



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### WALKING FIGHTS FOR ITS SURVIVAL AGAIN



Alas, I have the worst possible news this week and the cartoon above, from Stefano La Sorda of the marcia.com facebook page sums it up well. The final fatal shots have been fired at the 50km.

Stefano might well ask – who are the killers? It is time to name names.

The process seems clearly to have been instigated and supported by two of the top people in the IAAF, namely **Sebastian Coe** (IAAF President) and **Paul Hardy** (IAAF Competitions Director). Their hatchet man, who has driven the process for them, is **Luis Saladie** (IAAF Head of Competition Management)

Their willing accomplices have been the majority of the IAAF Race Walking Committee, led by **Maurizio DaMilano**.

<b>Maurizio DAMILANO</b>	ITA (Chairman)
<b>Khaled AMARA</b>	TUN
<b>Tim BERRETT</b>	CAN
<b>Jean-Pierre DAHM</b>	FRA
<b>Maryanne DANIEL</b>	USA
<b>Fumio IMAMURA</b>	JPN
<b>Robert KORZENIOWSKI</b>	POL
<b>Peter MARLOW</b>	GBR
<b>Jefferson PEREZ</b>	ECU
<b>Miguel Angel RODRIGUEZ</b>	MEX
<b>Jane SAVILLE</b>	AUS
<b>Shande YANG</b>	CHN

There are a couple of exceptions on the committee, who have continuously pushed back against the distance changes, but they have been and continue to be in the minority.

And now to the current news. The IAAF Race Walking Committee met on Saturday to discuss their latest recommendations which were distributed for comments in January and on which they sought feedback.

**Did they really want feedback or was this just a cynical exercise? You decide for yourself.** All I can say is that almost 100% of walkers, coaches and supporters argued against altering the race distances. Further, the Federations who represented the strong walking countries in the world were also against the change. Finally, there was been almost universal scepticism about the new untested shoe technology, with nearly everyone recommending a testing period of at least 4 years.

Come the meeting day and three of the RWC members were absent – Shande Yang, Jefferson Perez and Peter Marlow. All the others were in attendance. Their meeting started with a pep talk from Seb Coe, in which he urged the committee to be brave and vote for the changes, even though the the racewalking community did not want change.

And of course, that's what they did. They rolled over once again! What have we now got?

**The last international 50km race will be in the 2020 Olympics. The 2021 IAAF World Championships in Eugene will feature 20km and 30km walks. When the new shoe technology is ready, the distances will be changed to 10km and 20km. That is where the IAAF and the RWC sees the future of racewalking.**

We all know the 10km option is not viable and will soon have to be decommissioned, leaving us with effectively one racewalk, namely the 20km. This is pretty close to their original ambit claim of 2017, when they proposed a half marathon walk distance.

I believe there was one voice of dissent from those present. All other members at the RWC meeting went along with Coe's recommendation.

This will now be put to the next IAAF Council Meeting in Doha in mid March. As they say, third time lucky. Having failed twice, Coe and Hardy and Saladie and the RWC will be hoping to finally get their way.

**Interestingly, the RWC members have been asked not to say anything about the meeting or its recommendations until after the IAAF council approves in mid March.** That is one element that has not changed – a veil of secrecy is still wrapped around all their activities and recommendations.

For my own part, I do not see myself as part of this new world of racewalking. I love the longer distances and regard the 50km as an integral component of the discipline. After over 50 years of passionate involvement in our sport, enough is enough. If the 50km is indeed removed, I will walk away from the sport and use my remaining time productively in my many other interest areas. Life's too short to put up with this bullshit!

#### WHAT'S COMING UP

- **AV Shield Round 12** is scheduled next Saturday, with all 5 venues in action. Remember that entries close with AV at midday Wednesday. This will be the final weekly round of AV Shield. Here's how it all looks:

AV Shield Round 12 (white and blue zones) Program 1, Nunawading (3000m walk)

AV Shield Round 12 (red and yellow zones) Program 2, Epping (3000m walk)

AV Shield Round 12 Program 2, Ballarat (3000m walks)

AV Shield Round 12 Program 2, Geelong (3000m walks)

AV Shield Round 12 Program 2, Bendigo (walks)

- **The Australian/Oceania 20km Championships meet** will be held in **Adelaide** on **Sunday 10<sup>th</sup> February**. This annual event will be fiercely contested this year, with a large number of international athletes in action. I won't be there this year but will still look forward to reporting on all the action in next week's newsletter. Sadly, I haven't been able to source up to date start lists but at least there is a preview article on the Athletics Australia website at <http://athletics.com.au/Compete/Events/ArtMID/7307/ArticleID/2059335/2019-Oceania-Australian-20km-Race-Walking-Championship>. I reproduce the article below

Since Rio Olympic medallist **Dane Bird-Smith** (Q) won gold at the Commonwealth Games in April, he has competed just once, in an international race in China in September.

But such is the standard of the race in Adelaide on Sunday, he will need to be in close to top-form just to place in the top-three. In particular he faces 2017 world champion, Columbia's **Eider Arevalo** who owns a personal best of 1:18:53. A group of nearly 10 others are either sub-1:22 athletes or have placed top-30 at the World Championships or Olympics.

Some to watch include: New Zealand record holder **Quentin Rew**, Rio Olympic top-15 athletes **Evan Dunfee** (CAN) and **Ever Palma** (MEX) and finally sub-1:21 pair **Perseus Karlstrom** (SWE) and **Artur Brzozowski** (POL).

It is 23 months since London Olympic champion **Jared Tallent** (V) has competed. The great news is he is fit and healthy and will be using Adelaide's race as a key build up competition for a 50km race walk in Slovakia in March.

In the women's 20km race walk you would expect Commonwealth Games champion **Jemima Montag** (V) to take the national title, especially off her recent form of a personal best time of 45:36 over 10,000m in Canberra recently.

But she is unlikely to cross the line first as she has quality competition from three internationals. Lithuania's sub-1:28 athlete **Brigita Virbalyte** and fifth place getter at the 2017 World Championships **Sandra Lorenas** (COL) look to be favourites for the win. New Zealand titleholder and Gold Coast Commonwealth silver medallists **Alana Barber** will also be competitive.

A very fit **Claire Tallent** (S), courtesy of her 50km walks training, will be a threat for Montag. Last year Tallent placed third just three seconds behind Montag who was second. Last week Claire won the American 50km walk title in Santee, the third 50km race walk competition of her career. Continuing her return, will be Rio Olympian **Rachel Tallent** (V), sister-in-law of Claire. Rachel's training was limited in 2018 as she competed her thesis for her Honours in Psychology at the University of Canberra.

Three top-six places in race walking at the World U20 Championships last year in Tampere was our best ever result at the championships. Two of those athletes, **Katie Hayward** (Q) and **Declan Tingay** (W) commence their graduation to the senior ranks competing in the 20km walk in Adelaide.

Hayward, who just last week added the Australian under-20 10,000m walk national record to her under-18 5000m walk collection, placed a magnificent fifth at the World Under-20 Championships. She will be making her debut over 20km in Adelaide. Tingay, who at the World U20 Championships placed an excellent fourth in an Australian under-20 10,000m national record, has been competing in the longer 20km for two-years and celebrates his twentieth birthday this week as he farewells his tremendous junior career.

The 20km race walk commences at 7.00am Sunday February 10 from War Memorial Drive, in Adelaide.

- Next weekend also sees the **Spanish 50km National Race Walk Championships** in El Vendrell. I look forward to reporting on that meet in next week's newsletter.
- A reminder that **entries close with AV on Sunday 10<sup>th</sup> February** for the **AV Teams 5000m Track Walk Championships at Mentone on Wednesday 13<sup>th</sup> February**. Just log onto the AV Members Portal and you will find it in the entry options.

As a reminder, here are the rules governing the AV 5000m Teams Championships

- A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region.
  - A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region.
  - Mixed teams are not permissible.
  - The first 3 walkers to finish will be designated as the first finishing team for that club.
  - The next 3 walkers to finish for that club will be designated as their second team and so on.
  - All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
  - All entries must be made via the AV Members Portal by the entry closing date of Sunday 10<sup>th</sup> February.
- Entries have opened for the **Victorian T&F Championships**, which will be held over consecutive weekends in March at Lakeside Stadium in Albert Park.

Fri 1 March	5:30PM	5000m U17-U20 Men/women
Fri 8 Mar	5:30PM	5000m Open Women
	6:00PM	5000m Open Men
	6:30PM	3000m U14-U16 Boys/Girls

- Subsequent key dates are as follows

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	LAVIC State T&F Championships, Casey Fields

Mar 23-24, 2019 Victorian Masters T&F Championships, Doncaster  
 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/>

- Athletics Australia have advised that they will send a **Regional Australia Athletics Team** (for regional athletes) to compete at the **2019 Oceania Championships in Townsville in June**. You can read more about it at <http://www.athleticsnorthqld.org.au/2019rat>. The meet will include Open and U20 10km roadwalks and U18 5km roadwalks for men and women and the qualifying standards are quite generous. It's a great opportunity for our non-metropolitan based walkers. You can register your interest now via the link on the above championships page.

### AV SHIELD ROUND 11, AROUND VICTORIA, SATURDAY 2 FEBRUARY

With no walks scheduled last weekend in the two Melbourne based Athletics Victoria Shield competition, it was left our country walkers to wave the flag, with 3000m and 1500m walks in super hot conditions.

#### AV Shield Round 11 Program 1, Ballarat

##### 3000m Walk

1.	Kevin Ruddick	M	BHA	M65	21:33.83
2.	Roslyn Ireland	F	BWK		23:35.07
3.	Olive Ireland	F	BWK	F55	25:14.16

#### AV Shield Round 11 Program 1, Geelong

##### 3000m Walk

1.	Owen Costin	M	CHI	INV	17:19.23
2.	Zachary Matters	M	BOH	INV	19:09.80

##### 1500m Walk

1.	Sebastian Weickhardt	M	KSB		8:48.63
2.	Kaylah Heikkila-Dubowik	F	COR		9:05.12
3.	Riannah Tatlock	F	BEL		9:14.04
4.	Elizabeth Riviere	F	BEL		10:44.64
5.	Lauren Healy	F	ESS		DQ

#### AV Shield Round 11 Program 1, Bendigo

##### 3000m Walk

1.	Emily Noonan	F	COL		18:50.48
2.	Barbara Bryant	F	EAG	F60	19:03.08
3.	Annette Curtis	F	SBE	F60	23:33.21
4.	John Watson	M	BGO	M65	24:10.77

##### 1500m Walk

1.	Destiney Seymour	F	BGO		12:30.14
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### SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 30 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: Yacht handicap walks at SA Stadium, Hot day 39C, cooled down later in arvo but too late for some of us.

#### 1000m Yacht Handicap

1.	PETER CRUMP	05:41	M58
2.	GREGORY METHA	05:55	M54
3.	GEORGE WHITE	06:19	M73
4.	MARIE MAXTED	06:33	W58
5.	JAN LAYNG	07:45	W70

#### 1000m Club Yacht Handicap

1.	VALMAI PADGET	07:34	W74
2.	CATHIE HORE	09:32	W68
3.	GRAHAM HARRISON	07:30	M75
4.	ROGER LOWE	07:39	M75
5.	KEVIN FINN	06:47	M67

**3000m Yacht Handicap**

1.	PETER CRUMP	17:20	M58
2.	GEORGE WHITE	18:26	M73
3.	GREGORY METHA	18:25	M54
4.	KEVIN FINN	19:54	M67
5.	MARIE MAXTED	20:26	W58
6.	DAVE FALLON	23:04	M66
7.	GRAHAM HARRISON	22:49	M75
8.	LIZ DOWNS	22:39	W63
9.	ROSS HILL-BROWN	23:36	M64
10.	ROGER LOWE	24:36	M75
11.	VALMAI PADGET	23:59	W74
12.	BILL STARR	22:23	M76
13.	CATHIE HORE	27:28	W68
14.	EDNA BATES	27:41	W66

<b>ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 1 JANUARY</b>
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Thanks to Robin Whyte for this week's results from the ACT Race Walking Club in Canberra. **Tim Fraser** was the standout.

**2000m Walk**

1.	Tim Fraser	08:16
2.	Michael Smith	10:01
3.	Owen Toyne	10:06
4.	Matt Griggs	10:07
5.	Hannah Manning	10:20
6.	Robin Whyte	13:20
7.	Bryan Thomas	14:15
8.	Ruth Baussmann	14:51
9.	Doug Fitzgerald	15:46
10.	Geoff Barker	16:28
11.	Sheryl Greathead	16:33
12.	Margaret McSpadden	17:08
13.	Phil Essam	17:11
14.	Robert Kennelly	18:10

**800m Walk**

1.	Jack Thackray	6:50
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<b>ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM. MILE END, ADELAIDE, SATURDAY 2 FEBRUARY</b>
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Thanks to Kim Mottrom for this weekend's results from Adelaide. He commented: 33C as we started. **Tristan Camilleri** was very impressive after his training camp in Canberra;

**Open 3000m**

1.	Tristan Camilleri	Open	12:46.30
2.	Kim Mottrom	Over 35	13:27.20
3.	Mathew Bruniges	Open	14:44.85
4.	Olivia Sandery	U18	15:47.63
5.	Alix Harlington	Open	15:50.44
6.	Kiera Ross	U16	16:17.55
7.	Peter Crump	Over 35	18:38.73
8.	Mia Wilks	U16	18:52.54
9.	Zayden Kamish	U14	19:21.91
10.	Greg Metha	Over 35	19:35.89
11.	Hannah Wilks	U14	20:50.79
12.	Meshach Begg	U18	21:37.89
13.	Ross Hill-Brown	Over 35	24:32.34
	Toby Wilks	U16	DNF

<b>QMA T&amp;F MEET, SAF, BRISBANE, SATURDAY 2 FEBRUARY</b>
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The Queensland Masters were in action on Saturday morning in Brisbane.

**1 Mile Walk**

1.	Ignacio Jimenez	M53	Brisbane	7:15.42	87.56%
2.	Brenda Gannon	W44	Brisbane	8:16.90	75.69%
3.	Peter Bennett	M63	Brisbane	8:20.79	83.36%
4.	Charlotte Hamann	W17	Visitor	9:03.81	66.57%
5.	Noela McKinven	W76	Brisbane	13:07.21	68.36%

**3000m Walk**

1.	Bridget Sullivan	W14	Brisbane	18:01.00	64.29%
2.	Noela McKinven	W76	Brisbane	25:00.73	70.15%

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 2 FEBRUARY**

Wayne Fletcher comments from Hobart: Hot day. no wind, very dry humidity.

**3000m Walk**

1.	Anna Blackwell	Old Virgilians	14:54.43
2.	Chloe Ahern	Old Virgilians	18:07.91
3.	Stephen Ahern	Old Virgilians	19:10.33
4.	Elizabeth Leitch	Tasmanian Masters	20:29.13
	Alice Randall	Old Virgilians	DNF

**NSW COMBINED EVENTS CHAMPIONSHIPS, BANKSTOWN, SYDNEY, 2-3 FEBRUARY**

Smaller walks fields than normal in action in Sydney last weekend.

**3000m Walk**

1.	Barendregt, Amanda	23	Nepean Distr	15:57.26
12.	Pengilley, Teaghan	12	Bankstown Sp	16:01.61
3.	Brennan, Elise	17	U.T.S. North	16:24.08
4.	Parker, Hannah	17	Randwick Bot	17:01.32
5.	Thomson, Olivia	15	Sydney Pacif	17:44.24
6.	Hickson, Alannah	14	Asics Wests	18:01.52
7.	Weekes, Anne	57	Illawong Rev	18:06.53
8.	Thomson, Jada	15	Nepean Distr	18:07.22
1.	Thomson, Ryan	19	Nepean Distr	14:18.10
2.	Barendregt, Travis	19	Nepean Distr	14:28.46
3.	Pyda, Raven	15	Westfields A	16:59.35

**WARWC ROADWALKS, WILSON, PERTH, SUNDAY 3 FEBRUARY**

Thanks to Terry Jones for this week's results from the Western Australian Racewalking Club in Perth.

**20km Walk**

1.	Andrew Duncan	1:47:44
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**10km Walk**

1.	Ben Reid	51:35
2.	Brad Mann	52:38
3.	Wendy Farrow	1:10:31

**5km Walk**

1.	Wayne Byram	28:53
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**3km Walk**

1.	Xavier Bernard	17:08
2.	Ashlyn Spence	17:09

**1.5km Walk**

1.	Xavier Bernard	8:22
2.	Ashlyn Spence	8:23
3.	Kaytee Bogares	8:34
4.	Ava Hutchinson	8:36
5.	Jasmine Williams	10:12

6.	Amber Richards	10:43
7.	Marley Brown	13:14
8.	Sylvia Byers	14:20

**FRENCH NATIONAL INDOOR CHAMPIONSHIPS, RENNES, FRANCE, SATURDAY 2 FEBRUARY**

Emmanuel Tardi was in Rennes in NW France last Saturday for the latest round of French Indoor Championships, which included the U18, U20 and U23 Divisions, along with the second division of seniors (those aged 23 or more and ranked from 8<sup>th</sup> to 20<sup>th</sup> nationally). The most interesting race was the men's U23 5000m walk which saw a great battle between **Gabriel Bordier** and **David Kuster**. Bordier was too strong, winning with a superb U23 national record of 18:51.73, ahead of Kuster who walked 19:48.64. The top 5 places in each division are shown.

It is a busy few days for Emmanuel, with Sunday at the 8 Heures de Charly (see report below), then work on Monday before flying to Tunisia on Tuesday for the African Masters Meet ( 10km and 20km walks).

**Nationale Women 3000m Walk**

1.	CERANTOLA Laury	SEF/92	Sa Merignac	13:48.80
2.	OSMONT Caroline	SEF/96	As Tourlaville	14:12.72
3.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	14:15.25
4.	BUAUD Elise	SEF/89	Athletisme Metz Metro	14:18.22
5.	UDIN Servane	SEF/88	Ea Pays De Broceliande	14:28.51

**Nationale Men 5000m Walk**

1.	FESSELIER Fabian	SEM/94	Caen Athletic Club	21:26.11
2.	VALLEE Kyrian	SEM/94	Ca Balma	21:56.92
3.	FREMONDIERE Antoine	SEM/96	Vihiers	22:19.83
4.	HADULA Ludovic	SEM/87	Charleville Mezieres Ath	22:29.11
5.	BOUTRAIS Andy	SEM/91	Stade Sottevillais 76	23:06.16

**U18 Women 3000m Walk**

1.	BIRE-HESLOUIS Maelle	CAF/02	Stade Saint-lo	14:51.74
2.	LAURENS Emilie	CAF/03	Ea Gillonnay-la Cote	15:06.03
3.	LE MOUPELLIC Marie	CAF/03	Val-de-reuil Ac	15:14.00
4.	CARRE Elvina	CAF/03	Louhans	15:29.40
5.	MASSON Liv	CAF/03	Haute Tarentaise	15:43.12

**U20 Women 3000m Walk**

1.	MOUTARD Camille	JUF/01	Athle 21 Ao A	13:41.50
2.	STEY Pauline	JUF/01	Rohan Athletisme Sav	13:43.15
3.	MOLIST Lucille	JUF/01	Ea Gillonnay-la Cote	13:55.77
4.	ALI Sarah	JUF/01	Vineuil Sports	14:11.01
5.	TERREC Maelle	JUF/01	Ac Roche-sur-yon	14:14.53

**U23 Women 3000m Walk**

1.	BERETTA Clemence	ESF/97	thle Vosges Pays	12:51.65
2.	TERREC Eloise	ESF/98	Ac Roche-sur-yon	13:38.37
3.	CELLARD Loanie	ESF/98	Carquefou Ac	13:42.13
4.	AURRIERE Camille	ESF/98	Us St Berthevin	14:17.67
5.	CASALE Maeva	ESF/97	Ca Balma	14:28.17

**U18 Men 5000m Walk**

1.	DURAND Dimitri	CAM/02	Paris Uc	23:09.57
2.	PETER Florian	CAM/02	Ca Ambilly	23:27.19
3.	DURAND Esteban	CAM/02	Paris Uc	23:36.15
4.	LANDRAS Adrien	CAM/03	Ca Balma	25:05.52
5.	OSMONT Corentin	CAM/02	As Tourlaville	25:13.13

**U20 Men 5000m Walk**

1.	DUC Matteo	JUM/01	Haute Tarentaise	21:30.85
2.	GOGNIES Ryan	JUM/00	Ca Montreuil 93	21:55.90
3.	ROBICHON Alexis	JUM/00	Ac Roche-sur-yon	22:30.13
4.	HUE Aymeric	JUM/01	Ec Orleans Cercle JF	22:53.27
5.	MARON Thibault	JUM/00	Ca Balma	23:07.76

**U23 Men 5000m Walk**

1.	BORDIER Gabriel	ESM/97	Us St Berthevin	18:51.73	French U23 Rec.
2.	KUSTER David	ESM/99	Efs Reims A.	19:48.64	

3.	BOURNIER Justin	ESM/99	Dole Ac	22:28.45
4.	LE MEUR Steven	ESM/98	Us Bannalec	23:16.91
5.	ESCOFFIER Adrien	ESM/97	Sa Toulouse Uc	23:55.15



*Gabriel Bordier leads Daniel Custer in the French U23 Indoor 5000m (photo from Emmanuel Tardi)*

#### LES 8 HEURES DE CHARLY, CHARLY-SUR-MARNE, FRANCE, SUNDAY 3 FEBRUARY

Last Sunday, Emmanuel Tardi was in Charly-sur-Marne, about 100km at the east of Paris, for the first of the ultra walk classics for this year. The temperature was around 1°C for the 8am start, increasing to 6°C during the race, and there was a very cold wind throughout the day. Some 85 walkers started, with an opening lap of 1.075km, followed by laps of 2.575km.

In the men's event, **Maxime Faiteau** led the race for 60km before being caught by **Florian Letourneau**. The two men walked together for a while until Letourneau broke clear, going on to win the race with 73.175km. In the women's event, **Adele Ropers** started fast and led the race for the first 15km before stopping, presumably to retire. She returned to the race in 3<sup>rd</sup> place, 15 minutes behind the new leader **Nathalie Steinville**. Steinville eventually slowed, with Ropers catching her and going on to win the race with 65.460km. In fact, Steinville had to settle for third place, with **Muriel Caleyron** also passing her to take second with 62.875km.

The short distance 10km race was won by **Martin Côme** with a time of 48:25.

#### 8 Heures de Charly-sur-Marne - Men

1.	LETOURNEAU Florian	Ac Chateau Thierry	73.175 km	08:02:31	9.099 km/h
2.	FAITEAU Maxime	Entente Poitiers Athle 86	70.600 km	07:45:43	9.096 km/h
3.	ROUAULT Jean-marie	Usm Gagny	70.600 km	07:48:59	9.032 km/h
4.	DEPARDAY Fabien	Stadium Montigny Athletic Club	70.600 km	07:49:08	9.029 km/h
5.	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	70.600 km	07:53:46	8.941 km/h
6.	GEORGELIN Serge	Ea Cessonaise	70.600 km	07:57:22	8.874 km/h
7.	PAPI Luca		68.025 km	07:50:51	8.668 km/h
8.	MALFONDET Alain		68.025 km	07:51:34	8.655 km/h
9.	LOUGRADA Saadi	Cm Roubaix	68.025 km	08:01:37	8.475 km/h
10.	COULOMBEL Pierre	Cm Roubaix	68.025 km	08:02:27	8.460 km/h
11.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	65.450 km	07:46:22	8.420 km/h
12.	MARECHAL Pascal	Ac Chateau Thierry	65.450 km	07:47:06	8.407 km/h
13.	LANEAU Maxime	Us Camon	65.450 km	07:53:43	8.290 km/h
14.	LEIJTENS Frans	Rotterdam (Ned)	65.450 km	07:58:29	8.207 km/h
15.	LANGLOIS Patrick	Marne Et Gondoire Athletisme	65.450 km	07:58:44	8.203 km/h
16.	COSTILS Alain	Spn Vernon	65.450 km	07:59:53	8.183 km/h
17.	BIEBUYCK Pascal	Ath (Bel)	65.450 km	08:04:55	8.098 km/h
18.	PELLERIN Alain	Ac Chateau Thierry	65.450 km	08:04:55	8.098 km/h
19.	DELANGE Dominique	Aj Auxerre Section Marathon	62.875 km	07:49:32	8.035 km/h
20.	JACQUEMIN Mickael	Athletic Vosges Entente Clubs	62.875 km	07:51:33	8.000 km/h
21.	MALDEME Damien	Athletic Vosges Entente Clubs	62.875 km	07:54:42	7.947 km/h
22.	LETESSIER Gilles	Plm Conflans	62.875 km	07:56:58	7.909 km/h
23.	LABARRE Bertrand	Cs Provins Athletisme	62.875 km	07:57:51	7.895 km/h



24.	GRADOS Stephane	Cm Roubaix	62.875 km	08:00:41	7.848 km/h
25.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	60.300 km	07:52:21	7.660 km/h
26.	TINTIN Ronald	Ao Charenton	60.300 km	07:52:47	7.653 km/h
27.	BALLAND Johann	Athletic Vosges Entente Clubs	60.300 km	07:53:09	7.647 km/h
28.	RIGAL Jean-marc	Domont Athletisme	60.300 km	07:54:41	7.622 km/h
29.	KIENE Lyonel	Assp Vergeze	60.300 km	07:55:51	7.603 km/h
30.	TABOURET Guy	US Toul	60.300 km	07:56:27	7.594 km/h
31.	LEBLACHER Eric	Ua Villenoy	60.300 km	08:00:49	7.525 km/h
32.	HIERNARD Alain	Marche Mythique Organisation	60.300 km	08:03:40	7.480 km/h
33.	VIELFAURE Gilles	Lyon Athletisme*	60.300 km	08:05:00	7.460 km/h
34.	SEYNAEVE Serge (Bel)	Cm Roubaix	60.300 km	08:05:21	7.454 km/h
35.	BOUFFLERT Eric	G.a.b.s	60.300 km	08:05:51	7.447 km/h
36.	FILLIEUX Christian	Caf (Bel)	57.725 km	07:47:01	7.416 km/h
37.	DEGRYSE Jean-claude	Ea Douchy	57.725 km	07:51:06	7.352 km/h
38.	DIEN Daniel	Neuilly Sur Marne Athletisme	57.725 km	07:51:48	7.341 km/h
39.	THEVENIN Hugues		57.725 km	07:53:00	7.322 km/h
40.	ROSSI Armand	Us Metro Transport	57.725 km	07:57:38	7.251 km/h
41.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	57.725 km	08:03:18	7.166 km/h
42.	ESTEVEES Jean-marc		57.725 km	08:03:33	7.163 km/h
43.	GUILLOT Mickael	Ac Chateau Thierry	57.725 km	08:03:40	7.161 km/h
44.	FARAGO Bela	Ecla Albi	55.150 km	07:46:52	7.088 km/h
45.	BIET Christophe	J3 Sports Amilly	55.150 km	07:47:03	7.085 km/h
46.	ROCHA Fernando		55.150 km	07:56:30	6.944 km/h
47.	ARNAULT Françoise	Neuilly Sur Marne Athletisme	55.150 km	08:03:17	6.847 km/h
48.	DALOUZ Robert	Neuilly Sur Marne Athletisme	55.150 km	08:05:44	6.812 km/h
49.	HAGHEBAERT Eric	Ac Chateau Thierry	52.575 km	07:45:32	6.776 km/h
50.	PICOT Gerard		52.575 km	07:46:04	6.768 km/h
51.	BOULITEAU Bernard		52.575 km	07:52:04	6.682 km/h
52.	EMONIERE Philippe	Cosm Arcueil	52.575 km	07:55:25	6.635 km/h
53.	PIOT Cedric		52.575 km	08:03:10	6.529 km/h
54.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	42.275 km	07:46:28	5.438 km/h
	VANDENDAUL Daniel	Cabw(Bel)	50.000 km	06:01:21	8.302 km/h
	VARAIN Cedric	Ac Chateau Thierry	39.700 km	04:31:47	8.764 km/h
	RIVOAL Claude	Ea Cessonaise	29.400 km	03:58:34	7.394 km/h
	VICTOR Etienne	Cag Arnouville Gonesse Villier	21.675 km	02:40:45	8.090 km/h
	JORDANA Alexis	Blagnac Sc	21.675 km	02:44:18	7.915 km/h
	MARECHAL Jean		21.675 km	02:45:38	7.852 km/h
	BOURNIZIEN Guillaume		16.525 km	02:55:27	5.651 km/h

#### 8 Heures de Charly-sur-Marne - Women

1.	ROPERs Adele	Pays De Colmar Athletisme	65.450 km	08:05:50	8.083 km/h
2.	CALEYRON Muriel	Afa Feyzin-venissieux	62.875 km	07:46:40	8.084 km/h
3.	STEINVILLE Nathalie	Asfi Villejuif	62.875 km	07:47:45	8.065 km/h
4.	PEREZ Odile	Tarbes Pyrenees Athletisme	62.875 km	08:00:13	7.856 km/h
5.	BONVARLET Liliane	Afa Feyzin-venissieux	60.300 km	07:48:21	7.725 km/h
6.	BIZARD Claudie	Thiais Ac	60.300 km	07:56:38	7.591 km/h
7.	PANNIER Josiane	Havre Ac	60.300 km	07:58:53	7.555 km/h
8.	MAISON Sylvie	Strasbourg Agglomeration Athle	55.150 km	07:46:38	7.091 km/h
9.	ARNAULT Françoise	Neuilly Sur Marne Athletisme	55.150 km	08:03:17	6.847 km/h
10.	SAUGRAIN Josette	AC Chateau-Thierry	52.575 km	07:52:13	6.680 km/h
11.	MAURICE Fabienne	Ac Chateau Thierry	47.425 km	07:54:08	6.001 km/h
12.	SAUNEUF Lola	Marne Et Gondoire Athletisme	47.425 km	08:06:17	5.852 km/h
13.	DUHEM Pauline		39.700 km	08:03:12	4.930 km/h
	GALMICHE Catherine	Cag Arnouville Gonesse Villier	42.275 km	05:50:31	7.236 km/h

#### 8 Hours Relay

1.	ASM Bar-le-Duc	Erard Christophe - Tournois Pascal	73.175	07:49:02	9.361 km/h
2.	Le Trio 250	Langlois Cloé - Rigault Clotilde - Dubuisson Dominique	70.600	07:57:37	8.869 km/h
3.	Les Copains d'abord	Morel Philippe - Playe Christophe	65.450	07:45:12	8.442 km/h
4.	Les Seines et Marnais	Chatillon Dominique - Decabooter Betty	60.300	07:47:17	7.743 km/h
5.	The Walkers	Lamotte Ginette - Chauviteau Daniel - Chauviteau Christophe	60.300	07:47:39	7.737 km/h
6.	Les Pascalous	Carcaillon Martine - Carcaillon Alain - Salomez Benedicte	57.725	07:47:08	7.414 km/h
7.	AFD 02	Mallet Martine - Jobert Jacqueline - Mallet Christian	57.725	07:48:19	7.396 km/h

#### 10km Walk

1.	MARTIN Côme	Anancy Haute Savoie	48:25
2.	DEMON Sonia	EFSRA	53:54
3.	MARIE Frédéric	AS Mantes	56:35

4.	STEFANELLY David	AS Mantes	56:45
5.	BRASTEL Adeline	EFSRA	58:24
6.	TOUTAIN Eric	US Gagny	1:00:19
7.	NICOLAS Zoé	EFSRA	1:01:20
8.	GRIZOU Dominique	AFA Feysin-Venissieux	1:04:00
9.	RICARD Alain	NL Château	1:12:04
10.	ANXIONNAT Claudine	AVEC Vosges	1:13:05
11.	TARDI Emmanuel	LP Longjumeau	1:18:55
12.	DUPONT Valérie	Chierry j'y cours	1:21:49
13.	LEGLISE Didier		1:21:50
14.	VAN NIMMEN Lydia	AFD02	1:22:04
15.	DANHIEZ Florence	AFD02	1:22:39
16.	QUINQUETON Bernadette		1:25:15
17.	HIERNARD Isabelle	AFD02	1:30:46



*The field readies for the 8AM starting gun*



*Charly-sur-Marne walkers Maxime Faiteau, Florian Letourneau, Muriel Caleyron and Adele Ropers (photos Emmanuel Tardi)*

#### OUT AND ABOUT

- At the recent English Centurions AGM, **Pam Ficken** C934 succeeded **Eric Horwill** C390 as President. Pam qualified in 1995 at the Surrey Walking Club "Battersea Park", completing 100 miles in 23.09.53. She is the daughter of Hew Neilson

C145, a World 24 hours record holder and 3-times UK 100 miles walk winner. Honorary Secretary **Chris Flint** C849 stepped down after 20 years on the Committee and 15 years as Secretary, with Assistant Secretary **Sue Clements** C950 elected as the new Hon. Secretary. All the news from the AGM can be found at <http://www.centurions1911.org.uk/2019-agm.html>.

- Former British Cycling and Team Sky doctor Richard Freeman faces a medical tribunal next month after being charged with ordering 30 sachets of banned substance Testogel for an athlete in 2011. Freeman, who was at the center of the so-called “jiffy bag saga” which rocked British Cycling, was charged following an investigation by the General Medical Council (GMC). Team Sky will get its just desserts one day! See <https://www.reuters.com/article/us-cycling-britain-freeman/cycling-former-british-cycling-doctor-charged-with-ordering-testosterone-for-athlete-idUSKCN1P82M3>.
- Questions must be asked about the not guilty finding for Swedish runner Meraf Bahta, who has escaped what should have been a 1 year ban in her home country. Her case had led to a scandal at the European Championships in Berlin. See <https://www.sportschau.de/doping/Meraf-Bahta-suspicion-of-cover-up-100.html>.
- My thanks to **John Constandinou** for his continuing technical support for my Australian racewalking stats website <http://racewalkaustralia.com>. John has just moved the whole site to a new much faster server. The long waits for data retrieval should now be a thing of the past. Thanks John!

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases for us this week

- Sun 3 Feb - Kunming (CHN): race test of other Chinese athletes  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3384](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3384)
- Sat 2 Feb - Ancona: Italian U20 and U23 Indoor Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3383](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3383)
- Thu 31 Jan - San Lorenzo al Mare (ITA): more Chinese walk tests (15 km and 40km)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3382](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3382)
- Wed 30 Jan - Perseus Karlstrom and Claire Tallent athletes of the month of January 2019  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3381](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3381)
- Tue 29 Jan - Santee, CA (USA): Claire Tallent and David Velasquez (ECU) win USATF 50km races  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3380](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3380)

Omarchador has 12 press releases

- Mon 4 Feb - Bordier and Beretta win French U23 indoor track walks in Rennes, France  
<http://omarchador.blogspot.com/2019/02/bordier-e-beretta-em-evidencia-na-pista.html>
- Mon 4 Feb - Pedro Dias and Inês Mendes are Portuguese U18 indoor champions  
<http://omarchador.blogspot.com/2019/02/pedro-dias-e-ines-mendes-sao-campeoes.html>
- Sun 3 Feb - Results of Belurussian Indoor Walk Champs  
<http://omarchador.blogspot.com/2019/02/campeonatos-da-bielorrussia-de-pista.html>
- Sat 2 Feb - Results of Belgian Indoor walks in Ghent  
<http://omarchador.blogspot.com/2019/02/campeonatos-lbfa-e-val-de-pista-coberta.html>
- Sat 2 Feb - Preview of Portuguese U18 indoor championships this weekend  
<http://omarchador.blogspot.com/2019/02/campeonatos-nacionais-sub-18-em-pombal.html>
- Fri 1 Feb - Results of Bardalona GP 20km Walks in Spain last weekend  
<http://omarchador.blogspot.com/2019/02/gp-badalona-e-campeonato-da-catalunha.html>
- Thu 31 Jan - Walker Inês Henriques wins "Athlete of the Year" award from CDP  
[http://omarchador.blogspot.com/2019/01/marchadora-ines-henriques-vence-premio\\_31.html](http://omarchador.blogspot.com/2019/01/marchadora-ines-henriques-vence-premio_31.html)
- Thu 31 Jan - Results of Slovakian Indoor Walk Champs in Bratislava  
<http://omarchador.blogspot.com/2019/01/meeting-em-bratislava-e-campeonatos-de.html>
- Wed 30 Jan - Results of other walks from the Italian 50km Championship meet in Gioiosa Marea  
<http://omarchador.blogspot.com/2019/01/outros-resultados-em-gioiosa-marea.html>

- Wed 30 Jan - Michele Antonelli and Nicole Colombi win Italian 50km Championships  
<http://omarchador.blogspot.com/2019/01/michele-antonelli-e-nicole-colombi.html>
- Tue 29 Jan - Results of the Algarve Road Walk Championships in Quarteira  
<http://omarchador.blogspot.com/2019/01/campeonatos-do-algarve-de-marcha-em.html>
- Tue 29 Jan - Karsltrom and Arenas repeat wins at 'Supernova' in Canberra, Australia  
<http://omarchador.blogspot.com/2019/01/karsltrom-e-arenas-repetem-vitorias-no.html>

#### AUSTRALIAN WOMEN'S 10,000M TRACK WALK ALL-TIME RANKINGS

Thanks to Brent Vallance for this all-time list for the Australian women's 10,000m track walk. Talk about dominated by one person with 13 of the top 14 performances – the great **Kerry Saxby-Junna**. Most of the performances in this list were walked in the late eighties and early nineties when the 10km was the major international standard for women. 10,000m track walk opportunities are less frequent now.

<b>41:57.22</b>	<b>Kerry Saxby-Junna</b>	<b>N</b>	<b>2/06/1961</b>	<b>2</b>	<b>Seattle</b>	<b>24/07/1990</b>
42:14.20	Kerry Saxby-Junna			1	Sydney	26/01/1988
42:22.60	Kerry Saxby-Junna			1	Fana	8/05/1993
42:23.90	Kerry Saxby-Junna			3	Fana	15/05/1992
42:25.20	Kerry Saxby-Junna			1	Fana	26/05/1990
42:26.29	Kerry Saxby-Junna			1	Sydney	10/01/1993
42:27.50	Kerry Saxby-Junna			1	Fana	25/05/1995
42:52.00	Kerry Saxby-Junna			1	Adelaide	26/01/1998
42:57.92	Kerry Saxby-Junna			1	Sydney	7/01/1990
43:21.90	Kerry Saxby-Junna			1	Canberra	3/12/1995
43:26.12	Kerry Saxby-Junna			1	Canberra	26/01/1989
<b>43:48.08</b>	<b>Beki Smith</b>	<b>N</b>	<b>25/11/1986</b>	<b>mix</b>	<b>Sydney</b>	<b>1/04/2016</b>
43:53.41	Kerry Saxby-Junna			1	Sydney	21/01/1991
43:56.20	Kerry Saxby-Junna			1	Canberra	8/02/1998
<b>43:59.46</b>	<b>Jemima Montag</b>	<b>V</b>	<b>15/02/1998</b>	<b>2mx</b>	<b>Canberra</b>	<b>28/01/2019</b>
<b>44:29.29</b>	<b>Katie Hayward</b>	<b>Q</b>	<b>23/07/2000</b>	<b>3mx</b>	<b>Canberra</b>	<b>28/01/2019</b>
<b>44:33.87</b>	<b>Tanya Holliday</b>	<b>S</b>	<b>21/09/1988</b>	<b>mix</b>	<b>Sydney</b>	<b>1/04/2016</b>
<b>44:44.22</b>	<b>Jess Rothwell</b>	<b>V</b>	<b>18/06/1989</b>	<b>4</b>	<b>Bydgoszcz, Poland</b>	<b>9/07/2008</b>
44:49.56	Kerry Saxby-Junna			mix	Canberra	18/02/2001
44:54.50	Kerry Saxby-Junna			1	Canberra	6/02/1999
44:56.44	Tanya Holliday			mix	Brisbane	27/03/2015
45:08.13	Kerry Saxby-Junna			1	Canberra	10/05/1986
45:08.42	Tanya Holliday			mix	Melbourne	4/04/2014
<b>45:15.21</b>	<b>Lisa Paolini</b>	<b>N</b>	<b>10/12/1962</b>	<b>1</b>	<b>Sydney</b>	<b>17/08/2000</b>
<b>45:19.70</b>	<b>Jane Saville</b>	<b>N</b>	<b>5/11/1974</b>	<b>2</b>	<b>Canberra</b>	<b>8/02/1998</b>
<b>45:21.47</b>	<b>Nicole Fagan</b>	<b>N</b>	<b>24/07/1989</b>	<b>mix</b>	<b>Melbourne</b>	<b>4/04/2014</b>
<b>45:25.90</b>	<b>Kelly Ruddick</b>	<b>V</b>	<b>19/04/1973</b>	<b>mix</b>	<b>Melbourne</b>	<b>4/04/2014</b>
45:27.25	Jane Saville			mix	Adelaide	19/02/2005
<b>45:29.06</b>	<b>Regan Lambie</b>	<b>V</b>	<b>14/10/1991</b>	<b>2</b>	<b>Canberra</b>	<b>29/01/2017</b>
45:36.84	Jemima Montag			2mx	Canberra	9/01/2019
45:44.30	Tanya Holliday			1	Adelaide	5/02/2012
<b>45:44.70</b>	<b>Cheryl Webb</b>	<b>N</b>	<b>3/10/1976</b>	<b>1</b>	<b>Sydney</b>	<b>18/10/1997</b>
45:49.75	Katie Hayward			3mx	Canberra	9/01/2019
45:51.09	Katie Hayward			1	Sydney	31/03/2017
45:57.00	Katie Hayward			1	Adelaide	11/02/2018
<b>46:00.93</b>	<b>Natalie Saville</b>	<b>N</b>	<b>7/09/1978</b>	<b>1</b>	<b>Canberra</b>	<b>9/02/2002</b>
46:00.95	Jane Saville			2	Canberra	9/02/2002
46:02.05	Jane Saville			mix	Hobart	
46:03.10	Cheryl Webb			mix	Adelaide	19/02/2005
46:03.87	Natalie Saville			mix	Hobart	
<b>46:05.10</b>	<b>Jenny Jones</b>			<b>mix</b>	<b>Brisbane</b>	<b>3/10/1992</b>
46:10.31	Jane Saville			1	Brisbane	23/01/2004
46:10.99	Natalie Saville			mix	Sydney	19/02/2005
46:12.0	Jane Saville				Athens	97WC
<b>46:15.60</b>	<b>Anne Manning</b>	<b>N</b>	<b>13/11/1959</b>	<b>3</b>	<b>Sydney</b>	<b>10/01/1993</b>
46:22.80	Jane Saville			2	Canberra	6/02/1999
<b>46:24.07</b>	<b>Rachel Tallent</b>			<b>2</b>	<b>Sydney</b>	<b>31/03/2017</b>
46:25.19	Cheryl Webb			1	Sydney	3/01/2009
<b>46:26.9</b>	<b>Jane Barbour</b>			<b>mix</b>	<b>Adelaide</b>	<b>27/06/1966</b>
<b>46:31.34</b>	<b>Jessica Pickles</b>	<b>Q</b>	<b>6/02/1994</b>	<b>3</b>	<b>Sydney</b>	<b>31/03/2017</b>
46:34.41	Rachel Tallent			mix	Melbourne	4/04/2014

46:35.65	<b>Lyn Ventris</b>	<b>W</b>	<b>2/10/1956</b>	<b>3</b>	<b>Canberra</b>	<b>9/02/2002</b>
46:37.60	Anne Manning			3	Canberra	8/02/1998
46:46.01	<b>Claire Woods</b>	<b>S</b>	<b>6/07/1981</b>	<b>4</b>	<b>Canberra</b>	<b>9/02/2002</b>
46:46.74	Cheryl Webb			mix	Hobart	
46:48.36	Cheryl Webb			mix	Hobart	
46:56.72	<b>Simone Wolowiec</b>	<b>V</b>	<b>12/02/1974</b>	<b>5</b>	<b>Canberra</b>	<b>9/02/2002</b>
46:58.97	Natalie Saville			2	Brisbane	23/01/2004

#### 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

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	LAVIC State T&F Championships, Casey Fields
Mar 23-24, 2019	Victorian Masters T&F Championships, Doncaster
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>
Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km)
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

#### 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

Feb 10 (Sun), 2019	Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)
Feb 10 (Sun), 2019	Spanish 50km National Race Walk Championships, El Vendrell, ESP
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)
May 25 (Sat), 2019	10 <sup>th</sup> Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL
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

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