



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 05
Tuesday 29 October 2019



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WALKER OF THE WEEK

My Walker of the Week is 28 year old **Rhydian Cowley**. With the 3 days of racing completed in the Lake Taihu classic in China, the cumulative times were used to determine the final classifications, with **Rhydian Cowley** walked brilliantly for third overall in the men's competition, arguably the best finish of his career. Thanks to Rhydian for the following brief report. Well done, mate!

Each day played out quite similarly, with a person walking off the front (David Hurtado day 1, Tongda Bian day 2, Ding Chen day 3), then Persey deciding to catch them with 6km to go, with massive changes of pace and with others scrambling to follow in his wake. Persey was in a class of his own each day.

I sat in 6th overall after 2 days (31 seconds behind Andres Chocho in 3rd, and 55 seconds in front of 7th). I had noticed that those who fought really hard to chase Persey on the first few days had also caught the judges attention (myself included), and that it would be hard for anyone to break away by enough time to make up places on day 3 as the course was only 12km. As such I decided to walk a smart race and aim to not pick up any cards, so that I could benefit if others in front picked up time penalties again; while not ceding much time on the road if possible.

As luck would have it, all three athletes who started the day in front of me picked up significant time penalties on day 3, which sort of Steven Bradbury'd me into third place as I had a clean sheet and was not far behind as they went into the pit lane.



Rhydian (1008) leads the main group on Day 2 of the Lake Taihu Classic

WHAT'S COMING UP

- Although the racewalks have now been completed (see report later in the newsletter), the **Victorian All Schools T&F Championships** continue next weekend at the Tom Kelly Athletics Track in Doncaster. That means no walks for us next weekend.

- AV Shield returns with Round 4 on **Saturday 9th November** at venues around Victoria. Round 4 is the Relay Round, with **4x800m walk relays** (2 males and 2 females per team apparently) at each of the 5 venues (Knox, Doncaster, Geelong, Ballarat and Bendigo). Hopefully clubs can get enough teams together to make this an exciting event. I can manage 800m!

A bit more info about the mixed 4x800m walks relays that are to be held as part of AVSL Round 4. Club relay teams must have 2 male and 2 female walkers to score points. The idea here is to encourage clubs to foster greater engagement between both genders and to reward clubs that champion gender equity through their membership base. Teams may order walkers in whatever order suits them. Hopefully that may led to exciting races, with teams swapping positions as different speed walkers hit the track. Walkers will not be required to carry a baton - a simple touch of hands at the changeover will be sufficient. AV will position the Track Referee at the finish line, along with a track official, to assist with the change-over, so the walks judges will not need to worry about this aspect of the race. Based on the number of walkers racing each week, we are hopeful of at least 8 walk teams at each of the metro venues. Note that if clubs can't put together a mixed team of 2 male and 2 female walkers, they can still enter a team (eg with 4 male walkers), but they will not score points. But it means that they can at least participate in what will be an exciting new event. **So get busy and start organising your team.**

- Our VRWC Summer Season continues on Wednesday 13th November with VRWC track races at the Dolomore Reserve Athletics Track in Mentone. The timetable reads as follows

Wed 13th November 2019, VRWC Track Races, Mentone		
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone		
6.30pm	10,000m Walk	Open
7.00pm	1500m Walk	Open
7.15pm	5000m, 3000m Walk	Open

- A reminder that the new **VRWC Financial Year started on 1st October** so it is time for all club members to renew their membership. You can now do it online via a link at <https://www.vrwc.org.au/VRWCMembershipApplication.shtml>.
- Further to my discussion in last week's newsletter of a possible new VRWC racing vest, I have setup a voting panel to allow members to indicate their preference with regard to the two sample designs. See <http://vrwc.org.au/wp1/vrwc-racing-vest-review/>. Note the poll only allows one vote per IP address. Once you have voted, you can't vote a second time.
- Entries are now open for the **Australian 50km meet at Fawkner Park on Sunday 1st December**. See more at <https://www.athletics.com.au/events/51744/>. Alas, the button which showed current entries has now been removed. How frustrating!
- A further reminder of the **Walks Judging Seminar** which will be conducted in Melbourne the day before the 50km meet (ie **Saturday 30th November**). See full details at <http://athsvic.org.au/2019/generalnews/walk-judging-seminar/>. Download the application form from the AV link.

FORWARD NOTICE OF VRWC AGM

VRWC Club Secretary Terry Swan has asked me to post this following notice about our forthcoming VRWC AGM.

All members, past and present

Please take note of the 2019 Annual General Meeting, to be held 11am, 17th November 2019 at VRWC Club Rooms.

The AGM has a number of aspects.

- Confirmation of the minutes of the last AGM and of any general meetings held since that date
- Receipt of Committee reports which include Treasurer's Report, Report from the Club President, etc.
- Election of a new Executive and Committee to lead the club for the next 12 months
- Transaction of any special business which has been forwarded in writing to the Club Secretary at least 14 days prior to the AGM date.

These items must reach me by 3 November 2019

At this stage, there are only two specific items of General Business to be discussed at the AGM

- Club Membership Fees to increase for Season 2020/21
- Addendum to Club Policies

This meeting is your chance to participate in the future direction of the club. In particular, the following club positions come up for re-election

- Club Executive
 - President
 - Senior Vice President
 - Treasurer
 - Secretary
- General Committee
 - Club Captain - Women
 - Club Captain – Men
 - Junior Club Captain(s)
 - Publicity Officer
 - Race day Registrar
 - Handicapper
 - Club Records Officer
 - Delegate to Athletics Victoria
 - Judging Coordinator
 - Club Coach
 - Property Officer
 - Up to 2 Ordinary Members on Committee
 - Auditor

You can download a nomination form (and proxy form) from link http://vrrwc.org.au/documents/VICTORIAN%20RACE%20WALKING%20CLUB%20Nomination_proxy%20Form.pdf, should you wish to forward a nomination for any of the above positions to the Secretary. Any such nomination form must be signed by 2 members of the club. It must reach me at least 7 days before the AGM due date.

If you wish to exercise your vote at the AGM but you are not able to be there, you are able to appoint another member as your proxy. This also requires formal notification to the secretary no later than 24 hours before the AGM meeting time.

The day will also host presentations of annual Athletic Victoria Awards, Life memberships and Runners World Winter Presentations.

Regards
Club Secreatry
Terry Swan

AV ALL SCHOOLS T&F CHAMPIONSHIPS WEEKEND 1, DONCASTER, 26-27 OCTOBER

Saturday and Sunday saw the first weekend of the Victorian All Schools T&F Championships at the Tom Kelly Athletics Track in Doncaster. The various racewalks (U14-U16 3000m and U17-U20 5000m) were held on Sunday afternoon in what looked like pretty good conditions. The standard was high, with many walkers producing PBs when it counted most. Well done to all the walkers, but special commendations for **Corey Dickson** (U18 5000m 21:48.02), **Fraser Saunder** (U16 3000m 13:49.59, **Darcey Roberts** (U14 3000m 15:57.10), **Marcus Wakim** (U14 3000m 15:58.54), **Nikola Mandic** (U17 5000m 23:31.58) and **Alanna Peart** (U17 5000m 23:43.03).

Men 3000m Walk U14

1. Wakim, Marcus	06	Carey Baptis	15:58.54	
2. Epps, Luke	06	Rowville Pri	16:19.31	
3. Matters, Zachary	06	Camberwell G	16:26.94	
4. Hutchins, Liam	07	St Bernadett	16:35.81	
5. Weickhardt, Sebastian	06	Maribyrnong College	16:52.93	PB 0:25
6. Peart, Scott	06	Ballarat Hig	16:58.32	PB 0:51
Imbriano, Joel	06	Whitefriars College	DQ	

Women 3000m Walk U14

1. Roberts, Darcey	07	Billanook Pr	15:57.10	
2. Pashutina, Ariana	07	Waverley Chr	16:40.37	PB 0:33
3. Holmes, Molly	06	St Helena Se	16:48.67	PB 1:15
4. Tatlock, Riannah	06	Saint Ignati	17:37.10	
5. Nash, Maddison	06	Hazel Glen College	17:47.30	PB 1:04
6. Upson, Alannah	07	Rowellyn Par	18:46.94	
7. Freestone, Keely	07	Alkira Secon	20:29.45	

Men 3000m Walk U15

1.	McLennan, Liam	05	Donvale Chri	16:26.94	PB 0:09
2.	Blackwood, Hamish	07	Karoo Primar	16:47.52	PB 0:47

Women 3000m Walk U15

1.	Smith, Emily	06	Kilbreda College	16:16.54	PB 0:01
2.	Heikkila-Dubowik, Kaylah	05	Matthew Flin	16:59.77	PB 0:37

Men 3000m Walk U16

1.	Saunder, Fraser	04	Ballarat Gra	13:49.59	PB 0:02
2.	Costin, Owen	04	Kardinia Int	16:22.11	

Women 3000m Walk U16

1.	Briet, Brianna	04	Cranbourne E	16:35.12	eq PB
2.	Thompson, Eliza-Grace	04	Balcombe Gra	18:39.24	PB 0:25
3.	Chitty, Jade	04	Emmanuel College	18:54.57	PB 0:57

Men 5000m Walk U17

1.	Mandic, Nikola	03	Nossal High School	23:31.58	
2.	Beveridge, Heath	03	Overnewton A	24:35.07	
3.	Hay, Angus	03	Brentwood Se	27:58.00	

Women 5000m Walk U17

1.	Peart, Alanna	03	Ballarat Hig	23:43.03	
2.	Young, Grace	03	Northcote Hi	27:56.48	Inaugural
3.	Louey, Grace	03	Avila College	29:43.93	

Men 5000m Walk U18

1.	Dickson, Corey	02	Tintern Gram	21:48.02	PB 0:15
2.	Thompson, Will	02	Balcombe Gra	24:20.96	

Women 5000m Walk U18

1.	Hay, Charlotte	03	Brentwood Se	26:18.78	
2.	Cocking, Holly	02	Luther College	28:00.84	
3.	Powierski, Rebekah	02	Glen Waverle	28:05.80	PB 1:08
4.	O'Mahony, Kathleen	02	Mater Christ	28:35.37	

Women 5000m Walk U20

1.	Peart, Jemma	01	Ballarat Hig	25:31.99	
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See all the action from Day 2 in an 8 hour long youtube video at <https://www.facebook.com/athsvic/videos/540560913430074/>. To zoom straight to the 3 walks, just fast forward to the following timeframes

- 4:06:52 - U14 3000m Walk
- 4:21:56 - U15-U16 3000m Walk
- 6:26:13 - U17-U20 5000m Walk

Thanks to Kerrie Peart who has sent me a large collection of photos, some of which are reproduced below. I have added them all to a new photo gallery at <http://www.vrwc.org.au/piwigo/index.php?category/552>. Thanks for all the great action shots Kerrie!



Action in the U14 3000m walk



The U14 walkers pose for the camera



Corey Dickson leads out the 5000m walk field



Fraser Saunder leads out in the U15-U16 3000m walk (all photos Kerrie Peart)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 23 OCTOBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Warm, calm evening.

1000m Walk

1.	SABINE ORCHARD-SIMONIDES	06:58	W52	60.31%
2.	GREGORY METHA	04:25	M55	90.55%
3.	DAVID ROBERTSON	08:35	M86	68.61%
4.	TREVOR BROWN	06:53		
5.	LIZ DOWNS	06:45	W64	69.57%
6.	GEORGE WHITE	05:50	M74	84.33%
7.	MARIE MAXTED	06:14	W59	71.66%
8.	ROGER LOWE	08:02	M76	62.89%
9.	VALMAI PADGET	08:17	W75	64.97%
10.	LINDA WHITELAW	12:32	W65	37.87%

3000m Walk

1.	KATE WHITE	22:46	W54	59.42%
2.	DAVID ROBERTSON	25:29	M86	73.08%
3.	TREVOR BROWN	21:50		
4.	DAVE FALLON	23:07	M67	61.46%
5.	GEORGE WHITE	17:46	M74	87.17%
6.	GREGORY METHA	18:45	M55	67.10%
7.	SABINE ORCHARD-SIMONIDES	22:00	W52	60.37%
8.	MARIE MAXTED	20:17	W59	70.11%
9.	ROGER LOWE	24:21	M76	65.36%
10.	EDNA BATES	27:58	W66	55.16%
11.	VALMAI PADGET	25:26	W75	68.99%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 24 OCTOBER

Thanks to Val Chesterton for the latest results from Canberra.

3000m Walk

1.	Owen Toyne	15:13
2.	Kody Clarkson	15:38
3.	Sebastian Young	16:56
4.	Peter Baker	17:41
5.	Bryan Thomas	21:21
6.	Sue Archer	22:43
7.	Margaret McSpadden	26.45
8.	Robert Kennelly	29.29

1000m Walk

1.	Harry Baker	6:07
2.	Ella Baker	6:46
3.	Doug Fitzgerald	8:42

5000m Walk

1.	Hannah Manning	28:57
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ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 25 OCTOBER

Thanks to Terry Jones for this week's results from Western Australia.

5000m Walk .

1.	Reid, Benjamin	M	25:22.96
2.	Mann, Bradley	M	25:36.21
3.	Griffin, Alexandra	F	28:45.30
4.	Ireland, Hannah	F	30:34.58

ATHLETICS SA ALL SCHOOLS ATHLETICS CHAMPS, SA ATHLETICS STADIUM, ADELAIDE, 26-27 OCTOBER

I am not sure why the Athletics South Australia All Schools results from last weekend are only showing U14 and U16 3000m races. But here they are anyway!

U14 Girls 3000m Walk

1.	Daisy Braithwaite	ROSE	16:45.32
2.	Hannah Wilks	PEMB	17:34.95
3.	Katie Deruvo	IMMA	17:49.81

U14 Boys 3000m Walk

1.	Zayden Kamish	IQRA	17:12.00
2.	Anthony Tana	CARD	18:47.23
3.	Cooper Rech	STEL	19:06.04
4.	Sam Killick	LIND	20:10.95

U16 Girls 3000m Walk

1.	Mia Wilks	PEMB	17:41.38
2.	Ruby Langford	MT C	19:39.72
3.	Nellie Langford	MT C	20:00.20

NSW TRELOAR SHIELD, CAMPBELLTOWN ATHLETICS TRACK, SYDNEY, SATURDAY 26 OCTOBER

Only small fields in this week's NSW Treloar Shield walks in Sydney.

5000m Walk

1.	McMillen, Elizabeth	15	Sydney Pacific	28:20.02
2.	Bell, Bridget	17	Asics Wests	29:17.76
3.	Pengilley, Teegan	18	Bankstown Sp	31:19.18
	Boughton, Milly	13	Randwick Bot	DQ
	Bedford, Kyle	19	Nepean	DNF

1500m Walk

1.	Farrell, Isabella	14	Campbelltown	7:34.24
2.	Cassilles, Ciara	12	Westfields	7:39.35
3.	Stojanovic, Marisa	13	Westfields	7:43.97
4.	Diaz, Ava	12	Balmain	7:51.07
5.	Varga-Strike, Thomas	11	Unattached	8:40.72
6.	Horton, Jai	13	Westfields	8:59.99

TASMANIAN ALL SCHOOLS ATHLETICS CHAMPIONSHIPS, LAUNCESTON, 26-27 OCTOBER

Thanks to Dave Moore for the results of the Tasmanian All Schools Championship walks, contested in Launceston last weekend. He comments: **William Robertson** provided the highlight of the first day of competition in the 5000m Walk with both a PB and a Tasmanian U/16 record for that distance. On the second day of competition, Will Bottle put in a big performance with a 50 second PB for the 3000m Walk.

Boys U18 5000m Walk

1.	William Robertson	22:36.36
	Will Bottle	DNF

Girls U14 3000m Walk

1.	Chloe Ahern	17:10.16
2.	Chloe Jordan	24:25.65

Girls U16 3000m Walk

- | | |
|-----------------|----------|
| 1. Chloe Ahern | 17:10.16 |
| 2. Chloe Jordan | 22:59.52 |

Boys U14 3000m Walk

- | | |
|------------------|----------|
| 1. Oliver Morgan | 16:41.59 |
|------------------|----------|

Boys U16 3000M Walk

- | | |
|----------------|----------|
| 1. Will Bottle | 14:04.76 |
|----------------|----------|

QMA TRACK WALKS, SAF, BRISBANE, SATURDAY 26 OCTOBER

Finally to Queensland for this weeks' results from the Queensland Masters in Brisbane.

3000m Walk

- | | | | | |
|----------------------|-----|--------------|----------|--------|
| 1. Bennett, Peter | M63 | Qma Brisbane | 16:55.41 | 77.92% |
| 2. Gannon, Brenda | W45 | Qma Brisbane | 17:44.90 | 70.56% |
| 3. Hamann, charlotte | W18 | Unattached | 18:01.82 | 64.24% |
| 4. McKinven, Noela | W77 | Qma Brisbane | 24:45.33 | 70.87% |

AROUND LAKE TAIHU 3 DAY CLASSIC, SUZHUO, CHINA, 20-22 OCTOBER

I reported in last week's newsletter on Days 1 and 2 of the Lake Taihu 3 Day Classic in China. The third and final day of racing was held last Tuesday and it was a case of further wins for Sweden's **Perseus Karlstrom** and Brazil's **Erica de Sena**. For Perseus, it was 3 wins from 3 starts, something we have not seen before in this event. He posted the exciting news on facebook

Grand Slam!!! No one has won all stages before in the history of the Tour. I managed to do that, becoming the first athlete to take a clean sweep. But not only did I win the individual, as team captain for "UMARA Racing Team" I managed to lead our team to victory after a super exciting last stage and by just over 1 minute, we took the team honor! With a total time of 9h15min racing, we won by just 1min, or as @mrwalker1985 put it, 0.8sec/km! It was a nervous wait after the finish to find out the final score.

One year ago, the idea was born to finally put together a proper team with a team uniform and make a serious claim for the team honor. Thanks to @umarasports this was possible for the 2019 "Around Taihu". Amazing support during and between the races was key to get that little extra advantage for team glory .

Well said Persy, and congratulations to you and your team.



Perseus Karlstrom wins the third day of the Lake Taihu Classic (photo www.iaaf.org)

My Day 3 report is copied from Vincent Wu's IAAF report at <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/around-taihu-suzhou-race-walking-2019-karlstr>. Day 3 of the meet was also reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3618) and omarchador (see <https://omarchador.blogspot.com/2019/10/karlstrom-e-sena-conquistam-volta-ao.html>).

Sweden's **Perseus Karlstrom** confirmed his favourite status to dominate the men's race with three straight victories at the Around Taihu International Race Walking competition while Brazil's **Erica de Sena** rallied to take the women's individual title at the last leg of this year's IAAF Race Walking Challenge that concluded in the Chinese city of Suzhou on Tuesday.

World bronze medallist Karlstrom, who finished fifth last year in the three-day event, set a combined time of 3:01:41 to wrap up his convincing victory, 2:20 ahead of the second-placed **Manuel Soto** of Colombia. Australia's **Rhydian Cowley** finished third in 3:05:56.

In the first-day competition, a 20km race staged in the Taihu Lake holiday resort, Karlstrom clocked 1:22:43 to finish first, opening up a lead of 28 seconds. Karlstrom's winning streak continued on Monday when he clocked 50:30 to win the 12km race in Taihu New Town to extend his advantage to 1:28, and the in-form Swedish went on to win the 12km race at Mudu town in 48:28 on Tuesday. Although Karlstrom earned the team title in 2017 and 2018, this was the 29-year-old's first individual overall win at this competition, which was launched in 2013 and added to the IAAF Race Walking Challenge calendar last year. Thanks to his 20km victory in Suzhou, Karlstrom overtook Japan's newly crowned world 20km champion Toshikazu Yamanishi, who did not compete this time, to finish at the top of the Race Walking Challenge standings.

Karlstrom was also victorious in the team contest, picking up his third consecutive title. He teamed up with his brother **Ato Ibanez**, **Jhon Alexander Castaneda** of Colombia and Ecuadorian duo **Andres Chocho** and **David Hurtado**, who finished second and third in the 20km race, as the 'Umara Racing Team' won in 9:15:34. 'Red Caciente', consisting of Soto, Mexico's **Isaac Palma**, **Wayne Snyman** of South Africa, Ukrainian **Ivan Losev** and **Subra Maniam** of Singapore, finished second, followed by China's 'A' team, spearheaded by 2012 Olympic champion **Chen Ding**.

De Sena shrugged off a 1:28 deficit after the first day's race and rallied to beat China's world 50km silver medallist **Li Maocuo** to take the individual win. The Brazilian's winning mark was 3:19:00 (1:31:52, 54:43, 52:25), 13 seconds ahead of Li, who finished third in Suzhou last year, while China's world U20 champion **Ma Zhenxia** finished third in 3:20:40

Just three weeks after winning her third world 20km race walk title in Doha, **Liu Hong** maintained her momentum as the 32-year-old clocked 1:29:53 to win the 20km first-day competition. Li finished second on that stage in 1:30:24, followed by Ma in 1:31:25 and De Sena in 1:31:52. Liu did not start in the following two 12km races as the Olympic champion was focused only on the IAAF Race Walking Challenge standings. Meanwhile, De Sena scored two 12km victories in a row to earn the individual title. World silver medallist **Qieyang Shijie**, who led the Race Walking Challenge standings ahead of Suzhou, was a last-minute withdrawal.

Although Li conceded the individual title to De Sena, she got the upper hand on the Brazilian in the team contest. The Chinese team consisting of Li, Ma, defending individual champion **Wang Yingliu**, 2015 world silver medallist **Lu Xiuzhi** and **Qiji Zhuoma** took the team title in 10:02:05. 'The Dreamers', comprising De Sena, **Inna Kashyna** of Ukraine and Hungary's **Viktoria Madarasz**, trailed nearly six minutes to finish second in 10:07:58. 'Brave Warmis', which included three Ecuadorian athletes and **Robyn Stevens** of the United States, finished third in 10:29:01.

Rhydian Cowley competed a superb 3 days with 7th on Day 1, 5th on Day 2 and another 7th on Day 3 (49:49). Of the other Aussie men in action on Day 3, **Kyle Swan** finished 46th with 54:09, ahead of **Tyler Jones** (49th 54:49), **Dylan Richardson** (52nd 55:05) and **Carl Gibbons** (60th 57:08), while **Christina Papadopolous** had her best finish, with 16th place and a time of 56.42.

Day 3 Tuesday 22 October - 12km Walk Men (62 finishers 19 DQs)

1.	Perseus Karlstrom	SWE	48.28
2.	Ding Chen	CHN	48.58
3.	Wenchao Niu	CHN-Yunnan	49.19
4.	Manuel Esteban Soto	COL	49.20
5.	Xiyangben Zha	CHN	49.25
6.	Haofeng Huang	CHN	49.37
7.	Rhydian Cowley	AUS	49.49
8.	Ivan Losev	UKR	49.52
9.	Wayne Snyman	RSA	49.55
10.	Xiaoqiang Zhu	CHN	49.57
11.	Yingheng Zhou	CHN-Guangdong	50.01
12.	Evan Dunfee	CAN	50.05
13.	Chendong Zhu	CHN-Yunnan	50.11
14.	Zhongkai Meng	CHN	50.23
15.	Yongcai Yu	CHN-Yunnan	50.31
16.	Tongda Bian	CHN	50.40
17.	Jiaxu Zhang	CHN-Yunnan	50.41
18.	Andres Chocho	ECU	50.49
19.	Zhi Liu	CHN-Yunnan	50.52
20.	David Hurtado	ECU	50.53
38.	Quentin Rew	NZL	52:47
46.	Kyle Swan	AUS	54:09

49.	Tyler Jones	AUS	54:49
52.	Dylan Richardson	AUS	55:05
60.	Carl Gibbons	AUS	57:08

Day 3 Tuesday 22 October – 12km Walk Men (35 finishers 1 DNF)

1.	Erica Rocha De Sena	BRA	52.25
2.	Xiuzhi Lu	CHN	52.50
3.	Yingliu Wang	CHN	52.55
4.	Magaly Bonilla	ECU	52.58
5.	Inna Kashyna	UKR	53.20
6.	Maocuo Li	CHN	53.24
7.	Zhenxia Ma	CHN	53.40
8.	Faying Ma	CHN-Qinghai	53.55
9.	Johana Ordoñez	ECU	54.42
10.	Viktoria Madarasz	HUN	55.32
11.	Haiying Ji	CHN-Qinghai	56.05
12.	Lijuan Xie	CHN-Yunnan	56.20
13.	Zhuoma Qiji	CHN	56.23
14.	Wenli Zhao	CHN-Yunnan	56.27
15.	Roumei Liu	CHN-Jiangxi	56.38
16.	Christina Papadopoulous	AUS/GRE	56.42
17.	Xiangkun Chang	CHN-Qinghai	56.45
18.	Yanfen Tan	CHN-Yunnan	57.08
19.	Maritza Guaman	ECU	57.29
20.	Kathleen Burnett	USA	57.30



Erica De Sena on the winner's podium on Day 3

With the 3 days of racing completed, the cumulative times were used to determine the final classifications, with Karlstrom and De Sena coming out as winners. **Rhydian Cowley** walked brilliantly for third overall in the men, while **Christina Papadopoulous** came 14th in the women's classification.

Rhydian's team "Supernova", with **Evan Dunfee** (CAN), **Quentin Rew** (NZL), and **Nick Christie** (USA), also did well, finishing in 5th place in the men's team standings. Evan and Quentin in particular performed well considering they were coming off the back of 50km walks in Doha at this month's World Championships.

Final Classification Men (82 in total)

1.	Perseus Karlstrom	SWE	3.01.41
2.	Manuel Esteban Soto	COL	3.04.01
3.	Rhydian Cowley	AUS	3.05.56
4.	Andres Chocho	ECU	3.06.25
5.	Tongda Bian	CHN	3.06.28
6.	Wayne Snyman	RSA	3.07.42

7.	Isaac Palma Olivares	MEX	3.07.44
8.	David Hurtado	ECU	3.07.56
9.	Jiaxu Zhang	CHN-Yunnan	3.08.12
10.	Wenchao Niu	CHN-Yunnan	3.08.15
11.	Ivan Losev	UKR	3.08.29
12.	Xiyangben Zha	CHN	3.08.59
13.	Xiaoqiang Zhu	CHN	3.09.23
14.	Song Sun	CHN	3.10.04
15.	Anatole Ibanez	SWE	3.10.21
16.	Jhon Alexander Castañeda	COL	3.10.27
17.	Tian Cai Chen	CHN-Tianjin	3.11.01
18.	Fanglong Gong	CHN-Yunnan	3.11.05
19.	Haofeng Huang	CHN	3.11.16
20.	Zhongkai Meng	CHN	3.12.07
33.	Quentin Rew	NZL	3:19:00
39.	Tyler Jones	AUS	3:21:40
48.	Carl Gibbons	AUS	3:30:15
49.	Dylan Richardson	AUS	3:31:10
60.	Kyle Swan	AUS	2:25:57 (1 DQ)

Final Classification Women (37 in total)

1.	Erica Rocha De Sena	BRA	3.19.00
2.	Maocuo Li	CHN	3.19.13
3.	Zhenxia Ma	CHN	3.20.40
4.	Inna Kashyna	UKR	3.21.34
5.	Yingliu Wang	CHN	3.23.25
6.	Faying Ma	CHN-Qinghai	3.23.31
7.	Xiuzhi Lu	CHN	3.23.41
8.	Magaly Bonilla	ECU	3.25.08
9.	Johana Ordoñez	ECU	3.26.20
10.	Viktoria Madarasz	HUN	3.27.24
11.	Zhuoma Qiji	CHN	3.32.31
12.	Kathleen Burnett	USA	3.35.29
13.	Roumei Liu	CHN-Jiangxi	3.36.19
14.	Christina Papadopoulous	AUS/GRE	3:36:23
15.	Maritza Guaman	ECU	3.37.33
16.	Zhuomayingji Niu	CHN-Qinghai	3.38.39
17.	Hailu Cun	CHN-Yunnan	3.38.49
18.	Haiying Ji	CHN-Qinghai	3.38.58
19.	Wenli Zhao	CHN-Yunnan	3.39.44
20.	Wenqing Liao	CHN-Jiangxi	3.41.25



Team "Supernova" - Nick Christie, Evan Dunfee, Quentin Rew and Rhydian Cowley (photos Rhydian Cowley)



UMARA, the winning men's team

CROATIAN ROADWALK CHAMPIONSHIPS, ZAGREB, CROATIA, SATURDAY 26 OCTOBER

Emmanuel Tardi was in Zagreb, Croatia, last Saturday as an international judge at their national roadwalk championships. All races took place in an island on Jarun Lake, near the rowing course, using a lap of 1km in length (500m out, 500m return). There were lots of championship races, from U12 upwards, scheduled from 9:30AM to 2:20PM, and lots of Hungarian walkers made the short trip to compete. The 20km walk saw 15 starters, with Croatians **Bruno Erent** and **Ivana Renic**, along with Hungarian **Barbara Kovacs**, leading the field out. With Kovacs eventually forced to slow after 2 red cards, the two local competitors walked together to the finish line, Ivana Renic beating her national record with 1:34:48. Young Hungarian walker **Dora Csorgo** walked a very good 10km time of 48:53, finishing with **Norbert Toth**, the first U20 male.

Judges were Milan Oreskovic (Chief), Orsolya Gruber (HUN), Vesna Repic (SRB), Emmanuel Tardi (FRA), Nevem Kovacev, Vesna Babic and Mladen Nikolasevic.

20km Men

1.	BRUNO ERENT	1990	CROATIA	1:34:46
2.	JURICA STANKO	1999	CROATIA	2:00:34
3.	IVAN GRABEREC	1964	CROATIA	2:08:52
	BERISLAV DEVCIC	1966	CROATIA	DNF

20km Open Women

1.	IVANA RENIC	1996	CROATIA	1:34:48
2.	BARBARA KOVACS	1993	HUNGARY	1:36:39
3.	RITA RÉCSEI	1996	HUNGARY	1:42:13
4.	SARA VITIELLO	1996	ITALY	1:42:29
5.	ANETT TORMA	1984	HUNGARY	1:46:34
6.	TIJANA SAVICEVIC	1994	SRBIJA	1:47:19
7.	KLAUDIA ŽÁRSKA	1999	SLOVAKIA	1:48:32
8.	DANICA GOGOV	1996	SRBIJA	1:56:15
9.	KLARA KRENEK	2001	CROATIA	2:00:42
10.	MATEJA ERCEG	1997	CROATIA	2:05:43
	ANDREA KOVÀCS	1980	HUNGARY	DNF

10km U20

1.	NORBERT TÓTH	2001	HUNGARY	48:53
2.	DÓRA CSÖRGO	2001	HUNGARY	48:53
3.	ZSÓFIA ZSEMBERI	2004	HUNGARY	56:35
4.	KREŠIMIR HARTL	2002	CROATIA	59:43
5.	TOMISLAV MIKIC	2001	CROATIA	1:05:59
	JAKOV VUKOVIC	2001	CROATIA	DNF



*Left: Bruno Erent (129), Barbara Kovacs (6) and Ivana Renic (153)
Middle and Right: 20km podiums*



Judges Milan Oreskovic (Chief), Orsolya Gruber (HUN), Vesna Repic (SRB), Emmanuel Tardi (FRA), Nevem Kovacev, Vesna Babic and Mladen Nikolasevic (photos Emmanuel Tardi)

CRITERIUM NATIONAL DE MARCHE 2019, BALMA, FRANCE, SUNDAY 27 OCTOBER

Thanks to Emmanuel Tardi for passing on details of the big racewalking meet in Balma (a suburb of Toulouse) in France last weekend. There were around 100 walkers who contested distances from 1km to 50km, with the meet getting underway at 8AM on Sunday. Like the Croatian championships above, it had been ratified by the IAAF as a proper international race so had its proper contingent of international judges.

50km wins went to German walker **Hagen Pohle** (3:57:23) and French walker **Maeva Casale** (4:44:55) while 20km wins went to Polish walker **Jacub Jelonek** (1:32:09) and French walker **Laury Cerantola** (1:42:19).

20km Women

1.	CERANTOLA Laury	SEF/92	Entente Poitiers Athle 86	1:42:19
2.	ORTIZ Mylene	V1F/79	Lille Metropole Athletisme	1:50:17
3.	CHAPILLON Roseline	V2F/68	Ca Balma	1:52:30
4.	GUILLARD Caroline	V1F/71	Saran Loiret Athletic Club	1:54:43
5.	ROULAND Marion	SEF/90	Stade Dieppois	2:00:56
6.	RODRIGUEZ Lucie	SEF/84	Co Champagne Aa	2:06:14
7.	KRICH Rahil	V1F/79	Csm La Seyne	2:06:44
8.	GRATIAN Zoe	JUF/00	Sa Toulouse UC	2:08:46
9.	ANDREANI Celia	ESF/99	Csm La Seyne	2:11:44
10.	GRIZOU-VICARIO Dominique	V1F/71	Afa Feyzin-venissieux	2:16:01
11.	BROLESE Laetitia	V1F/77	Stade Langon Athlé	2:23:48

20km Men

1.	JELONEK Jacob	SEM/85	Poland	1:32:29
2.	GLOAGUEN Thomas	SEM/96	Athle Provence Clubs	1:38:48
3.	MADLINE-DEGY Martin	JUM/01	Ecla Albi	1:39:49
4.	HADULA Ludovic	SEM/87	Grac Athletisme	1:41:06
5.	DE BONTIN Vincent	SEM/88	Sa Autun	1:48:59
6.	LE BONNIEC Philippe	V2M/66	Stade Langon Athlé	1:51:57
7.	SEGÉAT Benjamin	ESM/97	Athle Provence Clubs	1:52:18
8.	FOUDJEM GANNO Daniel	V1M/74	Cameroon	1:54:57
9.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	1:55:11
10.	DE NEVE Nicolas	SEM/93	Coquelicot 42	1:56:55
11.	PEREZ ALFRANCA Guillem	SEM/83	Spain	2:02:33
12.	TOURNOIS Pascal	V3M/54	Asm Bar-le-duc	2:06:48
13.	SIEGENFUHR Daniel	V3M/50	Es Thaon	2:09:44
14.	ARRAMOND Christian	V3M/57	Stadoceste Tarbes	2:10:38
15.	PRADINES Eric	V1M/79	Ecla Albi	2:11:42

50km Men

1.	POHLE Hagen	SEM/92	Germany	3:57:23
2.	KUSTER David	ESM/99	Efs Reims A	4:19:44
3.	DAVAUX Herve	V1M/78	Athletic Trois Tours	4:43:54
4.	VAN HILLE Dominique	V1M/77	Nice Cote D:azur Athletisme	5:05:01
5.	LACHE Cyrille	V2M/65	Ca Balma	5:07:17
6.	GOMEZ GARCIA Jose manuel	V1M/73	Spain	5:09:53
7.	GIORDANO Manuel	SEM/94	Italy	5:13:47
8.	DEGRYSE Jean-claude	V1M/74	Ea Douchy	5:53:33

50km Women

1.	CASALE Maeva	ESF/97	Ca Balma	4:44:55
2.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	4:59:01
3.	AUSELLO Morgane	SEF/92	Nice Cote D:azur Athletisme	5:17:26



The women's 50km podium (photo from Emmanuel Tardi)

2019 AFRICAN CENTURION 100 MILE QUALIFIER, STELLENBOSCH, SOUTH AFRICA, 26-27 OCTOBER

The final Centurions qualifying event for 2019 was held last weekend in Stellenbosch in South Africa. Billed as the 4th African Centurions 24 Hour Walk (see <http://africancenturion.com/> and <https://www.facebook.com/AfricanCenturionWalk/>), it attracted lots of walk relay teams but only a very small number of 24 hour solo walkers. I put this down mainly to the fact that the date and venue were not confirmed until August, giving little time to international walkers to organise their trips.

Overall, the meet saw an impressive 35 teams of four, six teams of 2 and two solo walkers finishing the 100-mile distance. Full results at <https://results.finishtime.co.za/results.aspx?Cid=35&Rid=2917&EId=1>.

The two walkers to complete the full 100 miles were Dutch walker **Jimmy Millard** (21:35:17) and South African walker **Werner Alberts** (23:29:14), while South African **Melanie Cerqueira** completed 100.625km before stopping just after the 15 hour mark. For Jimmy, it was his third Centurion badge, having already achieved UK badge C1168 in 2016 and Continental badge C392 in 2013. For Werner, it was his second badge, having previously achieved Continental badge C439 in 2016. Rob Robertson has already updated his multiple-badges list at <https://www.walk100miles24hours.com/wp-content/uploads/2019/10/Multi-Centurions.pdf>.

24 Hour Walk

1.	Jimmy MILLARD	NED	56 laps	161.000 km	21:35:17	AC38
2.	Werner ALBERTS	SAF	56 laps	161.000 km	23:29:14	AC39
3.	Melanie CERQUEIRA	SAF	35 laps	100.625 km	15:04:31	



2019 African Centurion winner Jimmy Millard in the orange colour of Nederland

58TH JAPANESE 50KM CHAMPIONSHIPS, TAKAHATA, JAPAN, SUNDAY 27 OCTOBER

Takahata, a city about 500 km north of Tokyo, hosted the 58th edition of the Japanese 50km Championships last Sunday. The meet also included men's 20km (95 registered athletes) and U20 10km (25) and women's 20km (26 athletes) and U20 10km (19) events, as well as 5 and 3 km competitions for the younger walkers.

The meet is well reported by both [marciadalmondo](#) and [omarchador](#)

- http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3624
- http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3623
- <https://omarchador.blogspot.com/2019/10/yuta-koga-e-kaori-kawazoe-venceram-os.html>
- <https://omarchador.blogspot.com/2019/10/kawano-vence-os-50-km-marcha-de.html>

I will just report on the 50km walks. You can read about the other events via the above links.

Masatora Kawano provided the highlight of the Japanese championship meet, winning the 50km race with a new Japanese record time of **3:36:45**, beating Yusuke Suzuki national record (set in April this year) by nearly 3 mins. The 21 year old college student, who already had a 50km time of 3:39:24, gets an automatic Olympic team spot compliments of his win on Sunday. **Satoshi Maruo**

finished second with a time of 3:37:39, some 3 mins better than his PB of 3:40:04, and also under Suzuki's record. Of the 35 athletes who started the race, 21 completed it, 6 retired, 4 were disqualified and 4 did not meet the time limit.

With uncertainty as to whether the women's 50km will be in the Tokyo Olympics (we are still waiting on a CAS decision), only 4 women fronted for their 50km championship. Victory went to **Yuki Yoshizumi** with 4:27.51, a PB and championship a record.

50km Men

1.	Masatora Kawano	3.36.45
2.	Satoshi Maruo	3.37.39
3.	Kai Kobayashi	3.46.23
4.	Isamu Fujisawa	3.52.21
5.	Yuki Ito	3.55.11
6.	Shuto Goto	3.59.08
7.	Kazuki Takahashi	4.03.40
8.	Tatsuya Tanaka	4.14.25
9.	Hitoshi Warita	4.19.12
10.	Toru Yamamoto	4.21.01
11.	Kohei Toyama	4.22.55
12.	Naohiro Koyama	4.30.19
13.	Soshi Yukawa	4.33.48
14.	Hiroshi Kuranodan	4.34.42
15.	Yusuke Takeuchi	4.34.45
16.	Hideaki Miyajima	4.36.02
17.	Toshiaki Hirose	4.41.13
18.	Subaru Ishida	4.42.34
19.	Shuya Semba	4.54.20
20.	Kazuma Kamittra	4.57.48
21.	Koki Harada	5.03.16

50km Women

1.	Yuki Yoshizumi	4.27.51
2.	Serena Sonoda	4.39.07
3.	Natsumi Kurahara	4.40.40



50km winners Masatora Kawano and Yuki Yoshizumi (photos marciadalmondo)

7TH WORLD MILITARY CHAMPIONSHIPS, WUHAN, CHINA, 15-30 OCTOBER

The 7th World Military Championships are currently being held in Wuhan in China. The walks (20km for men and women and 50km for men) were held on Friday 26th October and saw wins by the local Chinese representatives. I will leave it to readers to check out the results for themselves at:

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3621
<https://omarchador.blogspot.com/2019/10/marchadores-chineses-vitoriosos-nos.html>

MARCIADALMONDO ROUNDUP

marciadalmondo has 8 press releases this week

- Mon 28 Oct - Masatora Kawano and Liu Hong are marciadalmondo walkers of the month for October 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3625
- Sun 27 Oct - Takahata (JPN) - Results of other walk events from All Japan Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3624
- Sun 27 Oct - akatata (JPN): Masatora Kawano (3:36:45) breaks Yusuke Suzuki's Japanese 50km record
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3623
- Sat 26 Oct - Zagreb (CRO): Ivana Renic sets a new Croatian 20km record
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3622
- Fri 25 Oct - Wuhan (CHN): Three walk victories to China in World Military Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3621
- Thu 24 Oct - Preview of Sunday's All Japan Championships 50km in Takahata
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3620
- Thu 24 Oct - Report from Day 3 of the Lake Taihu Classic
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3619
- Wed 23 Oct - Taihu (CHN) - Perseus Karlstrom and Erica De Sena are the winners of Around Taihu 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3618

There were also a number of additional interesting press releases by omarchador. The selection includes

- Mon 28 Oct - Dates announced for EA Permit Meetings 2020 - Dudince, Podebrady and Alytus
<https://omarchador.blogspot.com/2019/10/ea-permit-meeting-2020-dudince.html>
- Mon 28 Oct - Yuta Koga and Kaori Kawazoe win the 20km walks in Takahata
<https://omarchador.blogspot.com/2019/10/yuta-koga-e-kaori-kawazoe-venceram-os.html>
- Sun 27 Oct - Results of Brazilian U20 walks champs in Porto Alegre
https://omarchador.blogspot.com/2019/10/porto-alegre-recebeu-os-campeonatos_27.html
- Sun 27 Oct - Kawano wins Takahata's 50km walk with new Japanese record
<https://omarchador.blogspot.com/2019/10/kawano-vence-os-50-km-marcha-de.html>
- Fri 25 Oct - Chinese walkers victorious at the Wuhan Military World Games
<https://omarchador.blogspot.com/2019/10/marchadores-chineses-vitoriosos-nos.html>

OUT AND ABOUT

- In last week's newsletter, I reported on the IOC announcement to change the Olympic walks and marathons from Tokyo to Sapporo. That has opened up a virtual Pandora's Box. The Tokyo Metropolitan Government has reacted badly to this unexpected development, announcing it is considering proposing a start time of 3am or 5am for the marathons and race walks at next year's Olympic Games in an effort to ensure the events remain in the Japanese capital instead of being switched to Sapporo. See <https://www.insidethegames.biz/articles/1086306/tokyo-counter-ioc-sapporo-switch>. The IOC is still saying it's a done deal, but Tokyo Governor Yuriko Koike is critical of the "abrupt" decision and claims the Metropolitan Government had not been included in the discussions between the IOC, Tokyo 2020 and the IAAF.
- New Zealand walker and well known racewalking blogger Quentin Rew has written an extensive analysis of the situation and pulls no punches in his insightful analysis. See <https://morethanracewalking.blogspot.com/2019/10/sapporo-2020.html>.
- USADA Warns Cheaters: "You're Going to Get Caught and Exposed and Be Held Accountable". SportTechie recently spoke to USADA CEO Travis Tygart and chief science officer Matt Fedoruk about the state of anti-doping. They talked about a future implementing artificial intelligence, testing from a single drop of blood and tackling genetic doping. See <https://www.sporttechie.com/usada-wada-performance-enhancing-drugs-cheating-doping-testing>.

- African Games 10,000 champion Berehanu Tsegu (Ethiopia) has tested positive for EPO and has been provisionally suspended by the Athletics Integrity Unit (AIU). See <https://www.insidethegames.biz/articles/1086243/african-games-10000m-winner-fails-test>.
- The Rodchenkov Act, which would criminalise international doping fraud conspiracies and give American authorities unprecedented control over international sport, has been passed in the United States House of Representatives. It is another important step forward for an Act named after Russian whistleblower Grigory Rodchenkov. See <https://www.insidethegames.biz/articles/1086249/rodchenkov-act-passed-i-united-states>.
- Yet another doping ban hits Kenya. The Athletics Integrity Unit (AIU) has fingered African Youth Games 800m silver medalist Angela Munguti (18y) over the use of banned substances, anabolic steroids. This is the 5th African runner suspended for doping in a few month. Last year, Kenya and Ethiopia were named top of a list of nations categorised by the IAAF most of risk at doping. Along with Belarus and Ukraine, they were among four countries included in Category A – Member Federations the IAAF believe are most likely to have doping problems. Of course, Russia would be at the top of the list but they are banned already! See <https://antidopingworld.wordpress.com/2019/10/25/18-year-female-kenyan-runner-suspended-for-doping-5-african-runners-taken-for-doping-the-last-months>.
- Omarchador reports the dates the Dudince, Podenbrady and Alytus European Permit walk meets for 2020 (see <https://omarchador.blogspot.com/2019/10/ea-permit-meeting-2020-dudince.html>)

EUROPEAN ATHLETICS	
RACE WALKING PERMIT MEETINGS	
21-03-2020	39th Edition DUDINSKA 50
04-04-2020	Podebrady Walking 2020
05-06-2020	46th International Race Walking Festival - Alytus'2020

CONGRATULATIONS TO HEATHER MITCHELL ON HER ATHLETICS AUSTRALIA LIFE MEMBERSHIP

Congratulations to NSWRC President Heather Mitchell who has been awarded Life Membership of Athletics Australia (see <https://www.athletics.com.au/news/athletics-australia-life-members-2019/>).



To quote from the A.A. press release

Athletics has been a substantial part of the life of Heather Mitchell. She was awarded a Little Athletics NSW Merit Award in 1993 and Life Membership in 1998 because of this enormous commitment and involvement.

But athletics at state, national and international level were also very significant beneficiaries of her skill and efficiency both in administration and officiating. She thus became one of those who found a way to make a quality contribution to athletics simultaneously in senior and little athletics at local, state and national level whilst also proving her worth as an international official.

When two of Heather's children joined Port Hacking Little Athletics Centre on its opening day and her two younger ones started as soon as they were old enough, it began a family commitment to athletics.

Heather has undertaken many roles at club, zone, state and national level including serving as a member of Little Athletics Australia's Technical Committee.

But at all levels Heather's most significant contribution to the sport has been in race walking most notably as a judge and officials educator but also in competition organisation and administration.

From Little Athletics walk judges' coordinator to IAAF area judge and lecturer, Heather's contribution has been measured and effective. In an event area which sometimes draws controversy and disputes, Heather's calmness in approach and respect in return has been a big positive for the sport.

She has been president and treasurer of the NSW Racewalking Club Inc. and vice president of Race Walking Australia. She has been a regular as a judge at both RWA and AA national events and championships from 1984 and received the 25-year merit award from RWA (then AFRWC) in 2009. More broadly as a national technical official, Heather is qualified in walks, track, jumps, out of stadium and administration and has exercised those skills over more than 30 years. She was accordingly recognised with the AA Gold Service Award in 2010.

Heather began her international officiating career at the 1996 World Junior Championships in Sydney. There were later appointments including as a track umpire and walks official for the 2006 Commonwealth Games in Melbourne and as an international race walk judge for the 2010 Commonwealth Games in New Delhi.

She was amongst the first appointed to the International Race Walk Judges Panel (Oceania Area) serving from 2005 to 2013 and was appointed as an IAAF/OAA lecturer to educate and evaluate national, state and local level judges.

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

Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Nov 9 (Sat), 2019	AV Shield Round 4 (Relays Round), Knox and Doncaster, 4x800m walks (Mixed)
Nov 13 (Wed), 2019	VRWC Track Races, Mentone
Nov 16 (Sat), 2019	AV Shield Round 5, Aberfeldie and Nunawading, NO WALKS
Nov 17 (Sun), 2019	VRWC Summer Championships and AGM, Middle Park
Nov 27 (Wed), 2019	VRWC Track Races, Keilor
Nov 30 (Sat), 2019	AV Shield Round 6, Casey Fields and Meadowglen, 2000m walks
Nov 30 (Sat), 2019	AV/AA Walk Judging Seminar, Melbourne
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Dec 11 (Wed), 2019	VRWC Track Races, Clifton Hill
Dec 13 (Fri), 2019	AV Shield Round 7, Twilight Nitro, NO WALKS
Dec 21 (Sat), 2019	AV Shield Round 8, Box Hill and Werribee, 1500m and 3000m walks
Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 11 (Sat), 2020	NSW 10,000m Walk Championships, Mingara Regional Athletics Centre, Mingara
Jan 11 (Sat), 2020	AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks
Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Keilor Park, NO WALKS
Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 1 (Sat), 2020	AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
Feb 8 (Sat), 2020	AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 12 (Wed), 2020	AV 5km Teams Championship, VRWC Walks, Mentone
Feb 15-16, 2020	LAVIC Region T&F Carnivals, Throughout Victoria
Feb 16 (Sun) 2020	VRWC Track Races, VMA 5000m Championships, Mentone
Feb 22 (Sat), 2020	AV Shield Final, Lakeside Stadium (timetable TBA)
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 14-15, 2020	LAVIC State T&F Championships, Casey Fields
?	Victorian Masters, T&F Championships, TBC

Mar 21-29, 2020 Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020 Australian Masters T&F Championships, Brisbane. See <http://www.brisbane2020nationals.com.au/>
Apr 18-19, 2020 Australian Little Athletics T&F Championships, Canberra

International Dates

May, 2-3, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarus
See <https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships>
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

Jan 17-23, 2020 **Oceania Masters Championships**, Norfolk Island
Apr 6-13, 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 2023 (TBC) **19th IAAF World Championships in Athletics**, Budapest, Hungary

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