



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 16  
15 January 2019



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

*Address:* RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)  
*Telephone:* 03 9817 3503  
*Hours:* Monday to Friday: 9:30am to 5:30pm  
Saturday: 9:00am to 3:00pm  
*Website:* <http://www.runnersworld.com.au>  
*Facebook:* <http://www.facebook.com/pages/Runners-World/235649459888840>

### WALKING FIGHTS FOR ITS SURVIVAL AGAIN

I was the recipient of a most unexpected and unwelcome email last Friday, from IAAF Race Walking Committee member Jane Saville. She explained the contents as follows

*The IAAF Race Walking Committee is seeking input from athletes through Member Federations and the Athletes Commission on a draft proposal that we will be discussing at our February Meeting. I have attached a copy that was sent to Member Federations and to the Chairs of the Athletes', Competition and Coaches' Commissions.*

Here is a copy of the attached document:

Sent on behalf of IAAF Race Walking Committee Chair, Maurizio Damilano

To: IAAF Member Federations  
Re: Race Walking Programme Proposals  
Date: January 10, 2019

Following extensive consultations and input, the members of the IAAF Race Walking Committee have refined their options for proposed change. At this time, we would like your assistance in circulating the following request for input to athletes and coaches within each Member Federation. The changes will be discussed by the IAAF Race Walking Committee at its upcoming meeting on February 2, 2019.

#### Rationale:

The IAAF Race Walking Committee wants to ensure growth and development of the discipline and considers that, for various reasons as outlined in our previous communications, now is the time for radical changes to support this objective.

#### Proposals:

1) **Maintain four individual events** (two male and two female to ensure gender equality) on the Championships programme for the foreseeable future with options for innovative formats that align with the IAAF's attempts to adapt to the changing world marketplace for participants, spectators, media and sponsors.

2) **Introduction of the Race Walking Electronic Control System (RWECS)** for use in competition by 2021\* to increase credibility of the discipline and facilitate the feasibility of different distances. Without this technology, we strongly advise against changing the current distances.

3) Along with changing the way in which the discipline is judged, to make it more attractive in the marketplace, major championships distances must also evolve. **The senior championship distances currently under consideration are: 10km (or 10,000m); and 30km.** Distances will be the same for both men and women. The distances recommended for U-20 and younger developing athletes would be adapted as well to ensure the younger athletes remain race walking through these formative years.

4) **The above changes will be effective as of January 1, 2021\*.**

**\*Successful introduction & distribution of insole (RWECS) must be in place by 2020 for this to occur. All dates are subject to confirmation as research and development enters its final stage this year of testing and finding commercial partners. But 2021 is the aim.**

In order for the Race Walking Committee to be able to discuss input from athletes and coaches at its February meeting, please send any feedback on the above proposals to Luis Saladie ([luis.saladie@iaaf.org](mailto:luis.saladie@iaaf.org)) by January 28.

Thank you for your consideration of this request.

Well, there you have it. The RWC are still trying to remove the 50km walk, but it's even worse this time around with them also targeting the 20km walk as well. Here are my thoughts

- This proposal is to be discussed (and presumably rubber stamped) when the RWC next meets on 2<sup>nd</sup> February - ie in less than 3 weeks time. This is a short and inadequate review timeframe, during a holiday period. Further, any feedback is required by 28<sup>th</sup> January – less than 2 weeks time! This rather begs the question - do they really want a response or are they going through the motions and allowing us as little time as possible to respond as a group.
- History shows that shorter distance walks were dead and buried for major champs many years ago. The 10,000m walk was kicked out after the 1952 Olympics due to difficulties in judging. The 5000m walk was kicked out of the World Indoor Champs in the late eighties for exactly the same reason. Electronic shoe inserts will not fix this issue. Walkers will walk so fast in such a short distance championship that the majority of the field will fall outside the RWC recommendation of 20ms float time. This in itself will inflict perhaps terminal damage to the reputation of our sport. To recommend such a change when we have not even had a chance to see the electronic judging system in action is premature and irresponsible.
- The big RWC idea in 2017 was to go from 2 walks (20/50) to one (half marathon) and to add occasional mickey mouse walk relays to meets. So we were going from 2 championship walks to one. The RWC lost that one so they are now prepared to accept 2 walks at major champs (a win to us) but for whatever reasons, they see no future for the 20/50 combination. Why? They keep saying that the events are not popular and change is needed. I am yet to be convinced of this. Where is the evidence? Is this a case of change for change sake.
- While the electronic judging initiative sounds good in principle, we have yet to see it in action in even one race. It exists only as a concept, with a few laps done in exhibition mode to shake out the system gremlins. What happens if a walker walks within the rules for 9 laps but then goes for it in lap 10, blatantly flies and wins? Under the new concept, that would constitute 1 report for one lap of infringements. I have yet to hear how this will be fixed. And how will it work with regard to bent knees. And will the 'last 100m' rule still be done manually. So much to talk about here!

My recommendations are as follows

1. We have a long and proud history in 20/50km walking. I do not want that to be lost unless there are compelling reasons. Hence I recommend we stay with 20/50 for the time being and push back any discussion to change to 10/30. We have only just won the battle to get women into the 50km. Do we want that all to be lost?
2. We push the RWC to focus its attention on the electronic judging initiative, with a view to getting it into a major championship in 'draft' mode. Let's see it in action in a major champ and use it to set realistic float times. This is a requisite for any further discussions. Do one thing and do it properly.
3. We push the RWC to provide a pathway from junior to senior ranks. That requires U23 championships. The 10km/30km sound more appropriate for U23 championships. Then we have a pathway to the 20/50. Attack the problem positively, not negatively.

I am reminded of the highly successful petition in April 2017, when we obtained some 10,000 signatures in 8 days supporting the retention of the 50km. Do we need something similar, spearheaded by our elite internationals? It would be hard for the RWC to push back against such a ground swell.

Heel and Toe also reached out to U.S. lawyer **Paul F. DeMeester** to ask for his reaction to the Race Walking Committee proposal. Paul personally lobbied the IAAF Council in April of 2017 to retain the Olympic 50K for Tokyo and has been instrumental in the inclusion of women 50K competitors at world level. DeMeester provided the following statement:

On January 10, 2019, the IAAF Race Walking Committee disseminated its draft proposal regarding the future of race walking. This is the same Committee that two years ago wanted to do away with the 50K.

The proposal contains four positives. The Race Walking Committee now supports gender equality. Terrific! Second, the Race Walking Committee favors maintaining events over two distances, as opposed to just one distance, which is what the Committee wanted two years ago. Third, the Race Walking Committee has abandoned the shorter distances it floated earlier, like the 5,000m (in relay format) and the notion that the longest distance walked would be the 20K or half-marathon (21.1K). Not that the 10/30 proposal makes sense but at least it's an improvement distance-wise. Fourth, the Race Walking Committee

strongly advised that without the introduction of the Race Walking Electronic Control System (RWECS), the current distances should not be changed.

The importance of the Race Walking Committee's strong advisement cannot be underscored enough. The Race Walking Committee should heed its own advice: let's take the RWECS from the experimental to the demonstrable stage before there is any discussion of any potential changes. Let's first see if the electronic shoe device works. Let's have it tested by independent entities using video verification techniques. Let's try it out in some non-medal races. And if it turns out that it works flawlessly, I suspect that it may prove that the 50K ends up being the most credible race distance as measured by the new electronic shoe.

This draft proposal should be seen for what it's worth: an effort to save face in light of the criticism leveled at the Race Walking Committee after it tried to stealthily abolish the 50K two years ago. Don't expect the Race Walking Committee to all of a sudden stick up for the current 20/50 program after the 2017 debacle; that would be an admission that the Race Walking Committee was wrong. So, instead we are being presented with the 10/30 alternative. Thus, the Race Walking Committee is still trying to abolish the 50K. One of its prominent members, Jane Saville, told me in Taicang the day after the women's 50K race at the May 2018 World Team Championships that the women's field (of 32) in that race was not a quality field.

Now, Saville and a majority of her colleagues want to do away with both the 20 and the 50. Yet, five of the twelve committee members have competed in both the 20K and 50K at the Olympics, four of whom having done so at the same Olympics. Two 'doublers' won Olympic gold in the 20K: Maurizio Damilano (1980) and Jefferson Pérez (1996). One 'doubler' won gold over both distances in 2000: Robert Korzeniowski. Two other Committee members raced the Olympic 20K only, including Saville, who earned bronze in 2004. One other Committee member competed twice in the Olympic 50K. Imagine Michael Johnson advocating to do away with the 400m; or Carl Lewis trying to abolish the 100m; or Mo Farah the 10,000m; or Seb Coe the 1,500m. Unthinkable indeed, except when it comes to the members of the Race Walking Committee.

This is not to say that all members of the Race Walking Committee share the abolitionist point of view. The representatives from China and Japan belong to member federations that are the current powerhouses in, respectively, the women's and men's 50K. Hard to believe they would want to do away with the event. There could be others but we'll never know since any voting takes place behind closed doors. Two years ago, the Race Walking Committee told 50K walkers they were no longer welcome. The Committee is about to tell the 20K walkers it has no use for them either. Maybe the Committee should change its name to the Anti-Race Walking Committee.

#### What next?

**The first thing EVERY reader of this newsletter needs to do is email Luis Saladie ([luis.saladie@iaaf.org](mailto:luis.saladie@iaaf.org)) with their feedback on this proposal. If, like me, you think it is heading in the wrong direction, you need to take action. We will only save our event if we work together as a group. It is now a numbers game.**

#### WHAT'S COMING UP

Round 10 of the Athletics Victoria Shield competition continues next Saturday with all 5 venues in action. Remember that entries close with AV at midday Wednesday.

AV Shield Round 10 (white and blue zones) Program 1, Box Hill, Saturday 19 January (5000m/2000m walks)  
AV Shield Round 10 (red and yellow zones) Program 2, Doncaster, Saturday 19 January (5000m/2000m walks)  
AV Shield Round 10 Program 2, Ballarat, Saturday 19 January (5000m/2000m walks)  
AV Shield Round 10 Program 2, Geelong, Saturday 19 January (walks)  
AV Shield Round 10 Program 2, Bendigo, Saturday 19 January (3000m walks)

Our next round of VRWC Summer Season competition takes place a day later at our Middle Park headquarters. The fixture reads:

Sun 20 <sup>th</sup> January 2019, VRWC Road Races, Middle Park		
8.00am	20km, 15km, 10km	Open
9.00am	5km, 3km	Open
9.30am	2km, 1km	Open

Remember that you can pre-enter for our VRWC races – see <http://vrwc.org.au/wp1/race-entries-2/race-entry-sun-20jan19/>.

Looking further forward for Victorian walkers:

Jan 26-28, 2019 Victorian Country T&F Championships, Bendigo, Victoria  
Feb 2 (Sat), 2019 AV Shield Round 11, around Victoria  
Feb 9 (Sat), 2019 AV Shield Round 12, around Victoria  
Feb 10 (Sun), 2019 Australian/Oceania 20km Championships, Adelaide, SA  
Feb 13 (Wed), 2019 AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Mentone

Feb 17 (Sun), 2019 VMA 5000m Track champs and VRWC races, Dolomore Reserve, Mentone, Victoria  
Feb 23 (Sat), 2019 AV Shield Final, Lakeside Stadium, Albert Park, Victoria

I announced in last week's newsletter that VRWC life member Marlane Stanway had died after a battle with MND. Funeral details have now been released:

**A Funeral Service to celebrate the life of Mrs Marlane June Stanway will be held at David W Bull Funeral Home, 190 Princes Hwy Pakenham on FRIDAY (Jan. 18, 2019) commencing at 10.30 AM. A private cremation will be follow.**

I hope to see many of our VRWC members there to say farewell to Marlane.

### SUPERNOVA WALKS STUDY CAMP KICKS OFF

The AIS based Supernova Nutritional Study camp is now well underway in Canberra, with the huge contingent of overseas internationals training alongside our Australian walkers. One of their early activities was a track based 10,000m walk, which was held last Wednesday at the AIS track in Bruce. It produced some fantastic results, with **Perseus Karlstrom** of Sweden winning the men's race with 38:52.76 and **Sandra Lorenas** of Colombia winning the women's race with 45:16.53. It was great to see 12 Australian walkers in the results set. **Jemima Montag** was the best of them, with 45:36.84, not too far from her best.

#### 10,000m Supernova Track Race, AIS Athletics Track, Canberra, Wednesday 9 January

1.	Karlstrom, Perseus	SWE	M	38:52.76
2.	Arteaga, Mauricio	ECU	M	40:16.25
3.	Araya, Yerko	CHI	M	41:03.59
4.	Arevalo, Eider	COL	M	41:04.03
5.	Dunfee, Evan	CAN	M	41:11.18
6.	Fujisawa, Isamu	JPN	M	41:11.45
7.	Palma, Ever	MEX	M	41:39.64
8.	Melendez, Jose	USA	M	41:46.52
9.	Ziukas, Marius	LTU	M	42:15.08
10.	Rew, Quentin	NZL	M	42:17.93
11.	Uradnik, Miroslav	SLO	M	42:21.37
12.	Blocki, Damian	POL	M	44:04.30
13.	Brzozowski, Artur	POL	M	44:41.71
14.	Bilodeau, Mat	CAN	M	44:49.41
15.	Ruiz, Jorge	COL	M	44:57.61
16.	Sikora, Rafal	POL	M	45:14.19
17.	Lorenas, Sandra	COL	F	45:16.53
18.	<b>Montag, Jemima</b>	<b>AUS</b>	<b>F</b>	<b>45:36.84</b>
19.	<b>Hayward, Katie</b>	<b>AUS</b>	<b>F</b>	<b>45:49.75</b>
20.	Yamamoto, Toru	JPN	M	46:00.89
21.	<b>Rayson, Ian</b>	<b>AUS</b>	<b>M</b>	<b>46:08.94</b>
22.	Virbalyte, Brigita	LTU	F	46:47.58
23.	<b>Camilleri, Tristan</b>	<b>AUS</b>	<b>M</b>	<b>47:29.41</b>
24.	Araya, Edward	CHI	M	47:43.05
25.	<b>Reading, Brendon</b>	<b>AUS</b>	<b>M</b>	<b>48:49.42</b>
26.	Barber, Alana	NZL	F	48:50.62
27.	<b>Fraser, Tim</b>	<b>AUS</b>	<b>M</b>	<b>49:16.27</b>
28.	<b>Dickson, Corey</b>	<b>AUS</b>	<b>M</b>	<b>50:37.60</b>
29.	<b>Swan, Kyle</b>	<b>AUS</b>	<b>M</b>	<b>50:54.80</b>
30.	Suskevicius, Tadas	LTU	M	51:12.60
31.	<b>McInnes Simone</b>	<b>AUS</b>	<b>F</b>	<b>51:35.48</b>
32.	<b>Huse, Philippa</b>	<b>AUS</b>	<b>F</b>	<b>51:48.48</b>
33.	<b>Tallent, Rachel</b>	<b>AUS</b>	<b>F</b>	<b>51:56.32</b>
34.	<b>Pickles, Jess</b>	<b>AUS</b>	<b>F</b>	<b>54:17.89</b>

When Perseus was out here last summer for the camp, he took all before him, winning the Australian 50km championship at Fawkner Park in a Swedish best of 3:44:35, winning the Australian 10,000m track championship in Canberra with 39:22.41 and winning the Australian 20km championship in Adelaide with 1:20:30. It looks like he is in similar form this year!

The pace has been fairly full on so far at the camp, with treadmill tests, rigorous diets, lots of blood tests, some long walks, a first effort on the dreaded Mt Stromlo course, and of course lots of fun in the Canberra heat. A selection of photos follows



*Action in the 10,000m walk, with Perseus Karlstom (RHS) taking line honours*



*Left: Super coach Brent Vallance (on right) with his group which includes Kyle Swan, Jemima Montag, Quentin Rew, Alana Barber, Brigita Virbalyte-Dimšiene and Perseus Karlstrom  
Right: Kyle and Jemima help with labelling the testing bottles*



*Getting ready for the Mt Stomlo walk – 14km, with most of it uphill*

**ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 12 JANUARY**

Athletics Victoria Shield resumed last Saturday, after the Christmas break, with 4 venues in action. Numbers were down across the board, perhaps with people still away on their Christmas break – only 41 walkers in total on a hot and windy Saturday.

**AV Shield Round 9 Program 1, Werribee, Saturday 12 January**

**Kyle Bird** won the 3000m walk at Werribee with 14:18.1, ahead of **Will Thompson** (14:28.2) and **Chris Erickson** (14:33.8). **Charlotte Hay** was only 1 sec outside her PB as the fastest of the women, with 14:56.9.

**3000m Walk**

1.	Kyle Bird	M	MPA		14:18.1
2.	Will Thompson	M	CCA		14:28.2
3.	Chris Erickson	M	ESS		14:33.8
4.	Charlotte Hay	F	KNA		14:56.9
5.	Heath Beveridge	M	WES		16:38.2
6.	Trenton Hawkins	M	PTN		16:47.6
7.	Danny Hawksworth	M	ESS		16:48.6
8.	Paul Kennedy	M	KSB	M60	16:54.8
9.	Timothy Erickson	M	COB	M65	18:00.9
10.	Hamish Beaumont	M	MUU	M40	18:22.7
11.	Kerryn Walshe	F	KSB	F55	18:30.1
12.	Madeleine Feain	F	KSB		18:36.5
13.	Heather Carr	F	GHY	F65	19:44.7
14.	Donna-Marie Elms	F	PTN	F55	20:14.6
15.	Duncan Knox	M	ESS	M55	20:22.5
16.	Clyde Riddoch	M	VMA	M65	20:42.4
17.	Dennis Lazar	M	DIV	M60	21:10.0
18.	Russell Dickenson	M	VMA	M65	21:43.8
19.	Geoff Barrow	M	MEN	M65	21:48.1
20.	Gwen Steed	F	GHY	F65	21:54.9
21.	Merilyn Thompson	F	CCA	F50	22:45.6
22.	Tracy Colbert	F	COB	F45	23:27.7
23.	Donna Campbell	F	PTN	F45	26:35.8
24.	Glenys Schubert	F	DIV	F55	29:01.2
	Steven Stern	M	GHY	M65	DQ

**1500m Walk**

1.	Ocean Shephard	M	MPA		10:57.7
2.	Francis Panakkal	M	WYN		11:59.6
3.	Travis Maleko	M	WYN		12:00.6

The 3 country venues were also in action, although numbers were small. Best effort by **Barb Bryant** (F60 1500m 8:38.94).

**AV Shield Round 9 Program 1, Ballarat, Saturday 12 January**

**3000m Walk**

1.	Roslyn Ireland	F	BWK		22:58.28
----	----------------	---	-----	--	----------

**1500m Walk**

1.	Scott Peart	M	BYC		8:55.15
----	-------------	---	-----	--	---------

**AV Shield Round 9 Program 1, Geelong, Saturday 12 January**

**1500m Walk**

1.	Charli Walker	F	BEL		9:14.08
2.	Kaylah Heikkila-Dubowik	F	COR		9:30.09
3.	Elizabeth Riviere	F	BEL		11:17.32
4.	Izzy Walker	F	UNA		11:37.85

**AV Shield Round 9 Program 1, Bendigo, Saturday 12 January**

**3000m Walk**

1.	Annette Curtis	F	SBE	F60	23:10.35
2.	John Watson	M	BGO	M65	24:28.79

**1500m Walk**

1.	Barbara Bryant	F	EAG	F60	8:38.94
----	----------------	---	-----	-----	---------

2.	Andrea Smith	F	BEU	F40	9:07.71
3.	Maddison Vaughan	F	BGO		9:24.34
4.	Claire Noonan	F	EAG		9:34.83
5.	Wendy Ennor	F	EAG	F60	12:44.59

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE WEDNESDAY 9 JANUARY**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Cool evening with gusty breeze at times. Good walking by **Richard Everson** and **George White**.

**1000m Walk**

1.	Richard Everson	05:25	M55	73.83%
2.	Mark Worthing	05:27	M56	74.06%
3.	George White	05:59	M73	<b>81.15%</b>
4.	Marie Maxted	06:28	W58	68.43%
5.	Rebecca Hunter	06:51	W39	55.21%
6.	James Hoare	07:31	M72	63.78%
7.	Jan Layng	08:31	W70	59.10%

**1000m Club Walk**

1.	Kevin Finn	06:48	M67	66.41%
2.	John Hore	07:45	M70	60.37%
3.	Roger Lowe	07:57	M75	62.70%
4.	Helen Suridge	08:31	W67	57.01%
5.	Valmai Padget	09:15	W74	57.36%
6.	Jill Rogers	09:17	W74	57.16%

**3000m Walk**

1.	Richard Everson	15:26	M55	<b>81.53%</b>
2.	George White	18:31	M73	<b>82.55%</b>
3.	Greg Metha	19:15	M54	64.78%
4.	Marie Maxted	20:21	W58	69.15%
5.	James Hoare	22:41	M72	66.52%
6.	Liz Downs	23:10	W63	64.18%
7.	Colin Hainsworth	27:54	M89	70.56%

**3000m Club Walk**

1.	Kevin Finn	20:30	M67	69.31%
2.	Valmai Padget	26:26	W74	65.33%
3.	Roger Lowe	26:26	M75	59.39%
4.	Edna Bates	27:30	W66	56.09%

**USCAC MINI MEET, GOLD COAST, QLD, WEDNESDAY 9 JANUARY**

Only 1 walker in action in the USCAC Mini Meet on the Gold Coast in Queensland last Wednesday.

**1500m Walk**

1.	Ofield, Mackenzie	15	University o	7:46.38
----	-------------------	----	--------------	---------

**ATHLETICS WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, SATURDAY 12 JANUARY**

Numbers were also pretty sparse in Perth on Saturday for their latest round of interclub.

**5000m Walk**

1.	Patrick Murphy	M00	Front Runner	31:16.80
	Caitlin Gallagher	W02	Ridgewood	DNF
	Ebony Gough	W03	Joondalup AC	DQ

**TASMANIAN 10,000M WALK CHAMPS, DOMAIN ATHLETICS TRACK, HOBART, WEDNESDAY 9 JANUARY**

Now to Tasmania for a couple of races. First to last Wednesday, when the Tasmanian 10,000m Walk Championships were held. It was a windy blustery evening, with both **Will Robertson** and **Alice Randall** walking slower than normal, both nursing slight niggles.

**10,000m Walk**

1.	William Robertson	M	53.28.33
2.	Alice Randall	W	53.57.89
3.	Elizabeth Leitch	W60	1:11.50.91
4.	Ron Foster	M65	1:18.37.02



*Will Thompson and Alice Randall at the Tasmanian 10,000m Track Champs*

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 12 JANUARY**

Then to Saturday for the Tasmanian interclub races, held on a burning hot day, with a strong wind thrown in for good measure.

**3000m Walk**

1.	Elizabeth Leitch	Tasmanian Masters	20:29.21
2.	Ron Foster	Tasmanian Masters	22:51.03
3.	Wayne Fletcher	Northern Sub	23:25.48

**PORTUGUESE NATIONAL 50KM/35KM CHAMPIONSHIPS, PORTO DE MOS, PORTUGAL, SUNDAY 13 JANUARY**

Now to overseas news. Sunday saw the Portuguese 50km and 35km Championships in Porto de Mos. 50km wins to **Joao Vieira** (3:51:46) and **Sandra Silva** (5:07.10). Unfortunately, Ines Henriques was absent, as she recovers from a minor injury. Joao Vieira won the men's 35km (2:20:14) on his way through to this 50km win, while **Mara Ribeiro** (3:00:56) won the women's 35km. Very good numbers for such long distance races. Thanks to marciadalmondo ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3364](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3364)) for such prompt results.

**50km Women**

1.	Sandra Silva	POR	CFOD	V40	21-09-75	5:07:10
----	--------------	-----	------	-----	----------	---------

**50km Men**

1.	João Vieira	POR	SCP	V40	20-02-76	3:51:46
2.	Pedro Santos	POR	JV	Sen	25-04-86	4:17:04
3.	Pedro Isidro	POR	SLB	Sen	17-07-85	4:21:00
4.	Cristiano António	POR	CAS	Sen	15-10-88	4:39:27
5.	Manuel Marques	POR	CFOD	V40	04-09-78	4:58:30
6.	Henrique Santos	POR	GDD	V50	27-05-65	5:01:39
	Luis Sousa	POR	SUOV	V40	16-04-74	DNF



**35km Women**

1.	Mara Ribeiro	POR	SLB	Sen	11-05-95	3:00:56
2.	Sandra Silva	POR	CFOD	V40	21-09-75	3:30:29
3.	Alexandra Lamas	POR	ACRSD	V45	19-06-72	3:35:08

**35km Men**

1.	João Vieira	POR	SCP	V40	20-02-76	2:40:14
2.	Miguel Rodrigues	POR	SLB	Sen	01-11-96	2:40:37
3.	Miguel Carvalho	POR	SLB	Sen	02-09-94	2:42:34
4.	Hélder Santos	POR	LMA-L	Sen	07-03-96	2:48:41
5.	Pedro Santos	POR	JV	Sen	25-04-86	2:52:32
6.	Rui Coelho	POR	CAS	Sen	26-09-94	2:52:38
7.	Pedro Isidro	POR	SLB	Sen	17-07-85	2:54:01
8.	Vítor Cabral	POR	CFOD	S23	01-05-98	3:02:03
9.	Cristiano António	POR	CAS	Sen	15-10-88	3:09:44
10.	Manuel Marques	POR	CFOD	V40	04-09-78	3:18:32
11.	Henrique Santos	POR	GDD	V50	27-05-65	3:24:59
12.	Luís Sousa	POR	SUOV	V40	16-04-74	3:26:48
13.	Luís Bidarra	POR	CAS	V45	05-04-71	3:33:39
14.	Ricardo Santos	POR	GDPCD	V40	22-02-75	3:36:35
	Victor Silva	POR	ADRAP	Sen	28-05-90	DNF

**15km Women**

1.	Edna Barros	POR	COP	Sen	18-12-96	1:11:50
2.	Carolina Costa	POR	COP	S23	12-03-98	1:14:02
3.	Vitória Oliveira	POR	SCP	Sen	30-08-92	1:17:41
4.	Maria Bernardo	POR	COP	S23	19-10-99	1:18:31
5.	Andreia Sousa	POR	CAS	S23	01-12-98	1:19:33
6.	Andreia Reis	POR	NLUZ	S23	12-11-99	1:28:42
7.	Inês Reis	POR	SCP	S23	17-07-99	1:29:58
	Vera Santos	POR	SCP	V35	03-12-81	DNF

**U20 10km Women**

1.	Joana Pontes	POR	LMA-L	Jun	22-03-00	51:17
2.	Raquel Pimentel	POR	CFOD	Jun	26-06-01*	54:06
3.	Catarina Santos	POR	SCP	Jun	02-10-01*	55:41
4.	Andreia Lourenço	POR	CPPEA	Jun	19-10-00	1:02:58

**U20 10km Men**

1.	Rúben Santos	POR	SCP	Jun	05-06-00	46:52
2.	João Bernardo	POR	SLB	Jun	14-11-01*	47:18

Joao Vieira's time of 3:51:46 ticks the box as a qualifier for the 2019 IAAF World Champs in Doha and now takes the men's qualifying list to 47. The list reads as follows

**Men 3:59:00 Entry Standard (target number of 50)**

1.	Yohann Diniz	FRA	3:33:25	London	13 August 2017 *
2.	Tomohiro Noda	JPN	3:39:47	Takahata	28 October 2018
3.	Matej Tóth	SVK	3:42:46	Dudince	24 March 2018
4.	Hirooki Arai	JPN	3:44:25	Taicang	5 May 2018
5.	Hayato Katsuki	JPN	3:44:31	Taicang	5 May 2018
6.	Veli-Matti Partanen	FIN	3:44:43	Dudince	24 March 2018
7.	Satoshi Maruo	JPN	3:44:52	Taicang	5 May 2018
8.	Maryan Zakalnytskyi	UKR	3:44:59	Taicang	5 May 2018
9.	Qin Wang	CHN	3:45:29	Taicang	5 May 2018
10.	Kai Kobayashi	JPN	3:46:26	Takahata	28 October 2018
11.	Masatora Kawano	JPN	3:47:30	Takahata	28 October 2018
12.	Dzmitry Dziubin	BLR	3:47:59	Berlin	7 August 2018
13.	Rui Wang	CHN	3:48:01	Taicang	5 May 2018
14.	Rafal Augustyn	POL	3:48:22	Taicang	5 May 2018
15.	Håvard Haukenes	NOR	3:48:35	Berlin	7 August 2018
16.	Perseus Karlström	SWE	3:48:54	Taicang	5 May 2018
17.	Quentin Rew	NZL	3:48:58	Taicang	5 May 2018
18.	Ivan Banzeruk	UKR	3:49:17	Taicang	5 May 2018
19.	Rafal Sikora	POL	3:49:54	Taicang	5 May 2018
20.	Evan Dunfee	CAN	3:50:18	Taicang	5 May 2018
21.	Carl Dohmann	GER	3:50:27	Berlin	7 August 2018

22.	Jonathan Hilbert	GER	3:51:22	Aschersleben	14 October 2018
23.	Joao Vieira	POR	3:51:46	Porto de Mos	13 January 2019
24.	Takayuki Tanii	JPN	3:51:54	Takahata	28 October 2018
25.	Shuto Goto	JPN	3:52:17	Takahata	28 October 2018
26.	Jarkko Kinnunen	FIN	3:52:40	Aschersleben	14 October 2018
27.	Michele Antonelli	ITA	3:53:00	Taicang	5 May 2018
28.	Valeriy Litanyuk	UKR	3:53:05	Taicang	5 May 2018
29.	Bernardo Uriel Barrondo	GUA	3:53:10	Taicang	5 May 2018
30.	Brendan Boyce	IRL	3:53:32	Taicang	5 May 2018
31.	Jesús Ángel García	ESP	3:53:48	Taicang	5 May 2018
32.	Nathaniel Seiler	GER	3:54:08	Berlin	7 August 2018
33.	Adrian Blocki	POL	3:54:31	Taicang	5 May 2018
34.	Claudio Villanueva	ECU	3:55:04	Taicang	5 May 2018
35.	Andrea Agrusti	ITA	3:55:09	Taicang	5 May 2018
36.	Caio Bonfim	BRA	3:55:24	Melbourne	2 December 2018
37.	José Ignacio Díaz	ESP	3:55:28	Berlin	7 August 2018
38.	Marco De Luca	ITA	3:55:47	Berlin	7 August 2018
39.	José Montana	COL	3:55:48	Dudince	24 March 2018
40.	Andrés Chocho	ECU	3:55:48	Cochabamba	5 June 2018
41.	Marc Tur	ESP	3:56:28	Taicang	5 May 2018
42.	Benjamin Sánchez	ESP	3:56:37	Taicang	5 May 2018
43.	Aurelien Quinion	FRA	3:57:05	Aschersleben	14 October 2018
44.	Jijiang Han	CHN	3:57:33	Taicang	5 May 2018
45.	Bence Venyercsán	HUN	3:58:25	Berlin	7 August 2018
46.	Artur Mastianica	LTU	3:58:29	Berlin	7 August 2018
47.	Isamu Fujisawa	JPN	3:58:49	Takahata	28 October 2018

\* Wild Card Entry as Reigning World Outdoor Champion

See the full men's and women's 50km qualifying lists at <http://www.vrwc.org.au/documents/2019%20Doha%2050km%20Ranking%20Lists.pdf>.

#### 2019 SOUTH ISLAND COLGATE GAMES, DUNEDIN, NEW ZEALAND, 11-13 JANUARY

The Colgate Games is a premier New Zealand athletics concept for children from 7-14 years of age. The North Island Colgate Games were held a week ago (4-6 January) and the South Island Colgate Games were held in Dunedin this past weekend. It is great to see so many young walkers in action. Thanks to David Sim for the results.

##### Girls 1200m Walk Grade 10

1.	Kobi Maslin	10	CANU	6:44.14
2.	Meg Ritchie	10	SCAN	7:58.07
3.	Emma Campbell	10	Geraldine AAC	11:57.73

##### Girls 1200m Walk Grade 11

1.	Orla Motley	11	SCAN	7:01.15
2.	Molly O'Reilly	11	Selwyn	7:57.30
3.	Isla MacCallum	11	Riverton AC	9:58.22
4.	Hannah Grenfell	11	PRHL	10:18.54
5.	Nora Caffery	11	Manurewa AA & HC	11:28.25
	Keira Arbuckle	11	MRLA	DQ

##### Girls 1200m Walk Grade 12

1.	Madeline Thomas	12	SCAN	6:03.47
2.	Kate Ritchie	12	SCAN	6:50.95
3.	Zoe Rutherford	12	NAPA	8:05.98
4.	Brydee Cattermole	12	NBOL	8:29.61
5.	Anya Rhodes	12	Hill City AAC	9:56.30
6.	Lauren Murphy	12	St Pauls A & HC	10:04.77
7.	Asha Dickson	12	Wyndham AAC	10:17.09

##### Girls 1600m Walk Grade 13

1.	Kayla Simons	13	Selwyn	10:21.10
2.	Kirsty McCarthy Dempsey	13	Selwyn	10:24.22

##### Girls 2000m Walk Grade 14

1.	Courtney Hillyer	14	CHAV	11:30.19
2.	Miranda Chopping (INV)	14	Queensland	12:16.90

3.	Ashleigh Whiti	14	Richmond	18:22.87
<b>Boys 1200m Walk Grade 10</b>				
1.	Sam Burnell	10	Queenstown	9:57.32
	Dante Dickson	10	Wyndham AAC	DQ
<b>Boys 1200m Walk Grade 11</b>				
1.	Ari Bennett	11	Ashhurst H & AC	8:36.67
<b>Boys 1200m Walk Grade 12</b>				
1.	Liam Dunlop-Brown	12	Mana AAC	6:48.84
2.	Zachary Landers	12	PRHL	7:52.88
3.	Hamish Gillett	12	CHAV	8:36.83
	Zach Buyck	12	WHAC	DQ
<b>Boys 1600m Walk Grade 13</b>				
1.	Jonah Cropp	13	Sumner Running Club	8:51.47
2.	Harry Reith	13	SCAN	11:50.61
3.	Deacon Grieve	13	St Pauls A & HC	11:52.48
4.	Reuben Brand	13	Riverton AC	11:55.23
<b>Boys 2000m Walk Grade 14</b>				
1.	Lachlan McCure (INV)	14	Queensland	11:35.02

**ERWL FIVE MILES, KING GEORGE PLAYING FIELDS, ENFIELD, SATURDAY 12 JANUARY**

Thanks to Ron Wallwork for the results from the first of the ERWL league races for 2019. He reported:

The race held in dry overcast conditions, with the temperature around 10C, was dominated by **Dave Annetts** who had a huge winning margin. He had close attendance from **Maddy Shott** and **George Wilkinson** for the first couple of miles then walked away from them. Nevertheless, the performance of Maddy Shott, who gained her first international selection following her win at the EA Indoor championships the previous week, confirms her progress in the discipline.

**5 Miles Men**

1.	David Annetts	M50	N.Herts RR	38.54
2.	George Wilkinson	u17	EHAC	42.31
3.	David Crane	M40	Surrey WC	42.41
4.	Jim Ball	M55	Steyning AC	46.13
5.	Christopher Hobbs	M60	Ashford AC	47.21
6.	Trevor Jones	M60	Steyning AC	47.33
7.	Martin Fisher ©	M55	Redcar RWC	48.22
8.	Stuart Bennett ©	M60	Ilford AC	48.26
9.	Mark Culshaw	M50	Ilford AC	49.54
10.	John Hall	M65	Belgrave H	51.32
11.	John Ralph	M60	EHAC	52.08
12.	Malcolm Blackwood	M65	Trent Park	56.46
13.	Steve Cartwright	M60	Colch/Tend	57.19
14.	Shaun Lightman	M75	Surrey WC	57.41
15.	Bob Dobson ©	M75	Ilford AC	59.18
16.	Arthur Thomson	M80	EHAC	62.24

**5 Miles Women**

1.	Maddy Shott	SW	Belgrave H	40.54
2.	Millie Morris	U17	Maid/Medway	46.28
3.	Jacqueline Benson	U20	Ashford AC	46.45
4.	Grace Whittingham	U17	Ashford AC	47.20
5.	Emma Dyos	W40	Ilford AC	48.13
6.	Helen Middleton	W55	EHAC	48.28
7.	Melanie Peddle	W50	Loughton AC	49.53
8.	Rachel Lawless	W55	Ilford AC	53.29
9.	Fiona Bishop	W55	EHAC	54.30
10.	Noel Blatchford	W70	Abingdon AC	55.00
11.	Sue Barnett	W65	EHAC	55.15
12.	Lesley Hall	W60	Ashford AC	55.20
13.	Lesley Morris	W55	Ilford AC	56.09
14.	Jo Miles	W60	unattached	56.13



*Dave Annetts forces the pace in the early stages (photo from Ron Wallwork)*

#### MATEJ TÓTH CUP, BANSKÁ BYSTRICA, SLOVAKIA, FRIDAY 4 JANUARY

Back a week to Slovakia where their 2019 indoor season opened with the traditional Matej Tóth Cup meet, combined with the Slovak U20 championships. In total, a very impressive 56 walkers competed in Toth's home city of Banska Bystrica. Apart from the large Slovak contingent, the meet included walkers from the Czech Republic and Hungary.

Victories in the Open races to **Dominik Cerny** (20:25.89) and **Viktoria Madarasz** (13:03.80). The U20 championship titles went to **Lubomir Kubis** (21:16.99) and **Hana Burzalova** (14:24.64). See more at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3360](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3360).

##### 1. 5000m Men

2.	Dominik Cerný	1997	ŠK Dukla oz Banská Bystrica	20:25.89	
3.	Lubomír Kubiš	2001	AK Spartak Dubnica nad Váhom	21:16.99	U20
4.	Vítek Hlavác	1997	AC Tepo Kladno	21:20.52	
5.	Vojtech Libnar	1999	SK Nové Mesto nad Metují	22:04.44	
6.	Patrik Nemcok	2003	ŠK BCF Dukla Banská Bystrica	23:13.29	U20
7.	Alan Hamzic	2000	ŠK ŠOG Nitra	25:52.86	U20
8.	Daniel Kovác	2001	ŠK ŠOG Nitra	DQ	U20

##### 3000m Women

1.	Viktoria Madarasz	1995	HUN Hungary	13:03.80	
2.	Mária Czaková	1988	ŠK Dukla oz Banská Bystrica	13:17.16	
3.	Hana Burzalová	2001	AK Spartak Dubnica nad Váhom	14:24.64	U20
4.	Alžbeta Ragasová	2002	AK Spartak Dubnica nad Váhom	15:04.15	U20
5.	Lucia Rusková	2001	ŠK BCF Dukla Banská Bystrica	16:22.98	U20
6.	Karin Devaldová	2003	AK Slavia TU Košice	16:33.55	U20
7.	Klára Zemková	2002	Atletický klub ZTS Martin	17:31.63	U20
8.	Laura Hubcejová	2003	Atletický klub ZTS Martin	18:35.44	U20
9.	Annamaria Masaryková	2002	ŠK BCF Dukla Banská Bystrica	18:49.63	U20
10.	Nikoleta Ševčíková	2001	ŠK BCF Dukla Banská Bystrica	19:14.28	U20
11.	Svetlana Vargová	2000	ŠK ŠOG Nitra	19:53.83	U20
12.	Nina Jakušová	2003	MŠK Žiar nad Hronom	19:57.10	U20

#### OUT AND ABOUT

- Congratulations to Irish Olympic walker and IAAF judge **Pierce O'Callaghan** who has been appointed as director of readiness to help monitor overall planning for this year's IAAF World Championships in Doha. Pierce was the director of operations for the IAAF World Championships London in 2017 and was the sports director at the inaugural European Games in Baku. Another well deserved post. See <https://www.insidethegames.biz/articles/1074123/ocallaghan-appointed-director-of-readiness-for-2019-iaaf-world-championships-in-doha>.

- Perth will host the 2019 Australian All Schools Championships in December 2019. See the announcement at <http://www.waathletics.org.au/News/ArtMID/3630/ArticleID/2061057/Australian-All-Schools-Championships-head-West-in-2019>.
- 2018 IAAF World Racewalking Team Championships representative **Rebecca Henderson** may not be walking much this summer but she is making big waves elsewhere. Last Saturday, she competed in the 1.2km Lorne Pier to Pub ocean swim. Here is what her mum Cathy had to say

*Amazing day at our first Lorne Pier to Pub swim today with Bec fortunate enough to be given a spot in the Superfish wave, swimming against the best open water swimmers from Victoria and interstate, after her results this season. Fantastic atmosphere with over 5,000 competitors and around 25,000 spectators and Bec swam a great race, coming in 7<sup>th</sup> in the Open Superfish wave in a very close race (only 11 seconds behind second place) Such an exciting experience.....loved it!!!!*

She then backed up with third place in the 2XU Triathlon at St Kilda on Sunday. Wow, what a weekend!

- Time for a look at time past. Check out the 2012 interview with 1976 Olympic 20km gold medallist **Daniel Bautista**. One of my favourite walkers of all time. See <https://www.youtube.com/watch?v=Hkfs1bgadQo>.
- In September 2018, WADA director general Oliver Niggli stated RUSADA would be declared non-compliant again if they did not meet the December deadline. And now? WADA's Compliance Review Committee is poised for a crunch meeting to discuss Russia's ongoing non-compliance, with the likely outcome yet another softly softly approach to the serial offender. See <http://www.insidethegames.biz/articles/1074167/wadas-compliance-review-committee-poised-for-crunch-meeting-to-discuss-russia>.

## MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 6 press releases for us this week

- Sun 13 Jan - Porto de Mos: Portuguese 50km championship results [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3364](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3364)
- Sat 12 Jan - Pierce O'Callaghan director of readiness for Doha 2019 [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3363](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3363)
- Thu 10 Jan - Preview of the Portuguese 50km champs this weekend in Porto de Mos [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3362](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3362)
- Wed 9 Jan - Perseus Karlstrom walks 38:52.76 for Canberra 10,000m track walk [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3361](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3361)
- Tue 8 Jan - Banska Bystrica (SVK): victories of Dominik Cerny (SVK) and Viktoria Madarasz (HUN) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3360](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3360)
- Mon 7 Jan - Nantes (FRA): Gabriel Bordier breaks French U23 5000m indoor walk record [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3359](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3359)

Omarchador has 7 press releases

- Sun 13 Jan - Results of 3000m indoor track championships in Sheffield, England <http://omarchador.blogspot.com/2019/01/campeonatos-de-inglaterra-de-pista.html>
- Sun 13 Jan - Preview of Portuguese 50km championships in Porto de Mós <http://omarchador.blogspot.com/2019/01/porto-de-mos-sede-dos-campeonatos-de.html>
- Sat 12 Jan - Some history: 50km Portugal Championship walks 1985 - 2018 <http://omarchador.blogspot.com/2019/01/campeonatos-de-portugal-de-50-km-marcha.html>
- Fri 11 Jan - Portugal releases its qualification standards for the European Race Walking Cup <http://omarchador.blogspot.com/2019/01/marcas-de-qualificacao-fpa-alytus-2019.html>
- Thu 10 Jan - Valeria Pedetti and Ivan Pushkin named the best European veteran walkers for 2018 <http://omarchador.blogspot.com/2019/01/valeria-pedetti-e-ivan-pushkin.html>
- Wed 9 Jan - Perseus Karsltrom and Lorena Arenas win 10,000 m in Canberra, Australia <http://omarchador.blogspot.com/2019/01/perseus-karsltrom-e-lorena-arenas.html>

- Tue 8 Jan - Results of the Matej Tóth Cup in Banská Bystrica  
<http://omarchador.blogspot.com/2019/01/taca-matej-toth-em-banska-bystrica.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

Jan 19 (Sat), 2019	AV Shield Round 10, around Victoria
Jan 20 (Sun), 2019	VRWC Road Races, Middle Park, Victoria
Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo, Victoria
Feb 2 (Sat), 2019	AV Shield Round 11, around Victoria
Feb 9 (Sat), 2019	AV Shield Round 12, around Victoria
Feb 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Feb 13 (Wed), 2019	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Mentone
Feb 17 (Sun), 2019	VMA 5000m Track champs and VRWC races, Dolomore Reserve, Mentone, Victoria
Feb 23 (Sat), 2019	AV Shield Final, Lakeside Stadium, Albert Park, Victoria
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	Victorian Masters T&F Championships, Doncaster
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - <a href="https://melbourne2019.com.au/">https://melbourne2019.com.au/</a>
Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

### 2019 IAAF Race Walking Challenge Series (first few dates now published)

Apr 6 (Sat), 2019	28 <sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar

### International Dates – 2019 and onwards

Jan 26 (Sat), 2019	USATF 50km Race Walking Championships, Santee, California, USA
Feb 10 (Sun), 2019	Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)
Feb 10 (Sun), 2019	Spanish 50km National Race Walk Championships, El Vendrell, ESP
Mar 17 (Sun), 2019	Lugano Trophy Walks Meet, Lugano, SWI
Mar 23 (Sat), 2019	Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
Mar 24-30, 2019	<b>8<sup>th</sup> World Masters Indoors T&amp;F Championships</b> , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 <sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 13 (Sat), 2018	International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km)
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American Racewalk Cup, Lazaro Cardenas, Mexico
May 15 (Sun) 2019	European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL
July 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus
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
Mar 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 18-30, 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 2021 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary

Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)