



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 14
1 January 2019



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TIM'S TOP TEN WOMEN FOR 2018

It's that time of the year again so off we go with my Top Ten Women for 2018. These are very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As always, it was a very tough ask.



E1. Claire Tallent (SA)

36 year old Claire Tallent started her year with silver in the Australian 10,000m track walk in Canberra in January (46:06.59) and bronze in the Australian 20km Championship in Adelaide in February (1:31:29). She was on target for a win in the Commonwealth Games 20km in Queensland in April until disqualified with only 2km to go. She bounced back in the best possible way with bronze in the IAAF Race Walking Team Championships 50km with an Australian, Oceania and Commonwealth record of 4:09:33. After a good break, she fronted for the annual 3 day Lake Taihu rally in September, coming 17th overall after a solid 3 days of walking. Her year finished with a win in the inaugural Australian women's 50km championship at Fawkner Park in December (4:28:52). At a time when other walkers might be considering retirement, and with young son Harvey in tow, Claire has found a new lease of life and has quickly carved a place at the top of the newly minted women's 50km world.



E1. Jemima Montag (VIC)

20 year old Jemima Montag had a year which unfolded similarly to Claire and it has been impossible for me to split the two. 2018 started with bronze in the Australian 10,000m track walk in Canberra in January (46:18.42) and silver in the Australian 20km Championship in Adelaide in February (1:31:26). In March, she won the Victorian 5000m track title with a sizzling 21:32.68 and in April she won the Commonwealth Games 20km walk in Queensland in very tough conditions (1:32:50). Alas, the superb string of races was broken with a DQ in the IAAF World Team Championships in China in May and it was not until the summer season that we saw her again, once her university year had completed. She finished 2018 with a win in the Fawkner Park 20km in December (1:35:48) and looks on track to kickstart 2019 in similar form to 12 months ago. Aged only 20, she has a superb future.



3. Katie Hayward (QLD)

18 year old Katie Hayward, then aged 17, started the year with a whole swag of high quality 10,000m/10km races - 4th in the Australian Open 10,000m track championship in Canberra in January (47:05.36), 1st in the Oceania 10km championship in Adelaide (PB 45:57) and 1st in the Queensland 10,000m championship (46:47.0) in February and gold in the Australian U20 10,000m track championship in Sydney in March (PB 45:48.51). Sadly she was disqualified when fighting it out for the medals in the IAAF World Team Championships in China in May but bounced back in the IAAF World U20 Championships in Tampere in July, with a 5th place PB of 45:10.42). She finished her racing year with a win in the U20 10km championship (49:37) at the Australian Roadwalk Championships in Queensland. By far and away, our best U20 walker.



4. Lyn Ventris (WA)

62 year old Lyn Ventris won World Masters Championship golds in the W60 5000m track walk (26:15), in the W60 10km roadwalk (53:26 – W60 World Record) and in the W60 20km roadwalk (1:58:27) in Spain in September. She was without question the outstanding female walker of the meet, with superb performances in all 3 events in torrid conditions. After suffering a severe hamstring injury in 2012 and eventually opting for major surgery, it has been a very long road to recovery. She did not return to racing until 2015 but recurring injuries since then postponed her return to her World Record breaking form for which she had been renowned. Finally, in the Australian Masters Championships in Perth in April, she scorched around the track in the women's 5000m walk, her time of 25:41.58 bettering the W60 World Record by an amazing 28 seconds. The 3 golds in Malaga and her further World Record in the 10km roadwalk there provide confirmation that "she is back!" It has been a long battle but she never gave up.



5. Kelly Ruddick (VIC)

46 year old Kelly Ruddick impresses, year after year. She started 2018 with 7th place in the Australian 20km Summer Championship in Adelaide (1:37:24), not too bad for a W45 athlete. She dominated the Victorian winter season with wins in the women's AV 10km (48:36) and 15km (1:14:27) and in the Open 30km (2:37:36). This was her first outing over the 30km distance and she set new Australian and Victorian W45 records. She also set a couple of interesting firsts – the first woman ever to win this championship, as well as the first walker to get 3 votes from EVERY judge (6 in total) in our VRWC style award competition. She finished her year with her first ever 50km, coming second to Claire Tallent in the Australian women's 50km championship at Fawkner Park (4:54:31), yet another W45 world record. The world's top W45 walker and still one of our top open women.



6. Rebecca Henderson (VIC)

17 year old Rebecca Henderson mixes walking with triathlons and long distance swimming and is a very busy girl. Consequently, we see less of her as a walker than might otherwise be the case, but when she does appear, she competes strongly. She interrupted her main summer swimming season to take second place in the Oceania U20 10km in Adelaide in February (49:02) and pushed out a fast 23:11 in a VRWC 5000m track race in Melbourne a week later. A further week on, she won the U18 5000m walk at the Australian Junior T&F Championships in Sydney (24:38) and then came 4th in the U20 10,000m walk at the same meet (51:22). She was our top finisher in the IAAF World Team Championships in China in May (16th with 49:25) and is now back racing in the Victorian Shield summer season after a winter of school study and triathlon. Definitely our top U18 walker.



7. Alanna Peart (VIC)

Alanna Peart was our top U16 walker for 2018. She started the year with a good double in the Australian Junior T&F Championships in Sydney, with seconds in the U17 5000m (25:30) and in the U16 3000m (13:58). She won the U16 3km at the LBG Carnival in Canberra in June (14:02) and won the U16 5km at the Australian Roadwalk Champs in Queensland in August (24:26). She did not contest the Australian All Schools Champs in December but would have been competitive. She finished the year with PBs of 6:36 (1500m), 13:57 (3km), 23:39 (5km) and 51:02 (10km), all set in 2018. Not bad for a 15 year old!



8. Alexandra Griffin (WA)

13 year old Alexandra Griffin She started her national year with a strong double; wins in the U14 3000m (14:38) and in the U15 3000m (14:21) at the Australian T&F Championships in Sydney in March, followed 2 weeks later with second place in the Australian Little Athletics National Championships in Queensland (6:52.46). She also won the Australian Roadwalk Championships U14 3km in Queensland in August (14:18). Obviously, with the cost of travelling from Perth, you can't compete in every meet, but she did enough to confirm her spot as our top U14 walker.



9. Beki Smith (NSW)

32 year old Beki Smith started the year with wins in the Australian 10,000m track championship in Canberra in January (45:56.08) and in the Australian 20km Championship in Adelaide in February (1:31:23). She won the Queensland Track Classic 3000m in March with a swift 12:48.70 and went into the Commonwealth Games 20km in April as one of the favourites. Alas, things do not always go according to plan, and she fell back in the torrid conditions, finishing sixth with 1:40:41. This marked the end of her competitive year, with her withdrawal from the IAAF World Team Championships team.



10. Rachel Tallent (VIC)

25 year old Rachel Tallent maintained her position as one of our top open women, even if her results were down on previous years. 2019 started with 5th place in the Australian Road championships in Adelaide in February (1:35:18). She competed in the IAAF World Team Championships in China in May, finishing 59th with 1:36:34. She then took the double at the LBG Carnival in Canberra in June, with firsts in the Open 15km (1:14:58) and the Open 5km (23:04). Finally, she won the Winter Roadwalk Championships 20km in Queensland in August (1:36:27). Consistent but probably below her own high personal standards.



11. Darcey Roberts (VIC)

Hey, I often find it hard to keep my choices to a basic 10. This year I had to include 11 year old Darcey Roberts who is by far and away our best U12 walker and who is amongst our best U14 walkers. She scored a big triple at the LBG Carnival in Canberra in June - golds in the U12 2km (10:02) and U14 2km (9:58) and fifth in the U18 5km (29:19). Too young to be allowed to walk in the U14 3km at the Australian Roadwalk Championships in August, she won the U12 2km with 10:03. Setting a swathe through the VRWC U12 club records, she finished the year with PBs of 9:53 (2km), 15:44 (3km) and 29:19 (5km).

The following walkers were also considered but missed the final cut. It is never easy to get down to the final 10 (or 11)!

Philippa Huse (VIC), Allanah Pitcher (NSW), Emma Blanch (NSW), Caitlin Hannigan (QLD) and Jayda Anderson (QLD)

You can check out this year's and all past year's Top Ten's at <http://www.vrwc.org.au/TopTen.shtml>.

2018 RANKING LIST – 5000M WALK WOMEN

Since I have published above my top female walkers for the year, I will also publish one of our Australian female ranking lists for 2018. Not everyone walks 5000m track or 5km road nowadays so the list is not truly inclusive, but it contains the yearly best performance for most of our walkers. Here are the 57 women who have walked faster than 29:00 this year, as per the ranking lists on <http://racewalkaustralia.com>. Not surprisingly, my top three women for 2019 also top this list.

1.	Jemima Montag	U23W	21:32	VIC	03/03/2018
2.	Katie Hayward	U18W	21:55	QLD	22/04/2018
3.	Claire Tallent	W35	22:40	SA	02/02/2018
4.	Simone McInnes	SW	22:52	VIC	27/01/2018
5.	Rachel Tallent	SW	23:04	VIC	10/06/2018
6.	Rebecca Henderson	U17W	23:11	VIC	18/02/2018
7.	Allannah Pitcher	U15W	23:27	NSW	20/05/2018
8.	Jessica Pickles	SW	23:37	QLD	26/01/2018
9.	Alanna Peart	U15W	23:39	VIC	29/07/2018
10.	Philippa Huse	U20W	23:50	VIC	03/03/2018
11.	Caitlin Hannigan	U16W	23:50	QLD	22/02/2018
12.	Alice Randall	U18W	23:59	TAS	25/02/2018
13.	Olivia Sandery	U16W	24:38	SA	28/07/2018
14.	Anna Cross	U20W	24:39	SA	02/02/2018
15.	Jemma Peart	U18W	24:39	VIC	29/07/2018
16.	Emma Blanch	U15W	24:50	NSW	03/02/2018
17.	Victoria Upton	U15W	24:53	SA	21/10/2018
18.	Megan Szirom	W40	24:56	SA	17/10/2018
19.	Lyn Ventris	W60	25:41	WA	26/04/2018
20.	Charlotte Hay	U15W	25:50	VIC	31/01/2018
21.	Hannah Bolton	U15W	25:53	NSW	03/02/2018
22.	Samantha Findlay	U23W	25:54	SA	24/02/2018
23.	Kristie Goznic	SW	25:58	SA	10/11/2018
24.	Hannah Manning	U16W	26:08	ACT	27/09/2018
25.	Anna Blackwell	U17W	26:15	TAS	11/08/2018
26.	Chelsea Goodhew	U20W	26:16	NSW	10/06/2018
27.	Bethany Cross	U18W	26:42	SA	10/06/2018
28.	Kiera Ross	U14W	26:48	SA	19/05/2018
29.	Bridget Bell	U17W	26:49	NSW	26/08/2018
30.	Teegan Pengilley	U17W	26:52	NSW	03/02/2018
31.	Sandra Geisler	W40	27:02	VIC	18/02/2018
32.	Jasmine Dighton	U23W	27:11	NSW	23/06/2018
33.	Katya Martin	U23W	27:16	QLD	25/09/2018
34.	Paige De Lisen	U20W	27:17	VIC	14/07/2018
35.	Hannah Mison	U17W	27:32	NSW	14/03/2018
36.	Melissa Lewis	SW	27:43	WA	26/04/2018
37.	Pam Tindal	W55	27:49	VIC	18/02/2018
38.	Mackenzie Ofield	U14W	27:54	QLD	08/07/2018
39.	Holly Cocking	U17W	27:55	VIC	07/12/2018
40.	Janaya Lee	U18W	27:57	NSW	27/09/2018
41.	Sarah Brennan	W40	27:57	VIC	26/01/2018
42.	Brenda Gannon	W40	28:00	QLD	21/04/2018
43.	Jasmin Hass	U17W	28:09	VIC	12/05/2018
44.	Emma Thomas	U14W	28:11	NSW	29/07/2018
45.	Izabelle Dunne	U14W	28:11	NSW	29/07/2018
46.	Hannah Parker	U17W	28:12	NSW	07/12/2018
47.	Jasmyn McDonald	U20W	28:13	NSW	10/02/2018
48.	Milla Rowbotham	U18W	28:26	QLD	07/12/2018
49.	Rhiannon Lovegrove	U18W	28:27	SA	10/06/2018
50.	Amanda Barendregt	U23W	28:32	NSW	03/11/2018
51.	Ann Staunton-Jugovic	W50	28:37	ACT	15/03/2018
52.	Alexandra Griffin	U14W	28:39	WA	27/05/2018
53.	Molly O'Neill	U20W	28:41	NSW	10/02/2018
54.	Mackayla Davison	U18W	28:42	VIC	26/01/2018
55.	Claire Samanna	SW	28:50	VIC	31/01/2018
56.	Kathleen O'Mahony	U17W	28:53	VIC	24/06/2018
57.	Brittany Robertson	U17W	28:58	NSW	27/09/2018

WHAT'S COMING UP

We are enjoying a well earned rest from competition but not long to go now until we kick off with the business end of the summer.

The action kicks off again on Saturday 12th 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 3rd to Feb 3rd). 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 10th Feb this year), that meet is always a very high quality affair.

Entries are now open for the **Australian 20km Championship meet** in Adelaide on Sunday 10th February. You can enter now at <https://2019racewalk.eventdesq.com/>. Entries will close on the 21st January at 5pm.

THE FIRST WALK MEET, HONG KONG TUESDAY 1ST JANUARY

As usual, the international racewalking year kicked off with the **Hong Kong First Walk Meet**, always billed as the First Walk Meet of the Year. The walkers got underway at 8:30AM in what was reported as a beautiful day of 13°-14°C, albeit with windy conditions. Thanks to marciadalmondo for initial reporting – see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3354. I expect to see full results eventually on the HK Racewalking website at <https://www.facebook.com/racewalk.hk>.

No results yet from the 50km but 2012 Olympic champion **Liu Hong** was the standout walker, with the women's 20km win in 1:30:43. It was her first walk since the birth of her child and omens well for her debut over 50km later this year.

20km women

1.	Liu Hong	CHN	1:30:43
2.	Ng Sau.mon	HKG	2:02:48
3.	Kwan Siu-yin	HKG	2:13:34
4.	Lam Shuk-lamn	HKG	2:14:34
5.	Tang Wing-lam	HKG	2:24:25
6.	Lo Po-man	HKG	2:40:04
7.	Lam Yun-king	HKG	2:51:25

20km men

1.	Tse Chun-hung	HKG	1:37:30
2.	Fu Chi-wing Jason	HKG	2:11:46
3.	Ng Yao-xvan	HKG	2:12:05
4.	Cheung Wing-hin	HKG	2:16:50
5.	Lam Man-bui	HKG	2:30:18
6.	Lee Kwong-yoi	HKG	2:31:06
7.	Liu Wun-tsun	HKG	2:40:28

10km U20 men

1.	Jean Yeo Zuosheng	HKG	52:03
2.	Jere Miah Ong	HKG	55:18
3.	Sia Jun Wei	HKG	1:03:54

10km U20 women

1.	Eleanor Ying	HKG	1:04:04
2.	Charlotte Lim	HKG	1:07:37
3.	Wang Chia Ning	HKG	1:08:03
4.	Allison Ting Kah Yann	HKG	1:08:57
5.	Chiou Zi Lin	HKG	1:19:55

5km Girls

- | | | | |
|----|------------|-----|-------|
| 1. | Irvin Lim | HKG | 30:42 |
| 2. | Leanne Teo | HKG | 33:10 |



Left: race start
(photos marciadalmondo)

Right: Liu Hong mid race

NEW YEAR'S DAY RACEWALKS, TOKYO, JAPAN, TUESDAY 1 JANUARY

The 67th annual New Year Race Walking Meet was held in Tokyo this morning. The program included 20km for men and 10km for women, plus a few side races over smaller distances.

Marciadalmondo previewed it last week (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3352). The 20km men has an entry list limited to 100 athletes (98 Japanese and 2 from Taipei) and probably the start will exceed that of the 66th New Year Race Walking Carnival in 2017 when 94 athletes toed the start line. The 10km women sees 31 athletes entered (last year there were 38). Even more impressive are the numbers of the 10km U20-U18 men where at 105 walkers are registered. The 5km U20 women sees 48 athletes registered while there are 6 who will compete in the U18 3km. That makes a grand total of around 300!

No results as yet so stay tuned for next week's newsletter.

USATF 5000M INDOOR RACE WALK, ROCHESTER INSTITUTE OF TECHNOLOGY, NY, SATURDAY 29 DEC

To New York State for the USA Indoor 5000m Walk Open, Masters and Junior Championships, held on the 200m track at the Rochester Institute of Technology in Rochester on Saturday. The meet also included 10,000m and 1500m non-championship walks.

Wins in the Open 5000m Championships to **Nick Christie** (21:03.04) and **Miranda Melville** (22:23.91). It is great to see so many walkers in attendance that two heats were required for both the men and the women.

Men 5000m Race Walk Heat 1

- | | | | | |
|----|------------------|----|---------------------|----------|
| 1. | Christie, Nick | 27 | USATF,El Cajon, CA | 21:03.04 |
| 2. | Mannozi, Michael | 32 | Shore AC,ON, ON | 24:20.39 |
| 3. | Swarts, David | 53 | Pegasus Athl,Jackso | 24:45.78 |
| 4. | Lawson, Jacob | 16 | USATF,Chester Sprin | 25:09.39 |
| 5. | Glaze, Sean | 16 | USATF,Springfield, | 25:16.18 |
| 6. | Young, Benjamin | 28 | USATF,Rochester, NY | 26:03.86 |
| 7. | Xu, Jianping | 53 | Ontario Mast,Dundas | 26:16.51 |
| 8. | O'Brien, Dan | 53 | Pegasus Athl,Port H | 27:19.14 |
| 9. | Gruttadauro, AJ | 21 | Shore AC,Brockport, | 27:26.28 |

Women 5000m Race Walk Heat 1

- | | | | | |
|----|-------------------|----|--------------------|----------|
| 1. | Melville, Miranda | 29 | Nyac/Sketch,Chula | 22:23.91 |
| 2. | Joseph, Molly | 24 | USATF | 25:30.37 |
| 3. | Talcott, Erin | 40 | Shore AC,Owego, NY | 25:57.67 |

4.	Conway, Chelsea	29	Shore AC,Rochester,	26:00.13
5.	Miale, Katie	21	Marist Colle,Highla	26:07.52
6.	Endy, Grace	15	Westfield Ar,westfi	27:08.80
7.	Allen, Kayla	19	Friends Univ,Lewist	27:50.83
8.	Burgess, Moira	18	Friends Univ,Monmou	31:02.06

Men 5000m Race Walk Heat 2

1.	Keating, Robert	71	New England,Nashua,	30:14.58
2.	Logan, Bruce Edward	54	Park Racewal,New Yo	31:12.53
3.	Troshkin, Vyacheslav	70	Park Racewal,Brookl	31:37.82
4.	Chelius, Timothy	62	Shore AC,Northfield	32:58.63
5.	Moore, Alan	73	Atlanta Trac,Riverd	34:01.46
6.	Fredericks, John	70	Freehold Are,Brick,	34:02.05
7.	Dubow, Joel	75	Atlanta Trac,Tucker	34:18.57
8.	Salvio, Ron	70	Freehold Are,Whitin	39:47.10
	Linkhart, Fred	66	Freehold Are,Oakhur	DQ

Women 5000m Race Walk Heat 2

1.	Engin, Chloe	17	USATF,Fairport, NY	28:22.37
2.	Pellegrino, Kyra	14	Niagara,Rochester,	30:48.23
3.	Kozell, Kris	66	Ontario Race,Toront	31:07.04
4.	Schonenberg, Gillian	15	In Motion,Congers,	33:16.08
5.	De Thy, Anne	65	Ontario Race,Toront	33:22.56
6.	Slovitt, Nicky	58	Ontario Race,Toront	34:08.61
7.	Gruttadauro, Sharon	48	USATF,Brockport, NY	35:33.17
8.	Mullis Dubow, Trenice	65	Atlanta Trac,Tucker	36:47.65
9.	Mitra, Priya	15	USATF,State College	37:32.79

A number of the walkers continued on for 10,000m, with Nick Christie winning that race with 43:05.53, a time which was a new USA Indoor record. Well done Nick!

Mixed 10,000m Race Walk

1.	Christie, Nick	M27	USATF,El Cajon, CA	43:05.53
2.	Endy, Grace	W15	Westfield Ar,westfi	56:05.29
3.	Mannozi, Michael	M32	Shore AC,ON, ON	49:33.49
4.	Xu, Jianping	M53	Ontario Mast,Dundas	52:52.31

Men 1500m Race Walk HS

1.	McDonald, Rowan	11	Bonny Eagle,Standis	9:51.4
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Women 1500m Race Walk HS

1.	Collins, Angelea	16	Corning,Painted Pos	8:58.3
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Start of the first heat in the men's and women's 5000m – Nick Christie (number 9) goes to the lead (photo David Swarts)

OUT AND ABOUT

- Congratulations to English walker **Chris Maddocks** who has been awarded the British Empire Medal for services to athletics. The five-time Olympic race walker turned journalist and commentator is the British 50km walk record holder thanks to his time of 3:51:37 from 1990.
- China is set to make doping a criminal offence, with any athletes found to have broken the law handed jail terms and "criminal punishments". According to China's official state news agency Xinhua, the country will make doping criminal in 2019, with the Sports Ministry and judiciary currently creating a draft proposal. This follows on from a similar US Senate proposal last month. See <https://www.insidethegames.biz/articles/1073710/china-to-make-doping-a-criminal-offencechina-to-make-doping-a-criminal-offence-and-warns-athletes-who-test-positive-could-be-sent-to-prison>.
- I've been saying for some time now that young athletes in Australia are finding it tougher to achieve their Olympic goals as funding and opportunity dries up. I am not the only one. Former Wallabies captain Stirling Mortlock says "enough is enough" and something must be done to arrest the alarming decline of Australian sport. A great article and video interview - see <https://www.news.com.au/sport/sports-life/an-inconvenient-truth-australia-is-a-fading-force-as-a-sporting-nation/news-story/289e30694d1f8253542c35e9903cf3fd#.5zm5c>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases for us this week

- Tue 1 Jan - Hong Kong (HKG): Liu Hong returns to racing and wins 20km in 1:30:43
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3354
- Sun 30 Dec - Denis Nizhegorodov announces his retirement at 38 years of age
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3353
- Thu 27 Dec - Tokyo (JPN): 310 entries at 67th edition of New Year Race Walk Meeting
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3352
- Mon 24 Dec - Lievin (FRA): David Kuster sets new French U20 5000m indoor record
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3351

Omarchador has 8 press releases

- Mon 31 Dec - Profile of young Greek walker Olga Fiaska
<http://omarchador.blogspot.com/2018/12/olga-fiaska-race-walking-to-top.html>
- Sun 30 Dec - Results of Criterium Navidad in Nerja, Spain
<http://omarchador.blogspot.com/2018/12/criterium-navidad-em-nerja-espanha.html>
- Sat 29 Dec - Focus on young Portuguese walker Adriana Viveiros Ornelas
<http://omarchador.blogspot.com/2018/12/madeirense-adriana-viveiros-na-peugada.html>
- Fri 28 Dec - A bit of Portuguese racewalking history from 40 years ago
<http://omarchador.blogspot.com/2018/12/a-primeira-participacao-de-marchadores.html>
- Thu 27 Dec - VALE António Brito, 1951- 2018
<http://omarchador.blogspot.com/2018/12/antonio-brito-1951-2018.html>
- Wed 26 Dec - David Kuster sets new French U20 5000m Indoor record
<http://omarchador.blogspot.com/2018/12/kuster-volta-bater-recorde-de-franca.html>
- Mon 24 Dec - María Pérez - Athlete of the Year in Spain
<http://omarchador.blogspot.com/2018/12/maria-perez-atleta-do-ano-em-espanha.html>

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2019

Jan 3 – Feb 3, 2018	Supernova Walks Study Camp, AIS, Canberra
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 - <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), 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 **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

Aug 2021 (TBC) **19th IAAF World Championships in Athletics**, Budapest, Hungary

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