



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 24
Tuesday 10 March 2020



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WALKER OF THE WEEK

My Walker of the Week is 12 year old Knox walker **Ariana Pashutina**. Ariana joined VRWC in May as a brand new walker and, in 9 short months, had shown huge improvement. Before last weekend, her current PBs stood at 9:56 (2km), 15:57 (3km) and 27:30 (5km). On Sunday, competing in the Victorian T&F Championships U14 3000m track walk, she knocked 40 secs of her 3000m PB to finish with a time of **15:17.33**.

Ariana is possessed of a fine style and lots of speed and trains with the strong Knox training group, so the sky's the limit for this talented young girl. Well done Ariana!



Ariana in action at the Murrumbeena track on Sunday morning

WHAT'S COMING UP

Next weekend sees Victorian Championships for our young and for our older walkers. The young walkers will be contesting the Little Athletics Victoria State Championships at Casey Fields while our older walkers will be in action in the Victorian Masters State Championships in Bendigo. Good luck everyone!

- Mar 14-15, 2020 LAVIC State T&F Championships, Casey Fields
- Mar 14-15, 2020 Victorian Masters, T&F Championships, Bendigo

Fast forward a week to the Australian Open and Junior T&F Championships which kick off in Sydney on Saturday 21st March. It's the pointy end of the season!

- Mar 21-29, 2020 Australian Open and Junior T&F Championships, Sydney

TIME TO ENTER THE COBURG 24 HOUR CARNIVAL, 18-19 APRIL 2020

Time to put on my other hat as the organiser of the annual Coburg 24 Hour Carnival, which will be held at the Harold Stevens Athletics Track in Coburg on the weekend of 18-19 April. This big carnival includes lots of run and walk categories including:

- Run Categories: 24 Hour Run, 12 Hour Run, 6 Hour Run, 100km Run and Marathon Run
- Walk Categories: 23 Hour Walk, 12 Hour Walk, 6 Hour Walk

It is one of the few track based ultra festivals on the Australian Calendar and attracts walkers from around the world. This year is no exception, with 24H Walk entrants from Sweden, USA, Thailand, the Isle of Man and Holland, as well as from throughout Australia.

Walkers – entries are still open so why not test yourself out over a 6 Hour walk! VRWC walker Pramesh Prasad joined us in the 6H walk last year and had a great time (well, it looked like that to me!). For more info, including a link to enter, check out <http://www.coburg24hr.org/24hr/race-entry/>.

VIC JUNIOR AND OPEN T&F CHAMPS WEEKEND 2, MURRUMBEENA, 7-8 MARCH

Weekend 2 of the Victorian T&F Championships kicked off at 9AM on Saturday morning with the Open 5000m walks, held in cool and overcast conditions. Swedish international **Perseus Karlstrom** went quickly to the front and was never headed, storming through to a winning time of 19:06.68. **Rhydian Cowley** won the Victorian title with a sub 20 min performance (his 8th win, equalling Chris Erickson's 8 wins), ahead of Kyle Swan (20:57.14) and Jason Kozica (22:08.05). Jemima Montag won her third Victorian 5000m walk title in a row with her time of 21:34.19, just 2 secs outside her PB. 18 year old **Rebecca Henderson** recorded an 11 sec PB of 23:00.78 to take silver ahead of 16 year old **Alanna Peart**, just outside her PB with 23:21.48.

5000m Walk Men

1.	Perseus Karlstrom	SWE	19:06.68	
2.	Rhydian Cowley	GHY	19:59.02	
3.	Kyle Swan	ANW	20:57.14	
4.	Jason Kozica	STK	22:08.05	
5.	Corey Dickson	KNA	22:38.29	
6.	Simon Evans	BOH	27:20.20	
7.	Andrew Jamieson	OSC	27:25.18	

5000m Walk Women

1.	Jemima Montag	MUU	21:34.19	
2.	Rebecca Henderson	MEN	23:00.78	PB 0:11
3.	Alanna Peart	BYC	23:21.48	
4.	Charlotte Hay	KNA	25:41.23	

The U14-U16 3000m walks followed at 9:45PM. Sadly fields were very small, but the walking was high class with most of the walkers beating their PBs. Fastest time overall went to 12 year old **Darcey Roberts** as expected (14:52.19), ahead of her 12 year old team mate **Ariana Pashutina**, who recorded the biggest PB of the day with 15:17.33. She was just ahead of **Marcus Wakim** (15:17.73) who was the fastest of the boys.

And I should point out that Darcey Roberts had a huge weekend, with golds in the U14 3000m walk (15:52.19) and the U15 3000m run (10:10.36) and a silver in the U14 800m run (2:21.80). Wow, what a performance.

U16 Girls 3000m Walk

1.	Kaylah Heikkila-Dubowik	COR	16:48.52	PB 0:11
2.	Eddie Bridgewater	PTN	17:51.54	First one

U15 Boys 3000m Walk

1.	Marcus Wakim	COL	15:17.73	
2.	Zachary Matters	BOH	16:05.92	
3.	Scott Peart	BYC	16:29.72	PB 0:29
	Joel Imbriano	STK	DQ	

U15 Girls 3000m Walk

1.	Emily Smith	KNA	16:06.49	PB 0:09
2.	Maddison Nash	DIV	16:39.53	PB 0:31
3.	Riannah Tatlock	BEL	16:41.32	PB 0:18

U14 3000m Walk Boys

- | | | | | |
|----|------------------|-----|----------|---------|
| 1. | Liam Hutchins | KNA | 16:00.54 | |
| 2. | Hamish Blackwood | KNA | 16:16.79 | PB 0:31 |

U14 3000m Walk Girls

- | | | | | |
|----|------------------|-----|----------|---------|
| 1. | Darcey Roberts | KNA | 14:52.19 | |
| 2. | Ariana Pashutina | KNA | 15:17.33 | PB 0:40 |



Perseus Karlstrom, Rhydian Cowley, Kyle Swan and Jason Kozica



Jemima Montag, Rebecca Henderson and Alanna Peart



Darcey Roberts, Ariana Pashutina and Marcus Wakim



Two of our top development coaches were there with their charges:

*Left: Frances Attard with Hamish Blackwood, Emily Smith, Maddison Nash, Darcey Roberts, Ariana Pashutina and Liam Hutchins
Right: Daryl Biggin with Kaylah Heikkila-Dubowik, Riannah Tatlock and Scott Peart*

WA TRACK WALKS, WA ATHLETICS STADIUM, MILE END, PERTH, SATURDAY 7 MARCH

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

3000m Walk

- | | | |
|----|---------------|----------|
| 1. | Benjamin Reid | 14:31.76 |
| 2. | John Ronan | 14:58.88 |

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 7 MARCH

Thanks to Dave Moore for this week's results from Tasmania. He comments: Undeterred by light rain, **William Robertson** stormed home for a very well walked PB at today's Interclub, followed home by Masters athlete **Elizabeth Leitch**.

3000m Walk

- | | | | | |
|----|-------------------|-----|----------|----|
| 1. | William Robertson | OVA | 12:50.60 | PB |
|----|-------------------|-----|----------|----|

2. Elizabeth Leitch TMA 19:42.21

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 7 MARCH

Thanks to Kim Mottrom for the latest results from Adelaide He commented: Warm day and small fields today, but a big PB from Mia Wilks.

5000m Walk

1.	Kim Mottrom	23:26.28	
2.	Mathew Bruniges	24:10.17	
3.	Alix Harlington	24:15.44	
4.	Mia Wilks	28:56.41	PB 0:42
5.	Ruby Langford	31:18.16	

3000m Walk

1.	Sebastian Richards	16:08.87	
2.	Hannah Wilks	16:58.07	
3.	Kate DeRuvo	18:12.05	
4.	Marie Maxted	19:28.79	

1500m Walk

1.	Nellie Langford	07:43.98	
2.	Anthony Tana	07:50.08	
3.	Zayden Kamish	10:30.66	

QLD ATHLETICS CHAMPIONSHIPS, QSAC, BRISBANE, 5-8 MARCH

The Queensland T&F Championships were held last weekend, with the first set of walks (U14-U18) taking place on Saturday and the second set (U20 and Open) on Sunday.

U18 Girls 5000m Walk

1.	Novinetz, Camryn	03	IPS	25:02.74
	Vickers, Larissa	03	QRW	DNF
	Hill, Gabriella	03	GCV	DQ

U17 Boys 3000m Walk

1.	Spanner, Jye	04	Keppel Coast	27:34.32
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U17 Girls 5000m Walk

1.	Sullivan, Bridget	04	QRW	28:59.11
2.	Milosevic, Vivian	04	QA	31:33.72

U16 Boys 3000m Walk

1.	Norton, Kai	05	QRW	15:41.28
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U16 Girls 3000m Walk

1.	Clarke, Anika	05	Redlands Athletics	15:59.12
2.	Millard, Summer	05	QRW	16:28.38
3.	Bergh, Mia	05	GCV	19:16.81
	Anderson, Jayda	05	Gold Coast Central	DQ

U15 Boys 3000m Walk

1.	Bannister, Jack	06	QRW	18:22.15
	McCure, Sam	06	GCV	DQ

U15 Girls 3000m Walk

1.	Heap, Ashanti	06	Gold Coast Central	15:46.99
2.	Norton, Amber	06	QRW	15:58.09
3.	Chadwick, Phoebe	06	QA	18:45.35

U14 Boys 3000m Walk

1.	Callaghan, Myles	07	Redlands Athletics	16:04.87
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U14 Girls 3000m walk

1.	Gee, Tamika	07	QRW	15:21.65
2.	Williams, Lyla	07	GCV	17:16.43
3.	Goulding, Lily	07	QRW	18:53.12
4.	Hingst, Olivia	07	QRW	19:10.61

U20 Men 10,000m Walk

	Lyttle, Jayden	01	Intraining	DQ
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U20 Women 10,000m Walk

1.	Hannigan, Caitlin	02	UNQ	49:49.66
2.	Novinetz, Camryn	03	IPS	50:33.87
3.	Blackwell, Anna	01	Tasmania	53:04.31
4.	Hamann, Sophie Charlotte	01	Qut AC	64:08.91
	Hill, Gabriella	03	GCV	DQ

AACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 7 MARCH

Only a couple of walkers in action in Canberra last Saturday.

3000m Walk

1.	Clarkson, Kodi	12	Ginnindeera	15:35.0
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1500m Walk

1.	Smith, Casey	16	NSW	9:01.8
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NSW OPEN CHAMPIONSHIPS, SOPAC, SYDNEY, 6-8 MARCH

The NSW T&F Championship 5000m walks were held on Saturday morning in Sydney and there were some fine times from Frank Overton's young male walkers. **Tyler Jones** led them home with a big PB of 20:05.20, ahead of **Carl Gibbons** (PB 20:43.64) and **Dylan Richardson** (PB 21:45.58). Olympian **Beki Smith** led the women home with a fast 22:32.03 ahead of **Alannah Pitcher** (24:56.9) and **Hannah Bolton** (25:33.01).

5000m Walk Men

1.	Tyler Jones	22	Mingara	20:05.20	PB 0:32
2.	Carl Gibbons	24	Westlakes	20:43.64	PB 0:52
3.	Dylan Richardson	20	Mingara	21:45.58	PB 0:32
4.	Jack McGinniskin	18	Mingara	22:51.60	
5.	Kyle Bedford	20	Nepean District	22:53.99	PB 0:25

5000m Walk Women

1.	Beki Smith	34	Asics Wests	22:32.03
2.	Allanah Pitcher	17	Mingara	24:56.09
3.	Hannah Bolton	17	Mingara	25:33.01
4.	Hannah Parker	18	Randwick Bot	25:43.91
5.	India Duguid	15	Mingara	26:26.31
6.	hannah mison	19	Koorinal Wagga	26:31.88
7.	Teegan Pengilly	19	Bankstown Sp	26:59.81
8.	Molly O'Neill	20	Mingara	27:05.54
9.	Amy Walker	19	Mingara	27:20.83
10.	Bridget Bell	18	Asics Wests	28:12.27
11.	Chloe McLoughlin	16	Mingara	28:13.73
12.	Sienna Pitcher	13	Mingara	29:08.09
13.	Izabella Dunne	15	Mingara	29:10.20
14.	Milly Boughton	14	Randwick Bot	DQ

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 4 MARCH

Thanks to Colin Hainsworth for the results of this week's South Australian Masters Yacht Handicaps: Coolish, calm evening.

1500m Yacht Handicap

1.	MARIE MAXTED	09:16	W59	74.03%
2.	JACK RUSSELL	08:46	M67	79.49%
3.	GRAHAM HARRISON	13:26	M76	58.06%
4.	TREVOR BROWN	10:32	M71	69.37%
5.	JAN LAYNG	11:47	W71	66.84%
6.	DAVID ROBERTSON	13:48	M86	65.97%
7.	JAMES HOARE	12:03	M73	62.19%
8.	ROGER LOWE	15:38	M76	49.89%

4000m Yacht Handicap

1.	COLIN HAINSWORTH	38:48	M90	70.12%
2.	BRIAN WITTY	28:17	M69	69.48%
3.	JACK RUSSELL	25:06	M67	76.48%
4.	GRAHAM HARRISON	31:00	M76	69.41%
5.	MARIE MAXTED	27:47	W59	69.51%

2000m Yacht Handicap

1.	JEFFREY KENNETT	19:29	M69	47.33%
2.	ROGER LOWE	18:28	M76	54.63%
3.	JAN LAYNG	15:49	W71	65.58%
4.	EDNA BATES	18:13	W67	54.00%
5.	TREVOR BROWN	14:31	M71	65.09%
6.	DAVID ROBERTSON	18:09	M86	64.97%
7.	JAMES HOARE	16:06	M73	60.19%

NZ T&F CHAMPIONSHIPS, NGA PUNA WAI SPORTS HUB, CHRISTCHURCH, 6-8 MARCH

Across the Tasman Sea to Christchurch for the New Zealand T&F Championships last weekend. Thanks to David Sim and his Racewalk New Zealand newsletter for the prompt results, race reports and photos.

The shorter distance races were first up on Friday, with internationals **Quentin Rew** and **Alana Barber** centre stage and expected to win their respective 3000m walks.

Quentin, a two-time Olympian, survived the vicious winds to record a winning time of 11:58:24 and regain the men's national 3000m title for the first time in nine years. He was never likely to threaten his national record of 11:15:20 in the brutally tough conditions, but was nonetheless satisfied with his display. *"You still need to go out with intent and adapt your technique to the wind. You have to adjust your stride length but the wind makes it impossible to get into a good rhythm. Training has been going well and I hoping to have a decent crack at the New Zealand record. Once the goal time had gone, it was then just a case of holding off the young whippersnappers behind."* One of the "young whippersnappers" **Daniel Du Toit** impressed in the challenging conditions to take the men's U18 crown in 12:55.80.

Commonwealth silver medallist Alana Barber grabbed her third national senior 3000m walk title with an assured display. The 32-year-old Aucklander, whose specialist distance is the 20km, recorded 13:16:91 and said: *"I like feeling light, but today I felt as light as feather and I thought I might be blown away in the wind. The final 80m down the home straight the wind was blowing strongly and had to work through it. I was hoping to beat Daniel (Du Toit), I was eyeing him up but he beat me by about 100m."* The 2019 champion **Laura Langley** (Hawkes Bay) 14:09:21 took silver with former gold medallist **Courtney Ruske** (Canterbury) in bronze in 14:54:47.

3000m Walk Open Men

1.	Rew, Quentin	35	Wellington	11:58.24
2.	Brown, Alexander	19	Otago	14:52.60

3000m Walk Open Women

1.	Barber, Alana	32	Auckland	13:16.91
2.	Langley, Laura	22	Hawkes Bay Gisbo	14:09.21
3.	Ruske, Courtney	25	Canterbury	14:54.47
4.	Robinson, Rozie	29	Canterbury	15:53.38
5.	Rhind, Sarah-Amy	25	Racewalking	20:17.44

3000m Walk U20 Men

1.	Martin, Lucas	15	Man - Wanganui	13:39.11
2.	Logopati, Thomas	15	Canterbury	15:55.16

3000m Walk U20 Women

1.	Hillyer, Courtney	15	Canterbury	16:32.02
2.	Gilberd, Hannah	18	Taranaki	18:45.17

3000m Walk U18 Men

1.	Du Toit, Daniel	16	Wellington	12:55.90
2.	Jones, Ryan	15	Hawkes Bay Gisbo	14:16.94
3.	Sargisson, Troy	16	Auckland	15:02.80
4.	Cropp, Jonah	14	Canterbury	15:06.83

3000m Walk U18 Women

1.	Martin, Antonia	16	Auckland	18:21.17
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The walkers pose for the camera after the 3000m walks on Friday (photo David Sim)

The 10,000m walks followed on Sunday, after 2 days rest. **Quentin Rew** and **Alana Barber** were to the fore once again.

Quentin created a slice of NZ race walking history by wiping more than nine seconds from his national 10,000m track race walking record, recording a slick time of 40:42:11 and comfortably bettering his best time of 40:51:55, done in Canberra two years ago. *"I was happy with that, the conditions were much better today (than on Friday in the 3000m race walk). I went through 400m on about a 40-minute pace just cruising and felt good. The pace dropped a little in the second half but I'm pretty happy. Things haven't been going that well for me in recent races but I'm from a science background and am usually pretty level-headed, I know I'm training well and in good shape but it is nice to have that vindication (of a good performance)."*

Alana also completed the 3000m and 10,000m track walk double with victory in a time of 45:34.39. The 2018 Commonwealth 20km race walking silver medallist did not quite achieve her target time of 45 minutes – she recorded 44:57.20 in Melbourne for the distance in January – but was satisfied with her efforts. *"I wanted to get used to the feel of race walking at the Olympic standard (at the 20km race walk of 1:31:00) pace of 45:30, I didn't quite do that but overall I'm happy. Winning a national title is something I never take for granted."* **Laura Langley** secured a second successive silver medal in the 10km race walk, recording 49:35.36 with **Courtney Ruske** completing the podium positions in 52:12.84.

10,000m Walk Open Men

1.	Rew, Quentin	35	Wellington	40:42:11
2.	Brown, Alexander	19	Otago	51:42:00
	Jones, Graeme	46	Hawkes Bay Gisbo	DQ

10,000m Walk Open Women

1.	Barber, Alana	32	Auckland	45:34:49
2.	Langley, Laura	22	Hawkes Bay Gisbo	49:35:36
3.	Ruske, Courtney	25	Canterbury	52:12:84
4.	Robinson, Rozie	29	Canterbury	57:39:10
	Rhind, Sarah-Amy	25	Racewalking	DNF

10,000m Walk U20 Men

1.	Martin, Lucas	15	Man - Wanganui	48:24:23
2.	Jones, Ryan	15	Hawkes Bay Gisbo	55:19:76
	Sargisson, Troy	16	Auckland	DQ
	Du Toit, Daniel	16	Wellington	DQ

10,000m Walk U20 Women

1.	Martin, Antonia	16	Auckland	66:51:00
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Alana and Quentin in action in Christchurch (photos Athletics NZ)

CORONA VIRUS UPDATE

The latest racewalking related casualty of the Corona Virus outbreak is the 39th Dudinska 50 meet in Slovakia, scheduled for Saturday 21st March. Yesterday, the Slovak Athletics Federation announced the cancellation of this historic meet, due to the immediate implementation of a country wide 14-day ban on organizing public cultural or sporting events.

This is a twofold disaster. Firstly, this prestigious meet was an important qualifying opportunity for the Tokyo 2020 Olympic Games, particularly in the men's 50 km distance, a race for which 62 athletes from 23 countries had registered. Secondly, it was the official 50km Olympic trial for quite a few countries, including Great Britain.

The same weekend sees the French Roadwalk Championships (20km/35km/50km) being held in Gien so I suspect that lots of the Dudince entrants are now rescheduling their plans and hoping to walk in Gien instead. Fingers crossed that one goes ahead.

Here's a brief summary of some of the major walks meets scheduled for the March/April/May period.

Mar 15 (Sun), 2020	Asian Championships, Nomi, Japan (CANCELLED—now just 20km races for Japanese walkers)
Mar 21 (Sat), 2020	38 th Dudinska Meet, Dudince, Slovakia (CANCELLED)
Mar 22 (Sun), 2020	French Roadwalk Championships, Gien, France (20km/35km/50km)
Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China (CANCELLED?)
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 4 (Sat), 2020	Podebrady Walks Meet, Podebrady, Czech Republic
Apr 11-12, 2020	Taiwan Veterans Spring Meet, Tainan Municipal Stadium, Tainan
Apr 12 (Sun), 2020	104 th Japan Athletics Championships, Wajima, Japan (50km Men)
Apr 18 (Sat), 2020	International Race Walk Meeting, Zaniemysl, Poland (20km)

Apr 19 (Sun), 2020	Hungarian 20km Race Walk Championships, Békéscsaba, Hungary (20km)
May, 2-3, 2020	29th World Athletics Race Walking Team Championships , Minsk, Belarus See https://www.worldathletics.org/Competitions/world-athletics-race-walking-team-championshi
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany (20km men and women)
May 24 (Sun), 2020	Finnish Race Walk Championships, Lapua, Finland, (30km Men, 20km Women)
May 30 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain

MARCIALMONDO ROUNDUP

Marcialmondo has 12 press releases for us this week, with lots of overseas results for everyone.

- Tue 10 Mar - Wajima (JPN): Changes to the race schedule for All-Japan 50km on Sun 12 April
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3762
- Mon 9 Mar - Lima (PER): South American walking championships - Results of U20/18 events
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3761
- Sun 8 Mar - Lima (PER): South American Race walking Championships - Results of 20km/50km events
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3760
- Sun 8 Mar - Braga (POR) - Carolina Costa and Paulo Martins win the Portuguese U23 Indoor Championships
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3759
- Sat 7 Mar - Dublin (IRL): Wayne Snyman (RSA) and Mirna Ortiz (GUA) win in Irish Championship walks
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3758
- Fri 6 Mar - Lima (PER): Preview of the South American Race Walking Championships
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3757
- Fri 6 Mar - Erfurt (GER): Andreas Janker and Josephine Alisa Grandi win German Indoor Championships
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3756
- Thu 5 Mar - Clemence Beretta and Gabriel Bordier win the French Indoor Elite Championships
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3755
- Wed 3 Mar - Nomi Asian Championships meet cut back to now include only Japanese walkers
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3754
- Wed 3 Mar - Dublin (IRL): Kate Veale and David Kenny win Irish Indoor Championships
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3753
- Wed 3 Mar - Robert Cruise (AUS): Interesting booklet "Technique, Technique, Technique"
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3752
- Wed 3 Mar - San José de Costa Rica (CRC) - VIII Central American Race Walking Championships
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3751

And here are a selection of this week's pertinent press releases from Omarchador

- Mon 9 Mar - Dudince (Slovakia) meet canceled
<https://omarchador.blogspot.com/2020/03/evento-de-dudince-eslovaquia-cancelado.html>
- Mon 9 Mar - Viviane Lyra (Brazil) wins women's South American 50km championship
<https://omarchador.blogspot.com/2020/03/viviane-lyra-brasil-vence-50-km-nos-sul.html>
- Mon 9 Mar - Claudio Villanueva (Ecuador) wins men's South American 50km championship
<https://omarchador.blogspot.com/2020/03/claudio-villanueva-equador-impos-se-nos.html>
- Mon 9 Mar - Karla Jaramillo (Ecuador) wins women's South American 20km championship
<https://omarchador.blogspot.com/2020/03/karla-jaramillo-equador-triunfo-nos-20.html>
- Mon 9 Mar - Caio Bonfim (Brazil) wins men's South American 20km championship
<https://omarchador.blogspot.com/2020/03/caio-bonfim-brasil-triunfo-nos-20-km.html>
- Sun 8 Mar - Quentin Rew and Alana Barber win 10,000m New Zealand titles
<https://omarchador.blogspot.com/2020/03/quentin-rew-com-recorde-nacional-e.html>

- Sat 7 Mar - Alana Barber and Quentin Rew win 3000m New Zealand titles
<https://omarchador.blogspot.com/2020/03/alana-barber-e-quentin-rew-vencem-3000.html>
- Fri 6 Mar - Andreas Janker and Josephine Grandi win German indoor track championships
<https://omarchador.blogspot.com/2020/03/andreas-janker-e-josephine-grandi.html>
- Thu 5 Mar - Noelia Vargas and José Ortiz win 20km walks at the 2020 Central American Champs
<https://omarchador.blogspot.com/2020/03/noelia-vargas-e-jose-ortiz-vencem-20-km.html>
- Thu 5 Mar - European Indoor Track Veterans (Braga) postponed to 2021
<https://omarchador.blogspot.com/2020/03/europeus-de-veteranos-de-pista-coberta.html>
- Wed 4 Mar - Asian championships canceled. Japan maintains national competition
<https://omarchador.blogspot.com/2020/03/campeonatos-da-asia-cancelados-japao.html>
- Wed 4 Mar - Dawid Tomala and Agnieszka Ellward win Polish indoor track championships
https://omarchador.blogspot.com/2020/03/dawid-tomala-e-agnieszka-ellward-sagram_4.html

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

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 http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra
Apr 18-19, 2020	Australian Centurions 24 Hour Qualifying Walk, Coburg, Victoria
Apr 25 (Sat), 2020	VRWC Winter Season Roadwalks at Middle Park (Season Opener)
Jun 7 (Sun), 2020	54 th LBG Racewalking Carnival, Canberra
Aug 30 (Sun), 2020	Australian Masters 20km Championships, Adelaide

International Dates

Mar 15 (Sun), 2020	Asian Championships, Nomi, Japan (CANCELLED – now just 20km races for Japanese walkers)
Mar 21 (Sat), 2020	38 th Dudinska Meet, Dudince, Slovakia (CANCELLED)
Mar 22 (Sun), 2020	French Roadwalk Championships, Gien, France (20km/35km/50km)
Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China (CANCELLED?)
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 4 (Sat), 2020	Podebrady Walks Meet, Podebrady, Czech Republic
Apr 11-12, 2020	Taiwan Veterans Spring Meet, Tainan Municipal Stadium, Tainan
Apr 12 (Sun), 2020	104 th Japan Athletics Championships, Wajima, Japan (50km Men)
Apr 18 (Sat), 2020	International Race Walk Meeting, Zaniemysl, Poland (20km)
Apr 19 (Sun), 2020	Hungarian 20km Race Walk Championships, Békéscsaba, Hungary (20km)
May, 2-3, 2020	29th World Athletics Race Walking Team Championships , Minsk, Belarus See https://www.worldathletics.org/Competitions/world-athletics-race-walking-team-championshi
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany (20km men and women)
May 24 (Sun), 2020	Finnish Race Walk Championships, Lapua, Finland, (30km Men, 20km Women)
May 30 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Jun 5 (Fri), 2020	46 th International RW Festival, Alytus, Lithuania
Jun 14 (Sun), 2020	Polish National Championships, Mielec, Poland (20km)
Jun 28 (Sun), 2020	Canadian Olympic T&F Trials, Montreal, Canada (20km)
July 17-20, 2020	18th World Athletics 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
Sep 26-28, 2020	Lake Taihu Tour, Suzhou, China

2020 World Athletics Racewalking World Challenge

Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China (CANCELLED?)
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
Sep 26-28, 2020	Lake Taihu Tour, Suzhou, China

Jan 17-23, 2021 **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 **18th World Athletics Championships**, 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 World Athletics Championships**, Budapest, Hungary

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