



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

My Walker of the Week this time around is 13 year old **Emily Smith**. The Melbourne based VRWC walker has just completed a great second season with the club, improving all her times during the winter. Her PBs over her usual racing distances read impressively: 2km 10:37, 3km 16:17 and 5km 29:32. On Sunday, she upped the ante with her first ever 10km, stopping the clock at **59:27**, and it was a windy and cold day, not ideal in any sense for the task at hand.

Well done Emily – a great morning's work!



Emily in action at Middle Park on Sunday (photo Terry Swan)

WHAT'S COMING UP

- 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.
- Sadly, things do not look as rosy as usual for our Victorian walkers this summer. The latest Athletics Victoria Shield timetable, just published (see <http://athsvic.org.au/wp-content/uploads/Shield-Metro-Timetables-as-of-110919.pdf>), shows that walks will be scheduled on only 6 of the 12 AV Shield dates. It reads like this

AV Shield Round 1, Aberfeldie and Nunawading, 1500m and 3000m walks
AV Shield Round 2, Casey Fields and Doncaster, 1500m and 3000m walks
AV Shield Round 3, Aberfeldie and Yarra Rangess, 2000m and 5000m walks
AV Shield Round 4 - Relays Round, NO WALKS
AV Shield Round 5, Aberfeldie and Nunawading, NO WALKS

AV Shield Round 6, Casey Fields and Meadowglen, NO WALKS
 AV Shield Round 7, Twilight Nitro, NO WALKS
 AV Shield Round 8, Box Hill and Werribee, 1500m and 3000m walks
 AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks
 AV Shield Round 10, Ringwood and Keilor Park, NO WALKS
 AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
 AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS

I know that the VRWC Committee are aware of this and intend to discuss it further with AV to see what can be done. There was no communication with the club or the walks community about this drastic change which has come out of the blue. If you are going to sign up for AV for the summer, it costs around \$130 to register with AV and then a further \$130 to register for the summer season. If you are an older specialist walker who does not intend to do the State Championships, that comes out at nearly \$50 per AV Shield walk. One has to ask – is it worth it?

AV AND VRWC LONG DISTANCE CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 15 SEPTEMBER

Sunday morning saw the final round of our VRWC Winter Season Roadwalk season, and the day was a windy and cool one, with rain threatening. The club also hosted the Victorian 50km roadwalk championship, but alas, only 1 entry. **Tracy Feiner** had done the 2018 and 2019 Victorian 30km roadwalks, but this was her first time beyond that distance, and her aim was to test herself out in preparation for a serious go in the Australian 50km at Fawkner Park in December. She walked a very consistent pace and was still going strongly when she decided to retire at 35km.

That 35km distance ensured she won the associated VRWC 35km Club Championship (3:22:44) ahead of the older brigade in the form of **Tim Erickson** (3:59:07) and **Albin Hess** (4:30:30), both walking with club yellow numbers.

The 20km saw a great battle between **Claire Samanna** and **Andrew Jamieson**, with Claire taking first place by one second (2:03:35) in her first ever 20km. Andrew, consistent as ever, took second with 2:03:36. And finally, 13 year old **Emily Smith** walked her first ever 10km, finishing with a fine 59:27. Well done Emily!

Victorian 50km Championship - Jared Tallent Trophy

Tracy Feiner	KNA	0:56:01	1:52:57	2:51:58	(35km in 3:22:44)
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VRWC 35km Club Championship - Ray Smith Trophy

1.	Tracy Feiner	VRWC	0:56:01	1:52:57	2:51:58	3:22:44	Inaugural
2.	Tim Erickson *	VRWC	1:07:26	2:14:35	3:23:58	3:59:07	
3.	Albin Hess *	VRWC	1:09:32	2:26:28	3:49:57	4:30:30	

VRWC Open 20km Non-Championship

1.	Claire Samanna	VRWC	0:59:51	2:03:35	Inaugural
2.	Andrew Jamieson	VRWC	0:59:48	2:03:36	
	Corey Dickson	VRWC	0:48:08	DNF	(10km in 48:08)
	Heather Carr	VRWC	-	DNF	(6km in 41:15)
	Karyn O'Neill	VRWC	1:14:14	DQ	

VRWC Open 10km Non-Championship

1.	Emily Smith	VRWC	0:59:27	Inaugural
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Thanks as always to our judges and officials. Apologies if I missed anyone.

Officials: Terry Swan, Mark Donahoo, Ralph Bennett
Judges: Shane Dickson (Chief), Kathleen Marsh, Gordon Loughnan, Diane Lowden, Terry O'Neill, Charlotte Holmes, Stuart Cooper, Peter Vysma (recorder)
Refreshment Table: Karyn O'Neill, Gerhard Feiner
Canteen: Donna-Marie Elms
Photos: Terry Swan (see <https://www.facebook.com/photo.php?fbid=10219684786250982>)

We can now all enjoy a well earned break before our VRWC summer season commences in early to mid October. Mark Donahoo had just about completed the VRWC summer season fixture, but it has now been thrown into disarray, with the news from Athletics Victoria confirming a huge reduction in AV Shield walks. It may be that VRWC puts on additional walks like we did a couple of years ago when AV did the same thing to us.



35km walkers Tracy Feiner, Tim Erickson and Albin Hess



Andrew Jamieson, Claire Samanna, Corey Dickson and Emily Smith (photos Terry Swan)

ACTRWCV ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 14 SEPTEMBER

Nearly all our Australian walking clubs are now in recess, having a rest before the summer kicks in, but the ACT walkers in Canberra had one final competition like us last weekend, with the traditional long distance walks. Well done to 79 year old **Val Chesterton** and 77 year old **Robin Whyte** who led from the front, walking 6 Hours and 4 Hour respectively.

5km Walk

- | | |
|--------------------|-------|
| 1. Hannah Manning | 29:14 |
| 2. Miriam McCarthy | 33:59 |
| 3. Bryan Thomas | 38:31 |
| 4. Jack Thackray | 44:30 |

3km Walk

- | | |
|--------------------|-------|
| 1. Peter Baker | 17:25 |
| 2. David Mackenzie | 28:28 |
| 3. Fran Black | 29:46 |

6 Hour Walk

- | | |
|-------------------|-----------|
| 1. Val Chesterton | 36.200 km |
|-------------------|-----------|

4 Hour Walk

- | | |
|-----------------|-----------|
| 1. Robin Whyte | 32.549 km |
| 2. Monika Short | 23.541 km |

1km Walk

1.	Kodi Clarkson	4:55
2.	Ella Baker	6:28

2 Hour Walk

1.	Tim Fraser	22.556 km
2.	Greg Durr	16.200 km

NSW COMBINED STATE HIGH SCHOOLS CHAMPIONSHIPS, SOP, HOMEBUSH, 5-6 SEPTEMBER

Back a couple of weeks to the results of the NSW Combined High Schools Athletics Championship walks in Sydney, thanks to Frank Overton.

Boys 12-15 1500m Walk

1.	Adam Dickson	15	Crestwood-SW	7:19.53
2.	Liam Spamer	14	Cardiff-H	7:25.18
3.	Archie Tebbutt	15	Henry Kendall-SN	7:37.58
4.	Thomas Muir	14	Kingswood-SW	7:48.89
5.	Jai Horton	13	Westfields Sp-SSW	8:11.24
6.	Hudson Barry	14	Coffs Harbour-NC	8:23.63
7.	Xavier Gonzalez	14	Dulwich VA D-Se	8:24.35
8.	Archie Teudt	15	Epping Boys-SN	9:21.64
9.	Kevin Tran	15	Fairvale-SSW	9:27.89
	Hamish Grant	15	Farrer Ag-NW	DQ
	Samuel Case	15	Bellingen-NC	DQ
	Darcy Bell	13	The Hills Sp-SW	DQ

Boys 16-19 3000m Walk

1.	Oscar Tebbutt	17	Henry Kendall-SN	12:29.44
2.	Reece Madden	16	Kingscliff-NC	14:53.08
3.	Joel Kemp	16	Tlte	14:57.06
4.	Jake Attwell	17	Dapto-SC	15:54.15
	Michael Lam	16	Fairvale-SSW	DNF
	Peter Greaves	16	Holsworthy-SSW	DNF

Girls 12-14 1500m Walk

1.	India Duguid	14	BrisbW Umina-SN	7:00.09
2.	Emma Thomas	14	Muirfield-SW	7:03.27
3.	Tara Laytham	14	Killh	7:05.55
4.	Izabella Dunne	14	Terrigal-SN	7:22.45
5.	Marisa Stojanovic	13	St Johns Park-SSW	7:31.71
6.	Aiva Pinches	13	Lambton-H	7:41.34
7.	Chloe Krklinski	13	Muirfield-SW	7:43.14
8.	Isabella Farrell	14	Casula-SSW	7:44.00
9.	Ella Munroe	13	Castle Hill-SW	7:50.59
10.	Charli Ryan	13	Warilla-SC	8:50.96
11.	Keira Watt	13	Vincentia-SC	9:04.80
12.	Imogen Scott	14	Murwillumbah-NC	10:03.24
13.	Anabel Watson	14	S SC Balmain-SE	10:52.72
	Milly Boughton	13	Endeavour Sp-SE	DQ

Girls 15-19 3000m Walk

1.	Allanah Pitcher	15	Terrigal-SN	14:31.90
2.	Emma Blanch	16	Caringbah-SE	15:05.78
3.	Elizabeth McMillen	15	Killh	15:22.44
4.	Bridget Bell	17	The Hills Sp-SW	16:21.04
5.	Hannah Bolton	16	Narara Valley-SN	16:30.94
6.	Alexandra Wicks	16	Quakers Hill-SW	17:38.92
7.	Caitlin McManus-Ba	17	Sydney Girls-SE	18:19.94
8.	Madison Callway	16	Dapto-SC	20:56.49
	Lily-Jean McNair	15	Eastg	DQ
	Tahlia Miller-Diet	17	Picnic Point-SSW	DQ

NEW ZEALAND ROADWALK CHAMPIONSHIPS, BRUCE PULMAN PARK, TAKANINI, SUNDAY 15 SEPTEMBER

New Zealand walkers were in action on Sunday in their annual Roadwalk Championships in Takanini. Numbers weren't too bad by the look of things. **Laura Langley** was the pick of the senior walkers with her 20km time of 1:53:28. Well done to expatriate Kiwi and VRWC member **David Smyth** who was the fastest of the masters with his 10km time of 1:00:18. The pick of the juniors was **Daniel Du Toit** with his 48:47 10km walk.

Open Men 20km

1.	Lyndon Hohaia	Auckland	2:04:08
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Open Women 20km

1.	Laura Langley	Hawkes Bay Gisborne	1:53:27
2.	Corinne Smith	Athletics Whangarei	2:06:02
3.	Sarah-Amy Rhind	Auckland	2:27:27
4.	Karen Davison	Auckland	2:27:56

Masters 10km Roadwalk

M40	1	David Smyth	International	1:00:18
M50	DQ	Peter Fox	Taranaki Race Walking Club	DQ
W50	1	Shirley Barber	Auckland	1:31:39
W50	DQ	Nyle Sunderland	Athletics Nelson Incorporated	DQ

U20 10km

1.	Daniel Du Toit	Wellington	48:47
2.	Alexander Brown	Otago	55:17
	Troy Sargisson	Auckland	DQ

U18 Boys 5km

1.	Ryan Jones	Hawkes Bay Gisborne	28:58
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U18 Girls 5km

1.	Antonia Martin	Auckland	30:10
2.	Courtney Hillyer	Canterbury	31:16

U16 Girls 5km

1.	Sylvia McDougall	Wesley Harrier & Athletics Club	37:51
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U14 Boys 3km

1.	Quinn Gardiner-Hall	Waiuku Athletics Club	19:36
2.	Kadin Nogaj	Athletics Tauranga Inc	21:13
3.	Richie Trathen	Pakuranga Athletic Club	22:03

U14 Girls 3km

1.	Molly O'Reilly	Selwyn Athletic Club	18:50
2.	Sarah Du Toit	Trentham United Harriers & Walkers Inc	21:04

U12 Girls (non-championship) 2km

1.	Kobi Maslin	University of Canterbury Athletic Club	11:12
2.	Fern Winikerei	New Brighton Olympic Athletic Club Inc	15:53
3.	Charli Gardiner-Hall	Waiuku Athletics Club	15:54

POLISH ROADWALK CHAMPIONSHIPS, GDANSK, POLAND, SATURDAY 7 SEPTEMBER

Back a week to Gdansk, Poland, which hosted the Polish U23 and U20 20km Roadwalk Championships as part of the 54th edition of the Polish Postal Cup. But what interested me was the accompanying Postal Cup 10km international walk, as it saw New Zealand walker **Alana Barber** in action. Thanks to marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3589) for their comprehensive report.

Alana had a great battle with Ukrainian walker Mariya Filyuk in the women's event, taking second in a PB 44:43 while the men's 10km race went to Polish walker **Damian Blocki** in a 42:01. Alana and Damien have just come down for their month training in St Moritz and are obviously in great form.

10km Open Men

1.	BLOCKI Damian	1989	POL	42:01
2.	SAKHARUK Ihor	1988	UKR	43:28
3.	CYNGOT Jacek	1996	POL	50:24
4.	PIECUCH Kamil	2003	POL	51:07
5.	DUMBLIAUSKAS Ignas	2003	LTU	51:37
6.	NOWOSTAWSKI Mikolaj	2002	POL	52:35
7.	PRZESTRZELSKI Szymon	2003	POL	53:06
8.	KONEK Piotr	2002	POL	54:33
9.	GASLCIUS Justinas	2002	LTU	54:45
10.	SCHIEDEL Karol	2002	POL	55:39
11.	RYNKIEWICZ Olaf	2002	POL	56:32
12.	WÓJCIK Hubert	2003	POL	58:34
	JELONEK Jakub	1985	POL	DQ

10km Open Women

1.	FILIUK Mariia	1995	UKR	44:28
2.	BARBER Alana	1987	NZL	44:43
3.	LOREK Antonina	1995	POL	51:51
4.	KAVALIAUSKAITE Austeja	2000	LTU	51:59
5.	AUGUSTYN Angelika	1996	POL	54:45
	KOWALSKA Julia	2001	POL	DNF

28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 14-15 SEPTEMBER

Thanks to Emmanuel Tardi who was in Roubaix, in the north of France, last weekend for the 66th edition of the 28 Heures de Roubaix, the last of the year's big European ultra classics and the first of the qualifying races for the 2020 Paris-Alsace Classic. The event was held in the Parc Barbieux, a beautiful and shady park with good coverage from old and historic trees. The lap was 2km long for the first 27 hours, before being reduced to 787m for the final hour. The weather was beautiful for the entire weekend - no rain and a good sun during the day and overnight temperatures in excess of 10°C.

47 walkers faced the starter's gun at 11AM on Saturday, with **Dmitriy Osipov** and **Tatiana Maslova** immediately going to the front of their respective divisions. When the final gun sounded at 3PM on Sunday, they were still there, each comfortably winning their divisions, with 226.320 km and 204.869 km respectively. It was a big day for Russian ultra distance walkers with Osipov taking his 10th win and the first 5 places in the women's event all going to Russians. I was surprised to see no British walkers in the results. In years past, they have always sent a team.

28 Hour Walk men

1.	OSSIPOV Dmitriy	RUS	226.320 km	8.083 km/h
2.	VANDERCOILDEN David	FRA	222.320 km	7.940 km/h
3.	GEORGELIN Serge	FRA	215.533 km	7.698 km/h
4.	MATTHYS Ignace	NED	212.093 km	7.575 km/h
5.	LETOURNEAU Florian	FRA	193.836 km	6.923 km/h
6.	LOUGRADA Saadi	FRA	192.625 km	6.879 km/h
7.	BALLAND Johann	FRA	187.554 km	6.698 km/h
8.	DEPARDAY Fabien	FRA	185.833 km	6.637 km/h
9.	LYKYANOV Sergei	RUS	185.247 km	6.616 km/h
10.	MAUREL Eric	FRA	184.098 km	6.575 km/h
11.	FERREIRA Avelino	FRA	179.936 km	6.426 km/h
12.	ALEXANDRE Alain	BEL	174.746 km	6.241 km/h
13.	DEBEURNE Philippe	FRA	173.309 km	6.190 km/h
14.	KERLAU Yves-Michel	FRA	172.626 km	6.165 km/h
15.	AGISHEV Igor	RUS	170.737 km	6.098 km/h
16.	SEYNAEVE Serge	BEL	164.746 km	5.884 km/h
17.	TINTIN Ronald	FRA	163.967 km	5.856 km/h
18.	PICOT Gerard	FRA	156.699 km	5.596 km/h
19.	BALYSHEV Nikolay	RUS	155.694 km	5.561 km/h
20.	OLIVARES Mathieu	FRA	153.744 km	5.491 km/h
21.	GRADOS Stephane	FRA	153.318 km	5.476 km/h
22.	PRUCKNER Jaroslaw	CZE	146.383 km	5.228 km/h
23.	GUILLOT Mickael	FRA	137.745 km	4.919 km/h
24.	RASSAIND Andre	FRA	134.746 km	4.812 km/h
25.	KONDRATIEV Vyacheslav	RUS	133.190 km	4.757 km/h
26.	LANGLOIS Patrick	FRA	126.959 km	4.534 km/h

27.	DANDOY Jeremy	FRA	123.929 km	4.426 km/h
28.	ROCARD Fernando	FRA	121.554 km	4.341 km/h
29.	MACHAL Francis	FRA	120.713 km	4.311 km/h
30.	DIEN Daniel	FRA	120.659 km	4.309 km/h
31.	DUET Denis	FRA	110.000 km	3.929 km/h
32.	MOUGENOT Patrick	FRA	106.315 km	3.797 km/h
	TRIZZULLA Giacomo	BEL	140.000 km	
	BIEBUYCK Pascal	BEL	90.000 km	
	KOROTKOV Alexander	RUS	88.000 km	
	VERNIER Jean-Pierre	FRA	62.000 km	
	FILLEUX Christian	BEL	34.000 km	
	LHERITIER Michel	FRA	24.000 km	

28 Hour Walk Women

1.	MASLOVA Tatiana	RUS	204.869 km	7.317 km/h
2.	GORBUNOVA Maria	RUS	186.740 km	6.669 km/h
3.	MATSAFEEVA Irina	RUS	182.196 km	6.507 km/h
4.	MIROSHNICHENKO Vera	RUS	167.172 km	5.970 km/h
5.	AGISHEVA Olga	RUS	140.906 km	5.032 km/h
6.	GILLARD Lydia	FRA	132.486 km	4.732 km/h
7.	DEPREZ Celine	FRA	111.839 km	3.994 km/h
8.	NITYAGOVSKAYA Liudmila	RUS	80.318 km	2.869 km/h
	FAUQUEUR-DUDA Corinne	FRA	94.000 km	



Dimtriy Osipov, David Vandercoilden, Serge Georgelin, Tatiana Maslova and Irina Matsafeeva (photos Emmanuel Tardi)

RAMSEY BAKERY END TO END WALK, ISLE OF MAN, SUNDAY 15 SEPTEMBER

It was certainly a big weekend for long distance walking classics, with the annual End to End walk contested in near perfect conditions on Sunday on the Isle of Man. As usual, it started at the Point of Ayre and finished at the Sound, a distance of 39.22 miles. **Richard Gerrard** won for the seventh time with 6:38:10 (over 20 minutes faster than his 2018 winning time), ahead of **Hannah Hunter** (a new women's record of 6:58:56) and **James Quirk** (7:13:59). After taking out those who retired at The Cronk (12.43 miles), Peel (22.16 miles), Dalby (27.70 miles) and Cregneash (37.00 miles), 102 of the 153 walkers completed the full course. See more at <http://www.endtoendwalk.org/>. Lots of photos at <https://www.facebook.com/iomendtoendwalk/>. Good article at <https://www.bbc.com/sport/athletics/49717178>.

The End to End Walk (those who bettered 9 hours)

1.	Richard Gerrard	Men 45-49	--	6:38:10
2.	Hannah Hunter	Women 35-39	--	6:58:56
3.	James Quirk	Men 45-49	--	7:13:59
4.	Paul Atherton	Men 35-39	--	7:17:31
5.	Chris Burn	Men 40-44	1	7:20:46
6.	Michael Readshaw	Men 60-64	1	7:25:25
7.	Tony Mackintosh	Men 45-49	1	7:39:31

8.	Jayne Farquhar	Women 50-54	--	7:43:52
9.	Sophie Dvorakova	Senior Women	--	7:44:26
10.	Karen Lawrie	Women 45-49	1	7:44:41
11.	Tristan Shields	Senior Men	1	7:46:01
12.	Ray Beattie	Men 60-64	2	7:50:11
13.	Louise Gimson	Women 40-44	1	7:59:30
14.	Tony Holgate	Men 60-64	3	8:05:32
15.	David Williams	Senior Men	2	8:08:04
16.	Michael Shippides	Men 50-54	1	8:10:51
17.	Lucy Langford	Senior Women	1	8:11:46
18.	Paul Jackson	Men 50-54	2	8:19:18
19.	Angie Robinson	Women 50-54	1	8:26:56
20.	Callan Cooper	Senior Men	3	8:29:17
21.	Alan Teare	Men 55-59	1	8:30:39
22.	Ann-Marie Clucas	Women 40-44	2	8:31:50
23.	Michael Crook	Men 55-59	2	8:36:12
24.	Lisa Dunwell	Women 45-49	2	8:36:46
25.	Trevor Newton	Men 60-64	4	8:40:05
26.	Juan Corrin	Men 40-44	2	8:44:59
27.	Mike Wells	Senior Men	4	8:46:08
28.	David Chambers	Men 60-64	5	8:48:48
29.	Maureen Moffatt	Women 50-54	2	8:48:48
30.	Mike Callister	Men 45-49	2	8:49:51
31.	Samuel Richardson	Senior Men	5	8:51:38
32.	Shelley Walker	Women 35-39	1	8:52:28
33.	Vicki Heavey	Women 45-49	3	8:52:53
34.	Laura Warren	Women 35-39	2	8:54:09
35.	Kerry Palmer	Women 45-49	4	8:54:33
36.	Phill Swales	Men 50-54	3	8:54:34
37.	Paul Jones	Men 40-44	3	8:57:06
38.	Fiona Wilby	Women 35-39	3	8:57:44
39.	Dougie Scott	Men 35-39	1	8:57:45
40.	Pauline Taylor	Women 55-59	1	8:57:46
41.	Matthew Oates	Men 35-39	2	8:57:46
42.	Sarah Cain	Women 45-49	5	8:57:47
43.	Kate Condon	Women 35-39	4	8:58:00
44.	Greg Nation	Men 45-49	3	8:58:30
45.	Charlotte Hemensley	Women 40-44	3	8:58:42
46.	Denise Bridson	Women 60-64	1	8:59:05
47.	Mora Bosendorfer	Women 45-49	6	8:59:06



The End to End route – 39.22 Miles (63.12km)



Richard Gerrard, James Quirk, Hannah Hunter, Richard Gerrard and James Quirk (photos event facebook page)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has 4 press releases for us this week, including some fast walking from Lithuania and Poland, along with the results of the Italian I23 5000m track walk champs. I will leave you to check them out for yourself.

- Mon 16 Sep - Druskininkai (LTU): lots of 10km PBs in Lithuania
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3590
- Sun 15 Sep - Gdansk (POL): Victories of Damian Blocki (POL) and Mariya Filyuk (UKR)
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3589
- Sat 14 Sep - Rieti (ITA): The Italian U23 Championship finals (5000m walks)
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3588
- Tue 10 Sep - The IAAF rejects ANA status to Elena Lashmanova
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3586

Omarchador has been very busy reporting on the 10km and 20km walks from the European Masters Athletics Championships in Milan, Italy. In a huge embarrassment for the race organisers, the 10km course was short by a long way (500m according to omarchador but more likely 600m short in the opinion of many of the walkers). They got it right for the 20km walks a few days later, but the damage had been done.

- Mon 16 Sep - Portuguese walk selections for IAAF World Champs in Doha
<https://omarchador.blogspot.com/2019/09/marchadores-na-selecao-portuguesa-para.html>
- Mon 16 Sep - EMACS Venice 2019 - 20km Women's W35 - W55 (results)
<https://omarchador.blogspot.com/2019/09/emacs-veneza-2019-20-km-femininos-w35.html>
- Mon 16 Sep - EMACS Venice 2019 - 20km Female W60 + (results)
<https://omarchador.blogspot.com/2019/09/emacs-veneza-2019-20-km-femininos-w60.html>
- Sun 15 Sep - EMACS Venice 2019 - Men's 20 km M35 - M55 (results)
<https://omarchador.blogspot.com/2019/09/emacs-veneza-2019-20-km-masculinos-m35.html>
- Sun 15 Sep - EMACS Venice 2019 - Men's 20km M60 + (results)
<https://omarchador.blogspot.com/2019/09/emacs-veneza-2019-20-km-masculinos-m60.html>
- Fri 13 Sep - EMACS Venice 2019 - approx. Women's 9.5 km W35 - W55 (results)
https://omarchador.blogspot.com/2019/09/emacs-veneza-2019-aprox-95-km-femininos_13.html
- Fri 13 Sep - EMACS Venice 2019 - approx. Men's 9.5 km M35 - M55 (results)

https://omarchador.blogspot.com/2019/09/emacs-veneza-2019-aprox-95-km_13.html

- Thu 12 Sep - EMACS Venice 2019 - approx. Women's 9.5 km W60 + (results)
<https://omarchador.blogspot.com/2019/09/emacs-veneza-2019-aprox-95-km-femininos.html>
- Thu 12 Sep - EMACS Venice 2019 - approx. Men's 9.5 km M60 + (results)
<https://omarchador.blogspot.com/2019/09/emacs-veneza-2019-aprox-95-km.html>

OUT AND ABOUT

- It was a very pleasant surprise to see a photo of **Rhydian Cowley and Kyle Swan** racing in the Australian Roadwalk Championships in Adelaide as one of the 10 top sporting photos for the week as published on the BBC Sports headlines – check it out at <https://www.bbc.com/sport/49628023>.
- More publicity for Rhydian who sat down last week for a chat with Tim Crosby and Sean Whipp from Athletics Victoria for their *Down The Track* athletics podcast. They talked about his recent win at the Australian Winter Walk nationals and the upcoming World Athletics Championships in Doha, amongst other things. Check it out at <https://podcasts.apple.com/au/podcast/episode-25-16-september-featuring-rhydian-cowley/id1442600915>.
- The IAAF has announced new digital technology enhancements which will be showcased at the 2019 World Athletics Championships in Doha - see <https://www.iaaf.org/competitions/iaaf-world-championships/news/new-broadcast-technology-iaaf-world-champions>. The enhancements will include body cameras placed on officials in the call room and officiating on the race walks course. I assume that may mean cameras to be placed on the racewalking judges.
- Disappointingly, the IAAF Doping Review Board has agreed that 11 further Russian athletes will be allowed to compete in international competition as neutral athletes in 2019, taking the total to 128! See http://aroundtherings.com/site/A_77891/Title__IAAF-approves-the-application-of-11-Russians-to-compete-internationally-as-neutral-athletes/292/Articles.
- At least Russian walker **Elena Lashmanova** will not be among them. She was one of 18 athletes to have their applications rejected. Thank goodness for that. The fact that Russia allows people like Lashmanova to even continue to compete is a complete travesty. See <https://www.insidethegames.biz/articles/1084563/russia-iaaf-neutral-status>.

2019 AUSTRALIAN RANKINGS LISTS – 10KM WALK

As we come to the end of our Australian Winter Roadwalking season, it's time to review our 2019 10km ranking lists for men and women. The following are extracted from my stats site <http://racewalkaustralia.com>.

As expected, our top internationals **Dane Bird-Smith, Rhydian Cowley, Katie Hayward** and **Jemima Montag** lead the lists.

10km Men - 2019 Australian Rankings (those under 50 minutes)

1.	Dane Bird-Smith	SM	38:30	QLD	05/04/2019
2.	Rhydian Cowley	SM	39:48	VIC	17/03/2019
3.	Declan Tingay	U20M	41:28	WA	28/01/2019
4.	Tyler Jones	U23M	41:39	NSW	05/04/2019
5.	Brendon Reading	SM	43:10	ACT	28/01/2019
6.	Carl Gibbons	U23M	43:16	NSW	05/04/2019
7.	Oscar Tebbutt	U18M	44:14	NSW	05/04/2019
8.	Kyle Swan	U23M	44:17	VIC	26/05/2019
9.	Jared Tallent	SM	44:21	SA	28/01/2019
10.	Tristan Camilleri	U18M	44:27	SA	10/02/2019
11.	Tim Fraser	U20M	44:28	ACT	10/02/2019
12.	Corey Dickson	U17M	44:53	VIC	10/02/2019
13.	Jack McGinniskin	U17M	44:53	NSW	10/02/2019
14.	Mitchell Baker	U20M	45:00	ACT	08/09/2019
15.	Kim Mottrom	SM	45:14	SA	29/06/2019
16.	Gwyllym Young	U18M	46:00	ACT	08/09/2019
17.	Ian Rayson	SM	46:08	NSW	09/01/2019
18.	Daniel Walters	M35	46:08	VIC	26/05/2019
19.	Nelson McCutcheon	U17M	46:16	QLD	10/03/2019
20.	Jason Kozica	SM	47:06	VIC	05/04/2019
21.	Dylan Richardson	U20M	47:14	NSW	05/04/2019
22.	Mark Blackwood	M40	47:21	VIC	27/04/2019
23.	Kyle Bedford	U20M	47:46	NSW	23/06/2019
24.	William Robertson	U16M	47:57	TAS	27/07/2019
25.	Ignatio Jimenez	M50	48:17	QLD	18/08/2019
26.	Mathew Bruniges	U20M	48:30	SA	25/05/2019

27.	Ben Reid	U18M	49:00	WA	05/04/2019
28.	Andrew Duncan	M50	49:25	WA	27/04/2019
29.	Pramesh Prasad	M45	49:27	VIC	26/05/2019
30.	Bradley Mann	U23M	50:50	TAS	23/01/2019

10km Women - 2019 Australian Rankings (those under 55 minutes)

1.	Katie Hayward	U20W	43:20	QLD	05/04/2019
2.	Jemima Montag	U23W	43:50	VIC	25/06/2019
3.	Rachel Tallent	SW	46:10	VIC	05/04/2019
4.	Simone McInnes	SW	46:11	VIC	05/04/2019
5.	Clara Smith	U23W	46:38	QLD	05/04/2019
6.	Claire Woods	W35	47:16	SA	25/06/2019
7.	Christina Papadopoulou	U23W	47:37	QLD	05/04/2019
8.	Kelly Ruddick	W45	47:39	VIC	26/05/2019
9.	Beki Smith	SW	48:18	NSW	25/06/2019
10.	Rebecca Henderson	U20W	48:54	VIC	28/07/2019
11.	Philippa Huse	U23W	49:14	VIC	23/06/2019
12.	Jemma Peart	U20W	49:21	VIC	23/06/2019
13.	Jessica Pickles	SW	49:37	QLD	28/01/2019
14.	Allanah Pitcher	U16W	50:08	NSW	10/02/2019
15.	Alice Randall	U20W	51:12	TAS	01/04/2019
16.	Kristie Goznik	SW	51:22	SA	08/09/2019
17.	Anna Blackwell	U18W	52:35	TAS	25/05/2019
18.	Olivia Sandery	U17W	52:37	SA	27/07/2019
19.	Molly O'Neill	U20W	52:41	NSW	05/04/2019
20.	Victoria Upton	U16W	53:59	SA	10/02/2019
21.	Tracy Feiner	W40	54:08	VIC	27/04/2019
22.	Hannah Bolton	U16W	54:29	NSW	01/04/2019
23.	Charlotte Hay	U16W	54:47	VIC	09/06/2019

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

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)

Sep 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 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2-3, 2020	29 th IAAF World Race Walking Team Championships, Minsk, Belarus
July 17-20, 2020	18 th IAAF World U20 T&F Championships, Nairobi, Kenya
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Mar 2021	9 th World Masters Indoor T&F Championships, Edmonton, Canada
Aug 8-19, 2021	World University Summer Games, Chengdu, China
Aug 6-15, 2021 (TBC)	18 th IAAF World Championships in Athletics, Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games, Birmingham, GBR.
Aug 7-17, 2022	24 th World Masters T&F Championships, Gothenburg Sweden

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

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