



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 39
Monday 28 June 2021



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TIM'S WALKER OF THE WEEK

My Walkers of the Week are **Jemima Montag** and **Rhydian Cowley**. Walking in the Victorian 15km Roadwalk Championships at Middle Park on Sunday, they had dominant wins, Rhydian with a time of **1:00:17** and Jemima with a time of **1:05:29**. They will spearhead our Olympic racewalking team and they are both in superb form.

Consider their 5km splits:

Rhydian	20:24, 20:01 and 19:51
Jemima	21:57, 21:53 and 21:40

They were getting faster as they went and looked on target for 20km times around 1:20:00 and 1:27:20. They have been producing superb performances all year and the good form continues. Well done Jemima and Rhydian.



While we haven't been on the international stage, our domestic season has given us some outstanding results, and the form of our team and athletes is very good.

Given that we rarely if ever race 15km events, the best times recorded for the distances are split times in longer races (often 20km). Many race results don't always report 5km segments, as these days 2km splits are appearing more often, meaning we miss the 15km split in some of our best ever 20km results. Brent Vallance has sent me a list of splits that we can confirm from results sheets where the 15km split has been reported. This is not by any means a complete list, but it certainly shows that Jemima was faster than any 15km segment by any Australian previously, and is tracking equally as well as any athlete we've had on the eve on an Olympic Games.

15km Split	(20km Result)							
1:05:53	1:27:44	Jane Saville	NSW	5/11/1974	en-route	Naumburg	GER	2/05/2004
1:06:34	1:29:49	Beki Smith	NSW	25/11/1986	en-route	Rome, Italy	ITA	7/05/2016
1:06:40	1:29:27	Jane Saville			en-route	Cheboksary	RUS	11/05/2008
1:06:45	1:28:56	Jane Saville			en-route	Vallensbæk	DEN	6/05/2000
1:06:48	1:29:33	Regan Lamble	AUS	14/10/1991	en-route	Rome, Italy	ITA	7/05/2016
1:07:06	1:29:05	Jane Saville			en-route	La Coruña	ESP	13/05/2006
1:07:20	1:30:51	Jane Saville			en-route	Saint-Denis	FRA	24/08/2003
1:07:22	1:29:56	Tanya Holliday	SA	21/09/1988	en-route	Rome, Italy	ITA	7/05/2016
1:07:26	1:29:31	Katie Hayward	QLD	23/07/2000	en-route	Nomi	JAP	17/03/2019
1:07:42	1:30:53	Jessica Rothwell	VIC		en-route	La Coruna	ESP	19/06/2010
1:07:46	1:30:58	Regan Lamble			en-route	La Coruna	ESP	28/05/2016
1:07:58	1:31:30	Regan Lamble			en-route	London	ENG	13/08/2017

Jane's 5km to 20km split in Naumburg when setting the national record was 1:05:34. Jemima's time on the Y shaped course with 3 point turns per lap, walking solo the whole way in a VRWC/AV event, is a fantastic performance, and one of the best performances we've seen by an athlete in Australia.

Rhydian again closed in sub 40:00, meaning he now walked 40:00 or faster this year on 5 occasions.

And add in 18 year old Will Thompson who walked 41:37 between 5 and 15km. With the winter nationals on his radar in September, Adam Rutter's National U/20 record is certainly under threat.

It's an exciting time for Australian racewalking.

WHAT'S COMING UP

- VRWC walkers will return to Middle Park for another round of our winter roadwalking season. We prefer online entries (via <https://vrwc.org.au/wp1/>) but entries on the day are allowed. Check out the rest of our winter season fixture at <https://www.vrwc.org.au/vrwcw21.shtml>.

Saturday 3rd July 2021, Middle Park

VRWC Events. If entering online, entries close Wednesday 11.59pm.

If entering in person, entries close for all events at 1.40pm sharp.

2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

VRWC AND AV ROADWALKS, MIDDLE PARK, SUNDAY 27 JUNE 2021

Perfect conditions greeted the 50 walkers who assembled at Middle Park on Sunday morning. There were lots of championship events on offer and we saw some fine walking.

First to the 15km and 10km walks which kicked off at 9AM. Our top walkers were all out in force, with **Rhydian Cowley** leading from the front and going on to win with a super fast 1:00:17 (splits 20:24, 20:01 19:51). Next came 18 year old **Will Thompson** who stormed through to finish with a new VRWC U20 record time of 1:02:51 (splits 21:16, 20:53, 20:43), followed by **Quentin Rew** with 1:03:35 and **Kyle Swan** with 1:05:54. The women were led home by **Jemima Montag**, whose 1:05:29 (splits 21:57, 21:53, 21:40) was a new VRWC Open record. Not to be outdone, 19 year old **Rebecca Henderson** came in next with 1:09:56, a new VRWC U20 record. The fastest 10km walkers were **Heath Beveridge** (48:58) and **Charlotte Hay** (a big PB of 51:02). A huge set of results.

AV / VRWC Open Women 15km - Elise Jacobson trophy

1.	Jemima Montag	MUAC	1:05:29	VRWC Open Record
2.	Rebecca Henderson	MEN	1:09:56	VRWC U20 Record
3.	Sarah Brennan	BYC	1:18:38	
4.	Carolyn Rosenbrock	ANW	1:36:15	

AV Open Men 15km

1.	Rhydian Cowley	GHY	1:00:17	
2.	Will Thompson	PMA	1:02:51	VRWC U20 Record
3.	Kyle Swan	ANW	1:05:54	
4.	Mark Blackwood	KNA	1:12:57	
5.	Michael Harvey	WAM	1:48:22	

VRWC U20 Men 15km

- | | | |
|------------------|------|---------|
| 1. Will Thompson | VRWC | 1:02:51 |
| 2. Corey Dickson | VRWC | 1:12:29 |

AV Schools U20 Mens 10km

- | | | |
|--------------------|------|-------|
| 1. Heath Beveridge | SEDA | 48:58 |
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AV Schools U20 Womens 10km

- | | | | |
|------------------|----------------|---------|---------|
| 1. Charlotte Hay | Brentwood S.C. | 51:02 | PB 2:21 |
| 2. Grace Louey | Avila Coll | 1:02:13 | PB 0:09 |
| 3. Alanna Peart | Ballarat High | DNF | |

VRWC Open 15km Non-Championship

- | | |
|------------------|---------|
| 1. Quentin Rew | 1:03:35 |
| 2. Kevin Cassidy | 1:22:45 |
| 3. Terry O'Neill | 1:34:25 |



Quentin Rew, Will Thompson, Jemima Montag and Kyle Swan



Rhydian Cowley, Rebecca Henderson and Charlotte Hay

The shorter distance AV Schools championships followed in quick succession. Well done to all our medallists. Special mentions to **Fraser Saunder** (22:48), **Marcus Wakim** (24:33), **Riley Coughlan** (14:18) and **Ariana Pashutina** (14:59)

AV Schools U18 Boys 5km

1.	Fraser Saunder	Ballarat G.S.	22:48
2.	Marcus Wakim	Carey Baptist G.S.	24:33
3.	Eden Morgan	Belgrave Heights C.S.	28:33
4.	Owen Costin	Kardinia Int Coll	28:55

AV Schools U18 Girls 5km

1.	Emily Smith	Kilbreda Coll	28:35	
2.	Jade Chitty	Emmanuel Coll	28:50	PB 0:05
3.	Kaylah Heikkila-Dubowik	Matthew Flinders	32:23	

AV Schools U16 Boys 3km

1.	Riley Coughlan	Salesian College	14:18	PB 0:04
2.	Scott Peart	Ballarat H.S.	15:28	

AV Schools U16 Girls 3km

1.	Ariana Pashutina	Ashwood H.S.	14:59
2.	Maddison Nash	Hazel Glen Coll	15:52

AV Schools U14 Boys 3km

1.	Daniel Pashutin	Ashwood H.S.	15:53	PB 0:05
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AV Schools U14 Girls 3km

1.	Mietta Morgan	Belgrave Heights C.S.	18:28
2.	Charlotte MacDonell	Carisbrook PS	19:44
3.	Lula Parrott	Boroondara Park PS	21:09

The meet was rounded out by a series of VRWC championship and non championship walks. Well done to U12 walkers **Matilda Read** and **Lachlan and Amelia Hill** who had to up their distance to 2.5km for our U12 long distance championship. As they are all very young, it was a big ask but they all got there.

VRWC U12 2.5km Championship Girls

1.	Matilda Read	18:02	First time over this distance
2.	Amelia Hill	18:32	First time over this distance

VRWC U12 2.5km Championship Boys

1.	Lachlan Hill	17:57	First time over this distance
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VRWC U10 1.5 m Championship Girls

1.	Ela Uzun	7:21
2.	Havana Ali	8:16
3.	Violet Froom	11:03

VRWC U10 1.5km Championship Boys

1.	Haris Ali	11:28	
2.	Lachlan MacDonell	12:17	First time over this distance
3.	Aydin Uzun	12:39	

VRWC Open 5km Non-Championship

1.	Jemma Peart	26:07
2.	Kylie Irshad	29:34
3.	Kate Sanford	31:27
4.	Donna-Marie Elms	33:04
5.	Karyn O'Neill	36:38

1.	Andrew Jamieson	29:35
2.	Gerard Feain	34:33

VRWC Open 3km Non-Championship

1.	Merilyn Thompson	20:23
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Finally, **Neil Ryan**, the proprietor of Runners World Kew, one of our main sponsors, was on hand to recognise the winners of the **2021/2021 Runners World Summer Season Awards – Will Thompson and Alanna Peart**. The VRWC committee votes on a short list of our top walkers each summer and winter, to produce overall male and female winner. Neil presented both walkers with cheques for \$500 and Runners World vouchers for \$500. Check out the awards at <https://www.vrwc.org.au/vrwcrunners-world.shtml>.



Neil presents Will and Alanna with their awards, along with a retrospective award to 2019/2020 winner Corey Dickson



Riley Coughlan, Marcus Wakim, Fraser Saunderson and Ariana Pashutina (photos Terry Swan)



*Left: The strong Ballarat RWC contingent at Middle Park on Sunday
Right: Will Thompson and Rebecca Henderson – great U20 15km efforts*

Thanks as always to our many officials and judges and helpers who keep the show on the road every week.

Officials: Mark Donahoo, Karyn O'Neill, Ian Laurie, Donna Dickson, Emily Swan, Darlene Swan,

Judges: Gordon Loughnan (chief), Shane Dickson, Stuart Cooper, David Cash, DI Lowden, Peter Price, Terry Swan (Bike), Brenda Felton (Board)

Photos: Terry Swan (<https://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F583>)

And a special thanks to Neil Ryan for his continued support. Remember to support Neil's shop in Kew for all your sporting apparel and shoe needs – <http://www.runnersworld.com.au/>.

SAMA ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 26 JUNE 2021

Thanks to Kim Mottrom for this week's results from Adelaide: Another cold and wet day today, but PB's for **Cooper Rech, Tarique Kamish, Di Camilleri** and **Elizabeth Rieger**.

Open 10km Walk

1.	Greg Metha	1:00:25
2.	Bill Starr	1:19:26

Open 6km Walk

1.	Di Camilleri	45:48
	Mathew Bruniges	DNF

Open 1.5km Walk

1.	Elizabeth Rieger	10:10
2.	Alexander Richards	10:12
3.	Liliana Templer	10:31
4.	Maliha Kamish	13:39
5.	Shadya Kamish	13:39
6.	Shahin Kamish	19:30

Open 5km Walk

1.	Zayden Kamish	30:02
2.	Cooper Rech	31:05
3.	Stephen Downs	38:20
4.	James Hoare	41:41
	Liz Downs	DNF

Open 3km Walk

1.	Kim Mottrom	12:57
2.	Sebastian Richards	14:55
3.	Nellie Langford	16:19
4.	Daisy Braithwaite	16:52
5.	Tarique Kamish	17:43
6.	Archie Braithwaite	17:45

TWRC ROADWALKS, PONTVILLE PARK, TASMANIA, SATURDAY 26 JUNE 2021

Only a small turnout in fine but windy conditions at Pontville, just outside Hobart, for this week's Tasmanian walk.

3km Walk

1.	Wayne Fletcher	NS	23:14
2.	Dave Moore	TMA	31:26

5km Walk

1.	Ron Foster	TMA	39:19
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WARWC ROADWALKS, WILSON, PERTH, SUNDAY 27 JUNE 2021

Thanks to Terry Jones for this week's results from Western Australia.

10km Handicap

1.	Wendy Farrow	1:08:18
2.	Victor Munoz	1:05:36
3.	Karyn Tolardo	1:04:37
4.	Marcela Ruiz	1:16:18
5.	Andrew Duncan	55.46
6.	Melissa Lewis	59.28
	Ben Reid	DNF

2km Handicap

1.	Cloe Gray	14.42
2.	Keaton Bailey	11.51

5km Handicap

1.	John Ronan	24.26
2.	Hannah Ireland	30.38
3.	Shandel Coleman	37.56
4.	Glenys Duncan	45.38

3km Handicap

1.	Sylvia Byers	28.09
2.	Brad Mann	16.34

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 27 JUNE 2021

Thanks to Robyn Wales for this week's results from Queensland.

A Grade 10km

1.	Ignacio Jimenez	M	49.41
2.	Argenis Guevara	M	57.43
3.	Brenda Gannon	F	59.36
4.	Jennifer Stuckey	F	1.05.15
5.	Jasmine Rose McRoberts	F	1.08.34
6.	Peter Bennett	M	1.11.59
7.	Noela McKinven	F	1.25.11

B Grade 5km

1.	Sam McCure	M	25.01
2.	Bailey Housden	M	25.33
3.	Lyla Williams	F	26.41
4.	Summer Millard	F	30.15
5.	Korey Brady	F	31.33
6.	orryn Fisher	F	31.35
7.	Alex Bradley	M	34.10

C Grade 3km

1.	Milly Sharpe	F	17.12
2.	Kai Dale	M	17.14
3.	Skye Presland	F	18.59
4.	Katie Bray Visitor	F	19.11
5.	Phoebe Chadwick	F	19.14
6.	Lily Goulding	F	19.21
7.	Siaan Fisher	F	19.53
8.	Lily Housden	F	20.20
9.	Aleksia Thomasson	F	22.55

E Grade 1.5km

1.	Kiara Waterman	F	10.08
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F Grade 1km

1.	Freya Williams	F	6.54
2.	Tully Fisher	F	7.05



QRWC Club Captains Jasmine Rose McRoberts and Ignatio Jimenez (photos Robyn Wales)

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 19 JUNE 2021

Finally, back a week for some NSWRWC results. We won't see any more results from there for a few weeks, given the unfolding covid lockdown in that State.

Open 4km Walk

1.	Elizabeth McMillen (INV)	19:24
2.	Milly Boughton	19.53
3.	Ciara Cassilles	26.52
4.	Jai Horton (INV)	23.45
5.	Ella Munro(INV)	24.02
6.	Zsofia Varga-Strike	27.25
7.	Erin Cassilles (INV)	27.52
8.	Isabelle Nilon	28.35

U16 3km Walk

1.	Abbey Bektas	17.48
2.	Jessey Bektas	19.44
3.	Aidan Pospischil	20.58
4.	Amelia Crocker	23.58

8km Open Walk

1.	Brendan Pospischil	49.20
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U14 3km Walk

1.	Thomas Varga-Strike	18.17
2.	Christopher Nilon	19.23

U12 2km Walk

1.	Alex Braendle	10.46
2.	Sophie Polkinghorne	11.54
3.	Emma Hoskins	12.15
4.	Maverick Andrews	16.49

BRITISH ATHLETICS CHAMPIONSHIPS, MANCHESTER REGIONAL ARENA, MANCHESTER, 25-27 JUNE

And now to overseas news. First to Manchester, England, for the British Athletics Championships. The 5000m track walks were slightly down on expectations, with the absence of Callum Wilkinson, Heather Lewis and Gemma Bridge. **Tom Bosworth** was an easy winner in the men's race, although he picked up a third red card in the final 100m, thus incurring an automatic 30 second time penalty post-race. Mark Wall points out that he was not disqualified under the final 100m rule as the breach was not deemed to be a flagrant violation of the rules. It was Tom's seventh British Track Title. **Bethan Davies** was unchallenged and won the women's race by nearly 3 minutes.

5000m Walk Men, Sunday 27 June

1.	Tom Bosworth	SEN	Tonbridge/Leeds Beckett Uni	19:25.6
2.	Cameron Corbishley	SEN	Medway & Maidstone	20:37.7
3.	Guy Thomas	SEN	Tonbridge	21:31.2
4.	Christopher Snook	U23	Aldershot, Farnham & District	21:45.1
5.	Luc Legon	SEN	Bexley/Cambridge H	21:47.2
6.	George Wilkinson	U20	Enfield & Haringey	23:58.6
7.	Christian Hopper	U17	Cambridge H	24:25.5
	Jonathan Hobbs	SEN	Ashford AC	DQ

5000m Walk Women, Sunday 27 June

1.	Bethan Davies	SEN	Cardiff/Leeds Uni	22:47.9
2.	Abigail Jennings	U23	Aldershot, Farnham & District	25:39.7
3.	Hannah Hopper	U20	Cambridge H	26:34.7
4.	Mia Dunwell	U17	Northern (Isle of Man)	27:23.6
5.	Millie Morris	U20	Ashford AC	27:24.3
6.	Pagen Spooner	U23	Hyde Park Harriers	27:27.2
7.	Keira Heavey	U20	Northern (Isle of Man)	27:59.8
8.	Abigail Smith	U17	Blackheath & Bromley	28:25.1
9.	Jacqueline Benson	U23	Ashford AC	28:48.1
10.	Emily Ghose	U23	Tonbridge	29:28.0
	Erika Kelly	SEN	Northern (Isle of Man)	DQ
	Natalie Myers	SEN	Derbyshire & South Yorkshire	DQ



Tom Bosworth celebrates his 7th win in the British Athletics Championships (photo Tom Bosworth facebook)

HUNGARIAN ATHLETICS CHAMPIONSHIPS, DEBRECEN, HUNGARY, SUNDAY 27 JUNE 2021

Emmanuel Tardi was in Debrecen on Sunday for the Hungarian National Championships. The 5000m walks were scheduled early in the morning (7:50am for the women and 8:30am for the men) and there were 15 starters in total. **Viktoria Madarasz** walked with **Barbara Kovacs** for the first two laps before clearing away to win easily with 21:56.37. **David Tokodi** led for the first 2000m in the men's race, before **Miklós Srp** went to the front, then cleared away to win with 21:00.80.

5000m Women

1.	Madarász Viktória	1985 UTE	21:56.37
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2.	Kovács Barbara	1993 Békéscsabai AC	22:19.06
3.	Récsei Rita	1996 BHSE	23:22.70
4.	Spiller Tiziana Kinga	2003 BHSE	23:48.98
5.	Erdos Judit Eszter	2005 BHSE	24:50.14
6.	Biróné dr Molnár Valéria	1977 BEAC	25:16.95
7.	Csőrgo Dóra	2001 Hunyadi DSE	26:33.89
8.	Torma Anett	1984 Gyori Atlétikai Club	27:24.06

5000m Men

1.	Srp Miklós Domonkos	1993 BHSE	21:00.80
2.	Tokodi Dávid	1991 FTC	21:33.18
3.	Tóth Norbert	2001 Hunyadi DSE	22:39.99
4.	Horváth Dániel	2000 DSC-SI	22:53.42
5.	Papp Ferenc	1981 SZVSE	23:38.27
6.	Burger Donát	1997 TSC-Geotech	23:58.08
	Bánk Leon	2003 Miskolci Sportiskola	DQ



The men get underway



Winner Miklós Srp



*Left: The women get underway
Right: Judges Orsolya Gruber (HUN Europe) (Chief), Anna Veselova (ISR Europe), Emmanuel Tardi (FRA Europe), Tibor Nagy (HUN) and Maria Ohlbaum Zoltanne (HUN)*

2020 U.S. OLYMPIC TEAM TRIALS, HAYWARD FIELD, EUGENE, OREGON, 18-27 JUNE 2021

And now to America where their Olympic T&F Trials have been going right through last week. What other country has Olympic trials spread over 10 days. It is a huge show.

The 20,000m track walks were held on Saturday morning at the Hayward Field Track in Eugene, Oregon. Conditions were hot (Paul De Meester tells me it was 70°F at start and had risen to 90°F at the finish. **Nick Christie** (1:30:48) and **Robyn Stevens** (1:35:13) took the wins but well outside the required Olympic standards.

20,000m Walk Men, Saturday 26 June

1.	Nick Christie	Unattached	1:30:48
2.	Daniel Nehnevaj	Raleigh Walkers	1:31:59
3.	Emmanuel Corvera	NYAC	1:34:38
4.	Steven Smith	Unattached	1:35:54
5.	Anthony Joseph Gruttadaur	Shore AC	1:37:51
6.	Samuel Allen	Shore AC	1:37:59
7.	Bricyn Healey	Unattached	1:38:18
8.	Jordan Crawford	Legacy Athletics	1:39:45
9.	Joel Pfahler	Unattached	1:42:48
10.	Pablo Gomez	Tracksmith	1:43:40
11.	Carson Johnson	Cumberland College	1:43:49
12.	Michael Mannozi	U.S. Air Force	1:44:35
13.	Benjamin Hofstra	Cornerstone University	1:46:23
14.	Allen James	So Cal TC	1:47:25
15.	Anthony Peters	Raleigh Walkers	1:47:40

20,000m Walk Women, Saturday 26 June

1.	Robyn Stevens	Wolfpack RC	1:35:13
2.	Maria Michta-Coffey	Oiselle / Walk USA	1:39:25
3.	Miranda Melville	NYAC	1:40:39
4.	Stephanie Casey	Tracksmith	1:42:32
5.	Celina Lepe	Unattached	1:43:00
6.	Taylor Ewert	Unattached	1:43:41
7.	Amberly Melendez	Harrier Track Club	1:45:31
8.	Anali Cisneros	Elgin Sharks TC	1:48:57
9.	Lauren Harris	Marist College	1:50:59
10.	Chelsea Conway	Shore AC	1:54:25
11.	Erin Taylor Talcott	Shore AC	1:54:49
12.	Janelle Branch	Tracksmith	1:57:38
13.	Kayla Shapiro	Marist College	2:01:53
14.	Katie Miale	Unattached	2:07:03
	Audrey Fox	Unattached	DQ

OUT AND ABOUT

- **Marc Mundell** has been added to the South African Olympic team for his third Olympics. He will contest the 50km. Marc is well known to us Aussies as he has trained out here over a few summers. Well done mate!
- The qualifying period for the Olympic 20km walks finishes tomorrow (Tuesday 29th June). World Athletics will then automatically offer spots to all those who have bettered the qualifying standards (1:21:00 for men and 1:31:00 for women) and will then go down the ranking lists until there are 60 spots allocated in each event. See the latest ranking lists at <https://www.worldathletics.org/stats-zone/road-to/7132391>. From an Australian perspective, we have 6 walkers within the required rankings or times (based on 3 per country).

17	Jemima MONTAG	Qualified by Entry Standard	1:28:50	Fawkner Park, Melbourne, 27 MAR 2021
23	Katie HAYWARD	Qualified by Entry Standard	1:29:25	Adelaide, 10 FEB 2019
50	Rebecca HENDERSON	In World Rankings quota	46 th	1137p
41	Dane BIRD-SMITH	Qualified by Entry Standard	1:20:52	Adelaide, 10 FEB 2019
52	Kyle SWAN	In World Rankings quota	83 rd	1147p
56	Declan TINGAY	In World Rankings quota	94 th	1141p

Wouldn't it be wonderful to see them all join Rhydian Cowley (who has already been named for the 50km) in our Australian Olympic team. Fingers crossed!

- World Athletics will increase prize money for athletes at its next two flagship World Championships by \$1 million, starting with the World Athletics Championships in Oregon next year. A total of \$2 million has been ringfenced from the fines paid by the Russian Athletics Federation (RusAF) for breaching the sport's anti-doping rules, to go directly to athletes in the form of prize money at Oregon and at the following year's World Championships in Budapest. A fitting use of such blood money. See <https://www.insidethegames.biz/articles/1109296>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 6 press releases this week, including additional National Championship results from Spain, Italy and Kenya.

- Sun 27 Jun - Getafe (ESP): Alvaro Martin and Maria Perez win Spanish National Championship 10,000m Walks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4123
- Sat 26 June - Rovereto (ITA): Francesco Fortunato and Nicole Colombi win the Italian Championships (10km road) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4122
- Thu 24 Jun - Nairobi (KEN): Samuel Gathimba and Emily Ngii win Kenyan 20km Olympic trials and quality for Tokyo http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4121
- Wed 23 Jun - Yusuke Suzuki (JPN) forgoes the Olympic Games http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4120
- Tue 22 Jun - Nerja (ESP): Antía Chamosa Dacasa and José Manuel Pérez Rubio win Spain U23 Track Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4119
- Sun 20 Jun - Pietermaritzburg (RSA): Lebogang Shange returns to racing and wins http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4118

while Omarchador has even more race results for us, from Portugal, Poland, Hungary, Kenya, Ukraine and Spain.

- Sun 27 Jun - Rui Coelho and Ana Cabecinha win Portuguese track championships <https://omarchador.blogspot.com/2021/06/rui-coelho-e-ana-cabecinha-campeoes-de.html>
- Sun 27 Jun - Japan's Yusuke Suzuki not going to the Olympics <https://omarchador.blogspot.com/2021/06/yusuke-suzuki-nao-vai-aos-jogos.html>
- Sat 26 Jun - Lukasz Niedzialek and Agnieszka Ellward win Polish championships <https://omarchador.blogspot.com/2021/06/ukasz-niedziak-e-agnieszka-ellward.html>
- Thu 24 Jun - Results of the Honvéd Cup 2021 in Székesfehérvár, Hungary <https://omarchador.blogspot.com/2021/06/taca-honved-2021-em-szekesfehervar.html>
- Thu 24 Jun - Gathimba and Ngii win the Kenyan Olympic 20km walk trials <https://omarchador.blogspot.com/2021/06/gathimba-e-ndgiti-vencem-os-20-km.html>
- Wed 23 Jun - Viktor Shumik and Maria Sakharuk win "Lutsk 10" 2021 in Ukraine <https://omarchador.blogspot.com/2021/06/viktor-shumik-e-maria-sakharuk-vencem.html>
- Wed 23 Jun - Results of the Spanish Masters Championship (track) in Malaga <https://omarchador.blogspot.com/2021/06/campeonato-de-espanha-master-pista-em.html>
- Tue 22 Jun - Antía Chamosa and José Manuel Pérez win Spanish U23 Track Championships in Nerja <https://omarchador.blogspot.com/2021/06/antia-chamosa-e-jose-manuel-perez.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. It continues to change quickly as a result of COVID-19 issues.

Victorian Key Dates –2021

Jul 3 (Sat), 2021	Next round of VRWC Roadwalks	Middle Park, VIC
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

July 23 – Aug 8, 2021	32 nd Olympic Games - Walks at Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX

Oct 16 (Sat), 2021 Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

July 23 – Aug 8, 2021 **32nd Olympic Games, Tokyo and Sapporo**
Aug 8-19, 2021 **World University Summer Games, Chengdu, China (POSTPONED TILL 2022)**
Aug 20-21, 2021 **18th World Athletics U20 T&F Championships, Nairobi, Kenya (POSTPONED FROM 2020)**
Nov 5-14, 2021 **Pan Pacific Masters Games, Gold Coast, QLD (<https://mastersgames.com.au/ppmg/>)**

Jan 2022 **Oceania Masters Championships, Norfolk Island (CANCELLED)**
TBA, 2022 **9th World Masters Indoor T&F Championships, Edmonton, Canada**
Jun 29 – Jul 10, 2022 **23rd World Masters T&F Championships, Tampere, Finland**
Apr 23-24, 2022 **29th World Athletics Race Walking Team Championships, Minsk, Belarus**
July 15-24, 2022 **18th World Athletics Championships, Eugene, USA**
July 27 - Aug 7, 2022 **XXII Commonwealth Games, Birmingham, GBR**
Aug 11-21, 2022 **European Athletics Championships, Munich, GER**
TBA, 2022 **19th World Athletics U20 T&F Championships, Cali, Colombia**

TBA, 2023 **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>)