 1 (Sun), 2020 Italian Roadwalk Championships, Bergamo (CANCELLED)
- Mar 8 (Sun), 2020 Lugano Trophy - Memorial Mario Albisetti Lugano Switzerland (CANCELLED)
- Mar 15 (Sun), 2020 Chinese Winter Walk Championships, Huangshan (CANCELLED)
- Mar 15 (Sun), 2020 Asian Racewalking Championships, Nomi, Japan (CANCELLED)
- Mar 21 (Sat), 2020 38th Dudinska Meet, Dudince, Slovakia (CANCELLED)
- Mar 22 (Sun), 2020 French Roadwalk Championships, Gien, France (20km/35km/50km) (CANCELLED)
- Mar 22 (Sun), 2020 Spanish 20km Race Walk National Championships Murcia, Spain (20km) (CANCELLED)
- Mar 28 (Sat), 2020 2020 Race Walking Challenge, Taicang, China (CANCELLED)
- Mar 29 (Sun), 2020 2020 USA Trials for RW Team Championships Whiting, NJ, USA (20km) (POSTPONED)
- 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 (CANCELLED)
- Apr 12 (Sun), 2020 104th Japan Athletics Championships, Wajima, Japan (50km Men)
- Apr 18 (Sat), 2020 International Race Walk Meeting, Zaniemysl, Poland (20km)

- Apr 19 (Sun), 2020 Hungarian 20km Race Walk Championships, Békéscsaba, Hungary (20km)
- May 16 (Sat), 2020 International Racewalking Meet, Naumburg, Germany (20km men and women) (CANCELLED)
- May 24 (Sun), 2020 Finnish Championships, Lapua, Finland (CANCELLED)

The huge news is the postponment of the **29th World Athletics Race Walking Team Championships** which was to be held in Minsk, Belarus, on the weekend of 2-3 May (see <https://www.worldathletics.org/competitions/world-athletics-race-walking-team-championships/news/world-athletics-corona-measures-2020>). Australia was sending a big team of walkers to this meet and it would have cemented Olympic spots for a number of them.

- May, 2-3, 2020 **29th World Athletics Race Walking Team Championships**, Minsk, Belarus (POSTPONED)

The timing of the Olympics is now in serious doubt, even though that IOC and the Japanese LOC are trying to calm the waters and saying all is well. Reality is far removed from these platitudes.

What will happen to our local racewalking winter season?

Based on expert medical advice of the Australian Health Protection Principal Committee (AHPPC), Commonwealth, State and Territory governments have agreed to provide public advice against holding non-essential, organised public gatherings of more than 500 people from Monday 16th March 2020.

That means that, at the moment, sporting events and other public gatherings can still go ahead provided they are small scale (ie under 500 people) and provided that social distancing and public health and safety measures are in place. Thus, at the moment, I hope that our Racewalking Australia clubs (like VRWC) will still see fit to schedule their weekly winter season races, albeit with more stringent COVID-19 related rules in place.

Whether the bigger races like the LBG Carnival in Canberra (Sunday June 7th) or the Australian Roadwalk Championships in Melbourne (August 30th) can proceed remains to be seen.

It is also possible that Australian Government regulations may get a lot stricter, with all public meetings to be cancelled and with cafes, etc, shut down. This has happened in other parts of the world and could happen here if the spread of the virus is not controlled in a timely fashion. As they say, STAY TUNED!

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 11 MARCH

Only a few small results from Australia this week, with the major championships all cancelled.

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. And well done to **Colin Hainsworth** on his two M90 SAMA records. He comments: **George White** was the outstanding walker. Warmish, calm evening.

800m Walk

1.	GREGORY METHA	04:08	M55	75.47%	
2.	GEORGE WHITE	04:29	M74	85.58%	
3.	MARIE MAXTED	04:34	W59	76.47%	
4.	GIL MCINTOSH	05:00	M69	72.11%	
5.	MATTHEW LOVELL	05:23	M54	57.43%	
6.	TREVOR BROWN	05:28	M71	67.55%	
7.	LIZ DOWNS	05:34	W64	65.95%	
8.	HELEN SURIDGE	06:09	W69	63.20%	
9.	ANGELA PRINCI	07:26	W56	45.71%	
10.	COLIN HAINSWORTH	07:35	M90	65.13%	SAMA record

800m Club Walk

1.	DAVE FALLON	05:42	M67	61.80%
2.	MALCOLM TIGGEMAN	05:46	M67	61.08%
3.	ROGER LOWE	06:08	M76	64.25%
4.	JAN LAYNG	06:10	W71	64.63%
5.	VALMAI PADGET	06:29	W75	64.89%
6.	CATHIE HORE	07:06	W69	54.74%

5000m Walk

1.	GREGORY METHA	30:45	M55	69.61%
2.	GEORGE WHITE	30:59	M74	85.11%
3.	GIL MCINTOSH	34:13	M69	72.32%

3000m Walk

1.	MARIE MAXTED	20:37	W59	68.97%	
2.	TREVOR BROWN	21:50	M71	68.25%	
3.	HELEN SURIDGE	24:05	W69	66.63%	
4.	DAVID ROBERTSON	27:47	M86	67.03%	
5.	COLIN HAINSWORTH	29:36	M90	67.81%	SAMA record

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 12 MARCH

Thanks to Val Chesterton for this week's results from Canberra. Best effort by **Tim Fraser** (21:51 for 5km).

5000m Walk

1.	Tim Fraser	21:51
2.	Hannah Manning	28:09
3.	Ann Staunton Jugovic	28:42
4.	Kate Black	32:26
5.	Sue Archer	35:41
6.	Geoff Barker	41:41
7.	Lorna England	44:57

ATHLETICS SA INTERCLUB FINAL, SA ATHLETICS STADIUM, MILE END, ADELAIDE, FRIDAY 13 MARCH

Thanks to Kim Mottrom for this week's results from Adelaide. He comments: Last race here for a while. Small fields but fast times, especially for **Tristan Camilleri** who set a new SA U20 Record with his 3000m time of 12:07.74.

5000m Walk

1.	Alix Harlington	23:53.36
2.	Ross Hill-Brown	40:28.42
	Mathew Bruniges	DNF

3000m Walk

1.	Tristan Camilleri	12:07.74	U20 State Record
2.	Toby Wilks	13:28.00	
3.	Olivia Sandery	13:39.46	
4.	Richard Everson	15:56.19	

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 14 MARCH

Thanks to Dave Moore for this week's results from Tasmania. He comments: **William Robertson** stormed home for another sub six-minute 1500m in the last track Interclub of the season, followed home by **Elizabeth Leitch** and **Wayne Fletcher**.

1500m Walk

1.	William Robertson	OVA	5:58.86
2.	Elizabeth Leitch	TMA	9:48.17
3.	Wayne Fletcher	NS	12:20.76

The TRWC 2020 Winter Road Walk Season commences on Saturday March 28 with events starting at 1pm at the Domain Crossroads.

OUT AND ABOUT

Nice article by the IAAF's Paul Warburton on Sunday's Japanese 20km races in Nomi – the meet was supposed to be the Asian Championships but that was cancelled and it was just an all-Japan meet. But with the Japanese standard on display, it was some meet. Read more at <https://www.worldathletics.org/news/report/ikeda-fuji-claim-japanese-olympic-trials-20km>.

See the full results and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3774.

MARCIADALMONDO ROUNDUP

Marciadalmondo has 11 press releases for us this week, with a couple of results, from Nomi and Ivano Frankivsk.

- Mon 16 Mar – A conundrum - choosing the Japanese Men's Olympic 20km team
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3775
- Sun 15 Mar - Nomi (JPN): Results of Japanese 20km races
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3774
- Sat 14 Mar - Ivano Frankivsk (UKR): Balkan RW Championships and Winter RW Championships of Ukraine
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3773
- Fri 13 Mar - World Athletics postpone the World Athletics Race Walking Team Championships, Minsk 2020
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3772
- Fri 13 Mar - Gien (FRA): France cancels race walking Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3771
- Fri 13 Mar - Saluzzo (ITA): The Chinese team in training in Italy returns to China
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3770
- Thu 12 Mar - Naumburg (GER), Lapua (FIN): canceled - Podebrady (CZE) and Murcia (ESP): postponed
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3769
- Thu 12 Mar - Minsk (BLR): Ecuador selection announced
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3768
- Wed 11 Mar - Ohlao (POR): Portugal's 20km walk championship canceled
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3767
- Wed 11 Mar - Jeff Salvage and Gary Westerfield: How to Judge Race Walking Video
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3766
- Wed 11 Mar - Nga Puna Wai (NZL): Quentin Rew and Alana Barber win the New Zealand Track Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3764
- Tue 10 Mar - The 39th edition of Dudince's race has also been canceled
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3763

And here are a selection of this week's pertinent press releases from Omarchador

- Mon 15 Mar - Koki Ikeda and Nanako Fujii triumph in the 20km walk in Nomi (Japan)
<https://omarchador.blogspot.com/2020/03/koki-ikeda-e-nanako-fujii-triunfaram.html>
- Sun 15 Mar - Results of Balkan Championships in Ivano-Frankivsk, Ukraine
<https://omarchador.blogspot.com/2020/03/zabuzhenko-e-sakharuk-triunfam-nos-20.html>
- Sat 14 Mar - Serhiy Budza and Valentyna Myronchuk win 35 km in Ivano-Frankivsk, Ukraine
<https://omarchador.blogspot.com/2020/03/serhiy-budza-e-valentyna-myronchuk.html>
- Fri 13 Mar - World Athletics World Team Championships postponed
<https://omarchador.blogspot.com/2020/03/adiado-o-campeonato-do-mundo-de.html>
- Fri 13 Mar - Results of Victorian 5000m Track Walk Championships in Melbourne
<https://omarchador.blogspot.com/2020/03/campeonatos-de-atletismo-em-pista-de.html>
- Wed 11 Mar - European Road Veterans Championships 2020 postponed (Madeira)
<https://omarchador.blogspot.com/2020/03/adiados-os-europeus-de-veteranos-de.html>
- Wed 11 Mar - Results of Portuguese National Indoor Track Veterans Championships in Pombal
<https://omarchador.blogspot.com/2020/03/nacional-de-veteranos-de-pista-coberta.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 21-29, 2020	Australian Open and Junior T&F Championships, Sydney (POSTPONED)
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane (CANCELLED)
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 th LBG Racewalking Carnival, Canberra
Aug 30 (Sun), 2020	Australian Masters 20km Championships, Adelaide
Aug 30 (Sun), 2020	Australian Roadwalk Championships (and RWA Carnival), Melbourne

International Dates

Mar 21 (Sat), 2020	38 th Dudinska Meet, Dudince, Slovakia (CANCELLED)
Mar 22 (Sun), 2020	French Roadwalk Championships, Gien, France (20km/35km/50km) (CANCELLED)
Mar 22 (Sun), 2020	Spanish 20km Race Walk National Championships Murcia, Spain (20km) (CANCELLED)
Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China (CANCELLED)
Mar 29 (Sun), 2020	2020 USA Trials for Race Walking Team Championships Whiting, NJ, USA (20km) (POSTPONED)
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 (CANCELLED)
Apr 11-12, 2020	Taiwan Veterans Spring Meet, Tainan Municipal Stadium, Tainan
Apr 12 (Sun), 2020	104 th Japan Athletics Championships, Wajima, Japan (50km Men)
Apr 18 (Sat), 2020	International Race Walk Meeting, Zaniemysl, Poland (20km)
Apr 19 (Sun), 2020	Hungarian 20km Race Walk Championships, Békéscsaba, Hungary (20km)
May, 2-3, 2020	29th World Athletics Race Walking Team Championships , Minsk, Belarus (POSTPONED)
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany (20km men and women) (CANCELLED)
May 24 (Sun), 2020	Finnish Race Walk Championships, Lapua, Finland, (30km Men, 20km Women)
May 30 (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 (20km)
Jun 28 (Sun), 2020	Canadian Olympic T&F Trials, Montreal, Canada (20km)
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

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 (POSTPONED)
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	18th World Athletics Championships , Eugene, USA

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

Aug 2023 (TBC)	19th World Athletics Championships , Budapest, Hungary
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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)