



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### TIM'S WALKERS OF THE WEEK

My Walkers of the Week this time around are 17 year old South Australian **Tristan Camilleri** and 16 year old Victorian **Corey Dickson** who was my Walker of the Week last week. Racing side by side in the Athletics Victoria Shield competition at Doncaster last Saturday, it was only in the final sprint that they could be separated, Tristan winning with **12:52.2** ahead of Corey with **12:53.1**, both big PBs.

Both boys raced in the U18 5000m track walk at last week's Australian All Schools Championships in Cairns, with Corey 2<sup>nd</sup> and Tristan 4<sup>th</sup>. This time around, Tristan turned the tables on Corey and came out the winner.

Tristan and Corey are two of our many very talented young juniors and have big futures ahead of them. Exciting times!



*Corey (in blue) and Tristan (in white) fight out the 3000m walk at Doncaster on Saturday (photos Gerard Feain)*

### PAUL DEMEESTER PONDER'S THE WOMEN'S 50KM

I am very pleased to include a further article on the women's 50km by Paul DeMeester.

#### **THE WOMEN'S 50K HAS COME FAR BUT NOT QUITE FAR ENOUGH** By Paul F. DeMeester

The Women's 50K Race Walk Event has come a long way since July 22, 2017, when it was still missing from the London World Championships schedule. Then London happened. Then came Taicang, then Berlin, where the European Championships joined the two area federation championships in the Americas, NACAC having led the way with the first international Women's 50K Championship in 2015 (won by Erin Taylor-Talcott). Doha is up next. It looms large in the development of the Women's 50K but not large enough due to the IAAF having set a low target number of participants. It is one of the remaining unequal gender aspects in

athletics, the others being the difference of events in the multi-event competition for men (10) and women (8), and the 10m difference in the straight-line hurdles events between the men's and the women's. Hurdle and steeple height differences as well as weight differences in the throwing events are acceptable given the natural performance differences between top male and female athletes.

Gender inequalities are easy to spot. Twenty-five events are listed on the *Qualification Standards for the IAAF World Athletics Championships Doha 2019*. It actually lists 26 events but for the purposes of this analysis, the heptathlon and the decathlon - each listed as separate lines on the list - are considered one event. To the left of the event name are the men's entry standards and athlete target numbers, with the respective numbers for women listed to the right.

Men	#	Event	#	Women
10.10	48	100m	48	11.24
20.40	56	200m	56	23.02
45.30	48	400m	48	51.80
1:45.80	48	800m	48	2:00.60
3:36.00 (3:53.10)	45	1500m (Mile)	45	4:06.50 (4:25.20)
13:22.50	42	5000m	42	15:22.00
27:40.00	27	10,000m	27	31:50.00
2:16:00	100	Marathon	100	2:37:00
8:29.00	45	3000m SC	45	9:40.00
13.46	40	110m H / 100m H	40	12.98
49:30	40	400m H	40	56.00
2.30	32	High Jump	32	1.94
5.71	32	Pole Vault	32	4.56
8.17	32	Long Jump	32	6.72
16.95	32	Triple Jump	32	14.20
20.70	32	Shot Put	32	18.00
65.00	32	Discus Throw	32	61.20
76.00	32	Hammer Throw	32	71.00
83.00	32	Javelin Throw	32	61.50
		Heptathlon	24	6300
8200	24	Decathlon		
1:22:30	60	20km Race Walk	60	1:33:30
3:59:00	50	50km Race Walk	30	4:30:00
Top 10 at IWR + 6 from Top Lists	16	4x100m	16	Top 10 at IWR + 6 from Top Lists
Top 10 at IWR + 6 from Top Lists	16	4x400m	16	Top 10 at IWR + 6 from Top Lists
Top 12 at IWR + 4 from Top Lists	16	4x400m Mixed	16	Top 12 at IWR + 4 from Top Lists

Table 1 - Doha 2019 Entry Standards and Target Numbers

Immediately apparent is that the only difference between male and female athlete target numbers is to be found in the 50K: 50 for men but only 30 for women. The other 24 events suffer no such indignity.

Another visible difference is between the various entry standards for events other than field, hurdle or steeple events, as set forth in Table 2.

50K RW	+13.0%
Marathon	+15.4%
20K RW	+13.3%
10,000m	+15.1%
5,000m	+14.9%
1,500m	+14.1%
Mile	+13.8%
800m	+14.0%
400m	+14.3%
200m	+12.8%
100m	+11.3%

Note: Mile times may satisfy 1,500m qualification requirements.

Table 2 - Percentage Increase from Men's Entry Standards to Women's Entry Standards for Doha 2019

The percentage difference for the 50K resembles that for the shorter distances and is below the percentage differences for any other long-distance events. To understand why this is so, we must look at the mechanism for determining the entry standards, which is described in the *IAAF Technical Delegates Guidelines (2013 ed.)* in Guideline 3.4.2:

### 3.4.2 Ideal Number of Athletes

In order to set appropriate Entry Standards, it is first necessary to establish the desired number of athletes to participate in each of the events on the programme and use statistical evidence to determine suitable Entry Standards to yield such participation. A **Statistical Model for Entry Standards** which can serve as a useful model for future competitions, **can be found in Appendix L**. See also 3.3.8 above.

(Guideline 3.4.2; emphasis in original.)

Note: The reference to 3.3.8 is incorrect; it should read 3.3.7, the section entitled "Athletes per Event."

What should be the desired number of women 50K participants at Doha? The simple answer: the same number as the men's target number, which stands at 50. Simple because that's what gender equality means; and gender equality is enshrined in both the Olympic Charter (with which the IAAF must comply) and the IAAF's Constitution. Gender equality means that if an event is organized for men, it must also be provided for women. *Gender equality* also means that the target numbers for *each gender* must be *equal*. That equality exists for all events save one: the 50K.

The entry standards for Doha were established at the December 3-4, 2018 IAAF Council meeting. At that time, 25 women had walked faster than 4:30:00 during the Doha qualification period (which opened on March 7, 2018). Hence the 4:30:00 entry standard. It can be expected that a few more women will best the standard by the end of the Doha qualification period (midnight on September 6, 2019). On the subtraction side, two member federations have four women below 4:30:00 and will therefore be limited to a maximum of three entrants. One woman walker may face a doping suspension. Three of the women walkers belong to the suspended Russian Federation and would need dispensation from the IAAF to participate as neutral athletes. Also, not every member federation enters all of its qualifying athletes. Hence the 30 figure. The 4:30:00 standard also happens to have been the entry standard the IAAF used for the women's 50K race walk at the London World Championships last year.

What's wrong then with a target number of 50 for the women's 50? The answer: Nothing! For one, it's legally required because 50 is the men's target number. Second, at the time the entry standard was adopted, 50 women had walked the 50K under 4:48:46 during the Doha qualification period. Given the expected improvement of times during the remaining eight months of the Doha qualification period, an entry standard of 4:45:00 or even 4:40:00 would have been appropriate. Such standards would be respectively 19.2% and 17.2% over the men's entry standard of 3:59:00. Too much, you say? Then let's look at the difference for the marathon standards, which stands at 15.4%. Translated to the women's 50K, that would yield an entry standard of 4:35:48. But then we're getting away from the mechanism imposed by the *Technical Delegates Guidelines*, which starts with the desired number of athletes. "Desired" is indeed the term used by the Guidelines. Does that mean the IAAF desires to see a lesser number of women than men at the Doha 50K start line? It sure looks that way. In legalese, that translates to gender discrimination, the very evil prohibited by the IAAF Constitution and the Olympic Charter.

The target number is not the only manifestation of the IAAF's "desire" to limit the number of female Doha 50K walkers. The automatic entry standard rule for Area Champions has changed from London 2017 ["The Area Champions in all the individual events (except for the Marathon)"] to Doha 2019 ["The Area Champions in all the individual events (except for the Marathons). However, in the case of 10,000m, 3000m SC, Combined Events, Field Events and Road Events, the entry will be subject to the approval of the Technical Delegates, based on the athlete's level."] In London, two women 50K walkers were admitted under the 2017 version of the rule: Susan Randall (USA) and Nair da Rosa (Brazil). Neither had met the 4:30:00 London standard. Their member federations had tried to enter them but had been refused by the IAAF. It took a lawsuit in the Court of Arbitration for Sport (CAS) to make the IAAF yield. This was the second CAS lawsuit in July of 2017 about the women's 50K, the first one having produced the women's 50K London race in the first place, with only three weeks to go before the starter's gun went off.

Both Area Champions were subsequently removed from the London World Championships race for failure to start their last lap at the 4:17:00 mark. That episode in itself was a text book example of gender discrimination. The Time Limit was in existence for the men's 50K long before the women's race was added and was not changed after the addition. Hence, the Time Limit was based on the men's entry standard for London of 4:06:00. Thus, the Time Limit was 4.5% above the men's entry standard but 4.8% below the women's entry standard. A women's Time Limit set at 4.5% above the women's entry standard of 4:30:00 would have yielded a Time Limit of 4:42:09. At least one of the women Area Champions who were taken out of the race would have made the finish line if the Time Limit had not been gender discriminatory, and would most likely have set a personal best.

One wonders if the new Area Champions rule was an outgrowth of what happened in London. Of course, the whole point of having the rule is to permit entry for those who have not met the entry standard but nevertheless became Area Champions (it also allows the powerhouse athletics member federations to field four athletes in an event). The moment two women 50K walkers successfully used the rule to participate in the World Championships, the rule gets changed.

Aiming for only 30 women participants versus 50 men cannot be justified by reason. It used to be that the United States had no women astronauts and very few women judges. It took a while to change that because both professions required a certain academic and experience background. Only test pilots with jet fighter experience qualified to be astronauts. Judges typically need to be lawyers with a minimum number of years of practice behind them. The problem, of course, was that women were not allowed to be military jet fighter pilots and law schools did not admit many women. Those barriers had to be broken first before women could climb into a space capsule and onto the bench. A certain delay to remedy the situation was by necessity.

Women walkers do not face such a delay to partake in the 50K. Many potential World Championship 50K women walkers have been race walking for years. They may need to adjust their training program now that the 50K is on offer but most of them did not train for the 50K because they were excluded from the event. That has changed now. Unlike flying into space or sitting in judgment, no lengthy delay is necessary for women 50K walkers to reach the top. Inês Henriques (Portugal) and Rui Liang (China) proved that all it takes is for organizers to put on a women's 50K and the world records will tumble quickly. Keeping the target number to 30 makes no rational sense.

Also, the IAAF does not face the same challenge that the IOC does. The Olympic organizers have to worry about housing 10,500 or more athletes, not to mention coaches, officials and media during the Games. The IAAF only had to house 2,038 athletes plus coaches, officials and media in London. That's less than one-fifth of the housing dilemma the IOC faces. Hence an extra 20 walkers will not cause the IAAF an Olympic-size logistical headache. Again, there's no need to keep the number down to 30.

The effect of the too-low target number of 30 will be to discourage women walkers from giving the 50K a go. After having been excluded from the event at major championships level between 1932 and 2016, women 50K walkers now face a bigger hurdle to qualify for Doha than do their male counterparts. Equal? No. Fair? No. The stricter Area Champions rule, which will affect more than just the walkers, may have a negative impact on participation levels of top athletes at Area Championships, as they may lose the incentive to take part without the automatic qualifier opportunity.

What can be done about it? Will someone go to the Court of Arbitration for Sport, like Erin Taylor-Talcott did to establish the inaugural World Championship 50K, or like Susan Randall did, to have Area Champions entered? Too soon to tell. Women 50K walkers will race in Doha. That's a plus for which the IAAF may take all the rightful credit. But what about the woman athlete who posts a 4:31:00 prior to Doha? She may have a meritorious claim that she would have qualified for Doha but for the gender-unequal low target number of 30. The IAAF may yet wish it had "desired" 50 women 50 walkers in Doha.

Great progress has been made since Erin Taylor-Talcott showed up at the start line of the 2016 Rome Team Worlds 50K. But progress does not necessarily equal equality. We're not there yet. We can do better. We must do better.

#### WHAT'S COMING UP

We can now all enjoy a well earned rest from competition as we enter our Christmas break. But don't forget to keep training!

The action kicks off again on Saturday 12<sup>th</sup> January with Round 9 of the Athletics Victoria Shield competition. Then things pick up quickly from there. Here is a brief outline of what's coming up for Victorian walkers in the new year.

Jan 12 (Sat), 2019	AV Shield Round 9, around Victoria
Jan 19 (Sat), 2019	AV Shield Round 10, around Victoria
Jan 20 (Sun), 2019	VRWC Road Races, Middle Park, Victoria
Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo, Victoria
Feb 2 (Sat), 2019	AV Shield Round 11, around Victoria
Feb 9 (Sat), 2019	AV Shield Round 12, around Victoria
Feb 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Feb 13 (Wed), 2019	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Mentone
Feb 17 (Sun), 2019	VMA 5000m Track champs and VRWC races, Dolomore Reserve, Mentone, Victoria
Feb 23 (Sat), 2019	AV Shield Final, Lakeside Stadium, Albert Park, Victoria

And of course, the next **Supernova Walks Study Camp** will kick off at the AIS in Canberra in early January and will continue for 4 weeks (I think it extends from Jan 3<sup>rd</sup> to Feb 3<sup>rd</sup>). As well as a selection of our own top Australian senior and junior walkers, lots of top international walkers will be in attendance. As most of the camp walkers then travel to Adelaide for the annual Australian Summer 20km champs (on Sunday 10<sup>th</sup> Feb this year), that meet is always a very high quality affair.

### ATHLETICS VICTORIA SHIELD ROUND 8, AROUND VICTORIA, SATURDAY 15 DECEMBER

Athletics Victoria Shield continued last weekend, but was a problematic affair. The Friday night competition at Lakeside Stadium was cancelled completely due to heavy rain and flooding. The Saturday competitions went ahead but with limited success. Read on!

#### **AV Shield Round 8, Red vs Yellow, Tom Kelly Athletics Track, Doncaster**

As the Friday evening Lakeside competition did not include any racewalks, all the walkers had entered the Doncaster shield meet. Consequently, the 3000m walk had to be split into two divisions, with the women racing first (alongside the 1500m walkers) followed by the men. As the last men were finishing, down came the rains, with the meet eventually cancelled when the rain showed no signs of abating. There is some advantage of being the first event – at least the 56 of us got to compete.

The women's 3000m walk was won by **Sandra Geisler** (16:14.2), ahead of **Wendy Muldoon** (16:24.7) and **Cassie Knight** (16:45.2). The concurrently run 1500m walk saw **Charlotte Hay** (7:18.7) win ahead of **Luke Epps** (7:44.2) and **Liam McLennan** (7:45.6).

#### **3000m Walk Women**

1.	Sandra Geisler	F	RWD	F40	16:14.2
2.	Wendy Muldoon	F	ANW	F45	16:24.7
3.	Cassandra Knight	F	BOH		16:45.2
4.	Kym Osmand	F	VMA		16:59.0
5.	Madeleine Feain	F	KSB		17:14.1
6.	Kerryn Walshe	F	KSB	F55	18:15.2
7.	Carolyn Rosenbrock	F	ANW	F55	18:25.4
8.	Laura McLennan	F	DAC	F40	18:55.4
9.	Donna-Marie Elms	F	PTN	F55	19:13.8
10.	Bernadette Holohan	F	SAN	F50	19:25.8
11.	Brodie Richardson	F	KNA		19:32.0
12.	Heather Carr	F	GHY	F65	19:42.3
13.	Isabella Dingli	F	SAN		19:51.2
14.	Gwen Steed	F	GHY	F65	21:39.1
15.	Maria Abfalter	F	KSB	F50	23:22.2
16.	Jenny-Rose Szuhai-Andrews	F	BWK	F50	23:35.0
17.	Joanna Margiolis	F	ESS		24:01.4
18.	Sandra Howorth	F	GHY	F55	24:04.8
19.	Donna Campbell	F	PTN	F45	26:42.1
20.	Glenys Schubert	F	DIV	F55	28:55.1

#### **1500m Walk**

1.	Charlotte Hay	F	KNA		7:18.7
2.	Luke Epps	M	KNA		7:44.2
3.	Liam McLennan	M	DAC		7:45.6
4.	Grace Louey	F	KNA		8:11.3
5.	Zachary Matters	M	BOH		8:42.3
6.	Emily Smith	F	KNA		8:44.2
7.	Nikita Djordjevic	M	MEN		9:01.2
8.	Alannah Dingli	F	SAN		9:33.9
	Glen Imbriano	M	STK		DQ
	Angus Hay	M	KNA		DQ
	Lauren Healy	F	ESS		DQ

The men's 3000m was a great battle between 17 year old South Australian visitor **Tristan Camilleri** and 16 year old **Corey Dickson** who was my Walker of the Week last week. Racing side by side throughout the event, it was only in the final sprint that they could be separated, Tristan winning with 12:52.2 ahead of Corey (12:53.1), both big PBs.

#### **3000m Walk Men**

1.	Tristan Camilleri	M	UNA		12:52.2	PB 0:11
2.	Corey Dickson	M	KNA		12:53.1	PB 0:39
3.	Kyle Bird	M	MPA		14:00.0	
4.	Pramesh Prasad	M	VMA	M40	14:10.8	
5.	Heath Beveridge	M	WES		15:45.9	
6.	Trenton Hawkins	M	PTN		16:09.9	
7.	Joel Imbriano	M	STK		16:37.4	

8.	Marcus Wakim	M	COL		16:46.6
9.	Mark Donahoo	M	ESS	M60	17:05.8
10.	Andrew Jamieson	M	OSC	M65	17:14.8
11.	Timothy Erickson	M	COB	M65	17:16.7
12.	Simon Evans	M	BOH	M55	17:19.8
13.	Paul Kennedy	M	KSB	M60	17:37.2
14.	Phillip Dunstone	M	WES	M50	18:31.0
15.	Albin Hess	M	VMA	M55	18:43.1
16.	Julian Boland	M	MEN	M55	19:08.6
17.	Hamish Beaumont	M	MUU	M40	19:12.8
18.	Ross Reid	M	COL	M60	19:24.0
19.	Clyde Riddoch	M	VMA	M65	19:47.6
20.	Brian Anderson	M	ESS	M60	20:33.2
21.	Russell Dickenson	M	VMA	M65	20:54.3
22.	Geoff Barrow	M	MEN	M65	21:04.0
23.	Robert Gardiner	M	COL	M65	21:08.5
24.	Geza Benke	M	OLM	M60	21:28.1



*Action from the women's walk: Sandra Geisler, Cassie Knight, Wendy Muldoon, Madeleine Feain and Heather Carr (photos Gerard Feain)*



*Corey Dickson, Tristan Camilleri, Pramesh Prasad, Mark Donahoo, Andrew Jamieson, Geoff Barrow, Russ Dickenson and Bob Gardiner (obscured) – photos Gerard Feain*

**AV Shield Round 8, Geelong Region, Landy Field, Geelong**

Not part of the official program for the day, it was good to see that Geelong still put on a 2000m invitational walk for their young athletes, with **Riannah Tatlock** winning (12:05.81).

**2000m Walk**

1.	Riannah Tatlock	F	BEL	INV	12:05.81
2.	Kaylah Heikkila-Dubowik	F	COR	INV	12:28.16
3.	Charli Walker	F	BEL	INV	12:44.79

**AV Shield Round 8, Bendigo Region, La Trobe University Track, Bendigo**

To Bendigo where **Barb Bryant** won as usual (17:46.64 F60).

**3000m Walk**

1.	Barbara Bryant	F	EAG	F60	17:46.64
2.	Annette Curtis	F	SBE	F60	22:07.98
3.	John Watson	M	BGO	M65	23:16.87
4.	John Carter	M	SBE	M65	24:14.02

**1500m Walk**

1.	Maddison Vaughan	F	BGO		8:52.47
2.	Jennifer Payne	F	SBE	F60	9:36.45
3.	Amber Fox	F	SBE		11:01.69
4.	Wendy Ennor	F	EAG	F60	12:33.71

**AV Shield Round 8, Ballarat Region, Llanberris Reserve, Ballarat**

Finally to Ballarat, where **Jemma Peart** (15:42.83) and **Alanna Peart** (6:37.27) won their respective events. The 1500m was a quick event, with **Fraser Saunder** (6:53.51) also producing a very good time.

**3000m Walk**

1.	Jemma Peart	F	BYC		15:42.83
2.	Roslyn Ireland	F	BWK		22:15.15
3.	Olive Ireland	F	BWK	F55	24:45.99

**1500m Walk**

1.	Alanna Peart	F	BYC		6:37.27
2.	Fraser Saunder	M	BYC		6:53.51 PB 0:16

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 12 DECEMBER**

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented: Last walk for this year. I believe that **Richard Everson** set a new M55 2000m record. Next week is the Christmas social meeting. Seasons Greetings to you and all.

**1500m Walk**

1.	Greg Metha	08:07	M54	75.36%
2.	Kevin Finn	10:03	M67	69.34%
3.	Ross Hill-Brown	11:27	M63	58.26%
4.	Liz Downs	11:36	W63	61.64%

**1500m Club Walk**

1.	Dave Fallon	11:12	M66	61.52%
2.	Graham Harrison	11:45	M75	65.49%
3.	Cathie Hore	13:11	W68	57.48%

**2000m Walk**

1.	Richard Everson	10:04	M55	<b>79.26%</b>
2.	Greg Metha	12:03	M54	65.63%
3.	Mark Worthing	12:55	M56	62.33%
4.	Kevin Finn	13:08	M67	68.61%
5.	Linda Whitelaw	16:54	W64	56.14%

**2000m Club Walk**

1.	Dave Fallon	15:09	M66	58.80%
2.	Graham Harrison	15:15	M75	65.26%
3.	Cathie Hore	17:47	W68	56.03%

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 15 DECEMBER**

Thanks to Wayne Fletcher for this week's results from Hobart. Sultry day, slight dizzle.

**3000m Walk**

1.	William Robertson	Old Virgilians	13.39.25
2.	Ron Foster	Tasmanian Masters	22.36.00
3.	David Moore	Tasmanian Masters	23:00.72
1.	Alice Randall	Old Virgilians	14:21.47
2.	Elizabeth Leitch	Tasmanian Masters	20:19.01

Wayne reports: That's it for 2018. The Tasmanian 10,000m track titles will be held on Wednesday 9 January at 5.20pm. Entry form is a paper one available on the Athletics Tasmania Web site. Any queries to come to me 0419034410. Make a week of it and stay for the Marathon and half Marathon on Sunday 13<sup>th</sup>. Info on the Athletics Tasmania Web and the Cadbury Marathon website.

**WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 16 DECEMBER**

Thanks to Terry Jones for the latest results from Perth. The next WARWC walks will be on 6<sup>th</sup> January 2019.

**10km Walk**

1.	Brad Mann	53:38
2.	Ben Reid	54:19
3.	Wendy Farrow	1:11:36

**3km Walk**

1.	Xavier Bernard	18:17
2.	Ashlyn Spence	19:30

**1.5km Walk**

1.	Xavier Bernard	8:56
2.	Kaytee Bogaers	9:30
3.	Emily Bogaers	12:33

**AACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SUNDAY 16 DECEMBER****3000m Walk**

1.	Toyne, Owen	11	Ginninderra	17:03.9
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**1500m Walk**

1.	Duncan, Erin	13	NCG	9:42.0
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**OUT AND ABOUT**

- The latest podcast by Athletics Victoria's Tim Crosby leads with a discussion and some interview from the Australian 50km Championship meet at Fawkner Park earlier this month. See <https://anchor.fm/downthetrack/episodes/Australian-All-Schools-wrap-up—WADA-update--Australian-Race-Walking-Championships-review-and-more-e2of81/a-a7knqm>.
- SKY have announced they will bring an end to their involvement in cycling after more than 11 years in the sport. The broadcasting giants will withdraw their ownership and sponsorship of Team SKY after the 2019 season, which will continue to race if a new backer is found. Britons Bradley Wiggins, Chris Froome and Geraint Thomas historically all won the Tour de France with Team SKY but the team has been embroiled in controversy due to their questionable use of loopholes around the area of drugs, TUEs, mysterious courier packages and lost medical laptops. See <https://www.irishmirror.ie/sport/other-sport/cycling/team-sky-sky-end-involvement-13722612>.
- Four years on from ARD's exposure of one of the biggest doping scandals ever and Russia has largely been forgiven by sports bodies. But to what extent has the country really changed its attitude? Much lauded reforms to the Russian anti-doping system have not been implemented while "traitorous" whistleblowers live in fear of reprisal. Nick Butler and Hajo Seppelt investigate. See <https://www.sportschau.de/weitere/geheimsachedoping/doping-top-secret-has-russia-really-changed-four-years-on-from-doping-revelations-100.html>. Damning piece!
- I'm just glad that I am not an athlete living in South Africa and relying on the good will of the South African Sports Confederation and Olympic Committee (SASCOC). See [https://swimswam.com/sascoc-once-again-under-fire-as-athletes-compete-in-poor-conditions/?fbclid=IwAR07ooApGnyCnU4AUaE3\\_3sKq1s7mbqPtX5uFw8puMANIwJYg8i9egoMtlE](https://swimswam.com/sascoc-once-again-under-fire-as-athletes-compete-in-poor-conditions/?fbclid=IwAR07ooApGnyCnU4AUaE3_3sKq1s7mbqPtX5uFw8puMANIwJYg8i9egoMtlE)



- Congratulations to our intrepid European correspondent **Emmanuel Tardi** who has been named on the latest European Athletics list of 23 international area judges. Emmanuel, like all those on the list below, travels widely to judge throughout Europe, mostly at his own expense, so it is wonderful to see his work officially recognised. Well done mate!

IAAF IRWJ			
1	Rojas Suarez	Dolores	ESP
2	Saladie	Luis	ESP
3	Solana Ros	Sergio	ESP
4	Fröberg	Anne	FIN
5	Dahm	Jean-Pierre	FRA
6	Richards	Ian	GBR
7	Taylor	Steven	GBR
8	Müller	Rolf	GER
9	Gallagher	Shaun	IRL
10	O'Callaghan	Pierce	IRL
11	Van der Knaap	Hans	NED
12	Barbosa Dias	José Julio	POR
13	Guedes	Vasco	POR
14	Bianchi	Frédéric	SUI

Area IRWJ			
1	Bundgaard	Bent	DEN
2	Schöler	Inge-Marie	DEN
3	Maroto Escudero	Luis	ESP
4	Ruano	Alicia	ESP
5	Sandino Leira	Guillermo	ESP
6	Lahtinen	Jenni	FIN
7	Tardi	Emmanuel	FRA
8	Carmody	Noel	GBR
9	Grünberg	Jens	GER
10	Wenzel	Killian	GER
11	Gruber	Orsolya	HUN
12	Kidd	David	IRL
13	Veselova	Anna	ISR
14	Baleani	Mara	ITA
15	Krynicky	Janusz	POL
16	Ganso	José	POR
17	Gonçalves	Eduardo	POR
18	Graça	Joaquim	POR
19	Stefan	Alexandru Nicolae	ROU
20	Repic Cujic	Vesna	SRB
21	Costin	Zuzana	SVK
22	Skarba	Martin	SVK
23	Bekler	Gaye	TUR

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 2 press releases for us this week

- Mon 10 Dec – Thu 13 Dec - Slovenian walker Fabio Ruzzier celebrates 50 years in athletics  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3346](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3346)
- Fri 14 Dec - Nicola Maggio reviews the proud history of Italian walk judging and rues the current dearth of top judges  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3345](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3345)

Omarchador has 6 press releases

- Sun 16 Dec - European Walks Judges Panel announced for 2019-2022  
<http://omarchador.blogspot.com/2018/12/painel-europeu-de-juizes-de-marcha.html>
- Sun 15 Dec - Controversial competition date set by Portuguese Veterans Assn (ANAV)  
<http://omarchador.blogspot.com/2018/12/camp-nacional-de-10-km-marcha-da-anav.html>
- Fri 14 Dec - Results of Troféu Clube Marchador in Portugal  
<http://omarchador.blogspot.com/2018/12/trofeu-clube-marchador-clube-atletismo.html>
- Thu 13 Dec - Pedro Isidro and Kristina Saltanovic triumph at the GP Natal 2018 in Lisbon  
<http://omarchador.blogspot.com/2018/12/pedro-isidro-e-kristina-saltanovic.html>
- Wed 12 Dec - Côme Martin and Inta Demeuzoy win Yverdon-les-Bains Christmas Cup  
<http://omarchador.blogspot.com/2018/12/come-martin-e-inta-demeuzoy-vencem-taca.html>
- Tue 11 Dec - Results of Irish 20km and 30km Championships in Raheny  
<http://omarchador.blogspot.com/2018/12/campeonatos-da-irlanda-de-20-km-e-30-km.html>

## PERSEUS KARLSTROM JOINS FORCES WITH BRENT VALLANCE

I was very excited to read an article yesterday by Birger Falt on the Swedish Racewalking Site advising that top Swedish international Perseus Karlstrom is now being coached by Aussie super coach Brent Vallance. Persey has achieved great success in the last three years, with Swedish records over 20 km and 10,000m, a Swedish 50km all-time best and a bronze at the European Cup. See that article at <http://www.gang.se/tavlingsgang/tavlingsnyheter/perseussatsarvidaremednytranare>. Here's a google translate of the pertinent bits

The choice of coach was obvious to me, and from November I'm in Brent Vallance's training group. The layout itself is similar in many ways as I have based a lot of my training on the Australian model, but a very important factor for me is that I now have access to a really good training group for training, as well as a coach with great experience and incredible skill in fitness and knowledge about how athletes react under high exercise loads. It is mainly the last bit that will bring a lot of my development, as Brent has the experience that I largely lack.

November began with a 24-day high altitude training with my new group (Quentin Rew, Jemima Montag, Kyle Swan) in Bogota, where we also trained and helped Eider Arrevalo's group. It was a good camp and marked the start of the 2019 season after a much needed rest month in October. While the rest of the group went home, I continued to Mexico City for another 24-day high altitude training camp to avoid as much of the Swedish winter as possible and continue to enjoy good training conditions. Here in Mexico I had coordinated with Sandor Racz from Hungary to join his group, including Lebogang Shange of South Africa, for continued good training.

I will celebrate Christmas at home in Sweden before moving on to a longer stay in Australia from the beginning of 2019. A new nutrition study will be held in Canberra in January and then I will be in Melbourne in February-March where Brent's group is based. The major goals for 2019 are of course the European Cup in Alytus in May, where I aim to improve my 20km 3rd place from Podebrady 2017 and then make my first World Cup start at 50km in Doha in September.

I'm looking forward to seeing a lot of Persey in the summer and know that the new arrangement will suit not only him but will also help Brent's other charges immensely. As they say, success breeds success.



*Left: Persey in Bogota in November with Kyle Swan, Quentin Rew and Alana Barber (with Jemima Montag behind the camera!)  
Right: Persey training with Lebogang Shange in Mexico in December*

## NICOLA MAGGIO STEPS DOWN AFTER 28 YEARS AS AN IAAF JUDGE

In last week's newsletter, which announced the list of IAAF Racewalk Judges for the next 4 year period, one name was missing – that of Italian judge **Nicola Maggio**. Nicola was first promoted to the role of IAAF Race Walking Judge in 1990. This year, as the age limit laws dictate, Nicola had to stand down from the IAAF panel after a wonderful career spanning 28 years. During this long and illustrious timeframe, he has judged at every level, including Olympics and European and IAAF World Championships, has organised and run judging seminars around the world, and has been a mentor to many younger judges.

Of course, he also wears another hat as co-editor of the marciadalmondo website and is always busy scooping us all with the latest results from around the world. He is also willing to say the hard things, as he does this week when discussing the fact that Italy has now lost it's final IAAF Level III international walks judge – see [http://www.marciadalmondo.com/eng/dettaqli\\_news.aspx?id=3345](http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=3345).

Enjoy your retirement Nicola, but remember that it's only from judging. We expect to see many more marciadalmondo contributions!



*Nicola judging in the IAAF Challenge Final in Beijing in September 2014*

#### ATTENTION YOUNG AUSTRALIAN WALKERS

The National Association of Intercollegiate Athletics (NAIA) is an athletic association that organises college and university-level athletic programs, primarily across the United States but also in Canada. First setup in 1972, it now boasts 250 member institutions and hosts its own NAIA national championships. I first became aware of it in the late nineties when Melbourne walker **Lachlan McDonald** accepted a scholarship to Wisconsin-Parkside University. Lachlan went on to win 6 NAIA walk titles - he won the NAIA indoor 3000m Walk title in three consecutive years (2000-2002) and won the NAIA outdoor 5000m Walk title in three consecutive years (1999-2001).

Other well known NAIA walk title winners include Canadian Olympians Inaki Gomez, Ben Thorne and Evan Dunfee and USA Olympian Nick Christie.

Some of the NAIA universities offer racewalking related scholarships and MidAmerica Nazarene University in Kansas City is one such. So here's the plug:

*MidAmerica Nazarene University is a small Christian college in the heart of the United States. As an NAIA member institution, we feature the racewalk for both Indoor and Outdoor Track & Field. We are continuing to build our racewalk group and have had success with our top male finishing 11th at NAIA Outdoor Nationals in 2018. We are very interested in providing opportunities for racewalkers to get a great education while continuing to develop and compete at the highest levels.*

*MNU has the ability to provide both academic and athletic scholarships for our student athletes. We are seeking athletes for the Fall of 2019 and have monies available now. Please feel free to reach out to our distance coach Kevin O'Grattan: [kmograttan@mnu.edu](mailto:kmograttan@mnu.edu).*

By way of additional information, Money magazine in the US recently rated MNU as one of USAs best colleges. Also National Geographic Traveler listed Kansas City as a top global travel destination. Links to those articles are below.

- <https://www.mnu.edu/news/article/mnu-selected-money-magazines-2018-19-best-colleges-list>
- <https://www.kansascity.com/entertainment/article222087090.html?fbclid=IwAR0h5AaTviFkQnHRnhfMOKUV7NAUUFpHFbru9TjuZw5QS28tSUPrqpPGi0M>

So if you are an up and coming Australian walker and have recently finished your Y12 studies, you might like to chat with your parents and perhaps email Kevin for a chat. It might be a wonderful opportunity for you.

## AUSTRALIANS TO THE FORE: 1956-2012

To mark the 100<sup>th</sup> anniversary of the IAAF in 2012, Irish judge/administrator/historian Pierce O'Callaghan published a document detailing past and current (at that time) members of the IAAF and EAA Race Walk Committees and listing past Olympic, World Championships and Race Walking World Cup judges. Luckily the document can still be sourced from the Swiss Racewalking website at [http://www.swisswalking.org/data/federation/reglements/PDF/IAAF\\_RWC2013\\_Olympic\\_World\\_Champs\\_Judges.pdf](http://www.swisswalking.org/data/federation/reglements/PDF/IAAF_RWC2013_Olympic_World_Champs_Judges.pdf). I have extracted out the Australians listed therein, up to and including 2012. Sorry for more recent additions – we need a document refresh!

IAAF Race Walking Committee	1968-1972, 1976-1981 1984-1987 1995-2003	<b>Vic Sharp</b> (SA) <b>Ray Smith</b> (VIC) <b>Bob Cruise</b> (SA)
Olympic Judges (1924-2012)	1956 1960 1964, 1968, 1972, 1976 1980, 1988 2000, 2004 2000 2008	<b>J. J. Cummings, M. Moroney, J. A. Larkin</b> (VICs) <b>Frank McGuire</b> (VIC) <b>Vic Sharp</b> (SA) <b>Ray Smith</b> (VIC) <b>Bob Cruise</b> (SA) <b>Diane Lowden</b> (NSW) <b>Wayne Fletcher</b> (TAS)
IAAF World Championships	1983 1987 1991, 1999, 2005 1997 2007, 2009	<b>Vic Sharp</b> (SA) <b>Ray Smith</b> (VIC) <b>Jill Huxley</b> (NSW) <b>Marion Patterson</b> (VIC) <b>Wayne Fletcher</b> (TAS)
IAAF World Cups (1987-2012)	1987, 1991 1997, 2004, 2010 1999, 2006 2002, 2012	<b>Ray Smith</b> (VIC) <b>Jill Huxley</b> (NSW) <b>Bob Cruise</b> (SA) <b>Wayne Fletcher</b> (TAS)

Pierce is a former 16-time Irish national walks champion and represented Ireland internationally for many years. He is currently one of the senior IAAF International judges and has served as a race walking judge at numerous Olympic Games and IAAF World Championships. Pierce currently works in sports management and serves as a senior consultant to the European Athletics Association and IAAF President Lord Coe.

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

### Australian/Victorian Key Dates – 2019

Jan 3 – Feb 3, 2018	Supernova Walks Study Camp, AIS, Canberra
Jan 9 (Wed), 2019	AV/VRWC Track Races, Dolomore Reserve, Mentone, Victoria
Jan 12 (Sat), 2019	AV Shield Round 9, around Victoria
Jan 19 (Sat), 2019	AV Shield Round 10, around Victoria
Jan 20 (Sun), 2019	VRWC Road Races, Middle Park, Victoria
Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo, Victoria
Feb 2 (Sat), 2019	AV Shield Round 11, around Victoria
Feb 9 (Sat), 2019	AV Shield Round 12, around Victoria
Feb 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Feb 13 (Wed), 2019	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Mentone
Feb 17 (Sun), 2019	VMA 5000m Track champs and VRWC races, Dolomore Reserve, Mentone, Victoria
Feb 23 (Sat), 2019	AV Shield Final, Lakeside Stadium, Albert Park, Victoria
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 - <a href="https://melbourne2019.com.au/">https://melbourne2019.com.au/</a>

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

Apr 6 (Sat), 2019	28 <sup>th</sup> 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	<b>8<sup>th</sup> World Masters Indoors T&amp;F Championships</b> , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 <sup>th</sup> 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 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	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus
July 17-20, 2020	<b>18<sup>th</sup> IAAF World U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Mar 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 18-30, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.
Aug 7-17, 2022	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2021 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary

Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496

Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)