



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 50
Monday 9 September 2019



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WHAT'S COMING UP

- Next **Sunday 15th September** sees us back at Middle Park for the final round of the VRWC winter season which includes the **AV 50km Championship** and the **VRWC 35km Club Championship**. Note that you must enter the AV 50km via the AV website members portal (<https://members.athsvic.org.au/SignIn?ReturnUrl=%2fprofile%2f>). I expect entries to close on Thursday 12th September. Walkers intending to walk in the VRWC 35km Championship and 6 Hour Open Walk must also pre-enter via our VRWC online portal at <http://vrwc.org.au/wp1/> (35km and 6H entries close on Sat 14th Sept).

All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship. It is also possible to enter this event as a standalone event.

Sunday 15th September 2019, Middle Park

7.30am	50km	AV Championship - Jared Tallent Trophy	Open *
	35km	VRWC Championship – Ray Smith Trophy	Open *
	6 Hours	Walk	Open
10.00am	20km		Open
11.00am	10km		Open

* The Victorian 50km and VRWC 35km are Open events, meaning they are open to men and women.

- Then it's time for break for our Australian walkers. For Victorians, our summer season will not kick off until AV Shield Round 1 on Saturday 5th October.

WALKERS OF THE WEEK

It's hard to zoom in and choose one standout performance from the many last week. Consider

- 28 year old 2016 Olympian **Rhydian Cowley** (PB 1:20:19) was an easy winner in Sunday's Australian men's 20km Roadwalk Championship, breaking away early and walking on his own to a final time of 1:26:28. After 5 silvers and 5 bronzes in Australian 20km roadwalk championships and after 4 silvers and a bronze in Australian 10,000m track walk championships, he has finally broken through to win his first Senior Australian racewalk championship. Now that is what I call a milestone hard earned.
- Our trio of young stars from Ballarat all won gold medals in Sunday's Australian Roadwalk Championships in Adelaide - **Jemma Peart** (U20 10km 53:09), **Alanna Peart** (U18 5km 24:43), **Fraser Saunder** (U16 10km 24:11). The dominant walkers in their respective age groups, they each cap off what has been a great winter season of excellence.
- 70 year old **Heather Carr** continued on her winning ways in the Oceania Masters Championships in Mackay, Queensland. Last week, I reported on her win in the 10km road walk. This week, she completed the triple crown with wins in the W70 5000m track walk and in the W70 3000m track walk. And what walks they were! Her 5000m walk time of 32:00.85 set a new VRWC W70 record and her 3000m walk time of 18:01.06 broke the **W70 World Record** by 4 secs! The previous record of 18:05 had been held by Sweden's Britta Tibbling since 1989!
- And talking of club records, 11 year old **Darcey Roberts** walked a fine 4th place in the U18 5km at the Australian Roadwalk Championships in Adelaide on Sunday, her time of 26:45.08 over 3 minutes better than her current VRWC U12 5km club record of 29:19 and in fact only 4 secs over Jemima Montag's VRWC U13 club record of 26:41 – and Darcey has another 12 months up her sleeve to chase that one. As an added bonus, her 4th place ensured that she and her team mates Alanna Peart and Charlotte Hay won the Teams Race in that age group.

But you know the story...I have to choose someone. Now Heather has won the award twice in the last month and Rhydian won it in late July for his wonderful Victorian 30km win. So I have decided to focus on our younger walkers this week and am jointly awarding it to **Jemma, Alanna, Fraser and Darcey**. These youngsters are our champions of the future and deserve our accolades and recognition. Well done troops!



Fraser Saunder, Alanna Peart, Jemma Peart and Darcey Roberts in action in Adelaide (photos Terry Swan)

AUSTRALIAN ROADWALK CHAMPIONSHIPS, ADELAIDE, SUNDAY 8 SEPTEMBER

The Australian Roadwalk Championships were contested in the Adelaide Parklands, Adelaide, on the morning of Sunday 8th August. The venue was the same one used for the Australian Summer Roadwalk Championships each February, but the course was shortened from 2km to 1km, thus avoiding a hilly section at one end. The weather was not kind to the walkers, with strong winds throughout the morning and with rain setting in after the first few races. The slower than normal times are perhaps a reflection of the conditions.

The Open 20km championships were the first events underway at 8:30AM. 28 year old 2016 Olympian **Rhydian Cowley** (PB 1:20:19) was an easy winner in the men's race, breaking away early and walking on his own to a final time of 1:26:28. After 5 silvers and 5 bronzes in Australian 20km roadwalk championships and after 4 silvers and a bronze in Australian 10,000m track walk championships, he has finally broken through for a win! 20 year old **Kyle Swan** (6th 2018 World Junior Champs 41:44) walked a 4 minute PB to take silver with 1:31:41, while 21 year old **Adam Garganis** made it a clean sweep for Victoria with the bronze in 1:32:12, a good time considering he has trained or raced little over the last 12 months.

38 year old **Claire Woods** (3rd 2018 World Team Championships 50km 4:09:33) was untroubled to win the women's title with 1:44:55 in a very small field but she was very nearly a non starter: "I was seriously under the weather last night, my two year old (Harvey) passed on a nice little bug to me, which had me up most of last night – so I'm happy to have been out here. Last night when I went to bed I wasn't coming, but luckily we live about 2km from here, so I woke up this morning and got a couple of bits of dry toast into me and fronted up."

Claire and Rhydian are both in the Australian team for the 2019 World Championships and will be in action again in Doha. Most of the remainder of the walks team are already in Europe and have had to miss this particular championship, due to the timing.

The junior (U20) 10km titles went to **Mitchell Baker** (44:59) and **Jemma Peart** (53:09) while the U18 titles went to **Gwyllym Young** (45:59) and **Alanna Peart** (24:43). Titles were also contested for U16 (5km), U14 (3km) and U12 (2km).

Well done to the Victorians - only a small group of 13 but everyone of them comes home with at least 1 medal. In total, they earned 3x3 team golds, 4 individual golds, 3 individual silvers and 2 individual bronzes. And to top it off, they won the Brennen Shield, as the top RWA club for the year on points. And finally, a new U12 5km club record to Darcey Roberts who raced well above her age for the team and came 4th in the U18 5km. Big congrats everyone.

Golds: **Rhydian Cowley** (Open 20km), **Jemma Peart** (U20 10km), **Alanna Peart** (U18 5km), **Fraser Saunder** (U16 10km)
 Silvers: **Kyle Swan** (Open 20k), **Tracey Feiner** (Open 20km), **Corey Dickson** (U18 10km)
 Bronzes: **Adam Garganis** (Open 20km), **Charlotte Hay** (U18 5km)

Team Golds 20km Men: **Rhydian Cowley, Kyle Swan, Adam Garganis**
 5km U18 Girls: **Alanna Peart, Charlotte Hay, Darcey Roberts**
 3km U14 Boys: **Liam Hutchins, Sebastian Weickhardt, Scott Peart**

A huge gallery of photos, compliments of RWA secretary Terry Swan, at <http://www.vrwc.org.au/piwigo/index.php?/category/549>.

Full results at <https://www.athletics.com.au/events/40660/>. Note that road times must always be rounded up to the next second, whereas the times below are displayed to hundredths of seconds. This is normally reserved for track performances. I have also done an informal calculation and added what I think are the Teams placings but these are unofficial. We await the official RWA related results to confirm team places and to add in Handicap winners.

Men 20km Road Walk

1.	Cowley, Rhydian	VIC	1:26:28.01	
2.	Swan, Kyle	VIC	1:31:41.00	PB 4:14
3.	Garganis, Adam	VIC	1:32:12.07	
4.	Gibbons, Carl	NSW	1:35:23.01	
5.	Mottrom, Kim	SA	1:35:45.06	
6.	Jimenez Solis, Ignacio	QLD	1:36:23.00	
7.	Richardson, Dylan	NSW	1:39:41.06	
8.	Harlington, Alix	SA	1:45:05.03	PB 4:53
9.	Mann, Bradley	WA	1:46:39.08	Inaugural
10.	Barendregt, Travis	NSW	1:50:00.00	PB 4:53
11.	Upton, Royrie	SA	2:14:23.80	
12.	Jones, Tyler	NSW	DNF	

Teams

1.	RWV	Rhydian Cowley, Kyle Swan, Adam Garganis
2.	NSWRWC	Carl Gibbon, Dylan Richardson, Travis Barendregt
3.	SARWC	Kim Mottrom, Alix Harlington, Royrie Upton

Women 20km Road Walk

1.	Woods, Claire	SA	1:44:55.60	
2.	Feiner, Tracy	VIC	1:51:21.30	
3.	Barendregt, Amanda	NSW	2:00:40.50	PB 2:10

Women 10km Road Walk

1.	Goznik, Kristie	SA	51:21.08	
2.	Walker, Amy	NSW	56:11.04	PB 2:47
3.	Bell, Bridget	NSW	58:37.03	
4.	Millard, Summer	QLD	58:59.00	Inaugural
5.	Tolardo, Karyn	WA	1:01:01.11	
6.	McKiven, Noela	QLD	1:26:26.25	

Teams

1.	NSWRWC	Amy Walker, Brigget Bell, Amanda Barendregt
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Boys 10km Road Walk Under 20

1.	Baker, Mitchell	ACT	44:59.07	PB 0:48
2.	Camilleri, Tristan	SA	47:00.02	
3.	Bedford, Kyle	NSW	48:17.03	
4.	Reid, Benjamin	WA	49:10.08	
	Bruniges, Mathew	SA	DNF	

Girls 10km Road Walk Under 20

1.	Peart, Jemma	VIC	53:09.03	
2.	Pitcher, Allannah	NSW	53:38.01	
3.	Blackwell, Anna	TAS	54:26.02	
4.	O'Neill, Molly	NSW	56:29.03	
5.	Hamann, Charlotta	QLD	57:28.07	PB 3:12
6.	Rowbotham, Milla	QLD	58:32.01	
7.	Wang, Elaine	NSW	59:53.05	

Teams

1.	NSWRWC	Alanna Pitcher, Molly O'Neill, Elaine Wang
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Boys 10km Road Walk Under 18

1.	Young, Gwyllym	ACT	45:59.02	PB 2:11
2.	Dickson, Corey	VIC	46:18.00	
3.	McGinniskin, Jack	NSW	48:34.00	
4.	Robertson, William	TAS	49:07.03	

Girls 5km Road Walk Under 18

1.	Peart, Alanna	VIC	24:43.01	
2.	Sandery, Olivia	SA	25:26.01	
3.	Hay, Charlotte	VIC	25:30.01	
4.	Roberts, Darcey	VIC	26:45.08	PB 3:34
5.	Bolton, Hannah	NSW	28:01.03	
6.	Parker, Hannah	NSW	28:18.02	
7.	McRoberts, Jasmine-Rose	QLD	32:05.02	

Teams

1.	RWV	Alanna Pitcher, Charlotte Hay, Darcey Roberts
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Boys 5km Road Walk Under 16

1.	Saunders, Fraser	VIC	24:11.00	PB 0:25
2.	Bottle, Will	TAS	26:00.00	PB 0:28
3.	McCure, Lachlan	QLD	28:22.00	Inaugural

Girls 5km Road Walk Under 16

1.	Ross, Kiera	SA	26:30.06	
2.	Duguid, India	NSW	27:26.02	
3.	McLoughlin, Chloe	NSW	27:42.02	
4.	Clarke, Anika	QLD	28:21.09	
5.	Upton, Kitarni	SA	28:28.02	
6.	Millard, Summer	QLD	28:40.00	
7.	Brady, Korey	QLD	29:16.05	PB 2:29
8.	Wilks, Mia	SA	29:37.04	PB 0:14

Teams

1.	SARWC	Kiera Ross, Kitarni Upton, Mia Wilks
2.	QRWC	Anika Clarke, Summer Millard, Korey Brady

Boys 3km Road Walk Under 14

1.	Toyne, Owen	ACT	15:11.07	
2.	Bernard, Xavier	WA	15:40.08	PB 0:30
3.	McCure, Sam	QLD	15:46.02	
4.	Hutchins, Liam	VIC	15:57.07	PB 0:12
5.	Morgan, Oliver	TAS	16:32.05	PB 1:02
6.	Bannister, Jack	QLD	17:33.02	PB 0:05
7.	Weickhardt, Sebastian	VIC	17:39.02	
8.	Peart, Scott	VIC	17:48.03	PB 0:05
9.	Horton, Jai	NSW	18:26.00	PB 0:19
10.	Rech, Cooper	SA	19:59.03	PB 0:23
	Bell, Darcy	NSW	DQ	
	Kamish, Zayden	SA	DQ	

Teams

1.	RWV	Liam Hutchins, Sebastian Weickhardt, Scott Peart
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Girls 3km Road Walk Under 14

1.	Boughton, Milly	NSW	15:12.03	
2.	Heap, Ashanti	QLD	15:21.01	
3.	Lawrence, Lataya	WA	15:28.07	PB 0:52
4.	Gee, Tamika	QLD	15:49.02	
5.	Pitcher, Sienna	NSW	15:51.02	
6.	Braithwaite, Daisy	SA	16:14.08	PB 0:34
7.	Mortimore, Casey	WA	16:26.04	PB 1:54
8.	Ahern, Chloe	TAS	16:49.08	
9.	Wilks, Hannah	SA	17:07.07	
10.	DeRuvo, Katie	SA	18:57.01	
11.	Pusonjic, Elli	SA	19:53.01	
12.	Crocker, Amelia	NSW	21:32.03	PB 1:49

Teams

1.	NSWRWC	Milly Boughton, Sienna Pitcher, Amelia Crocker
2.	SARWC	Daisy Braithwaite, Hannah Wilks, Katie DeRuvo

Boys 2km Road Walk (RWA)

1.	Clarkson, Kodi	ACT	9:49.05	
2.	Wilks, Sam	SA	10:32.01	
3.	Wood, Riley	WA	10:44.03	
4.	Richards, Sebastian	SA	10:47.05	
5.	Horton, Jaxson	NSW	12:21.07	
6.	Kamish, Tarique	SA	13:14.00	PB 1:07

Teams

1. SARWC Sam Wilks, Sebastian Richards, Tarique Kamish

Girls 2km Road Walk (RWA)

1.	Bogaers, Kaytee	WA	11:09.06	
2.	Blackley, Rudi	NSW	11:59.00	
3.	Kamish, Zahra	SA	13:14.06	PB 1:22
4.	Rech, Matilda	SA	15:12.04	
5.	Camilleri, Arabella	SA	15:18.06	PB 1:49
	Heap, Alisha	QLD	DQ	

Teams

1. SARWC Zahra Kamish,, Matilda Rech, Arabella Camilleri

With the winter season now completed, Australian walkers have a break before the Summer Track based season kicks off in early October. The next big meet for the younger walkers in the Australian All Schools Athletics Championships (Perth) in early December, while the senior walkers will be looking towards the Australian 50km championship (Melbourne) in December 2018 and the Australian Summer 20km Championship (Adelaide) in February 2019.



Rhydian Cowley, Kyle Swan, Adam Garganis, Tracey Feiner and Corey Dickson



Team Golds to Adam Garganis, Rhydian Cowley, Kyle Swan, Charlotte Hay, Alanna Peart and Darcey Roberts



Liam Hutchins, Scott Peart, Sebastian Weickhardt, Charlotte Hay and Darcey Roberts



Team golds to Sebastian Weickhardt, Scott Peart and Liam Hutchins



Ballarat stars Alanna Peart, Jemma Peert and Fraser Saunder (photos Terry Swan and Athletics Australia)



Darcey Roberts displays the Brennen Shield, won by RWV as the highest scoring RWA club for 2019
 Check out more about the Brennen Shield in <http://www.vrwc.org.au/documents/AFRWC%20TROPHIES.pdf>

20TH OCEANIA MASTERS T&F CHAMPIONSHIPS, MACKAY, QUEENSLAND, 30 AUGUST TO 7 SEPTEMBER

In last week's newsletter, I reported on the 10km roadwalks from the **20th Oceania Masters T&F Championships** in Mackay, Queensland. The meet wound up last Saturday, with two further walks completed in the intervening period as follows

- 5000m Track Walks: Tuesday 3rd September
- 3000m Track Walks, Friday 6th September

Full results can be sourced at http://liveresults.qldathletics.org.au/oceania/2019/2019_OAMA_Championships/index.htm.

5000m Track Walks, Tuesday 3 September

First to the 5000m track walks last Tuesday. Once again, we had a number of Victorians in action, with **Alison Thompson** and **Heather Carr** leading the way with very high age graded scores of 89.39% and 88.03%. Additionally, Heather's time of 32:00.85 was a new VRWC W70 record.

W35	1	Dash Newington	W35	GBR	40:09.41	49.73%	
W40	1	Kay Heinecke	W41	AUS	35:00.33	58.72%	
	2	Vicky Jones	W40	NZL	38:34.50	53.28%	
W45	1	Jane Tait	W49	AUS	42:09.36	50.73%	
W55	1	Anne Weekes	W57	AUS	32:28.20	72.10%	
	2	Donna-Marie Elms	W58	AUS	33:20.34	70.22%	
W65	1	Alison Thompson	W66	AUS	29:23.87	89.39%	
	2	Barb Bryant	W65	AUS	30:38.57	85.76%	
W70	1	Heather Carr	W70	AUS	32:00.85	88.03%	W70 VRWC
	2	Jacqueline Wilson	W73	NZL	33:37.83	83.80%	
W75	1	Gwen Steed	W77	AUS	36:26.51	83.75%	
	2	Daphne Jones	W78	NZL	36:31.75	83.55%	
	3	Sylvia Machin	W78	AUS	38:40.17	78.93%	
	4	Peggy Macliver	W75	AUS	39:16.56	77.71%	
M50	1	Argenis Guevara	M51	AUS	29:13.26	70.17%	
M55	1	Kevin Cassidy	M59	AUS	26:50.53	79.75%	
	2	Simon Evans	M59	AUS	28:40.32	74.66%	
M60	1	Paul Moritz	M60	AUS	34:34.48	64.88%	
M65	1	Peter Fox	M65	NZL	28:31.01	82.87%	
	2	Eric Kemsley	M68	NZL	30:15.27	78.11%	
	3	Frank Prowse	M67	AUS	34:52.18	67.77%	
M70	1	George White	M74	AUS	30:29.06	82.17%	
	2	Geoff Iremonger	M72	NZL	38:21.37	65.31%	
	3	Jim Kerse	M70	NZL	39:33.01	63.33%	
M75	1	Bryan Thomas	M78	AUS	37:39.43	70.99%	

3000m Track Walks, Friday 6 September

Finally to Friday for the 3000m walks. With **Alison Thompson** (90.56%) and **Heather Carr** (90.32%) leading by example once again. Heather's time was in fact a new W70 world record, beating the current record (which has stood since 1989) by 4 secs. Special mention to Kevin Cassidy with his M55 winning time of 14:56.59 (84.20%).

M40	1	Leigh Browell	M44	AUS	20:07.14	55.21%	
M50	1	Argenis Guevara	M51	AUS	16:33.35	72.77%	
M55	1	Kevin Cassidy	M59	AUS	14:56.59	84.20%	
M60	1	Paul Moritz	M60	AUS	19:35.95	67.29%	
M65	1	Peter Fox	M65	NZL	16:26.72	84.48%	
	2	Eric Kemsley	M68	NZL	16:51.88	82.38%	
	3	Frank Prowse	M67	AUS	19:31.33	71.16%	
	4	Clyde Riddoch	M66	AUS	20:44.42	66.98%	
M70	1	George White	M74	AUS	17:36.52	83.59%	
	2	Jim Kerse	M70	NZL	20:57.53	70.22%	
	3	Barry Jeffs	M71	AUS	21:06.20	69.74%	
	4	Geoff Iremonger	M72	NZL	21:12.11	69.42%	
M75	1	Bryan Thomas	M78	AUS	21:28.02	73.12%	
	2	Stephen Barker	M76	AUS	24:55.07	63.00%	
M80	1	John Hines	M83	NZL	25:20.65	66.58%	
	2	Jagjit Singh Kathu	M81	NZL	25:43.02	65.61%	
W35	1	Dash Newington	W35	GBR	25:37.52	45.63%	
W40	1	Vicky Jones	W40	NZL	22:09.18	54.33%	
W55	1	Donna-Marie Elms	W58	AUS	18:10.19	75.16%	
	2	Anne Weekes	W57	AUS	18:45.94	72.77%	
W65	1	Alison Thompson	W66	AUS	16:49.27	90.56%	
	2	Barb Bryant	W65	AUS	17:42.69	86.01%	
W70	1	Heather Carr	W70	AUS	18:01.06	90.32%	W70 VRWC
	2	Jacqueline Wilson	W73	NZL	19:00.17	85.64%	
W75	1	Gwen Steed	W77	AUS	20:54.66	83.90%	
	2	Daphne Jones	W78	NZL	20:58.23	83.67%	
	3	Peggy Macliver	W75	AUS	23:36.87	74.30%	
W80	1	Pamela Mews	W84	AUS	40:17.63	47.48%	

I've found a few photos from the track walks.



Kevin Cassidy, Alison Thompson, Donna-Marie Elms, Barb Bryant and Heather Carr

ACTRWC ROADWALKS, MOLONGLO BEACH, CANBERRA, SATURDAY 7 SEPTEMBER

Thanks to Val Chesterton for this week's results from Canberra. Only small fields with most of their young walkers in Adelaide.

4km Walk

1.	Peter Baker	23:52
2.	Rosemary Parker	30:52
3.	Casey Norden	30:55

2km Walk

1.	Lilah Norden	14:41
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8km Walk

1.	Greg Durr	51:42
2.	Robin Whyte	55:10
3.	Miriam McCarthy	56:04
4.	Monika Short	1:11:21
5.	Phil Essam	1:14:40

SAMA ROADWALKS, WEST TERRACE, ADELAIDE, SATURDAY 7 SEPTEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He commented: *I was unable to be there because of upper respiratory infection. Last walk for Winter Season followed by presentations.*

5km Turkey Handicap

1.	MARIE MAXTED	33:22	W59	73.23%
2.	KEVIN FINN	34:04	M67	70.95%
3.	BRIAN WITTY	37:34	M69	65.87%
4.	RAELENE SCHILD	39:25	W54	58.80%
5.	DAVE FALLON	39:37	M67	61.01%
6.	RODGER BARBER	40:29	M81	72.18%
7.	ROGER LOWE	42:18	M76	64.09%
8.	ROSS HILL-BROWN	42:50	M64	54.57%
9.	DAVID ROBERTSON	43:02	M86	73.95%
10.	KRISTINE FREEMAN	43:28	W59	56.21%
11.	CATHIE HORE	44:12	W68	61.93%
12.	EDNA BATES	46:35	W66	57.17%

MARCIADALMONDO ROUNDUP

marciadalmondo has 5 press releases for us this week. In particular, I point readers to #3584 and #3582 which report on the two day Chinese Racewalking Championship meet in Lechan, China. Some 700 walkers raced across the 2 days in a variety of race.

- Sun 8 Sep - Adelaide (AUS): Australian Winter Roadwalk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3585
- Sat 7 Sep - Lechan (CHN): Victories of Wang Rui and Bai Tiantian in 50km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3584
- Fri 6 Sep - Perseus Karlstrom and Johana Edelmira Ordonez athletes of August 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3583
- Fri 6 Sep - Leshan (CHN): 20km victories to Lu Xiuzhi (1:30:04) and Sun Shuai (1:22:18)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3582

omarchador has a number of press releases focusing on different results. The following ones may be of interest. Rather than report them myself, I point readers to the original reports below. In particular, our Masters readers will be interested in reading about the EMACS (The European Masters Athletics Championships) which feature in 3 of the posts. The usual high standard has been in evidence in the opening 5000m track walks.

- Sun 8 Sep - Finnish U23 and U20 Championships in Porvoo
<http://omarchador.blogspot.com/2019/09/campeonatos-da-finlandia-de-sub-23-e.html>
- Sat 7 Sep - EMACS Venice 2019 - Results of 5,000m Track Walk Men
http://omarchador.blogspot.com/2019/09/emacs-veneza-2019-5000-m-marcha_86.html
- Sat 7 Sep - EMACS Venice 2019 - Results of 5,000m Track Walk Women
http://omarchador.blogspot.com/2019/09/emacs-veneza-2019-5000-m-marcha_7.html
- Fri 6 Sep - Results of Indian Inter-State Athletics Championship 20,000m track walks
<http://omarchador.blogspot.com/2019/09/campeonatos-inter-estados-de-atletismo.html>
- Thu 5 Sep - European Masters Athletics Championships (EMACS) starts today in Venice, Italy
<http://omarchador.blogspot.com/2019/09/europeus-de-veteranos-emacs-iniciam-se.html>

OUT AND ABOUT

- GBR announced its team for Doha last Tuesday. It includes 4 male walkers but alas, no women made the final cut.
 - 20km Race Walk **Tom Bosworth, Callum Wilkinson**
 - 50km Race Walk **Cameron Corbishley, Dominic King**
- Get the latest edition of the English racewalking magazine *Race Walking Record*, compliments to the hard work of editor Noel Carmody: <http://racewalkingassociation.com/Newsletters/RWR887.pdf>

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2019/2020

Sept 15 (Sun), 2019	Victorian 50km Championships, Middle Park, VIC
Oct 5 (Sat), 2019	AV Shield commences with Round 1 (tentative date)
Oct 26-27, 2019	AV All Schools T&F Championships Weekend 1, Doncaster
Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km also)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

2019 IAAF Race Walking Challenge Series (remaining race meets)

Sept 28 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Sept 15, 2019 (Sun)	NZ Road Walk Championships, Auckland (IAAF Category B Permit walk TBC)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

May, 2-3, 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 8-19, 2021	World University Summer Games , Chengdu, China
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA

July 27 - Aug 7, 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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