



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 09
27 November 2018



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>

WHAT'S COMING UP

- Athletics Victoria Shield competition continues this coming Saturday with Round 7. Venues as follows
 - AV Shield Round 7 Program 1, Yellow vs Red Zones, Keilor Park Aths Track, **Keilor Park**, Saturday 1 December
 - AV Shield Round 7 Program 2, Blue vs White Zones, Ballam Park Aths Track, **Frankston** Saturday 1 December
 - AV Shield Round 7 Program 1, Ballarat Region, Llanberris Reserve, **Ballarat**, Saturday 11 December
 - AV Shield Round 7 Program 1, Geelong Region, Landy Field, **Geelong**, Saturday 11 December
 - AV Shield Round 7 Program 1, Bendigo Region, La Trobe University Track, **Bendigo**, Saturday 11 December
- The following day (**Sunday 2nd December**) sees the **Australian 50km Championship meet** at **Fawkner Park in Melbourne**, on what is generally regarded as Australia's best road course. No changes to the start lists from week:

50km Men Australian Championship

Bonfim, Caio	Brazil	27	3:47:02
Duncan, Andrew	WA	53	1:39:58 (20km)
Tallent, Jared	SA	34	3:36:53

20km Men

Cowley, Rhydian	VIC	27	1:22:07
Garganis, Adam	VIC	21	1:26:20
Gibbons, Carl	NSW	22	1:32:07
Hess, Albin	VIC	58	2:24:04
Jones, Tyler	NSW	20	1:26:44
Kozica, Jason	VIC	32	1:33:54
Mottrom, Kim	SA	34	1:31:14
Prasad, Pramesh	VIC	44	1:45:02
Reading, Brendon	ACT	29	1:24:37
Richardson, Dylan	NSW	18	1:38:30
Swan, Kyle	VIC	19	1:38:52
Tingay, Declan	WA	19	1:28:10

U20 10km Men

Corey Dickson	VIC	16	48:44
Fraser, Timothy	ACT	18	44:31
Frew, Connor	ACT	18	46:16
McGinniskin, Jack	NSW	15	48:08
Tebbutt, Oscar	NSW	17	45:32

50km Women Australian Championship

Feiner, Tracy	VIC	41	2:54:21 (30km)
Renic, Ivana	Croatia	22	4:35:09
Ruddick, Kelly	VIC	45	2:37:56 (30km)
Tallent, Claire	SA	37	4:09:33

20km Women

Montag, Jemima	VIC	20	1:31:26
Ventris, Lynette	WA	62	1:39:51

U20 10km Women

Goodhew, Chelsea	NSW	19	52:56
Hill, Gabriella	QLD	15	27:40 (5km)
Peart, Alanna	VIC	15	23:39 (5km)

U18 5km Girls

Hay, Charlotte	VIC	15	25:50
Peart, Jemma	VIC	17	24:12

Timetable is as follows

- 7:00am Australian 50km Race Walk Championships (Men & Women)
- 8:00am Open Invitational 20km Race Walks (Men & Women)
- 9:00am U20 Invitational 10km Race Walks (Men & Women)
- 10:00am 18 Invitational 5km Race Walks (Men & Women)

See more at the event page: <http://athletics.com.au/Compete/Events/2018-australian-50km-race-walking-championships>.

- The following week sees the **Australian All Schools T&F Championships** in Cairns, Queensland. Always a large and high quality meet, the track walks are expected to be highly contested.

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 24 NOVEMBER

It was a quiet week for racewalking around Australia, with State Relay Championships contested in a number of States (Victoria included) and with the South Australian Masters and the ACTRWC mid week meets cancelled due to inclement weather. So only a few walking meets on which to report. Let's get to it.

Thanks to Kim Mottrom for this weekend's results from Adelaide. Kim commented: Good conditions again today with another big PB from **Mathew Bruniges**.

5000m Walk

1.	Kim Mottrom	M	22:19.97
2.	Mathew Bruniges	M	25:18.60
3.	Olivia Sandery	F	25:42.92
4.	Kristie Goznik	F	26:09.13
5.	Greg Metha	M	31:42.48
6.	James Hoare	M	37:46.15
	Tristan Camilleri	M	DNF
	Toby Wilks	M	DNF
	Alix Harlington	M	DNF
	Mia Wilks	F	DNF

1500m Walk

1.	Kiera Ross	F	07:26.99
2.	Kitarni Upton	F	07:46.29
3.	Elli Pusonjic	F	08:09.38
4.	Chloe Upton	F	08:29.96
5.	Seth Upton	M	08:43.76
6.	Hannah Wilks	F	10:01.68

2018 NSW STATE RELAY CHAMPIONSHIPS, SOPAC, SYDNEY, 24-24 NOVEMBER

The NSW State Relay Championships have, for many years now, included 4x1500m track walk relays, and this year saw 13 walk teams (that means 52 walkers) in action. The fastest time of the day was recorded by the Central Coast Open Men – a swift 23:27.37. Note that this was still nearly one minute outside the 1997 record of 22:44.21, set by Bankstown (I seem to remember Brent Vallance was part of that outstanding team). It's disappointing that the results do not include individual splits or names.

Men 6000m Walk Relay U18

1.	Coast/Hunter	01	30:23.55
----	--------------	----	----------

Men 6000m Walk Relay Open

1.	Coast/Hunter	96	23:27.37
2.	Nepean Distr	01	28:47.42

Women 6000m Walk Relay U14

1.	Mingara Athl	68	29:35.70
2.	Sydney Pacific	93	34:19.35
3.	Nepean Distr	05	35:19.37

Women 6000m Walk Relay U18

1.	Mingara Athl	68	29:35.70
2.	St George Athletics	01	35:05.29
3.	Nepean Distr	05	35:19.97
	Randwick Bot	01	DQ

Women 6000m Walk Relay Open

1.	Coast/Hunter	97	30:29.48
2.	Asics Wests	01	35:45.40
3.	Uts Norths	01	38:03.48

TASMANIAN CATCHUP

To Tasmania now, for this week's results, compliments of Wayne Fletcher. I also need to fix up last week's results which I had wrong. I inadvertently picked up some old 2017 results! So the correct results from Saturday 17th November are also included.

Athletics Tasmania Interclub, Domain Athletics Track, Hobart, Saturday 24 November

3000m Walk

1.	Anna Blackwell	Old Virgilians	16:25.85
2.	Chloe Ahern	Old Virgilians	17:18.98
3.	Elizabeth Leitch	Tasmanian Masters	20:29.48
4.	David Moore	Tasmanian Masters	23:31.66

Athletics Tasmania Interclub, Domain Athletics Track, Hobart, Saturday 17 November

5000m Walk

1.	William Robertson	Old Virgilians	24:14.92
2.	Anna Blackwell	Old Virgilians	28:58.62
3.	Chloe Ahern	Old Virgilians	32:10.73

ATHLETICS ACT INTERCLUB, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 24 NOVEMBER

A couple of walkers in action in the Canberra interclub last Saturday.

3000m Walk

1.	Burns, Laura	14	NCG	17:23.7
----	--------------	----	-----	---------

1500m Walk

1.	Duncan, Erin	13	NCG	9:39.6
----	--------------	----	-----	--------

REGIONAL RACEWALK MEET, ERFURT, GERMANY, SATURDAY 17 NOVEMBER

Thanks to Udo Schaeffer for passing on the results of what was a very big indoor meet a week ago in Erfurt, Germany. The meet featured around 300 athletes from 54 athletics clubs. Included in the mix were 64 racewalkers from 25 clubs, covering a wide number of agegroups and competing in 1000m, 200m, 3000m and 1 Mile walks. Full results and lots of photos at website www.geherpokal.de.

Udo has ranked the performances on his points system with the top performances scoring over 100 points and anything over 80 points being regarded favourably. For the 3000m, 2000m and 1000m walks, his top performers were as shown below, with W15 waker **Mathilde Frenzl** leading the way with 13:36.80.

		Erfurt, GER, 17. 11.		Regionales Meeting mit Gehen		
109	Mathilde Frenzl	GER, SC Potsdam	W15	3 000m	13:36,80	1. W U18
106	Steffen Borsch	GER, SV Halle	M45	3 000m	13:13,30	1. M45
100	Steffen Meyer	GER, SV Breitenbrunn	M52	3 000m	13:58,60	1. M50
96	Paul Jansen	NED,	M45	3 000m	13:59,90	2. M45
93	Henriette Praters	GER, LG Eilenburger Land	W11	1 000m	5:29,00	1. W11
93	Zuska Walter	GER, ASV Erfurt	W11	1 000m	5:30,00	2. W11
92	Otto Junghannß	GER, Erfurter LAC	M18	3 000m	13:09,90	1. M U20
92	Marvin Böckel	GER, LG Vogtland	M13	2 000m	9:51,70	1. M13
90	Lena Sonntag	GER, SC Potsdam	W14	2 000m	10:02,60	1. W14
90	Brit Schröter	GER, LG Vogtland	W44	3 000m	14:50,80	1. W40
89	Lara Ackermann	GER, LG Vogtland	W10	1 000m	5:37,90	1. W10
88	Kylie Garreis	GER, LG Vogtland	W13	2 000m	11:03,90	1. W13
88	Nancy Patten	CAN/GER, FTSV Straubing	M57	3 000m	17:50,10	1. W60
87	Helmut Prieler	GER, SpVgg Niederaichbach	M63	3 000m	16:15:50	1. M60

M45 masters walker **Steffen Borsch** was the top scorer in the 1 Mile walk, with a time of 6:48.35.

VERFOLGER in Erfurt, GER, 17. 11. !! * GSN-Jagdmeile (GP - Handicap)						
105	Steffen Borsch	GER, SV Halle	M45	1 Meile	6:48,35	12. A-Finale
95	Lukas Rosenbaum	GER/SVK, Stendaler LV 92	M11	1 Meile	8:24,37	9. A-Finale
91	Marvin Böckel	GER, LG Vogtland	M13	1 Meile	7:55,57	2. A-Finale
91	Kylie Garreis	GER, LG Vogtland	W13	1 Meile	8:38,47	4. A-Finale
91	Paul Jansen	NED,	M45	1 Meile	7:23,01	11. A-Finale
90	Nancy Patten	CAN, FTSV Straubing	W63	1 Meile	9:12,85	8. A-Finale
89	Steffen Meyer	GER, SV Breitenbrunn	M52	1 Meile	7:42,65	14. A-Finale
88	Brit Schröter	GER, LG Vogtland	W44	1 Meile	7:47,40	10. A-Finale
83	Reinhard Langhammer	GER, ASV Erfurt	M65	1 Meile	9:05,63	6. A-Finale
79	Henriette Praters	GER, LC Eilenburger Land	W11	1 Meile	9:43,26	13. A-Finale
78	Michaela Fromm	GER, LC Eilenburger Land	W15	1 Meile	8:38,96	1. A-Finale
78	Bernd Hölters	GER, PSV Berlin	M72	1 Meile	9:56,06	10. B-Finale
76	Han Holtslag	NED,	M61	1 Meile	9:07,67	7. A-Finale
75	Frederik Fromm	GER, LC Eilenburger Land	M12	1 Meile	8:47,97	15. A-Finale

The team competition was won by SC Potsdam, followed by LG Vogtland, ASV Erfurt, Erfurt LAC and LC Eilenburger Land.



The teams competition – it is great to see so many young walkers! (photo Udo Schaeffer)

LES 8 HEURES D' ETAMPES-SUR-MARNE, ETAMPES-SUR-MARNE , FRANCE, 25 NOVEMBER

Emmanuel Tardi was in Etampes sur Marne, 100km east of Paris, last for their annual 8 hours race last Sunday. As always, it was well supported, with about 60 walkers who had come to compete in the streets of this small village of 1200 people. The lap was 2.5km long and included a very hard hill of 400m length, (32m height rise). The start was at 8AM, under a small by very cold rain, conditions which stayed for the full day.

Florian Letourneau led from start to finish in the men's 8 Hour race, winning with 75.0km, ahead of **Fabian Deparday** and **Mathieu Olivares**, both on 70km. **Christine Lepage** led the women's 8 Hour race early, before **Emilie Bizard** caught her, going on to win with 65.0km. Lepage held on for second place with 62.5km. The ancilliary 10km race was won by **David Stefannely**.

After the disappointment of the Corcieux race on October 28th, when he was stopped after 44km in his attempt to beat the M80 50km world best, **Alexis Jordana** was here for another attempt. He had special authorization and don't need to finish the race to have his 50km time ratified. He walked very evenly, beating the world best by more than 13 minutes with a time of **6:28:38**. Here are Emmanuel's updated 50km M80 all-time rankings

6:28:38	Alexis JORDANA	FRA	81	Etampes-sur-Marne	26.11.18
6:41:31	Bauke te NIJENHUIS	NED	80	Schiedam	14.05.16
6:56:37	Robert SCHOUCKENS	BEL	83	Tilburg	02.10.11
6:58:00	Jean PICHON	FRA	81	Etampes-sur-Marne	19.10.14
7:02:23	Jaap VISSER	NED	81	Douglas , IOM1	08.08.18
7:04:01.4	Koos VAN RIJN	PB	80	Rotterdam1	04.09.08

Alexis's 50m splits were 36'59, 37'52, 38'23, 38'26, 39'10, 39'46, 38'43, 39'11, 39'07 and 40'51.

Alexis was born on 10th Feb 1937 and began racewalking in 1954 as a junior. He finished 10th in the 1959 20km French Championship and 12th in 1961 (1:54:14). His first 50km was, as far as Emmanuel knows, was on 7th July 1963 in Cherbourg, when he finished with a time of 5:11:22. In Masters events, he has won 19 medals (including 5 golds) at World Championship level, starting with Melbourne in 1987 when he was 3rd in the M50 5000m (23:48), and 20 medals (2 golds) at European Championship level, starting with 1982.

Emmanuel's photo album at <https://www.facebook.com/photo.php?fbid=10215800210152352>.

8 Hours Women

1.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	65.0km	7:59:46	8.129 km/h
2.	LEPAGE Christine	Nl Corps-nuds	62.5km	7:59:09	7.826 km/h
3.	BIZARD Claudie	Thiais Ac	60.0km	7:52:34	7.618 km/h
4.	SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	55.0km	7:47:11	7.064 km/h
5.	TOP Virginie	Chierry- J Y Cours	52.5km	7:48:09	6.729 km/h
6.	EMONIERE Mireille	Nl Vitry-sur-seine	52.5km	8:02:00	6.535 km/h
7.	NITYAGOVSKAYA Liudmila (RUS)	Tv Forst	50.0km	7:46:18	6.434 km/h
8.	SAUNEUF Lola	Marne Et Gondoire Athletisme	45.0km	7:55:51	5.674 km/h

8 Hours Men

1.	LETOURNEAU Florian	Ac Chateau Thierry	75.0km	7:57:08	9.431 km/h
2.	DEPARDAY Fabien	Stadium Montigny Athletic Club	72.5km	7:53:45	9.182 km/h
3.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	72.5km	7:58:55	9.083 km/h
4.	POTIER Nicolas	Athle Pays De Fougères	70.0km	7:56:06	8.822 km/h
5.	VARAIN Cedric	Ac Chateau Thierry	70.0km	7:58:12	8.783 km/h
6.	LACHE Cyrille	Blagnac Sc	70.0km	7:58:54	8.770 km/h
7.	MARECHAL Pascal	Ac Chateau Thierry	67.5km	7:45:30	8.700 km/h
8.	GEORGELIN Serge	Ea Cesson	67.5km	7:45:31	8.700 km/h
9.	MOREL Philippe	Team Trail Chalons En Champagn	67.5km	7:46:46	8.677 km/h
10.	LANEAU Maxime	Us Camon	67.5km	7:58:15	8.468 km/h
11.	PELLERIN Alain	Ac Chateau Thierry	67.5km	7:59:32	8.446 km/h
12.	BOUFFLERT Eric	Ga Basse Seine	67.5km	7:59:41	8.443 km/h
13.	PAPI Luca		67.5km	7:59:41	8.443 km/h
14.	LABARRE Bertrand	Cs Provins Athletisme	65.0km	7:45:38	8.376 km/h
15.	COULOMBEL Pierre	CM Roubaix	62.5km	7:46:06	8.045 km/h
16.	HIERNARD Alain	Marche Mythique Organisation	62.5km	8:06:02	7.716 km/h
17.	SEYNAEVE Serge (BEL)	Cm Roubaix	60.0km	7:47:23	7.702 km/h
18.	GUEUDET David		60.0km	7:52:10	7.624 km/h
19.	RIVOAL Claude	Ea Cesson	60.0km	7:58:06	7.530 km/h
20.	THEVENIN Hugues	Nl Torcy	60.0km	7:58:53	7.517 km/h
21.	CECCALDI Georges	Entente Chalon/saone	60.0km	8:01:40	7.474 km/h
22.	DIEN Daniel	Neuilly Sur Marne Athletisme	60.0km	8:03:32	7.445 km/h
23.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	57.5km	7:52:34	7.301 km/h
24.	ROCHA Fernando	Nl Vittel	52.5km	7:45:22	6.769 km/h
25.	GUILLOT Mickael		52.5km	7:46:13	6.757 km/h
26.	ESTEVES Jean-marc	Chierry- J Y Cours	52.5km	7:48:12	6.728 km/h
27.	HAGHEBAERT Eric	Ac Chateau Thierry	52.5km	7:48:32	6.723 km/h
28.	PICOT Gerard	Rando Montfermeil	52.5km	7:54:10	6.643 km/h
29.	KESSELMARK Patrick	Nl Mareuil-les-meaux	52.5km	7:54:29	6.639 km/h
30.	EMONIERE Philippe	Cosm Arcueil	52.5km	8:02:00	6.535 km/h
31.	JORDANA Alexis	Blagnac Sc	50.0km	6:28:34	7.721 km/h
32.	CATRY Thierry	Cm Roubaix	47.5km	8:10:37	5.809 km/h
33.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	45.0km	7:57:55	5.650 km/h
	FILLIEUX Christian (BEL)	Caf	35.0km	4:33:23	7.682 km/h
	BIEBUYCK Pascal (BEL)	Ac Ath	32.5km	3:58:26	8.178 km/h

10km Walk

1.	STEFANELLY David	Ouest Yvelines Athle	10km	56:26	10.632 km/h
2.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	10km	56:40	10.588 km/h
3.	BONNOMET Arthur	Co Champagne Aa	10km	57:46	10.387 km/h
4.	MAUREL Eric	Ufolep	10km	1:02:10	9.651 km/h
5.	BAUDET Mathias	Rc Epernay	10km	1:02:35	9.587 km/h
6.	REY Julien	Co Champagne Aa	10km	1:03:44	9.414 km/h
7.	TARDI Emmanuel	LP Longjumeau	10km	1:21:31	7.360 km/h
8.	LEGLISE Didier		10km	1:24:03	7.139 km/h
9.	DENISE Sabine		10km	1:24:59	7.060 km/h
10.	HIERNARD Isabelle	Nl Afd 02	10km	1:26:56	6.902 km/h
11.	MACQUART Angelique		10km	1:27:00	6.897 km/h
12.	BELLECC Jean-marc	NL Lescherolles	10km	1:30:58	6.596 km/h

Relay

1.	KASSANDRA	Playe Christophe - Bordier Daniel - Gutierrez Evguénia	67.0km	7:59:07	8.453 km/h
2.	AFD 02	Mallet Martine - Jobert Jacqueline - Mallet Christian	60.0km	7:47:39	7.698 km/h
3.	LES 3 AMIS AUDIFFRET	Carcaillon Martine - Pannier Josiane - Carcaillon Alain Degryse J-Claude - Tabary Florence - Castel Thierry	60.0km DQ	7:56:54	7.549 km/h



Florian Letournou, Emilie Bizard and M80 50km world record holder Alexis Jordana (photos Emmanuel Tardi)

OUT AND ABOUT

- It's not just in racewalking that Japan shows incredible depth. Consider the Ageo City Half Marathon, the world's greatest half marathon, where the top 55 broke 64 minutes, the top 114 broke 65 and 249th place was 66:59. See <http://japanrunningnews.blogspot.com/2018/11/laimoi-and-yoshida-break-cr-nilsson.html>.
- Almost two months after the last race in China, IAAF has revised the results of the 2019 IAAF Race Walking Challenge. The mistake was that no points were awarded at the European Championships in Berlin. On the women's side, this did not affect the top placings but on the men's side it resulted in a new winner. Before adjusting, Andres Chocho had won with 25 points, ahead of Eider Arevalo on 24, Lebogang Shange on 22 and Diego Garcia on 22. With his 20km second place in Berlin, Garcia now earns a further 5 points and wins the Challenge with a grand total of 27 points. The adjusted men's final standings can be seen at <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/standings/2018/men>. Also reported by omarchador (<http://omarchador.blogspot.com/2018/11/iaaf-reve-classificacoes-finais-do.html>).
- Doping has long been rife in Kazakhstan and we all know the huge issues being faced with doping in winter Olympic sports. Therefore, it should perhaps come as no surprise that 9 biathletes from Kazakhstan, including the country's entire women's Olympic team, were suspended last Thursday on suspicion of doping. The International Biathlon Union said the cases "are based on criminal investigations in Austria and Italy.". See <https://antidopingworld.wordpress.com/2018/11/22/9-kazakh-biathletes-suspended-on-suspicion-of-doping/>.

- Boxing is another sport in the firing line and may well miss out on the 2020 Olympics as the IOC is moving toward expelling boxing's international federation. See <https://www.canberratimes.com.au/sport/boxing/boxing-s-olympic-future-imperilled-by-controversy-20181122-p50hj4.html>.
- Russia continues to be as dirty as ever. RUSADA said last Wednesday that seven athletes in athletics and weightlifting have been given four-year bans for violating the country's anti-doping rules, with another being suspended for two years. See <https://uk.sports.yahoo.com/news/seven-russians-given-four-ban-doping-violations-151549528--spt.html?guccounter=1>.
- And in yet another example of Russia flouting its international reinstatement requirements, Alexander Zubkov, the double Olympic bobsled champion from Sochi 2014 who was stripped of his gold medals for doping, has had his medals reinstated by a Moscow court, which has overruled the decisions of the IOC and CAS. See <https://jakegshelley.wordpress.com/2018/11/21/alexander-zubkov-olympic-champion-depends-who-you-ask/>.
- WADA and its president Craig Reedie cop a mouthful from the Guardian newspaper for their complicity in bringing Russia in from the cold, whatever the cost. See <https://www.theguardian.com/sport/2018/oct/31/sir-craig-reedie-wada-president-russia-reinstated>.

DIEGO GARCÍA CARRERA		2018
Rank	IAAF	1
Country		ESP
Events	Race Walking Challenge Permit	4
Points		27.00

VENUE		DATE	RESULT	POINTS
Rio Maior (POR)	20 Kilometres Race Walk	07 APR 2018	1:21:15	12
Taicang	20 Kilometres Race Walk	06 MAY 2018	1:24:37	
La Coruna (ESP)	20 Kilometres Race Walk	02 JUN 2018	1:19:18	10
Berlin (GER)	20 Kilometres Race Walk	11 AUG 2018	1:20:48	5

Diego Garcia now wins 2018 IAAF Race Walking Challenge (collage from <http://omarchador.blogspot.com>)

- Readers of this newsletter will remember that I have talked on occasions about the demise of the athletics program at the Australian Institute of Sport after the 2012 Olympics and its replacement with the lesser “Winning Edge” program. Just saw this tweet overnight – very worrying for the future of our sport in Australia. The hurdles keep getting higher.



- I think this is the announcement to which the Athletics Australia President is referring (it was published yesterday): https://www.sportaus.gov.au/media_centre/news/new_ais_investment_approach_for_sport_stability_and_agility.
- Related to this thread, Swimming Australia is closing the last vestiges of its High Performance program at the AIS – <https://www.canberratimes.com.au/sport/swimming/swimming-australia-cut-ais-based-development-program-20181126-p50ih8.html>. Many swimmers, like Petria Thomas, from regional towns moved to the AIS in years past and became Olympic/Commonwealth medallists. It was an ideal set up, with coaching, accommodation and education.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases for us this week

- Mon 26 Nov - Marciadalmondo analyses the men's 20km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3334
- Sun 25 Nov - Marciadalmondo analyses the women's 20km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3333
- Fri 23 Nov - Marciadalmondo analyses the men's 50km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3332
- Thu 22 Nov - Italy vs. World: difference in speed in the three Olympic specialties
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3331
- Wed 21 Nov - Trends in speed performances in women's walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3330
- Tue 20 Nov - Diego Garcia and Raquel Gonzalez win the 31st "Espada Toledana"
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3329
- Mon 19 Nov - Trends in speed performances in men's walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3328

Omarchador has 6 press releases

- Mon 26 Nov - Diego García Carrera now wins amended 2018 IAAF World Racewalking Challenge
<http://omarchador.blogspot.com/2018/11/iaaf-reve-classificacoes-finais-do.html>
- Sun 25 Nov - World's top junior walker Alegna González receives Mexican National Sports Award 2018
<http://omarchador.blogspot.com/2018/11/alegna-gonzalez-recebeu-o-premio.html>
- Sat 24 Nov - Mario Viñas and Mireia Urrutia win in Manresa, Portugal
<http://omarchador.blogspot.com/2018/11/mario-vinas-e-mireia-urrutia-venceram.html>
- Fri 23 Nov - Young walkers in action in Siauliai, Lithuania
<http://omarchador.blogspot.com/2018/11/esperancas-olimpicas-competiram-em.html>
- Thu 22 Nov - Olympic athletes of 1980 honored by the Spanish Olympic Committee
<http://omarchador.blogspot.com/2018/11/atletas-olimpicos-de-1980-homenageados.html>
- Tue Nov 20 Diego García and Raquel González win Espada Toledana 2018
<http://omarchador.blogspot.com/2018/11/diego-garcia-e-raquel-gonzalez-vencem.html>

30TH SUMMER UNIVERSIADE, NAPLES, ITALY, 3-14 JULY 2019

The Athletics Australia selection policy for the 2019 World University Games was published on 21st Nov 2018. See <http://athletics.com.au/Portals/56/High%20Performance/Documents/WUG/2019/World%20University%20Games%20Selection%20Policy%202019%20-%20v1.2a.pdf>. Salient points are as follows

- Each country can be represented by up to 3 athletes in each walk event, all of whom must have achieved the FISU entry standard for the event.
- The Games are open to athletes born between 1st January 1994 and 31st December 2001 and either:
enrolled and currently studying a diploma or higher courses at a university or TAFE* (*conditions apply) or other tertiary institution (please note deferred students are not eligible for selection) or
have graduated from a university in the year immediately prior to the event (ie: graduated after 3 July 2018).
- Athletics Australia have gone with the published FISU standards which are more generous than in 2017.
 - Men 20 Km Walk **1:26:30**
 - Women 20 Km Walk **1:40:33**
- The qualifying period extends from 1 January 2018 to 1 May 2019.

- The first placed eligible male and female walker from the Australian 20km Roadwalk Championship in Adelaide (10th Feb 2019) will be an Automatic Selection in the 2019 World University Games Team provided he/she has attained the Athletics Australia qualification standard. Other selections will be selected, subject to the AA Selectors' discretion.

FROM THE VAULTS – 1983 IN FOCUS

Late last week, I was sent a photo of the start in the 1983 Australian 50km Championship by Terry Jones, my regular Western Australian correspondent. The first thing I had to do was rummage out the results and then use them to identify all the walkers on the start line. With help from Terry and from Mark Wall, we got that all sorted out.

The next step was to decide what to write up around the photo. Interestingly, this was the third time in 5 stagings (in 1975, 1979 and 1983) that Western Australia had hosted the Australian 50km championship. In those days, the 50km was contested every second year until 1983 when it changed to an annual event).

Even though it was in Western Australia (a long and expensive trip for the many east coast walkers) and even though the August date meant it clashed with the 1983 Lugano Cup and the 1983 IAAF World Championships, there were still 15 starters. So I started to think about how many 50km walkers we had in those days. With that in mind, I rummaged through my archives to document the various 50km walks on offer that year. Here is what I found.

50km Races contested in 1983

With international 50km championships to be contested in August (the 1983 IAAF World Championships) and in September (the 1983 Lugano Cup), there were a number of local Australian 50km races scheduled in 1983. The following list is not definitive, but does capture the major meets.

The first 50km race that I can find is an invitational 50km, held in conjunction with the VAWC 35km Club Championship at Albert Park on Sunday 24th April. A large field of 19 walkers contested the 35km, with Victorian Mark Wall continuing on to complete the 50km.

VAWC Invitation 50km, Albert Park, Sunday 24th April

- | | | | |
|----|-----------|------|---------|
| 1. | Mark Wall | VAWC | 4:47:41 |
|----|-----------|------|---------|

The Victorian 50km championship, controversially held in Melbourne a week before the 1983 LBG Carnival, saw 5 finishers and 9 non-finishers. A number of walkers chose to race over partial distances and then call it a day, given the 20 Miler to be contested in Canberra a week later. It was scheduled as a lead in to the Lugano Cup 50km trial, to be contested in NSW 5 weeks later.

Victorian 50km Championship, Albert Park, Sunday 5th June 1983

- | | | | | |
|----|----------------|---------------|---------|-----------------|
| 1. | Bill Dyer | Box Hill | 4:31:11 | |
| 2. | Colin Donald | Waverley | 4:35:57 | |
| 3. | David Cash | Sandringham | 4:43:09 | |
| 4. | Harry Summers | Box Hill | 4:46:57 | |
| 5. | Tim Thompson | SA | 5:09:21 | |
| | Andrew Jackno | Essendon | DNF | 40km in 3:18:33 |
| | Clarrie Jack | Glenhuntly | DNF | 40km in 3:37:52 |
| | Peter Vysma | MUAC | DNF | 35km in 3:14:24 |
| | Mark Wall | Box Hill | DNF | 25km in 2:18:40 |
| | Michael Harvey | Waverley | DNF | 20km in 1:29:31 |
| | Mark Donahoo | Essendon | DNF | 20km in 1:41:42 |
| | Jim Bannan | | DNF | 20km in 1:51:50 |
| | Willi Sawall | Ballarat Harr | DNF | 15km in 1:07:43 |
| | Duncan Knox | Essendon | DNF | 15km in 1:12:01 |

The 1983 Lugano Cup 50km trial was held at the Holdsworth Army Base, Holdsworth, NSW, on Sunday 9th July. The course chosen was a tough hilly one and performances were effected. Michael Harvey started slowly but came through to pass Tim Erickson and take the win. The first 4 finishers, all Victorians, were duly selected in the Australian Lugano Cup 50km team.

Lugano Cup 50 km trial, Holdsworth Army Base, NSW, Sunday 9 July 1983

- | | | | | |
|----|----------------|-----|---------|--|
| 1. | Michael Harvey | VIC | 4:18:09 | |
| 2. | Tim Erickson | VIC | 4:21:55 | |
| 3. | Bill Dyer | VIC | 4:27:09 | |

4.	Duncan Knox	VIC	4:27:15
5.	Keith Knox	NSW	4:28:11
6.	Ian Fay	SA	4:36:20
7.	Peter Fullager	SA	4:36:20
8.	Robin Whyte	ACT	4:37:19
9.	John Harris	QLD	4:53:42
10.	Tim Thompson	SA	4:55:29
11.	Frank Overton	NSW	4:59:47
12.	Greg Rowe	NSW	5:02:16

The 1983 Australian Roadwalk Championships, which were held in Canning Vale, WA, on 27-28 August, included the Australian 50km Championship. This was seen as a fairly open event as it was scheduled only a couple of weeks after the IAAF World Championships and a month before the 1983 Lugano Cup, to which we were sending a large team. Consequently, many of the top Australian walkers were missing from Perth. This, of course, created an opportunity for the remaining walkers. Terry Jones has forwarded to me a great shot of the 50km start:



David Cash (VIC), Jim Turnbull (WA), Colin Donald (VIC), Harry Summers (VIC), Mark Wall (VIC), Richard Pestell (WA), Tim Thompson (SA), Ian Fay (SA), Greg Rowe (NSW), John Harris (QLD), Keith Knox (NSW), Frank Overton (NSW), Peter Vysma (VIC), Robin Whyte (ACT), Duncan Faux (WA), Terry Jones (WA)

The photo shows 15 starters, a big field but one that would have been even bigger, except for the Lugano Cup/World Championships clash.

Australian 50km Men Roadwalk Championship, Canning Vale, WA, 27 August 1983

1.	Keith Knox	NSW	4:28:20
2.	Ian Fay	SA	4:29:16
3.	Colin Donald	VIC	4:39:35
4.	David Cash	VIC	4:41:06
5.	John Harris	QLD	4:42:16
6.	Richard Pestell	WA	4:43:50
7.	Robin Whyte	ACT	4:44:14
8.	Tim Thompson	SA	4:50:23
9.	Terry Jones	WA	4:55:16
10.	Frank Overton	NSW	4:57:21
11.	Harry Summers	VIC	4:59:13
12.	Peter Vysma	VIC	5:30:58
13.	Jim Turnbull	WA	5:33:11

The Lugano Cup 50km in Bergen, Norway, saw Michael Harvey head out hard, matching it with the top walkers for the first half of the race. He paid mightily for his early efforts, fading badly and eventually suffering a disqualification. Bill Dyer, whose career had been one of continuous progression up till that point, also suffered a DQ. Tim Erickson and Duncan Knox both finished. Overall, there were 39 finishers, 6 DQs and 1 DNF.

Lugano Cup 50km Walk, Bergen, Norway, 25 September 1983

25. Tim Erickson	AUS	4:15:12.7
39. Duncan Knox	AUS	4:35:12.2
Bill Dyer	AUS	DQ
Michael Harvey	AUS	DQ

In summary, 20 Australian walkers successfully completed 50km walks during 1983, with an additional number starting but failing to complete the challenge. There may well have been even more walkers involved, since my records do not extend to all the State titles. I have only listed the finishers in the Victorian 50km Championship. There may well have been further finishers in the NSW, SA, ACT, QLD and TAS titles. Anyway, the 1983 ranking list looks like this:

1. Tim Erickson	AUS	4:15:13
2. Michael Harvey	VIC	4:18:09
<i>Tim Erickson</i>		4:21:55
3. Bill Dyer	VIC	4:27:09
4. Duncan Knox	VIC	4:27:15
5. Keith Knox	NSW	4:28:11
<i>Keith Knox</i>		4:28:20
6. Ian Fay	SA	4:29:16
<i>Bill Dyer</i>		4:31:11
<i>Duncan Knox</i>		4:35:13
7. Colin Donald	VIC	4:35:57
<i>Ian Fay</i>		4:36:20
8. Peter Fullager	SA	4:36:20
9. Robin Whyte	ACT	4:37:19
<i>Colin Donald</i>		4:39:35
10. David Cash	VIC	4:41:06
11. John Harris	QLD	4:42:16
<i>David Cash</i>		4:43:09
12. R. Pestell	WA	4:43:50
<i>Robin Whyte</i>		4:44:14
13. Mark Wall	VIC	4:47:41
14. Harry Summers	VIC	4:46:57
15. Tim Thompson	SA	4:50:23
<i>John Harris</i>		4:53:42
16. Terry Jones	WA	4:55:16
<i>Tim Thompson</i>		4:55:29
17. Frank Overton	NSW	4:57:21
<i>Harry Summers</i>		4:59:13
<i>Frank Overton</i>		4:59:47
18. Greg Rowe	NSW	5:02:16
<i>Tim Thompson</i>		5:09:21
19. Peter Vysma	VIC	5:30:58
20. Jim Turnbull	WA	5:33:11

The following year saw the bar raised significantly, with Simon Baker and Andrew Jachno joining the 50km club, and with Willi Sawall returning from the 20km to his preferred 50km distance. From then on the standard quickly improved in quality, but not necessarily in quantity. 1983 was a very good year from a 50km depth perspective and probably remains one of our best ever.

The Australian challenge now is to regenerate that 1983 level of interest and depth in the 50km event. Other countries successfully showcase the 50km – the 2018 50km international ranking lists show the following numbers of walkers (male and female) from the leading countries:

China 54 (39, 15), Japan 53 (3, 10), Ukraine 18 (12, 6), Spain 17 (11, 6), USA 15 (8, 7), Russia 15 (8, 7), France 15 (13, 12), India 15 (15, 0), Poland 14 (10, 4) and Ecuador 12 (7, 5).

And for completeness, here are the results that I found for the 1983 Australian Roadwalk Championships, of which the 50km formed part: <http://www.vrwc.org.au/RWA-Results/1983%20Australian%20Roadwalk%20Champs%20WA.pdf>.

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 – 2018

Dec 1 (Sat), 2018 AV Shield Round 7 (at various venues)
 Dec 2 (Sun), 2018 Australian 50km Championships Meet, Fawkner Park, VIC
 Dec 7-9, 2018 Australian All Schools T&F Championships, Cairns, QLD

Australian/Victorian Key Dates – 2019

Jan 3 – Feb 3, 2018 Supernova Walks Study Camp, AIS, Canberra
 Jan 26-28, 2019 Victorian Country T&F Championships, Bendigo
 Feb 10 (Sun), 2019 Australian/Oceania 20km Championships, Adelaide, SA
 Mar 1-3, 2019 Victorian T&F Championships, Weekend 1, Albert Park
 Mar 8-10, 2019 Victorian T&F Championships, Weekend 2, Albert Park
 Mar 16-17, 2019 Victorian Masters T&F Championships, Albert Park
 Mar 30 – Apr 7, 2019 Australian Athletics Championships, Sydney (10,000m track walk championships)
 Apr 13-14, 2019 Coburg 24 Hour Carnival, Coburg, VIC
 Apr 26-29, 2019 Australian Masters T&F Championships, Albert Park - <https://melbourne2019.com.au/>

2019 IAAF Race Walking Challenge Series (first few dates now published)

Apr 6 (Sat), 2019 28th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
 Apr 20 (Sat), 2019 Memorial Jerzy Hausleber, Monterrey, Mexico
 Jun 8 (Sat), 2019 XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
 Sep 27 - Oct 6, 2019 IAAF World Athletics Championships, Doha, Qatar

International Dates – 2019 and onwards

Jan 1 (Tue), 2019 The First Walk 2019, Hong Kong (50km, 20km, 6 Hour)
 Feb 10 (Sun), 2019 Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)
 Mar 17 (Sun), 2019 Lugano Trophy Walks Meet, Lugano, SWI
 Mar 23 (Sat), 2019 Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
 Mar 24-30, 2019 **8th World Masters Indoors T&F Championships**, Torun, Poland
 Apr 6 (Sat), 2019 Podebrady International Meet, Podebrady, CZE (20km)
 Apr 6 (Sat), 2019 28th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
 Apr 13 (Sat), 2018 International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km)
 Apr 20 (Sat), 2019 Memorial Jerzy Hausleber, Monterrey, Mexico
 Apr 13 (Sat), 2019 Naumburg International Meet, Naumburg, Germany
 Jun 8 (Sat), 2019 XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
 July 3-14, 2019 **30th Summer Universiade**, Naples Italy
 Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
 Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarus
 July 17-20, 2020 **18th IAAF World 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

Mar 2021 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
 Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.
 Aug 7-17, 2022 **24th World Masters T&F Championships**, Gothenburg Sweden

Tim Erickson, 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>)