



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TOPE PRESS - IAAF REQUESTS THAT IOC ADD WOMEN'S 50KM TO 2020 OLYMPICS

It's just after 4AM on Wednesday morning here in Melbourne, which means it is just after 6PM on Tuesday afternoon in Monaco. The doors have just opened and the delegates have come out of Day 2 of the latest IAAF Council plenary session and the news is big. Here is what Paul DeMeester has to say

Dispatch from Monaco; 4 December 2018

Meeting today, the Council of the International Association of Athletics Federations (IAAF) decided to request the International Olympic Committee (IOC) to add the Women's 50K Race Walk Event to the 2020 Olympic Games athletics program in Tokyo. I thank IAAF President Seb Coe and the members of the IAAF Council for making this possible. In only his first term as IAAF President, Coe has been able to bring about gender equality in all athletics events, including cross-country and race walking, as well as governance - with a new Constitution going into effect at the start of 2019 to implement the latter. President Coe deserves great credit for these accomplishments. It is expected that the IOC will agree with the request once its Executive Board meets, given the IOC's commitment to gender equality. Of course, this development was possible only because of the lobbying presence in Monaco of Ines Henriques, Erin Taylor-Talcott, Johana Ordonez, Ainhoa Pinedo Gonzalez and Quentin Rew. Without these five, this positive change may not have occurred.

Paul F. DeMeester

This is the culmination of a process that started way back in January 2012 when Erin Taylor-Talcott gained permission to compete in the USA men's 50km Olympic Trial in Santee. 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. She raced to 6th place with an 8 minute PB time of 4:33:22. She could not progress any further but it was a start.

Nothing much happened for a further 4 years until May 2016 when Erin forced her way to the start line in the men's 50km at the IAAF World Racewalking Team Championships in China and became the first woman to compete in the 50km in a major meet. The momentum continued in July 2017 when 7 women competed in the inaugural women's 50km championship at the IAAF World Athletics Championships in London, albeit with only 3 weeks notice. That race saw a new world record to Ines Henriques. It was a different story in May 2018 when 32 women competed in the IAAF World Team Championships in China (with the world record broken once again) and 19 women competed in the inaugural 50km at the European Championships in Berlin in July.

All of these little victories required either legal redress or the threat of legal redress. The authorities seemed dead against the women's 50km and were prepared to tooth and nail to stop the momentum. But they were unsuccessful and now seem to have relented. The women's 50km will be contested in the 2019 European Race Walking Cup in May in Alytus and in the 2019 IAAF World Athletics Championships in October on Doha.

Of course, nearly all those early wins were due to one person, namely American Attorney At Law **Paul DeMeester**. He appeared in person at the IAAF Council meeting in April 2017 to lobby for the retention of the 50km discipline and for the ending of the gender discrimination that was on show. Additionally, he mounted further legal cases on behalf of a number of our top female walkers, all with a view to breaking down the gender barriers, and all pro-bono.

And Paul is at the forefront of this latest decision to push for 2020 Olympic inclusion. Not only did he travel to Monaco last week at his own cost, he funded the attendance (travel and accommodation) of a number of our top 50km walkers to lobby the Council members with a view to adding the women's 50km walk to the 2020 Olympic program. In Monaco for the week with Paul are **Ines Henriques** of Portugal (4:05:56), **Ainhoa Pinedo Gonzalez** of Spain (4:18:56), **Johana Ordonez** of Ecuador (4:14:28), **Erin Taylor-Talcott** of USA (4:29:34) and **Quentin Rew** of New Zealand (3:46:29).



Ainhoa Pinedo Gonzalez, Johana Edelmira Ordonez Lucero, Ines Henriques and Erin Taylor-Talcott in Monaco this week



Paul plans the day with the 50km walkers in Monaco (photos from Paul DeMeester)

They met informally with most of the Council delegates, presenting each with a prepared booklet and asking each individually to support the addition of the women's 50km at Olympic level. Even IAAF President Seb Coe also informally met the group as they made their presence felt.

Paul's submission to the IAAF is available here: [Paul DeMeester Submission to IAAF Council.pdf](#).

The women's 50km at Tokyo wasn't even on the agenda but, due to their presence, it was added and the rest is now history.

We owe Paul such a debt of gratitude for his ongoing support, financial and professional. This is work that should have been the mandate of the **IAAF Race Walking Committee** but we all know the story there – they were firmly in the opposition camp, working to remove the 50km walk and to move racewalking into the mickey mouse camp of mixed short distance relays and half marathons. Indeed, you could argue that, in the absence of anything more appropriate, Paul DeMeester is the default IAAF RWC.

Our thanks also to Ines Henriques, Erin Taylor-Talcott, Johana Ordonez, Ainhoa Pinedo Gonzalez and Quentin Rew who were central to the lobbying process. Talk about moving outside your comfort zone as at athlete. Well done everyone!

TIM'S WALKERS OF THE WEEK

My Walkers of the Week this time around are our two female 50km trail blazers **Claire Tallent** and **Kelly Ruddick**. Competing in the inaugural Australian Women's 50km Roadwalk Championship at Fawkner Park on Sunday, they finished first and second.

- 37 year old South Australian walker **Claire Tallent** was going to compete in the 50km at Fawkner Park last year but, when the meet was postponed for 2 weeks, she dropped down to the 20km. She then waited a further 6 months to make her 50km debut in the IAAF Race Walking World Team Championships in China in May of this year, walking a wonderful 4:09:33 to win the bronze medal. Since then, her only race appearances have been in the 3 day Lake Taihu Rally in China in September. Dusting off the cobwebs for Fawkner Park, she stormed around the course to win in **4:28:52**. Her 10km splits indicate how comfortably she did it: 51:50, 53:26, 54:16, 55:10 and 54:10, finishing full of steam and with barely a puff.
- 45 year old Victorian **Kelly Ruddick** was on track for Fawkner Park with a strong walk in the Victorian 30km Championship in early August, recording an excellent 2:37:56. Soon after this, her plans were turned upside down as she fronted for a major operation in mid September to have her gall bladder removed. Definitely short on training, she decided to front for Fawkner Park anyway and throw her hat into the ring. Starting conservatively, she looked on track for around 4:40 at the halfway mark, but faded badly, severe leg cramps forcing her to stop frequently during the last 10km. Her splits tell the story of her race: 55:32, 56:05, 56:07, 58:17 and 64:30. There was some compensation, however, with her final time of **4:54:31** breaking the current Masters W45 50km World Record by around 2 minutes.

I have updated our 2018 50km World Ranking list to include Fawkner Park: see <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf>.



Claire and Kelly at Fawkner Park on Sunday (photos Terry Swan and Simon Baker)

WHAT'S COMING UP

- This 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 Victoria Shield competition round 8 will continue the following weekend, with venues and dates as shown below. Note the Albert Park comp does not include walks, so you will need to register for the walks at Doncaster on the Saturday
 - AV Shield Round 8 Program 1, White vs Blue, Lakeside Stadium, **Albert Park**, Friday 14 December (no walks)
 - AV Shield Round 8 Program 2, Red vs Yellow, Tom Kelly Athletics Track, **Doncaster**, Saturday 15 December
 - AV Shield Round 8 Program 2, Ballarat Region, Llanberris Reserve, **Ballarat**, Saturday 15 December
 - AV Shield Round 8 Program 2, Geelong Region, Landy Field, **Geelong**, Saturday 15 December
 - AV Shield Round 8 Program 2, Bendigo Region, La Trobe University Track, **Bendigo**, Saturday 15 December
- I have added a new page to our VRWC website to discuss **car parking options for our races at Middle Park**. The page also contains downloadable pdfs for Albert Park Sports Club parking permits in case you wish to purchase a 6 month or 12 month parking permit. If you come regularly to our races, this works out cheaper than feeding the parking meters each time. See more at <http://www.vrwc.org.au/vrwcparking.shtml>.

AUSTRALIAN 50KM CHAMPIONSHIP MEET, FAWKNER PARK, MELBOURNE, SUNDAY 2 DECEMBER

People who know the volatility of Melbourne's summer weather will not be surprised to hear that while Saturday was a horridly hot and windy day and while Saturday night was stormy, with rain and thunder, Sunday morning dawned still, overcast and cool. After last year, when this meet had to be postponed for a fortnight due to horrendous weather expectations, it was with a sigh of relief that competitors arrived at Fawkner Park in what were just about perfect 50km conditions.

The Australian 50km championships kicked off at 7AM, with 4 of the 7 entrants in attendance. Unfortunately, Ivana Renic had been unable to obtain a visa (perhaps she might have had better luck if she was a French au-pair rather than an athlete) while Jared Tallent was a DNS, due to a sore toe from a midweek mishap on the homefront. Of those who did start, 3 of the 4 finished the race, with Brazilian record holder **Caio Bonfim** first to finish in what looked like a very comfortable 3:55:24. Australian women's record holder **Claire Tallent** was next with 4:28:52, after that had been an equally comfortable outing. 45 year old **Kelly Ruddick** looked set for around 4:45:00 until cramping badly in the last few laps, eventually struggling home with 4:54:31. But it was still good enough to break the W45 Masters World Record and came only a couple of months after surgery to move her gall bladder, so full marks in my book!

Men 50km Championship Open

| | | | | | | | | | |
|----|---------------|----|--------|---------|---------|---------|---------|---------|-----------------------|
| 1. | Caio Bonfim | 91 | Brazil | 0:46:12 | 1:32:17 | 2:20:06 | 3:06:50 | 3:55:24 | |
| | Andrew Duncan | 65 | WA | 0:54:30 | 1:48:07 | 2:43:30 | | | DNF (retired at 34km) |
| | Jared Tallent | 84 | SA | | | | | | DNS |

Women 50km Championship Open

| | | | | | | | | | |
|----|----------------|----|---------|---------|---------|---------|---------|---------|-----------|
| 1. | Claire Tallent | 81 | SA | 0:51:50 | 1:45:16 | 2:39:32 | 3:34:42 | 4:28:52 | |
| 2. | Kelly Ruddick | 73 | VIC | 0:55:32 | 1:51:37 | 2:47:44 | 3:46:01 | 4:54:31 | Inaugural |
| | Tracy Feiner | 77 | VIC | | | | | | DNS |
| | Ivana Renic | 96 | Croatia | | | | | | DNS |

The 20km invitational walks started at 8AM, with 12 of the 13 entrants in attendance. The final placings sorted themselves out early, with 2016 Olympian **Rhydian Cowley** breaking away from **Declan Tingay** and **Tyler Jones** after the first 2km lap. From then on, he walked a solo race, winning by over 3 minutes with 1:24:24. 19 year old Declan was next to finish, with a PB 1:28:04, ahead of Tyler with 1:29:27. 2018 Commonwealth Games gold medallist **Jemima Montag** was the only female entrant but was able to latch onto Carl Gibbons, with the two working together for most of the race. She went on to finish with 1:35:48, a good performance after just returning from a 3 week altitude camp in Colombia.

Men 20km Invitation Open

| | | | | | | | |
|-----|------------------|----|-----|---------|---------|---------|--|
| 1. | Rhydian Cowley | 91 | VIC | 0:42:00 | 1:24:24 | | |
| 2. | Declan Tingay | 99 | WA | 0:43:46 | 1:28:04 | PB 0:06 | |
| 3. | Tyler Jones | 98 | NSW | 0:43:46 | 1:29:27 | | |
| 4. | Brendon Reading | 89 | ACT | 0:44:33 | 1:31:17 | | |
| 5. | Carl Gibbons | 96 | NSW | 0:47:01 | 1:34:16 | | |
| 6. | Kim Mottrom | 84 | SA | 0:47:12 | 1:34:29 | | |
| 7. | Dylan Richardson | 00 | NSW | 0:48:55 | 1:39:47 | | |
| 8. | Kyle Swan | 99 | VIC | 0:47:08 | 1:42:37 | | |
| 9. | Jason Kozica | 87 | VIC | 0:51:17 | 1:43:16 | | |
| 10. | Adam Garganis | 97 | VIC | 0:51:17 | 1:43:16 | | |
| 11. | Pramesh Prasad | 74 | VIC | 0:51:31 | 1:45:41 | | |
| | Albin Hess | 60 | VIC | 1:12:01 | DQ | | |

Women 20km Invitation Open

| | | | | | |
|----|---------------|----|-----|---------|---------|
| 1. | Jemima Montag | 98 | VIC | 0:47:01 | 1:35:48 |
| | Lyn Ventris | 56 | WA | | DNS |

The U20 10km walkers got underway at 9AM, with 6 of the 7 entrants in attendance. 17 year old **Oscar Tebbutt** strode confidently to the front and was never headed, winning in a PB time of 44:59. 15 year old **Jack McGinniskin** was next to finish, with a PB 46:30, making it a good double for NSW. The only other male finisher was 16 year old Victorian **Corey Dickson** with a PB 46:58. The women's U20 10km was won by 15 year old **Alanna Peart** with an inaugural time of 51:02, ahead of 15 year old Queenslander **Gabriella Hill** with 57:52. A number of our other top junior walkers did not enter, but we can expect to see full fields in Adelaide in February for the Australian U20 10km roadwalk Championship.

Men 10km Invitation Under 20

| | | | | | |
|----|------------------|----|-----|-------|---------|
| 1. | Oscar Tebbutt | 01 | NSW | 44:59 | PB 0:33 |
| 2. | Jack McGinniskin | 02 | NSW | 46:30 | PB 1:38 |
| 3. | Corey Dickson | 02 | VIC | 46:58 | PB 1:46 |
| | Timothy Fraser | 00 | ACT | DQ | |

Women 10km Invitation Under 20

| | | | | | |
|----|--------------|----|-----|-------|-----------|
| 1. | Alanna Peart | 03 | VIC | 51:02 | Inaugural |
|----|--------------|----|-----|-------|-----------|

| | | | | | |
|----|-----------------|----|-----|-------|-----------|
| 2. | Gabriella Hill | 03 | NSW | 57:52 | Inaugural |
| | Chelsea Goodhew | 99 | NSW | DNF | |

The final event was an U18 5km invitational event, but it attracted only 2 competitors. Of them, 17 year old **Jemma Peart** won with 24:21, ahead of 15 year old **Charlotte Hay** (her birthday was the day before, so happy birthday Charlotte!) with 25:52.

Women 5km Invitation Under 18

| | | | | |
|----|---------------|----|-----|-------|
| 1. | Jemma Peart | 01 | VIC | 24:21 |
| 2. | Charlotte Hay | 03 | VIC | 25:52 |

Overall, there were only 2 disqualifications, and I felt that the overall walking standard was very good.

Tim Crosbie was at Fawkner Park on Sunday and interviewed a few of the key walkers post event. Stay tuned to his podcast at <http://runnerchats.libsyn.com/> so that you don't miss it when it goes to air.

Photos from Terry Swan and Simon Baker at <https://www.dropbox.com/sh/ftj1rfx9qsaprh/AABtlxJ8OODXpR8G3JB4Oc6da?dl=0>. Terry also has a more extensive photo gallery at <https://www.facebook.com/media/set/?set=oa.10156724456638911>.



Caio Bonfim, Claire Tallent, Kelly Ruddick and Rhydian Cowley



Declan Tingay, Alanna Peart, Jemima Montag and Oscar Tebbutt (photos Terry Swan and Simon Baker)

For completeness, Kelly's time on Sunday puts her in second place behind Claire on our Australian women's all-time 50km ranking list. It's pretty small at the moment but will hopefully grow over the next few years. Let me know if I am missing any performances.

| Rank | Time | Name | State | DOB | Place | Location | Date | Age |
|------|----------|-------------------|-------|------------|-------|----------------|------------|-----|
| 1 | 04:09:33 | Claire Tallent | S | 06/07/1981 | 3 | Taicang, China | 05/05/2018 | 29 |
| 2 | 04:54:31 | Kelly Ruddick | V | 19/04/1973 | 2 | Melbourne | 02/12/2018 | 45 |
| 3 | 05:13:14 | Michelle Thompson | V | 12/12/1968 | 1 | Melbourne | 11/09/2011 | 42 |
| 4 | 05:23:08 | Lisa Wilson | A | 21/05/1967 | 1 | Canberra | 23/04/2004 | 36 |
| 5 | 05:27:11 | Lillian Harpur | S | 15/03/1948 | 1 | Adelaide | 1970 | 22 |
| 6 | 05:45:08 | Liz Feldman | V | 18/08/1948 | 1 | Melbourne | 24/10/2004 | 56 |
| 7 | 05:52:03 | Marlaine Stanway | V | 01/07/1938 | 6 | Melbourne | 1982 | 44 |
| 8 | 07:07:53 | Val Chesterton | A | 13/06/1940 | 1 | Canberra | 09/09/2006 | 66 |

A number of the walkers will soon be travelling to Canberra, to spend January at a study/training camp at the Australian Institute of Sport, then we are all off to Adelaide for the Australian Summer Roadwalk Championships on 10th February 2019.

AV SHIELD ROUND 7, VARIOUS VENUES, SATURDAY 1 DECEMBER

Athletics Victoria Shield competition continued last Saturday around Victoria, in hot and windy conditions, and I think that many athletes chose to bypass the meets due to the weather, as numbers were down overall.

AV Shield Round 7 Program 2, Blue vs White Zones, Ballam Park Aths Track, Frankston

Rebecca Henderson (13:58.5) and **Pramesh Prasad** (14:20.0) were well ahead in the 3000m at Frankston (Pramesh completed the 20km at Fawkner Park the next day, just outside his PB), while **Nikola Mandic** was very fast in the 1500m (6:28.2).

3000m Walk

| | | | | | |
|-----|--------------------|---|-----|-----|---------|
| 1. | Rebecca Henderson | F | MEN | | 13:58.5 |
| 2. | Pramesh Prasad | M | VMA | M40 | 14:29.0 |
| 3. | Sandra Geisler | F | RWD | F40 | 16:42.2 |
| 4. | Cassandra Knight | F | BOH | | 16:57.9 |
| 5. | Holly Cocking | F | ANW | | 17:00.4 |
| 6. | Bernadette Holohan | F | SAN | F50 | 20:05.0 |
| 7. | Laura McLennan | F | DAC | F40 | 20:14.1 |
| 8. | Ross Reid | M | COL | M60 | 20:15.9 |
| 9. | Isabella Dingli | F | SAN | | 20:17.9 |
| 10. | Heather Carr | F | GHY | F65 | 21:18.2 |
| 11. | Ian Handasyde | M | OSC | M65 | 21:40.5 |
| 12. | Marmie Grace | F | UNA | F40 | 22:04.4 |
| 13. | Gwen Steed | F | GHY | F65 | 22:26.8 |

1500m Walk

| | | | | | |
|----|-------------------|---|-----|--|---------|
| 1. | Nikola Mandic | M | CCA | | 6:28.2 |
| 2. | Alannah Upson | F | MPA | | 8:55.5 |
| 3. | Nikita Djordjevic | M | MEN | | 9:36.8 |
| 4. | Glen Imbriano | M | STK | | 13:28.6 |

AV Shield Round 7 Program 1, Yellow vs Red Zones, Keilor Park Aths Track, Keilor Park

First to Keilor Park where **William Dynes** (16:03.8) and **Danny Hawksworth** (16:30.0) were fastest in the 3000m and **Sebastian Weickhardt** won the 1500m (9:46.8).

3000m Walk

| | | | | | |
|-----|--------------------|---|-----|-----|---------|
| 1. | William Dynes | M | DIV | | 16:03.8 |
| 2. | Danny Hawksworth | M | ESS | | 16:30.0 |
| 3. | Trenton Hawkins | M | PTN | | 17:04.3 |
| 4. | Mark Donahoo | M | ESS | M60 | 17:24.1 |
| 5. | Timothy Erickson | M | COB | M65 | 17:48.2 |
| 6. | Madeleine Feain | F | KSB | | 17:49.4 |
| 7. | Paul Kennedy | M | KSB | M60 | 19:07.9 |
| 8. | Phillip Dunstone | M | WES | M50 | 20:23.2 |
| 9. | Brian Anderson | M | ESS | M60 | 21:34.7 |
| 10. | Janice Hodgart | F | WES | F55 | 22:50.5 |
| 11. | Joanna Margiolis | F | ESS | | 22:52.6 |
| 12. | Jamee-Leigh Colley | F | PTN | | 22:59.9 |
| 13. | Stephen Murphy | M | ESS | M55 | 23:19.8 |
| 14. | Brenda Cashin | F | WES | F50 | 26:12.8 |
| 15. | Donna Campbell | F | PTN | F45 | 26:26.4 |
| | Byron Sanford | M | ESS | | DQ |

| | | | | |
|-----------------|---|-----|-----|----|
| Letitia Sanford | F | ESS | F45 | DQ |
|-----------------|---|-----|-----|----|

1500m Walk

| | | | | |
|----|----------------------|---|-----|---------|
| 1. | Sebastian Weickhardt | M | KSB | 9:46.8 |
| 2. | Christian Knox | M | ESS | 10:42.9 |
| 3. | Kevin Healy | M | ESS | 12:31.7 |
| | Lauren Healy | F | ESS | DQ |



Danny Hawksworth, William Dynes, Mark Donahoo, Trenton Hawkins, Madeleine Feain and Tim Erickson (photos Gerard Feain)

Smaller fields in our three country venues, with results as shown below.

AV Shield Round 7 Program 1, Ballarat Region, Llanberris Reserve, Ballarat

3000m Walk

| | | | | | |
|----|----------------|---|-----|-----|----------|
| 1. | Geoff Barrow | M | MEN | M65 | 21:43.21 |
| 2. | Roslyn Ireland | F | BWK | | 22:41.13 |
| 3. | Olive Ireland | F | BWK | F55 | 25:14.28 |

AV Shield Round 7 Program 1, Bendigo Region, La Trobe University Track, Bendigo

3000m Walk

| | | | | | |
|----|----------------|---|-----|-----|----------|
| 1. | Barbara Bryant | F | EAG | F60 | 18:07.00 |
| 2. | Annette Curtis | F | SBE | F60 | 22:40.06 |
| 3. | John Watson | M | BGO | M65 | 24:16.11 |
| 4. | Lachlan Carr | M | BGO | | DQ |

1500m Walk

| | | | | | |
|----|------------------|---|-----|-----|----------|
| 1. | Andrea Smith | F | BEU | F40 | 8:54.00 |
| 2. | Wendy Ennor | F | EAG | F60 | 12:07.46 |
| 3. | Geoffrey Major | M | EAG | M65 | 13:00.64 |
| 4. | Carolyn Sullivan | F | SBE | F45 | ? |

AV Shield Round 7 Program 1, Geelong Region, Landy Field, Geelong

3000m Walk

| | | | | | |
|----|----------------------|---|-----|--|---------|
| 1. | Christopher Erickson | M | ESS | | 16:16.0 |
|----|----------------------|---|-----|--|---------|

1500m Walk

| | | | | | |
|----|-------------------------|---|-----|--|---------|
| 1. | Charli Walker | F | BEL | | 9:12.4 |
| 2. | Kaylah Heikkila-Dubowik | F | COR | | 10:24.8 |
| 3. | Francis Panakkal | M | WYN | | 14:22.0 |
| 4. | Travis Maleko | M | WYN | | 14:24.0 |

ATHLETICS SA INVITATIONAL MEET, SA ATHLETICS TRACK, ADELAIDE, WEDNESDAY 28 NOVEMBER

Thanks to **Kim Mottrom** for letting us know about an invitational race held last Wednesday in Adelaide. Nine starters, with perfect conditions and very fast times. Well done to Kim whose time of 12:50.86 was a new South Australian M30 record.

Open 3000m Walk

| | | |
|-------------------|---|----------|
| Kim Mottrom | M | 12:40.86 |
| Tristan Camilleri | M | 13:06.47 |
| Toby Wilks | M | 13:43.08 |
| Victoria Upton | F | 14:02.27 |
| Olivia Sandery | F | 14:05.03 |
| Alix Harlington | M | 14:27.09 |
| Kristie Goznik | F | 14:44.66 |
| Kiera Ross | F | 15:15.23 |
| Kitarni Upton | F | 16:19.41 |

SAMA TRACKWALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 28 NOVEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Cool, breezy evening at SA Stadium on Wednesday evening. New 800m club record to **Richard Everson**.

800m Walk

| | | | | |
|----|-----------------|-------|-----|----------------------|
| 1. | Richard Everson | 03:39 | M55 | (new SA Club Record) |
| 2. | Greg Metha | 04:16 | M54 | |
| 3. | Marie Maxted | 04:29 | W58 | |
| 4. | George White | 04:48 | M73 | |
| 5. | James Hoare | 05:40 | M72 | |
| 6. | Graham Harrison | 05:58 | M75 | |
| 7. | Jan Layng | 06:06 | W70 | |

800m Club Walk

| | | | | |
|----|-------------------|-------|-----|--|
| 1. | Malcolm Tiggeman | 05:47 | M66 | |
| 2. | Dave Fallon | 06:01 | M66 | |
| 3. | Norm Powell | 06:07 | M73 | |
| 4. | Margaret McIntosh | 06:09 | W65 | |
| 5. | John Hore | 06:10 | M70 | |
| 6. | David Robertson | 06:15 | M85 | |

5000m Walk

| | | | | |
|----|--------------|-------|-----|--------|
| 1. | Kim Mottrom | 23:53 | M34 | 76.28% |
| 2. | George White | 30:57 | M73 | 84.07% |
| 3. | Greg Metha | 32:27 | M54 | 65.39% |
| 4. | Gil McIntosh | 35:15 | M68 | 69.37% |
| 5. | James Hoare | 37:02 | M72 | 69.36% |

5000m Club Walk

| | | | | |
|----|-----------------|-------|-----|--------|
| 1. | Graham Harrison | 38:48 | M75 | 68.90% |
| 2. | Ross Hill-Brown | 40:32 | M63 | 57.06% |

3000m Walk

| | | | | |
|----|------------------|-------|-----|--------|
| 1. | Colin Hainsworth | 27:57 | M88 | 69.10% |
|----|------------------|-------|-----|--------|

3000m Club Walk

| | | | | |
|----|-------------------|-------|-----|--------|
| 1. | Dave Fallon | 23:56 | M66 | 58.69% |
| 2. | Roger Lowe | 24:16 | M75 | 64.69% |
| 3. | Margaret McIntosh | 24:16 | W65 | 62.77% |
| 4. | David Robertson | 24:19 | M85 | 75.25% |
| 5. | Cathie Hore | 27:09 | W68 | 58.32% |

ACTRWC TRACK WALKS, WODEN PARK, WODEN, ACT, THURSDAY 29 DECEMBER

Thanks to Robin Whyte for this week's results from the ACT Race Walkers Club in Canberra.

1500m Handicap Walk

| | | |
|----|-------------|-------|
| 1. | Bryce Cover | 11:57 |
|----|-------------|-------|

| | | |
|-----|--------------------|-------|
| 2. | Michael Smith | 7:59 |
| 3. | Robert Kennelly | 13:06 |
| 4. | Owen Toyne (F/T) | 7:37 |
| 5. | Laura Burns | 7:45 |
| 6. | Val Chesterton | 12:26 |
| 7. | Sheryl Greathead | 11:40 |
| 8. | Peter Baker | 7:55 |
| 9. | Doug Fitzgerald | 11:01 |
| 10. | Rod Gilchrist | 11:03 |
| 11. | Ruth Baussmann | 10:40 |
| 12. | Bryan Thomas | 10:20 |
| 13. | Lorna England | 12:28 |
| 14. | Jack Thackray | 12:59 |
| 15. | Robin Whyte | 9:45 |
| 16. | Kate Black | 8:58 |
| 17. | Ewen Thompson | 10:31 |
| 18. | Margaret McSpadden | 13:01 |
| 19. | Edna Dundas | 14:56 |

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 1 DECEMBER

Thanks to Kim Mottrom for the weekend's results from the Athletics Adelaide interclub comp. 32C and windy (just like in Melbourne) so not great conditions.

Open 3000m Walk

| | | |
|----|-------------------|----------|
| 1. | Tristan Camilleri | 13:09.98 |
| 2. | Toby Wilks | 14:08.98 |
| 3. | Alix Harlington | 15:10.42 |
| 4. | Mathew Bruniges | 15:21.34 |
| 5. | Kristie Goznic | 15:59.21 |
| 6. | Mia Wilks | 18:28.30 |
| 7. | Greg Metha | 18:40.93 |
| 8. | Elli Pusionjic | 19:56.81 |

TRELOAR SHIELD, SOPAC, SYDNEY, SATURDAY 1 DECEMBER

To Sydney for the latest round of the Treloar Shield. With a number of their walkers competing at Fawkner Park, the field sizes were smaller than usual.

Women 3000m Walk

| | | | | |
|----|--------------------|----|--------------|----------|
| 1. | Thomas, Emma | 13 | Parramatta C | 15:23.74 |
| 2. | Barendregt, Amanda | 22 | Nepean Distr | 16:11.13 |
| 3. | Parker, Hannah | 16 | Randwick Bot | 16:11.18 |
| 4. | Lamb, Chloe | 11 | Unattached | 16:38.68 |
| 5. | Krklinski, Chloe | 12 | Parramatta C | 17:32.97 |

Men 3000m Walk

| | | | | |
|----|--------------------|----|---------------|----------|
| 1. | Barendregt, Travis | 18 | Athletics Nsw | 14:56.18 |
| 2. | Pyda, Raven | 14 | Westfields A | 15:07.44 |
| 3. | Leerberg, Martin | 15 | U.T.S. North | 17:26.97 |
| 4. | Hyde, Brendon | 73 | Sydney Unive | 22:48.99 |
| | Scholle, Felix | 24 | Asics Wests | DQ |
| | Thomson, Ryan | 18 | Nepean Distr | DQ |

AACT CLUB RELAYS, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 1 DECEMBER

Athletics ACT staged its relay championships last Saturday, with 2x1500m walk relays added to the program. That is great to see.

2x1500m Relay Walk Women

| | | | |
|----|--------------------------|-----------------------------|----------|
| 1. | North Canberra-Gungahlin | Hannah Manning, Laura Burns | 16:24.88 |
|----|--------------------------|-----------------------------|----------|

2x1500m Relay Walk Men

| | | | |
|----|----------------------------|---------------------------------|----------|
| 1. | Woden Athletics Club | Pierce Brennan, Sebastian Young | 18:18.11 |
| 2. | Ginninderra Athletics Club | Owen Toyne, Bryce Cover | 19:24.47 |

QA SHIELD SERIES: JOANNA STONE SHIELD, SOPAC, BRISBANE, SATURDAY 1 DECEMBER

Athletics Queensland staged one of its few meets to include track walks, with 3000m and 5000m walks on offer last Saturday in Brisbane. Good PBs to **Jayda Anderson** (14:12.91), **Camryn Novinetz** (14:14.41) and **Ashanti Heap** (15:01.48).

3000m Race Walk

| | | | | | |
|----|------------------|----|--------------------|----------|---------|
| 1. | Anderson, Jayda | 13 | GCC | 14:12.91 | PB 0:12 |
| 2. | Novinetz, Camryn | 15 | Ipswich & District | 14:14.41 | PB 0:17 |
| 3. | Heap, Ashanti | 12 | GCC | 15:01.48 | PB 0:08 |
| 4. | Clarke, Anika | 13 | Redlands | 15:28.55 | |
| 5. | Millard, Summer | 13 | QRW | 15:59.19 | |
| 6. | Williams, Lyla | 11 | Gold Coast Victory | 17:04.51 | |

5000m Race Walk

| | | | | | |
|----|--------------------|----|--------------------|----------|--|
| 1. | Hannigan, Caitlin | 16 | Uqac | 24:30.64 | |
| | McCutcheon, Nelson | 16 | Qeii Track Club | DNF | |
| | Stewart, Ryan | 16 | Ipswich & District | DNF | |

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 2 DECEMBER

Thanks to Terry Jones for the latest results from the Western Australian RW Club in Perth.

10km Walk

| | | |
|----|--------------|---------|
| 1. | Ben Reid | 53:10 |
| 2. | Wendy Farrow | 1:11:08 |

1.5km Walk

| | | |
|----|------------------|-------|
| 1. | Xavier Bernard | 08:39 |
| 2. | Jasmine Williams | 10:11 |
| 3. | Asha Freeman | 10:30 |
| 4. | Ellis Freeman | 11:11 |

3km Walk

| | | |
|----|----------------|-------|
| 1. | Xavier Bernard | 18:09 |
| 2. | Ashlyn Spence | 19:27 |

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

I reported in last week's newsletter on the NSW State Relay Championships, but was unable to give any of the 1500m walk splits. Frank Overton has come to the rescue with times for the 5 winning teams, as they are all walkers whom he coaches. Now that is impressive. Thanks and congratulations Frank!

Men 6000m Walk Relay Open

| | | | | | | |
|----|--------------|----------|-----------------------|-------------------|--------------------|------------------|
| 1. | Coast/Hunter | 23:27.37 | Dylan Richardson 5:56 | Carl Gibbons 5:55 | Oscar Tebbutt 5:52 | Tyler Jones 5:44 |
| 2. | Nepean Distr | 28:47.42 | | | | |

Men 6000m Walk Relay U18

| | | | | | | |
|----|--------------|----------|-----------------------|----------------|---------------------|---------------------|
| 1. | Coast/Hunter | 30:23.55 | Jack McGinniskin 6:17 | Joel Kemp 6:46 | Archie Tebbutt 8:21 | Jessie Colefax 8:59 |
|----|--------------|----------|-----------------------|----------------|---------------------|---------------------|

Women 6000m Walk Relay Open

| | | | | | | |
|----|--------------|----------|----------------------|--------------------|------------------|-----------------|
| 1. | Coast/Hunter | 30:29.48 | Chelsea Goodhew 7:24 | Molly O'Neill 7:27 | Elaine Wang 8:01 | Amy Walker 7:36 |
| 2. | Asics Wests | 35:45.40 | | | | |
| 3. | Uts Norths | 38:03.48 | | | | |

Women 6000m Walk Relay U18

| | | | | | | |
|----|----------------|----------|--------------------|----------------------|-----------------------|--------------------|
| 1. | Mingara Athl | 29:35.70 | Hannah Bolton 7:06 | Allanah Pitcher 6:54 | Chloe McLoughlin 7:37 | Chelsea Payne 7:58 |
| 2. | St George Aths | 35:05.29 | | | | |
| 3. | Nepean Distr | 35:19.97 | | | | |
| | Randwick Bot | DQ | | | | |

Women 6000m Walk Relay U14

| | | | | | | |
|----|----------------|----------|---------------------|------------------|---------------------|---------------------|
| 1. | Mingara Athl | 29:35.70 | Izabella Dunne 7:12 | India Dugid 7:37 | Georgia Payne 10:33 | Sienna Pitcher 8:34 |
| 2. | Sydney Pacific | 34:19.35 | | | | |
| 3. | Nepean Distr | 35:19.37 | | | | |

NZ SECONDARY SCHOOLS ATHLETICS CHAMPIONSHIPS, DUNEDIN, SUNDAY 2 DECEMBER

Thanks to David Sim for posting the results from the 2000m and 3000m racewalks in the New Zealand Secondary Schools Athletics Championships on Sunday afternoon in Dunedin. Wins to **Alice Ritchie** (11:16.63) and **Ryan Jones** (14:54.43).

Girls 2000m Walk Open

| | | | |
|----|-------------------|--------------------------------|----------|
| 1. | Alice Ritchie | St Margaret's College | 11:16.63 |
| 2. | Taylor Bell | Rosehill College | 11:25.17 |
| 3. | Courtney Hillyer | Christchurch Girls High School | 11:27.08 |
| 4. | Laura Kehely | New Plymouth Girls High School | 11:40.72 |
| 5. | Georgia Ellison | Rosehill College | 12:37.17 |
| | Caitlin Alexander | Mountainview High School | DNS |

Boys 3000m Walk Open

| | | | |
|----|-----------------|-----------------------------------|----------|
| 1. | Ryan Jones | Napier Boys High School | 14:54.43 |
| 2. | Lucas Martin | Wanganui Collegiate | 15:06.55 |
| 3. | Alex Brown | Kings High School | 15:19.08 |
| 4. | Bradyn Popow | Palmerston North Boys High School | 15:46.64 |
| 5. | Troy Sargisson | Rosmini College | 16:13.46 |
| | Thomas Logopati | Papanui High School | 19:31.94 |
| | Patrick McElwee | Sacred Heart College | DQ |

OUT AND ABOUT

- A number of announcements have been made as a result of deliberations from Day 1 of the IAAF Council meeting in Monaco. More announcements to come shortly from Day 2 (including the historic women's 50km recommendation for Tokyo).
 - The Hungarian capital Budapest will host the 2023 IAAF World Athletics Championships. Budapest is an experienced organiser of major athletics events, having hosted the IAAF World Indoor Championships in 1989 and 2004. The city has also hosted the European Athletics Championships in 1966 and 1998. More recently, Budapest hosted the FINA World Swimming Championships and the World Judo Championships in 2017 and has been awarded the title of European Capital of Sport for 2019.
 - The Council also considered a bid from Australia to host the 2021 World Cross Country Championships but no decision was reached. "We had an initial presentation from Athletics Australia outlining a proposed bid concept," Coe said. "The Council requested further development of aspects of this bid concept."
 - The Council accepted the Russia Taskforce's recommendation not to reinstate RusAF until the following two conditions have been met in full:
 - The AIU must confirm that it has been given all of the data and access to the samples that it needs to determine which of the Russian athletes in the LIMS database have a case to answer for breach of the IAAF anti-doping rules. The IAAF Council was clear that Russian athletes cannot return to international competition unconditionally until that issue is resolved one way or the other.
 - RusAF must pay all of the costs incurred in the work of the Taskforce and in bringing or defending Russian cases at CAS. The IAAF Council was clear that this debt must be settled for reinstatement to occur; it is not fair to ask the IAAF and its other members to continue to carry these costs.

See <https://www.iaaf.org/news/press-release/budapest-awarded-2023-iaaf-world-championship/>.

- In other news, it has now been announced that the 2019 European Race Walking Cup is to be held in Alytus, Lithuania on Sunday 19 May 2019. The big news is that it will also include a 50km walk for women. See <https://omarchador.blogspot.com/2018/11/50-km-femininos-na-taca-da-europa-de.html>. See also the European Race Walking Cup meet documentation at http://www.european-athletics.org/mm/Document/EventsMeetings/General/01/28/40/83/800-EuropeanRaceWalkingCupRegulations-November2018_English.pdf.
- At the 2018 Commonwealth Games earlier this year on the Gold Coast, a sizeable portion of the Canadian team that competed was forced to, at least partially, pay its own freight. Nearly half of the 282 athletes wearing the Maple Leaf in Australia bought their own tickets in order to get there. And now in light of drastic government funding cuts to Commonwealth Games Canada, the team slated to take part in Birmingham, England in 2022 may be the last. See <https://www.cbc.ca/sports/olympics/commonwealth-games-funding-1.4921875>.
- The latest edition of the Race Walking Record (Nov 2018, Number 878) has now been released. As usual, it contains all the latest news and results from Great Britain. Check it out at <http://www.racewalkingassociation.com/RWR.asp>.

- Athletics Australia has a good track record in setting qualification standards for international events but that it not the case for all countries. Spare a thought for the South African walkers. ASA has not even bothered to wait for the IAAF to release its standards for the 2019 IAAF World Athletics Championships in Doha but has already released its own draconian standards. For the walks, they have set
 - 20km Men 1:20:30
 - 20km Women 1:30:14
 - 50km Men 3:46:47
 - 50km Women No standard yet but expect something very tough

With these standards, it is possible that only Lebogang Shange may make Doha. Quite a contrast considering that South Africa had 4 race walkers at the 2016 Olympic Games!

- German Sporting broadcaster ARD has just released a further video ‘*Traitors. Fallout from the Russian Doping Scandal*’ as part of its ongoing ‘*Doping Top Secret*’ investigations. It reviews the ongoing fallout from the Russian Doping Scandal, the treatment of the whistleblowers and the attempts by WADA and the IOC to bring Russia back into the sporting fold, even though it has not fulfilled the requirements for reinstatement. See <http://mediathek.daserste.de/Sportschau/Doping-Top-Secret-Traitors-Fallout-fr/Video?bcastId=53524&documentId=58260046>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases for us this week

- Mon 3 Dec - Paul DeMeester's submission to the IAAF re the women's 50km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3339
- Mon 2 Dec - Caio Bonfim and Claire Tallent win Australian Open 50km Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3338
- Fri 30 Nov - Qieyang Shenjie (CHN) athlete of the year in the Marcia dal Mondo poll
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3337
- Thu 29 Nov - Koki Ikeda (JPN) athlete of the year in the Marcia dal Mondo poll
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3336
- Tue 27 Nov - Revised final standings for 2018 IAAF Race Walking Challenge
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3335

Omarchador has 12 press releases

- Tue 4 Dec - Claire Tallent and Caio Bonfim win Australian 50km titles
<http://omarchador.blogspot.com/2018/12/claire-tallent-e-caio-bonfim-destacam.html>
- Mon 3 Dec - Rui Coelho and Andreia Sousa win the G. Celorico da Beira 2018
<http://omarchador.blogspot.com/2018/12/rui-coelho-e-andreia-sousa-vencedores.html>
- Sun 2 Dec - Top 50k women in Monaco to fight for the 50km Women's Olympic Walk
<http://omarchador.blogspot.com/2018/12/mulheres-determinadas-na-luta-pelos-50.html>
- Sun 2 Dec - Susana Feitor to head Portuguese Mission to the Universiade 2019
<http://omarchador.blogspot.com/2018/12/susana-feitor-na-chefia-da-missao-para.html>
- Sat 1 Dec - Preview of Australian 50km Men's and Women's Championships
<http://omarchador.blogspot.com/2018/12/campeonatos-da-australia-de-50-km.html>
- Fri 30 Nov - Preview of XIX Athletic Walk Meet in Celorico da Beira this weekend
<http://omarchador.blogspot.com/2018/11/xix-marcha-atletica-em-celorico-da.html>
- Fri 30 Nov - Results of Spanish Winter Promotion Championships in Murcia
<http://omarchador.blogspot.com/2018/11/murcia-campeonato-de-marcha-de-promocao.html>
- Thu 29 Nov - Remembering Portuguese walking judge Manuel Carderón (1957 - 2018)
<http://omarchador.blogspot.com/2018/11/manuel-carderon-1957-2018.html>
- Thu 29 Nov - Report on racewalk judging seminar in Jamor, Portugal
<http://omarchador.blogspot.com/2018/11/juizes-de-marcha-em-formacao-e.html>

- Wed 28 Nov - 50km women added to the European Race Walking Cup, Alytus, May 2019
<http://omarchador.blogspot.com/2018/11/50-km-femininos-na-taca-da-europa-de.html>
- Wed 28 Nov - Review of "Caldas a Marchar" promotional event
<http://omarchador.blogspot.com/2018/11/jornada-promocional-caldas-marchar.html>
- Tue 27 Nov - Report from the 8 Heures de Étampes sur Marne, France
<http://omarchador.blogspot.com/2018/11/8-horas-de-marcha-em-etampes-sur-marne.html>

OUR THOUGHTS ARE WITH VRWC LIFE MEMBER MARLAINE STANWAY

Our thoughts are with VRWC Life Member Marlane Stanway who has been diagnosed with rapid onset motor neurone disease.

Marlane has had a number of visitors from the club who report that she is bright and alert and ready to chat, but frustrated by her increasing lack of mobility - even trying to hold or use a mobile or tablet or book is now beyond her. She is in residence at Calvary Health Care Bethlehem, 152 Como Parade West, Parkdale/ Mentone 3194 – Phone 9596 2853. Visiting hours are fluid.

She would love to have visitors and loves to talk about her race walking; from first starting at Box Hill, meeting coach Harry Summers, and on through her career to her 50km feat. She was the first Victorian woman to finish a 50 km racewalking event. Her time of 5:52:03 in the Victorian Open roadwalking championship in 1982 was good enough to take 6th place and, to this day, she remains one of a very select group of Australian women who have completed a 50km racewalk. Check out her story at <http://www.vrwc.org.au/tim-archive/articles/wv-marlane-stanway.pdf>.



Marlane walking with former coach Harry Summers in 2010 at Middle Park

LONGEVITY AND THE IAAF RACE WALKING WORLD TEAM CHAMPIONSHIPS

Although the Lugano Cup competition was first held in 1961, Australia did not compete in it until 1979, by which stage it had been renamed to the Racewalking World Cup. Still held bi-annually, it is now called the Race Walking World Team Championships. Australia has competed in every staging since 1979, 20 in total (1979 / 1981 / 1983 / 1985 / 1987 / 1989 / 1991 / 1993 / 1995 / 1997 / 1999 / 2002 / 2004 / 2006 / 2008 / 2010 / 2012 / 2014 / 2016 / 2018), and it has been a wonderful staging ground for our walkers in their push for international success.

Many Australian walkers compete in it but once but some come back year after year, amassing many international representations. Here they are, in order:

Australian Reps in IAAF Race Walking World Team Championships: 1979-2018 - Men

Victorian **Michael Harvey** leads the pack with a superb 10 team vests, every year from 1981 (when he was 19 years of age) to 1999 (when he was nearly 40). Behind him, **Jared Tallent**, **Chris Erickson**, **Duane Cousins** and **Luke Adams** sit on 7. These walkers all competed before the U20 10km walks were added. Nowadays, young walkers can tick off one or two extra vests due to the earlier start. Of the 'youngsters', **Rhydian Cowley** leads the pack with 6 vests.

| | | | |
|----|----------------|--------|--|
| 10 | Harvey, Mike | VIC | 1981, 1983, 1985, 1987, 1989, 1991, 1993, 1995, 1997, 1999 |
| 7 | Tallent, Jared | VIC/SA | 2004, 2006, 2008, 2010, 2012, 2014, 2016 |

| | | | |
|---|------------------|---------|--|
| 7 | Erickson, Chris | VIC | 2004, 2006, 2008, 2010, 2012, 2014, 2016 |
| 7 | Cousins, Duane | VIC | 1995, 1997, 1999, 2002, 2004, 2006, 2008 |
| 7 | Adams, Luke | NSW | 1999, 2002, 2004, 2006, 2008, 2010, 2012 |
| 6 | Smith, David | VIC | 1979, 1981, 1983, 1985, 1987, 1991 |
| 6 | Rutter, Adam | NSW | 2004, 2006, 2008, 2010, 2012, 2014 |
| 6 | Cowley, Rhydian | VIC | 2008, 2010, 2012, 2014, 2016, 2018 |
| 6 | Baker, Simon | VIC | 1983, 1985, 1987, 1989, 1991, 1993 |
| 5 | Jachno, Andrew | VIC | 1983, 1985, 1987, 1989, 1991 |
| 5 | Bird-Smith, Dane | QLD | 2010, 2012, 2014, 2016, 2018 |
| 5 | A'Hern, Nick | NSW | 1991, 1993, 1995, 1997, 1999 |
| 4 | Dyer, Bill | VIC | 1981, 1983, 1985, 1991 |
| 4 | Donahoo, Mark | VIC | 1987, 1989, 1993, 1995 |
| 4 | Deakes, Nathan | VIC | 1997, 1999, 2004, 2006 |
| 4 | Copeland, Paul | VIC | 1987, 1989, 1991, 1997 |
| 4 | Brill, Craig | VIC | 1987, 1989, 1991, 1993 |
| 4 | Bown, Darren | SA | 1999, 2002, 2004, 2006 |
| 3 | Sawall, Willi | VIC | 1979, 1981, 1985 |
| 3 | Russell, Dion | VIC | 1995, 1997, 1999 |
| 3 | Reading, Brendon | ACT | 2008, 2016, 2018 |
| 3 | Rayson, Ian | NSW | 2006, 2010, 2012 |
| 3 | McGrath, Dominic | VIC | 1995, 1997, 1999 |
| 3 | Brill, Nathan | VIC | 2012, 2014, 2016 |
| 2 | Vallance, Brent | NSW | 1995, 1997 |
| 2 | Swan, Kyle | VIC | 2016, 2018 |
| 2 | Sundstrom, Troy | NSW | 1999, 2006 |
| 2 | Summers, Harry | VIC | 1981, 1985 |
| 2 | Sheard, John | VIC | 1979, 1981 |
| 2 | Pearson, Shane | QLD | 1997, 1999 |
| 2 | Osborne, Jesse | QLD/VIC | 2012, 2014 |
| 2 | Murphy, Liam | SA | 2002, 2004 |
| 2 | Knox, Duncan | VIC | 1981, 1983 |
| 2 | Jones, Tyler | NSW | 2014, 2016 |
| 2 | Garganis, Adam | VIC | 2016, 2018 |
| 2 | Fullager, Peter | SA | 1979, 1981 (see also GBR) |
| 2 | Erickson, Tim | VIC | 1979, 1983 |
| 2 | Coleman, Daniel | TAS | 2006, 2008 |
| 2 | Bertei, Frank | VIC | 2002, 2004 |
| 1 | Woods, Michael | NSW | 1983 |
| 1 | Tingay, Declan | WA | 2018 |
| 1 | Thomas, Mark | VIC | 1995 |
| 1 | Steele, Blake | SA | 2012 |
| 1 | Sockhill, Greg | QLD | 1979 |
| 1 | Smith, John | NSW | 1979 |
| 1 | Perske, Benjamin | QLD | 2004 |
| 1 | McFadden, Rob | SA | 1989 |
| 1 | McCagh, Michael | WA | 2004 |
| 1 | Lowden, Kevin | VIC | 1991 |
| 1 | Keys, Brook | NSW | 2006 |
| 1 | Huxley, Rod | NSW | 1979 |
| 1 | Hosking, Michael | VIC | 2018 |
| 1 | Hausfield, Steve | NSW | 1987 |
| 1 | Fitzsimons, Sean | WA | 2010 |
| 1 | Fay, Ian | SA | 1985 |
| 1 | Dossetor, Mark | VIC | 1989 |
| 1 | Cooke, Rick | TAS | 1991 |
| 1 | Beecroft, Steven | VIC | 1993 |
| 1 | Barnes, Tom | VIC | 2010 |
| 1 | Baker, Mitchell | ACT | 2018 |

Australian Reps in IAAF Race Walking World Team Championships: 1979-2018 - Women

Jane Saville and **Kerry Junna-Saxby** lead the way in the women's count, with 7 vests apiece, ahead of **Lorraine Young** and **Sue Cook**. The men's counts are generally higher as they can choose from 20km and 50km. The women have only had a 20km option up till 2018, so it was harder for them to make the teams year after year.

| | | | |
|---|------------------------|-----|--|
| 7 | Saville, Jane | NSW | 1993, 1997, 1999, 2002, 2004, 2006, 2008 |
| 7 | Junna-Saxby, Kerry | NSW | 1985, 1987, 1989, 1991, 1993, 1995, 1999 |
| 6 | Young/Jachno, Lorraine | VIC | 1979, 1981, 1985, 1987, 1989, 1991 |
| 6 | Orr/Cook, Susan | VIC | 1979, 1981, 1983, 1985, 1987, 1991 |

| | | | |
|---|-------------------------|-----|------------------------------|
| 5 | Woods/Tallent, Claire | SA | 2004, 2008, 2010, 2012, 2018 |
| 4 | Tallent, Rachel | VIC | 2010, 2012, 2016, 2018 |
| 4 | Saville, Natalie | NSW | 1997, 2004, 2006, 2008 |
| 4 | Lamble, Regan | VIC | 2008, 2010, 2012, 2016 |
| 3 | Wolowiec, Simone | VIC | 1997, 1999, 2004 |
| 3 | Webb, Cheryl | NSW | 2004, 2006, 2010 |
| 3 | Pierson, Sally | VIC | 1979, 1981, 1983 |
| 3 | Muldoon, Wendy | VIC | 1995, 1997, 1999 |
| 3 | Holliday, Tanya | SA | 2006, 2014, 2016 |
| 2 | Smith, Clara | QLD | 2014, 2016 |
| 2 | Ryan, Ann | NSW | 1981, 1983 |
| 2 | Rothwell, Jess | VIC | 2008, 2010 |
| 2 | Montag, Jemima | VIC | 2014, 2018 |
| 2 | Manning, Anne | NSW | 1993, 1995 |
| 2 | Lee/Smith, Beki | NSW | 2012, 2016 |
| 2 | Grant, Lisa | NSW | 2004, 2006 |
| 2 | Fagan, Nicole | NSW | 2008, 2012 |
| 2 | Alldis, Fiona | NSW | 2004, 2006 |
| 1 | Wapshott, Kellie | VIC | 2006 |
| 1 | Thompson, Rachel | NSW | 1983 |
| 1 | Szirom, Megan | VIC | 2008 |
| 1 | Stigwood, Stephanie | TAS | 2016 |
| 1 | Sheridan-Paolini, Lisa | NSW | 1999 |
| 1 | Schnyder, Sharon | VIC | 1991 |
| 1 | Ruddick, Kelly | VIC | 2014 |
| 1 | Narbey, Sue | WA | 1985 |
| 1 | Miller, Sheila | VIC | 1977 |
| 1 | Maybir-Barrett, Jill | QLD | 1997 (See also GBR) |
| 1 | Letherby, Teresa | QLD | 1995 |
| 1 | Knapton, Susan | NSW | 2006 |
| 1 | Jones-Billington, Jenny | QLD | 1993 (See also NZL) |
| 1 | Iselin, Karen | QLD | 1979 |
| 1 | Huse, Philippa | VIC | 2018 |
| 1 | Hunt, Zoe | ACT | 2016 |
| 1 | Hosking, Elizabeth | ACT | 2014 |
| 1 | Henderson, Rebecca | VIC | 2018 |
| 1 | Heazlewood, Jessica | NSW | 2004 |
| 1 | Hayward, Katie | QLD | 2018 |
| 1 | Hayman, Beverley | NSW | 1989 |
| 1 | Goznik, Kristie | SA | 2012 |
| 1 | Camplin, Natalie | QLD | 1991 |
| 1 | Blythe, Gabrielle | VIC | 1993 |
| 1 | Billington, Tayla-Paige | QLD | 2016 |
| 1 | Barbour, Jane | SA | 1995 |
| 1 | Alexander, Beth | VIC | 2010 |



Michael Harvey competes in the 1985 World Race Walking Cup 50km on the Isle of Man, one of 10 WWC representations

Overall, from a world perspective, **Jesús Ángel García** leads the men with 13 representations while **Kristina Saltanovic** leads the women with 12. Both competed in the 2018 World Team Championships so they may not be finished yet!

MEN

| | | | |
|----|--------------------|-----|-----------|
| 13 | Jesús Ángel García | ESP | 1993-2018 |
| 12 | Zoltán Czukor | HUN | 1987-2012 |
| | Harold van Beek | NED | 1989-2012 |
| 11 | Bo Gustafsson | SWE | 1973-1997 |
| | Augusto Cardoso | POR | 1989-2012 |

WOMEN

| | | | |
|----|---------------------|-----|-----------|
| 12 | Kristina Saltanovic | LTU | 1995-2018 |
| 11 | Susana Feitór | POR | 1993-2014 |
| 10 | Ildikó Ilyés | HUN | 1987-2006 |
| | Graciela Mendoza | MEX | 1987-2008 |

The next IAAF World Team Championships will be held in Minsk, Belarus, in May 2020. The count continues....

MORE ON THE 1983 AUSTRALIAN ROADWALK CHAMPIONSHIPS

Readers will remember the article in last week's newsletter about the 1983 Australian Roadwalk Championships in Perth and the number of 50km races in Australia during that year.

VRWC life member **Alan Minter** emailed me to reminisce about the trip. It's a great read but it sounds like it was indeed a challenge!

I read your item in H & T about the 1983 50Km held in Perth. I was the Vic team manager, and recall that I had several disagreements with the WA organisers and officials before and during the events.

We received a map of the proposed course some time before the event, showing that the competitors would have to walk through a shopping centre. On checking with a work colleague who had lived in the area I learned that that the centre was extremely busy on Saturday mornings, so not ideal for conducting a championship walking event.

I spoke to someone at the WA Association, but they were reluctant to change the course, saying that they wanted to show off the sport and thought that having it go through the centre would help. Ray Smith and I spoke to (I think) Rick Pannell at the AAU and he suggested to WA that they change the course. It was then held on an industrial estate development in Canning Vale. On the day of the event, Don Keane was there and told me that he had told the organisers that the original course was unsuitable, but had been told they didn't want his input and, as he put it, "to keep his nose out of things."

Needless to say this didn't endear me to the people in Perth, who I learnt had mostly progressed from LA's. At the managers' meeting a number of them made caustic comments to me and to Trevor Huxley from NSW who also supported moving the course.

I was also confronted by a woman who said she had paid a certain Victorian official for 10 IAAF Handbooks, and had been told by that official that I would bring them over to her. When I said I knew nothing about them she virtually accused me and the official of stealing their money.

Early on the morning of the event there was a thunderstorm and I expected the course to be under water. However it was dry and actually a good course on roads on the estate which had only a few buildings, so it was possible to see the competitors for most of the time.

I think the judges on the 50Km were all WA judges. On the womens' event (10Km I think) some of the competitors from the 50Km judged too. I think Mark Wall may have judged. Most of the judges didn't have much idea. I learned from Don Keane that they had all been LA's judges and had been pushed through as WAAAA judges especially for the event. They had even refused to have Don as a judge. The chief was riding around the course on a bicycle, trying to judge while he was riding. At one time he was riding beside a Victorian walker (I think it was David Cash) about a metre from him, and was going to report him for contact. I pointed out to him that from his position on the bike he couldn't tell whether any walker was infringing so he didn't report him.

During the womens' event one of the female judges was standing at the start/finish line talking to the timekeepers when Sally Pierson went past. The judge heard the lap time and said "No woman can walk that fast, she's got to be running." and put in a report on Sally.

The feeding station also became a contentious point. You may recall that a few years earlier the IAAF rule had changed to allow officials to hand drinks etc to competitors. During the event a WA official wearing an AAU blazer turned up and said that he had been appointed the AAU representative for the event. He threatened to disqualify all the Vic and NSW

competitors because we were handing the drinks to them. He maintained that they had to be picked up by the competitors from the table. Even when we showed him the rule in the IAAF handbook he didn't change his mind.

Not the most pleasant of events I've attended. Even the trip home was better forgotten. We were on the midnight flight which arrived in Melbourne at 5:00am. I tried to sleep as I had to go to work. There was a woman in the row behind me with 3 young kids who were restless all night, and one of the female members of the team talked to another member for the whole flight. When we arrived, I drove to Robinson Hall, had about 2 hours sleep on the first aid stretcher, then showered and went to work. Don't think I got much work done that day.

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 7-9, 2018 Australian All Schools T&F Championships, Cairns, QLD
Dec 15 (Sat), 2018 AV Shield competition continues, VIC

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 IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
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), 2019 International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km)
Apr 13 (Sat), 2019 Naumburg International Meet, Naumburg, Germany
Apr 20 (Sat), 2019 IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019 Pan American Racewalk Cup, Lazaro Cardenas, Mexico
May 15 (Sun) 2019 European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
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
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