



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2019/2020 Number 16  
Tuesday 14 January 2020



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### WALKER OF THE WEEK

The new year has kicked off in fine style with some very tough thinking required to pick this week's Walker of the Week. Consider the main contenders.

- 17 year old **Will Thompson** walked a huge PB in the Supernova Study 10,000m track race at Melbourne University last Sunday morning, his time of **45:31.8** beating his previous PB by 5 minutes and 49 secs. This performance better the standard of 46:30 set by Athletics Australia for the 2020 World Athletics Racewalking Team Championships U20 10km and signals that Will will be one of the contenders for the 3 spots on offer.
- 70 year old **Heather Carr** has done it again, beating yet another W70 Masters World Record. Just before Christmas, she walked 17:57.3 in the last round of Athletics Victoria Shield. Fast forward 3 weeks to last Saturday when she walked even faster, recording **17:50.6** – just under 7 secs faster than her pending world record. There is no stopping her at the moment!
- 46 year old **Kelly Ruddick** was also in superb form on Saturday, walking **13:11.6**. To put that in perspective, her current W45 World Record is 13:19.48, set just under 12 months ago at the Victorian Country Championships. That's an 8 sec improvement! Alas, there were probably not sufficient officials on duty to claim the new time as a record, but it's only a matter of time!

All are repeat offenders! Kelly has been Walker of the Week on 15 occasions, Heather has 14 gongs to her credit and Will has had 5 in his short career since joining VRWC. And this week it's Will once again. I just can't go past that sort of improvement.

Well done Will, I know there is much more to come!



*Will in action at Melbourne University last Sunday morning (photo Terry Swan)*

## WHAT'S COMING UP

- **Athletics Victoria Shield Competition** continues with Round 10 next Saturday, with walks on offer at Meadowglen, Frankston, Ballarat, Bendigo and Geelong. I think the metro venues are contesting 2000m walks.
- We have further VRWC meets scheduled on Sunday and the following Wednesday. Meet timetables are as follows

### Sun 19<sup>th</sup> January 2020, VRWC Road Races, Middle Park

8.00am	20km, 15km, 10km	Open
9.00am	5km, 3km	Open
9.30am	2km, 1km	Open

### Wed 22<sup>nd</sup> January 2020, VRWC Track Races, Clifton Hill

Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
7.00pm	1500m	Open
7.15pm	5000m, 3000m	Open

- Looking further ahead, we have more action the following week

Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Jan 27 (Mon), 2020	Supernova Camp 10,000m Track Walk, MUAC Track, Melbourne, 9AM

- Entries are now being taken for the **Australian 20km Race Walking Championships**. Details are as follows

Event:	Australian 20km Race Walking Championship
Venue:	War Memorial Drive, Adelaide SA (between Froome Rd and Bunday's Rd)
Date:	<b>Sunday 9<sup>th</sup> February 2020</b>
Entry Panel:	<a href="https://2020oceaniachampionships.eventdesq.com/">https://2020oceaniachampionships.eventdesq.com/</a>
Entry Close:	Monday 27 <sup>th</sup> January 2020
Draft Timetable:	7:00am Australian 20km Road Walk Championships 8:00am Oceania Under 20 10km Road Walk Championships 8:00am Invitational Under 18 5km Road Walk

- Zoe Gkini has asked me to advertise the **4<sup>th</sup> Patras Racewalking Festival**, to be held in Patras, Greece, on **Sunday 16<sup>th</sup> February**. It includes the Greek U23 20km Championships, as well as a variety of events for other age groups. If you fancy a trip to Greece, now is the time to lock it in. See more at <http://www.vrwc.org.au/documents/Patras%20RW%20Festival%202020%20Invitation.pdf>.

## AV SHIELD ROUND 9, VARIOUS VENUES, SATURDAY 11 JANUARY

We had 70 walkers in action in Round 9 of the Athletics Victoria Shield competition last Saturday afternoon. Conditions were cool and overcast – perfect for fast walking – and we saw some good performances.

### AV Shield League Round 9, Ballam Park Athletics Facility, Frankston, Saturday 11 January 2020

First to Frankston which was our biggest walks venue, with 24 walkers in the 3000m and 7 walkers in the 1500m. 17 year old **Nikola Mandic** was fastest in the 3000m with 13:34.4, ahead of **Mark Blackwood** with 13:46.8 and 12 year old **Darcey Roberts** with yet another PB – this time 14:44.9. And I can't forget **Andrew Jamieson** and **Heather Carr**. 73 year old Andrew walked a superb 16:00.9 while Heather set a new W70 3000m World Record with 17:50.6. She had set a new record with 17:57.3 just before Christmas in the last round of Shield. Fast forward 3 weeks to last Saturday when she has walked even faster. There is no stopping her at the moment!

The young 1500m walkers were also in fine form, with **Liam McLennan** a PB 7:28.9, **Ariana Pashutina** 7:40.2, **Zachary Matters** a PB 7:45.1, **Hamish Blackwood** a PB 7:45.4 and **Emily Smith** a PB 7:50.0.

#### 3000m Walk

1.	Nikola Mandic	CCA	M18	13:34.4	499	
2.	Mark Blackwood	KNA	M40	13:46.8	494	
3.	Darcey Roberts	KNA	F14	14:44.9		PB 0:07
4.	Charlotte Hay	KNA	F18	15:30.7	477	
5.	Andrew Jamieson	OSC	M65	16:00.9	536	
6.	Sandra Geisler	RWD	F40	16:08.6	461	
7.	Wendy Muldoon	ANW	F45	16:28.1	473	
8.	Angus Hay	KNA	M18	16:34.0	390	
9.	Kylie Irshad	VMA	F45	16:56.1	456	
10.	Geromi Tucker	RWD	M18	17:38.4	340	
11.	Heather Carr	GHY	F65	17:50.6	534	<b>W70 World Record</b>

12.	Kym Osmand	VMA	FOP	18:29.0	322
13.	Laura McLennan	DAC	F40	18:53.9	338
14.	Carolyn Rosenbrock	ANW	F55	19:40.6	415
15.	Ralph Bennett	GHY	M65	20:15.3	408
16.	Alannah Dingli	SAN	F18	20:39.6	256
17.	Geoff Barrow	MEN	M65	20:43.6	394
18.	Gwen Steed	GHY	F65	20:52.5	448
19.	Bernie Keirl	DIV	M55	21:25.9	288
20.	Peter Wyatt	MPA	M60	22:06.5	298
21.	Rozlyn Walker	GHY	F55	23:13.5	272
	Albin Hess	VMA	M55	DQ	
	Llewellyn John Jenkins	GHY	M65	DQ	
	Ian Handasyde	OSC	M65	DQ	

#### 1500m Walk

1.	Liam McLennan	DAC	M16	7:28.9	446	PB 0:01
2.	Ariana Pashutina	KNA	F14	7:40.2	509	
3.	Zachary Matters	BOH	M14	7:45.1	449	PB 0:10
4.	Hamish Blackwood	KNA	M14	7:45.4	449	PB 0:06
5.	Emily Smith	KNA	F14	7:50.0	498	PB 0:02
6.	Brianna Briet	CCA	F16	8:30.2	428	
7.	Kyla Chapman	ANW	F16	9:37.5	321	

I should point out that many of our AV Shield walkers compete in multiple events each week, gaining valuable points for their clubs with their running, jumping, walking and throwing. A few photos of Darcey Roberts illustrates the point well.



*Darcey Roberts – walk, throw, run – like many of our young walkers in AV Shield each week (photos Mark Roberts)*

#### AV Shield League Round 9, Meadowglen Athletics Track, Epping, Saturday 11 January 2020

The Meadowglen Track in Epping also saw healthy walk fields, with 24 athletes in total. 16 year old **Heath Beveridge** was fastest in the 3000m with 14:26.6. Young Collingwood walkers **Grace and Mikaila Young** had a great battle for second, with Grace just getting the judges' nod, 16:50.6 to 16:50.9. And a special mention to 83 year old legend Bob Gardiner with 21:20.3.

#### 3000m Walk

1.	Heath Beveridge	WES	M18	14:26.6	468
2.	Grace Young	COL	F18	16:50.6	425
3.	Mikaila Young	COL	F18	16:50.9	425
4.	Mark Donahoo	ESS	M60	17:08.7	471
5.	Paul Kennedy	KSB	M60	17:16.4	467
6.	Tim Erickson	COB	M65	17:21.5	491
7.	Madeleine Feain	KSB	FOP	17:31.0	375
8.	Trenton Hawkins	PTN	M40	17:52.8	332
9.	Phillip Dunstone	WES	M50	18:32.3	369
10.	Donna-Marie Elms	PTN	F55	19:02.3	437

11.	Duncan Knox	ESS	M60	19:43.7	391	
12.	Brian Anderson	ESS	M60	19:45.5	390	
13.	Tracy Colbert	COB	F50	19:51.5	369	PB 0:24
14.	Janice Hodgart	WES	F55	20:36.3	377	
15.	Clyde Riddoch	VMA	M65	20:51.2	389	
16.	Robert Gardiner	COL	M65	21:20.3	371	
17.	Debbie Voogd	RWD	F50	24:10.9	212	
18.	Brenda Cashin	WES	F55	26:54.8	181	
19.	Donna Campbell	PTN	F45	28:15.3	120	
	Kristian Lakusa	ESS	M45	DQ		
	Anne-Marie Ebbels	YRA	F45	DNF		

#### 1500m Walk

1.	Maddison Nash	DIV	F14	8:12.2	470
2.	Amelia Davidson	UNA	F14	8:39.1	
3.	Chloe Kaufman	GHY	F16	9:07.0	374



Mikaila and Grace Young, Bob Gardiner, Heath Beveridge, Duncan Knox and Brian Anderson (photos Gerard Feain)

#### AV Shield League Round 9, Llamberris Reserve, Ballarat, Saturday 11 January 2020

**Kelly Ruddick** holds the W45 3000m World Record with 13:19.48, set just under 12 months ago at the Victorian Country Championships. Walking at Llamberris Reserve in Ballarat on Saturday, she walked 8 secs faster with 13:11.6. Wow! Alas, probably not enough judges to satisfy the record criteria but it is only a matter of time now!

#### 3000m Walk

1.	Kelly Ruddick	BHA	F45	13:11.6	582	<b>W45 World Best</b>
2.	Roslyn Ireland	BWK	FOP	23:26.9	169	
3.	Olive Ireland	BWK	F55	24:56.1	223	

#### AV Shield League Round 9, La Trobe University Track, Bendigo, Saturday 11 January 2020

9 walkers in action in Bendigo, with Jenny Payne racking up a healthy 470 points for her F60 walk of 18:59.5.

#### 3000m Walk

1.	Jennifer Payne	SBE	F60	18:59.5	470
2.	Leigh Browell	SBE	M45	20:06.4	275
3.	Annette Curtis	SBE	F60	23:55.8	287
4.	John Carter	SBE	M65	24:54.9	255

#### 1500m Walk

1.	Kate Wilson	UNA	F14	08:45.9	
2.	Courtney Campbell	SBE	F14	10:24.7	282
3.	Annette Major	EAG	F55	10:45.9	
4.	Wendy Ennor	EAG	F60	12:44.6	
5.	Peter Savage	EAG	M65	14:22.2	



**AV Shield League Round 9, Landy Field, Geelong, Saturday 11 January 2020**  
 And finally to Geelong where Kaylah Heikkila-Dubowik won the 1500m with 8:21.5.

**1500m Walk**

1.	Kaylah Heikkila-Dubowik	COR	F16	8:21.5	440
2.	Jade Chitty	WES	F16	8:30.4	428
3.	Riannah Tatlock	BEL	F14	8:44.9	430



*In action in the country – Kelly Ruddick in Ballarat and Kaylah Heikkila-Dubowik in Geelong (photos facebook)*

**SUPERNOVA CAMP 10,000M TRACK WALK, MUAC TRACK, MELBOURNE, SUNDAY 12 JANUARY**

Conditions were perfect last Sunday morning for the International 10,000m track walk at the Melbourne University Track in Parkville, Melbourne – overcast, still and a pleasant 18°C. The large group of walkers assembled in Australia for the AIS Supernova study were all in attendance and provided an entertaining morning of top walking.

**Perseus Karlstrom** (SWE) was away on his own right from the 10AM gun, covering the first lap in a very fast 1:33 first lap, 8 seconds ahead of a large chasing group. From then on, the win was never in doubt as he rolled out 2000m splits of 7:36, 7:44, 8:00, 7:54 and 7:36 for a final time of 38:50.9. Behind him, the group gradually fragmented until it was left to **Evan Dunfee** (CAN) and **Isamu Fujisawa** (JPN) to fight it out for the minor places, with Evan just getting there 1 sec ahead of Isamu, 40:09.3 to 40:10.6. **Rhydian Cowley** was the first of the local Australian walkers to finish, coming in fourth with 40:54.7. Further back, 19 year old Mexican **Carlos Mercenario** walked a 42 sec PB to finish with 41:28.9. The battle of the juniors saw **Mitchell Baker** of ACT (45:09.3) finish ahead of **Corey Dickson** of Victoria (45:12.5) and **Will Thompson** of Victoria (a huge PB of 45:31.8).

**10,000m Men**

1.	Perseus Karlstrom	1990	SWE	38:50.9	
2.	Evan Dunfee	1990	CAN	40:09.3	
3.	Isamu Fujisawa	1987	JAP	40:10.6	
4.	Rhydian Cowley	1991	AUS	40:54.7	
5.	Quentin Rew	1984	NZL	41:04.0	
6.	Marius Ziukas	1985	LTU	41:07.5	
7.	Ryosuke Kondo	1997	JPN	41:09.2	
8.	Carlos Mercenario Arsos	2000	MEX	41:28.9	PB 0:42
9.	Kyle Swan	1999	AUS	41:35.7	
10.	Toru Yamamoto	1990	JPN	42:29.5	Eq PB
11.	Tadas Suskevicius	1985	LTU	44:27.1	
12.	Mitchell Baker	2001	AUS	45:09.3	
13.	Corey Dickson	2002	AUS	45:12.5	
14.	Will Thompson	2002	AUS	45:31.8	PB 5:49
15.	Remo Karlstrom	1998	SWE	46:34.7	PB 0:45
16.	Tim Fraser	2000	AUS	47:45.0	

The women's walk, held concurrently with the men, saw a convincing win to **Anežka Drahotová** (CZE). She headed to the front in the opening lap and was never caught, powering through with 2000m splits of 9:01, 9:01, 8:48, 8:54 and 8:50 to finish with 44:34.5.

Behind her, the Oceania battle between **Alana Barber** (NZL), **Jemima Montag** of Victoria and **Katie Hayward** of Queensland was a close affair with little separating the 3 women at any time. Alana finished the strongest to take second with 44:57.2, ahead of Jemima 45:05.9 and Katie 45:14.3.

**10,000m Women**

1.	Anežka Drahotová	1995	CZE	44:34.5
2.	Alana Barber	1987	NZL	44:57.2
3.	Jemima Montag	1998	AUS	45:05.9
4.	Katie Hayward	2000	AUS	45:14.3
5.	Brigita Virbalyte	1985	LTU	46:51.5
6.	Simone McInnes	1991	AUS	47:06.3
7.	Alanna Peart	2003	AUS	50:49.8
	Rebecca Henderson	2001	AUS	DNS

Thanks to Terry Swan for the huge collection of photos at

[https://www.dropbox.com/sh/u5pxy0bol8dhqoq/AAAh2\\_81CiQtPkZDhpaFtSxka?dl=0&fbclid=IwAR1d0R2-PWLCVfQmMgnxtw7k8z24ivTPI4Ta8z4bbVYVVivqH4sWqst8aEA](https://www.dropbox.com/sh/u5pxy0bol8dhqoq/AAAh2_81CiQtPkZDhpaFtSxka?dl=0&fbclid=IwAR1d0R2-PWLCVfQmMgnxtw7k8z24ivTPI4Ta8z4bbVYVVivqH4sWqst8aEA) .



*Off they go!*



*Left: Perseus Karlstrom leads from start to finish*

*Right: Ryosuke Kondo, Marius Ziukas, Kyle Swan, Rhydian Cowley, Carlos Mercenario, Isamu Fujiwawa and Evan Dunfee*



*Anežka Drahotová, Jemima Montag, Katie Hayward and Alana Barber (all photos Terry Swan)*

The action will continue in two week's time when the walkers return to the Melbourne University track on Sunday 27<sup>th</sup> January for another 10,000m contest.

**SAMA HANDICAP TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 8 JANUARY**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Very warm evening.

**800m Handicap Walk**

1.	JEFFREY KENNETT	07:41	M69	46.93%
2.	TREVOR BROWN	05:25	M71	68.18%
3.	PETER CRUMP	04:12	M59	77.10%
4.	MALCOLM TIGGEMAN	06:05	M67	57.91%
5.	ROGER LOWE	06:13	M76	63.39%
6.	GRAHAM HARRISON	06:03	M76	65.13%
7.	GIL MCINTOSH	05:09	M69	70.01%
8.	GEORGE WHITE	04:42	M74	81.63%
9.	LIZ DOWNS	05:45	W64	63.85%
10.	MARIE MAXTED	05:12	W59	67.16%
11.	VALMAI PADGET	06:50	W75	61.57%

**5000m Handicap Walk**

1.	PETER CRUMP	31:01	M59	71.62%
2.	GEORGE WHITE	32:06	M74	82.15%
3.	GIL MCINTOSH	36:39	M69	67.52%
4.	GRAHAM HARRISON	39:48	M76	68.11%

**3000m Handicap Walk**

1.	EDNA BATES	27:17	W67	57.26%
2.	MARIE MAXTED	21:11	W59	67.13%
3.	DAVE FALLON	23:22	M67	60.80%
4.	ROSS HILL-BROWN	24:51	M65	55.91%
5.	CATHIE HORE	27:37	W69	58.11%
6.	ROGER LOWE	27:14	M76	58.44%

**TASMANIAN 10,000M WALK CHAMPS, DOMAIN ATHLETICS TRACK, HOBART, WEDNESDAY 8 JANUARY**

Thanks to Dave Moore for the latest news from Tasmania where this year's first State Title Race was held in somewhat warm conditions for a late afternoon start, with times being a little bit slower than expected. **Elizabeth Leitch** provided the standout performance of the day with an age grade of 77% for her 10,000m walk.



**10,000m Walk Men**

1.	Will Robertson	OVA	54:21.4
	Steve Ahern	OVA	DQ

**10,000m Walk Women**

1.	Anna Blackwell	OVA	59:36.2
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**10,000m Walk Masters**

1.	Elizabeth Leitch	W60	TMA	1:10:08.1
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Thanks to Dave for also alerting us to the passing of well known Tasmanian Masters walkers Lawrie Vale.

**VALE Lawrie Marsh: 1946 – 2020**

Tasmanian Race Walkers received some sad news this week with the passing away of Lawrie Marsh. Lawrie was a Race Walker for close to 20 years. Lawrie's footsteps have left their imprint on nine Tasmanian Masters Race Walking Records from M50 through to the M65 age groups. Lawrie's age grade percentage for each of his race distances regularly went beyond the 80% mark making him one of Tasmania's higher performing Masters Race Walkers. Lawrie also helped to mentor some of our younger Walkers and always put his hand up to officiate when not racing, a true gentleman we will miss him from the ranks of our Heel and Toe Brigade.



*Lawrie Marsh in action in the TMA Roadwalk Championships, Tunbridge, July 2011 (photo Dave Moore)*

<b>ATHLETICS SA INTERCLUB, SA ATHLETICS CENTRE, MILE END, ADELAIDE, FRIDAY 10 JANUARY</b>
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Thanks to **Kim Mottrom** for this week's results from Adelaide. He reported: Open 3000m race tonight at 8:30pm. Ideal conditions at 19C, creating some fast times. particularly impressive for **Alix Harlington**, **Olivia Sandery** and **Ruby Langford**. **Tristan Camilleri** and I walked splits of approximately 4:22, 4:16 then 4:06.

**3000m Walk**

1.	Tristan Camilleri	M	12:44.61
2.	Kim Mottrom	M	12:45.18
3.	Alix Harlington	M	13:45.38
4.	Olivia Sandery	F	14:04.42
5.	Kristie Goznic	F	14:27.22
6.	Richard Everson	M	15:16.30
7.	Kiera Ross	F	15:20.15
8.	Sebastian Richards	M	16:36.05
9.	Ruby Langford	F	17:05.68
10.	Peter Crump	M	17:34.64
11.	Anthony Tana	M	17:46.38
12.	Nellie Langford	F	18:14.61
13.	Marie Maxted	F	19:54.09



**ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 10 JANUARY**

Thanks to Terry Jones for the latest results from Western Australia.

**5000m Walk**

1.	Reid, Benjamin	24:43.0
2.	Tingay, Declan	24:43.3
3.	Mann, Bradley	25:00.0

**NSW 10,000M WALK CHAMPS, MINGARA REGIONAL ATHLETICS CENTRE, MINGARA, SATURDAY 11 JANUARY**

NSW walkers were also in 10,000m track walk mode last weekend, with the first of their State Championships at Mingara, north of Sydney. Wins to **Tyler Jones** (43:20.57) and **Beki Smith** (45:45.50).

**10,000m Walk Men**

1.	Jones, Tyler	22	Mingara	43:20.57
2.	Gibbons, Carl	24	Westlakes	44:25.60
3.	Tebbutt, Oscar	19	Mingara	46:12.14
4.	Richardson, Dylan	20	Mingara	46:24.77
5.	McGinniskin, Jack	18	Mingara	47:16.83
6.	Bedford, Kyle	20	Nepean District	47:51.49
7.	Barendregt, Travis	20	Nepean District	55:32.39
8.	Pyda, Raven	16	Westfields	56:15.62
9.	Smyth, David	40	Victoria	1:03:28.98

**10,000m Walk Women**

1.	Smith, Beki	34	Asics Wests	45:45.50
2.	Pitcher, Allanah	17	Mingara	53:05.72
3.	Bolton, Hannah	17	Mingara	54:28.87
4.	O'Neill, Molly	20	Mingara	55:56.86
5.	Parker, Hannah	18	Randwick Bot	56:23.33
6.	McLoughlin, Chloe	16	Mingara	56:49.13
7.	Walker, Amy	19	Mingara	57:54.32
8.	Bell, Bridget	18	Asics Wests	59:31.21
9.	mison, hannah	19	Koorinal Wagga	59:36.03
10.	Duguid, India	15	Mingara	1:00:40.27
11.	Dunne, Izabella	15	Mingara	1:02:07.23
12.	Pitcher, Sienna	13	Mingara	1:05:17.44
13.	Weekes, Anne	58	Illawong Rev	1:07:44.69
	Barendregt, Amanda	24	Nepean District	DNF
	McMillen, Elizabeth	16	Sydney Pacific	DNF

**AACT COMBINED EVENTS CHAMPIONSHIPS , AIS ATHLETICS TRACK, CANBERRA, 11-12 JANUARY**

And finally to Canberra where Georgia Frew was the only walker in action at the AIS track last weekend.

**1500m Walk**

1.	Frew, Georgia	South Canber	9:23.60
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**SAN DIEGO USATF WINTER SERIES MEET, OTAY RANCH HIGH SCHOOL, CHULA VISTA, CA, SUN 12 JANUARY**

Saw this result, posted by Tim Seaman who commented: It was 63(F) degrees, sunny and we had four USATF certified judges.

**3000m Walk**

1.	Nick Christie	11:49.10
2.	Emmanuel Corvera	12:24.90
3.	Robyn Stevens	13:23.60
4.	Celina Lepe	14:26.60
5.	Yolanda Holder	19:09.50
6.	A. Barraza	DNF
7.	A. Breisacher	DNF
8.	J. Galvan	DNF

## MARCIADALMONDO ROUNDUP

Marciadalmondo has 5 press releases this week. Note press releases 3685, 3684 and 3682 on further meets.

- Mon 13 Jan - Pechao (POR) - The 6<sup>th</sup> Ana Cabecinha Trophy  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3685](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3685)
- Mon 13 Jan - Istanbul (TUR): Salih Korkmaz and Meryem Bekmez victorious in the Turkish Indoor Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3684](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3684)
- Sun 12 Jan - Melbourne (AUS): Victories of Perseus Karlstrom (SWE) and Alana Barber (NZL)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3683](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3683)
- Fri 10 Jan - Rochester: USATF Niagara Indoor Track Championships - wins to John Cody Risch and Miranda Melville  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3682](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3682)
- Wed 8 Jan - Banska Bystrica (SVK): Miroslav Uradnik and Maria Czaková 2020 Slovakian Indoor champions  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3680](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3680)
- Tue 7 Jan - 2019 stats for Marciadalmondo  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3679](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3679)

## OUT AND ABOUT

- Kenyan marathoner Wilson Kipsang has been provisionally suspended for violations of the World Athletics Anti-Doping Rules (whereabouts failures and tapering) by the Athletics Integrity Unit. A bronze medallist in the marathon at the 2012 Olympic Games, Kipsang held the world record from September 2013 to September 2014 with a time of 2:03:23 set at the Berlin marathon. Between 2010 and 2017 he won London (x2), Berlin, New York, Tokyo, Frankfurt (x2), Otsu Lake Biwa, and Honolulu. In 2018, the now 37-year old took 3rd place in Berlin in 2:06:48 and last year he finished 12th of the London marathon in 2:09:18. See <https://antidopingworld.wordpress.com/2020/01/10/breaking-news-the-aiu-confirms-a-provisional-suspension-against-wilson-kipsang-kiprotich-of-kenya/>.

## THE NEW WORLD ATHLETICS RANKING SYSTEM TAKES SHAPE

In last week's newsletter, I reported on the latest points update in the new World Athletics rankings system. Apologies to Kelly Ruddick whom I inadvertently missed – she was ranked 64<sup>th</sup> in the women's 50km. Note that once you prune these lists to the top 3 from each country, the numbers look even better. See more at <https://www.worldathletics.org/world-rankings/introduction>.

### 50km Men

18	<b>Rhydian COWLEY</b>	04 JAN 1991	AUS	1199
45	<b>Quentin REW</b>	16 JUL 1984	NZL	1147

### 20km Men

22	<b>Dane BIRD-SMITH</b>	15 JUL 1992	AUS	1191
24	<b>Rhydian COWLEY</b>	04 JAN 1991	AUS	1186

### 50m Women

16	<b>Claire WOODS</b>	06 JUL 1981	AUS	1180
64	<b>Kelly RUDDICK</b>	19 APR 1973	AUS	995

### 20km Women

16	<b>Jemima MONTAG</b>	15 FEB 1998	AUS	1190
19	<b>Katie HAYWARD</b>	23 JUL 2000	AUS	1180
35	<b>Claire WOODS</b>	06 JUL 1981	AUS	1114
39	<b>Alana BARBER</b>	08 JUL 1987	NZL	1100
75	<b>Rachel TALLENT</b>	20 FEB 1993	AUS	1043

## 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

Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Werribee, 2000m 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
Jan 27 (Mon), 2020	Supernova Camp 10,000m Track Walk, MUAC Track, Melbourne, 9AM
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, 2000m walks
Feb 21-23, 2020	WA State T&F Championships, Perth (Open 10,000m, underage 5000m and 3000m walks)
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
Mar 14-15, 2020	Victorian Masters, T&F Championships, Bendigo
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

### International Dates

Jan 25 (Sat), 2020	USATF 50km Olympic Trial, Santee, California, USA
Mar 15 (Sun), 2020	Asian Championships, Nomi, Japan
Mar 23, 2020	38 <sup>th</sup> Dudínska Meet, Dudince, Slovakia
Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 4, 2020	Podebrady Walks Meet, Podebrady, Czech Republic
May, 2-3, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus See <a href="https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships">https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships</a>
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Jun 5, 2020	46 <sup>th</sup> International RW Festival, Alytus, Lithuania
July 17-20, 2020	<b>18<sup>th</sup> IAAF World U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Oct 18-20, 2020	Lake Taihu Tour, Suzhou, China

### 2020 World Athletics Racewalking World Challenge

Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
May 2-3, 2020	World Athletics Race Walking Team Championships, Minsk, Belarus
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Aug 6-7, 2020	Olympic Games, Sapporo, Japan
Oct 18-20, 2020	Lake Taihu Tour, Suzhou, China

Jan 17-23, 2021	<b>Oceania Masters Championships</b> , Norfolk Island
Apr 6-13, 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 8-19, 2021	<b>World University Summer Games</b> , Chengdu, China
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA

July 27 - Aug 7, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.
Aug 7-17, 2022	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden

Aug 2023 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary
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