



## HEEL AND TOE ONLINE

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### #SAVETHERACEWALKING

Our wait is finally over, with the IAAF Council deliberating on various issues, including our racewalking future, at a 2 day meeting in Doha. Their press release at <https://www.iaaf.org/news/press-release/council-march-2019-doha-race-walk-diamond-lea> lists the outcomes of their racewalk deliberations.

#### RACE WALKING

The IAAF Council agreed in principle with the Race Walking Committee's proposal to change the competition programme for race walking in order to protect and promote the discipline in major international championships and its appeal and attractiveness to new audiences.

Council specifically agreed with the importance of:

- maintaining a 4-medal discipline and gender equity with two men's and two women's events at all major international competition
- continuing to prioritise investment in and development of the Race Walking Electronic Control System (i.e. the electronic chip insole technology)
- testing and validating the technology in competition during 2020
- roll out of two of the following events: 10km, 20km, 30km or 35km from 2022.

This decision is discussed further, along with quotes from key players, at <https://www.insidethegames.biz/index.php/articles/1076641/iaaf-council-approves-in-principle-reduction-of-50km-distance-in-road-walking-after-tokyo-2020>.

Now I am not panicking or down in the dumps as yet, as I don't think it is as bad or as final as it sounds. I have asked USA Attorney At Law Paul F. DeMeester for his thoughts.

#### DOHA COUNCIL MEETING - THE 50K GLASS IS HALF FULL

By Paul F. DeMeester

Last month, the Race Walking Committee proposed to ax both the 20K and 50K, to be replaced by a 10K and 30K, commencing in 2021. One could call that progress given that two years ago, the same Committee wanted to abolish the 50K and just keep the 20K.

Many have received the news from Doha with gloom. Indeed, at first blush, it looks like the Committee got its way. But carefully distill the words of IAAF President Sebastian Coe and the IAAF press release and the news is not all bad; it's rather good.

The IAAF Council currently has 24 active members. Most were elected by the IAAF Congress four years ago, including the six executive officers; while six seats are reserved for the Area Presidents. The work of the Council may best be described as "collegial."

Seb Coe addressed the media in customary fashion after the Council concluded its two-day meeting in Doha on Monday. (See transcript of relevant comments below.) Shortly thereafter, the IAAF published a press release entitled “*IAAF Council Makes Key Decisions in Doha.*” (See <https://www.iaaf.org/news/press-release/council-march-2019-doha-race-walk-diamond-lea>.)

Coe and the media office were nuanced in describing the Council’s decision regarding the future of our beloved discipline: “*The Committee agreed in principle with the Race Walking Committee’s proposal to change the competition programme for race walking.*” (Pres. Coe at media briefing; emphasis added.) Note the words *in principle*. The Council did not quite agree with the Race Walking Committee. But given its collegial nature, the Council was not going to vote for an outright defeat of the proposal which had the backing of Lord Coe, who had made a personal appearance at last month’s Committee meeting to urge its members to bite the bullet with the motto, “Be Brave.” Much like a parliamentary maneuver of sending a bill to a study committee as opposed to outright voting it down, this “agreement in principle” allows the 50K abolitionists, including Coe, to save face.

Coe acknowledged the pushback against the proposal within the Council: “*Today we had a spirited and detailed debate and discussion.*” (Pres. Coe at media briefing.) And it gets even better. The Committee wanted to do away with the 50K after 2020. Coe pushed the date further back in his media briefing: “*to roll out [the new events] post 2022.*” The IAAF press release differed on this point by timing the roll out of the substitute events “*from 2022.*”

Hence, according to the President, we retain the 20K and 50K through the 2021 World Championships and the 2022 World Team Championships. According to the media office, the 20/50 distances are assured only through Eugene 2021. Either way, the 50K survives another year ... or two.

Subtlety was also present in how Coe addressed the timeline for testing and validating the new electronic chip insole technology, promising it would take place “during and beyond 2020 if necessary.” Couple this statement with the Race Walking Committee’s recommendation that surfaced in its January 2019 draft proposal but went mysteriously missing in the February final version of the proposal, that “[w]ithout this technology, we strongly advise against changing the current distances,” and it is obvious that the IAAF is leaving itself room to not change a thing.

And there is more good news. The concept of a 35K made its first appearance as part of the IAAF’s official pronouncements on the 50K removal. In 2017, the IAAF wanted to end up with just the 20K. That plan did not work. By February 2019, the Committee floated the 30K as the longest distance. One month onward and the 35K is on the table. At this rate, by 2022, we might just get back to the 50K as if nothing ever happened.

Critique me all you want for being an optimist. But be sure of one thing: Stefano’s herculean efforts, all those crossed arms, the contacts with individual Council members, the top athletes weighing in, Peter Marlow’s principled resignation, the letters, and Tim Erickson spreading the word, it all helped to prevent disaster. Let’s agree in principle that we did not lose; did better than draw even; and better yet, that we actually eked out a narrow win. Thank you, IAAF Council.

Paul refers to words spoken by Lord Coe during his media briefing on Monday 11<sup>th</sup> March. The entire media briefing (21 minutes and 43 seconds in length) can be accessed on YouTube at [https://www.youtube.com/watch?v=OC\\_sNuBRZjQ](https://www.youtube.com/watch?v=OC_sNuBRZjQ). Coe addressed the future of race walking between 1:59 and 3:30 on the video segment. These were his comments:

Today we had a spirited and detailed debate and discussion on race walking, as we should have done, and the recommendations from the Race Walking Committee.

The Council agreed in principle with the Race Walking Committee’s proposal to change the competition programme for race walking in order to protect and to promote the discipline in major international championships and its appeal and attractiveness to new and younger audiences.

The Council specifically agreed with the importance of firstly maintaining a four-medal discipline and gender equity with two men and two women’s events at all major international competitions.

Second, continuing to prioritize investment in and the development of the race walking electronic control system, i.e. the electronic chip and insole technology.

Thirdly, testing and validating the technology in competition during and beyond 2020 if necessary.

And finally, to roll out two of the following events: the 10, the 20, the 30 or 35K post 2022.

[Transcription by Paul F. DeMeester]

None of the media representatives asked any questions about Coe’s race walking comments.

I agree with Paul. There are no prescribed changes at the moment and no definitive plans. When the IAAF wants to progress post-2020, they will have to come up with concrete proposals and then we are back to our fight. And we won’t have the IAAF RW Committee to fight against at that stage – they will all be long gone.

## WALKERS OF THE WEEK

My Walkers of the Week this time around are 28year old **Perseus Karlstorm** on Sweden and 31 year old **Liu Hong** of China who were both in record breating mode last weekend.

- First to Friday evening at the Lakeside Stadium in Melbourne where Perseus stormed to victory in the Victorian Open 5000m Track Walk Championship, his PB time of **18:32.56** a new Swedish record and a new Australian All-Comers record, some 6 seconds faster than Dane Bird-Smith's current Australian record. On the way through, he clocked a 3000m walk split of **11:08.27**, also setting a best ever Swedish time for that distance. This is Persey's 9<sup>th</sup> walk victory in a row in Australia and he continues to be unbeatable 'down under'.



- Then to Saturday morning in Huangshan in China, where 2016 Olympic 20km champion and 20km world record holder Hong Liu added yet another accolade to her long list, winning the women's 50km walk at the Chinese Race Walk Gran Prix meet in a new world record of **3:59:15**. This time bettered the existing world record of 4:04:36 by a whopping 5 minutes and makes her the first woman to walk under 4 Hours in this event.



More about both these wonderful performances later in the newsletter.

## WHAT'S COMING UP

- Next weekend sees the **Little Athletics Victoria T&F Championships** at **Casey Fields** in outer Melbourne. This huge weekend long meet will feature walk championships for the U9 to U15 age groups. Good luck to all our Little Athletics walkers.

- The summer season is quickly drawing to a close. The remaining meets post next weekend read as follows
  - Mar 23-24, 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 - <https://melbourne2019.com.au/>
- Next weekend is also a huge one internationally, with all the following major meets scheduled. I know a fair number of Australian walkers will be competing in Nomi (Japan). Good luck everyone.
  - Mar 16 (Sat), 2019 USATF National 20km Race Walking Champs, Tustin, USA (20kmM/W)
  - Mar 17 (Sun), 2019 Lugano Trophy - Memorial Mario Albisetti, Lugano, SUI (20km M/W)
  - Mar 17 (Sun), 2019 Spanish 20km National Race Walk Champs, Oropesa del Mar, ESP (20km M/W)
  - Mar 17 (Sun), 2019 Franch Race Walking Champs, Epinal, FRA (20km/50km M/W)
  - Mar 17 (Sun), 2019 Asian 20km Race Walking Championships, Nomi, JPN (20km)
- Just a reminder that we have terminated our VRWC PO Box in the city. Our mail address is as shown below. I think I have reflected this changed in all our website links and documents.

Victorian Race Walking Club  
 c/o Middle Park Bowls Club  
 PO Box 5290  
 Middle Park, VIC, 3206

### VICTORIAN T&F CHAMPIONSHIPS WEEK 2, ALBERT PARK, 8-10 MARCH

I reported in my last newsletter on weekend 1 of the Victorian T&F Championships. Since then, athsvic TV has posted a video of the Victorian U17-U20 5000m track walks at Lakeside Stadium. See <https://www.youtube.com/watch?v=DXTSyNtsROE>.

The second weekend of the Victorian T&F Championships were held last weekend, in considerably cooler weather. The 5000m walks opened proceedings on Friday evening, kicking off at 6PM.

There were some great walk but none better than Perseus Karlstrom whose time of 18:32.56 set a new Swedish record, as well as new Australian and Victorian All-Comers Records. His 1000m splits tell the story: 3:42, 3:43, 3:42, 3:46 and 3:39. His style was flawless as he ticked off lap after lap of consistent fast walking before raising the ante with a huge last 1000m finish. On the way through, he clocked a 3000m walk split of **11:08.27**, also setting a best ever Swedish time for that distance also. This is Persey's 9<sup>th</sup> walk victory in a row in Australia and he continues to be unbeatable 'down under'.

For Rhydian, it was his 7<sup>th</sup> win in this Victorian 5000m walk championship, only one behind the 8 wins of Chris Erickson. Not a bad effort!

The Victorian men's title went to 2016 Olympian **Rhydian Cowley** (19:59.17) ahead of triple Olympian **Chris Erickson** (22:44.85) and former top junior walker **Daniel Walters** (22:50.17). The Victorian women's title went to 2018 Commonwealth Games gold medallist **Jemima Montag** (21:53.02), ahead of 16 year old **Alanna Peart** (23:54.79) and 2018 IAAF World Race Walking Team Championships rep **Philippa Huse** (24:05.11).

You can follow the full race on youtube with <https://www.youtube.com/watch?v=GaJRFcrIwLM&feature=youtu.be>.

#### 5000m Walk Open Women

Vic Record: V 21:03.33 2/20/2009 Jessica Rothwell, Eaglehaw

1.	Montag, Jemima	98	Melbourne Un	21:53.02
2.	Peart, Alanna	03	Ballarat Ycw	23:54.79
3.	Huse, Philippa	99	Sandringham	24:05.11
4.	Peart, Jemma	01	Ballarat Ycw	24:54.89
5.	Hamilton, Emily	98	Glenhuntly A	25:51.95
6.	Osmand, Kym	82	Victorian Ma	27:40.08

#### 5000m Walk Open Men

Vic Record: V 18:41.83 2/28/2009 Jared Tallent, Ball YCW

1.	Karlstrom, Perseus	90	Sweden	18:32.56	PB, Record
2.	Cowley, Rhydian	91	Glenhuntly A	19:59.17	
3.	Erickson, Christopher	81	Athletics Essendon	22:44.85	
4.	Walters, Daniel	79	Corio Athletic Club	22:50.17	
5.	Bird, Kyle	96	Mornington P	23:01.37	
6.	Van Dongen, Rupert	74	Mentone Athl	30:48.79	



*Start of the 5000m walk*



*Jemima Montag, Alanna Peart, Rhydian Cowley, Chris Erickson and Daniel Walters*



*Perseus Karlstrom, Emily Hamilton, Jemma Peart, Jemma Peart and Philippa Huse*



*Alanna Peart, Jemima Montag, Philippa Huse, Chris Erickson, Perseus Karlstrom, Rhydian Cowley and Daniel Walters*

The 3000m walks kicked off at 6:30PM, with PBs across the board in the good conditions. Fastest times to **Fraser Saunder** (14:24.88) and **Brianna Briet** (16:35.19). Check out the full race with the Athsvic TV video at <https://www.youtube.com/watch?v=wW9b2MOWjWQ&feature=youtu.be>.

**3000m Walk U16 Boys**

Vic Record: V 12:32.06 2/27/2011 Nathan Brill, Box Hill

- |    |                 |    |                    |          |         |
|----|-----------------|----|--------------------|----------|---------|
| 1. | Saunder, Fraser | 04 | Ballarat Ycw       | 14:24.88 | PB 0:10 |
| 2. | Costin, Owen    | 04 | Athletics Chilwell | 15:32.71 | PB 0:36 |

**3000m Walk U15 Boys**

Vic Record: V 12:32.06 2/27/2011 Nathan Brill, Box Hill

- |    |                    |    |              |          |    |
|----|--------------------|----|--------------|----------|----|
| 1. | McLennan, Liam     | 05 | Doncaster At | 16:35.32 | PB |
| 2. | Djordjevic, Nikita | 05 | Mentone Athl | 18:02.10 |    |

**3000m Walk U15 Girls**

Vic Record: V 13:13.32 10/27/2013 Jemima Montag, Maccabi

- |    |                |    |              |          |         |
|----|----------------|----|--------------|----------|---------|
| 1. | Briet, Brianna | 04 | Casey Cardin | 16:35.19 | PB 0:50 |
|----|----------------|----|--------------|----------|---------|

**3000m Walk U14 Boys**

Vic Record: V 13:56.70 2/19/1991 Mark Blackwood, Ringwood

- |    |                  |    |                    |          |         |
|----|------------------|----|--------------------|----------|---------|
| 1. | Epps, Luke       | 06 | Knox Athletic Club | 15:33.91 | PB 0:06 |
| 2. | Wakim, Marcus    | 06 | Collingwood        | 15:49.00 | PB 0:13 |
| 3. | Matters, Zachary | 06 | Box Hill Ath       | 16:09.55 | PB 0:48 |
| 4. | Hutchins, Liam   | 07 | Knox Athletic Club | 16:54.53 | PB 0:07 |
| 5. | Imbriano, Joel   | 06 | St Kevin's A       | 16:55.65 |         |

**3000m Walk U14 Girls**

Vic Record: V 14:07.83 2/8/2012 Jemima Montag, Maccabi

- |    |                  |    |                    |          |         |
|----|------------------|----|--------------------|----------|---------|
| 1. | Roberts, Darcey  | 07 | Knox Athletic Club | 16:47.76 |         |
| 2. | Tatlock, Riannah | 06 | Bellarine At       | 17:01.60 | PB 0:56 |
| 3. | Smith, Emily     | 06 | Knox Athletic Club | 17:10.87 | PB 0:32 |



*Action from the U14-U16 3000m Walk*



*Owen Costin, Fraser Saunder, Marcus Wakim, Luke Epps, Zachary Matters, Riannah Tatlock, Darcey Roberts and Emily Smith*



*Nikita Djordjevic, Liam McLennan and Fraser Saunder (photos Kerrie Peart and Tim Erickson)*



To put Persey's time into perspective, it is the 8<sup>th</sup> fastest ever outdoor track 5000m walk in the world. Thanks to Brent Vallance for this very comprehensive list of all those walkers who have broken 19 minutes over the history of the event Some big names here! Note 6 Australians are in this list, led by Dane Bird-Smith with 18:39.0.

1.	18:05.5	WR	Hatem Ghoula ('73)	TUN	7-Jun-73	1	Tunis	1-May-97
2.	18:17.2	AR	Robert Korzeniowski ('68)	POL	30-Jul-68	1	Reims	3-Jul-92
3.	18:18.0	NR	Yohann Diniz ('78)	FRA	1-Jan-78	1	Villeneuve d'Ascq	27-Jun-08
4.	18:27.3	NR	Romanceo Javier Fernández ('77)	ESP	6-Mar-77	1	Villeneuve d'Ascq	8-Jun-07
5.	18:28.8	NR	Roman Mrázek ('62)	SVK	21-Jan-62	1	Bratislava	14-Jun-89
6.	18:30.4	NR	Maurizio Damilano ('57)	ITA	6-Apr-57	1	Caserta	11-Jun-92
7.	18:32.5	NR	Erik Tysse ('80)	NOR	4-Dec-80	1	Askim	10-Aug-07
<b>8.</b>	<b>18:32.6</b>	<b>NR</b>	<b>Perseus Karlstrom ('90)</b>	<b>SWE</b>	<b>2-May-90</b>	<b>1</b>	<b>Melbourne</b>	<b>8-Mar-19</b>
9.	18:33.2	NR	João Vieira ('76)	POR	20-Feb-76	1	Rio Maior	10-May-00
10.	18:35.4	AR	Eder Sánchez ('86)	MEX	21-May-86	1	Katowice	2-Jul-14
11.	18:37.2	AR	Yusuke Suzuki ('88)	JPN	2-Jan-88	1	Kitami	12-Jul-15
12.	18:37.6		Eiki Takahashi ('92)	JPN	19-Nov-92	2	Kitami	12-Jul-15
13.	18:37.8		Daisuke Matsunaga ('95)	JPN	24-Mar-95	1	Abashiri	4-Jul-18
14.	18:38.4		Ivano Brugnetti ('76)	ITA	1-Sep-76	1	Milano	25-Jun-09
15.	18:39.0	AR	<b>Dane Bird-Smith ('92)</b>	<b>AUS</b>	15-Jul-92	1	Melbourne	5-Mar-16
16.	18:39.3		Ever Palma ('92)	MEX	18-Mar-92	2	Katowice	2-Jul-14
17.	18:39.7	NUR	Álvaro Martín ('94)	ESP	18-Jun-94	1	Gijón	25-Jul-15
18.	18:41.4		Ilya Markov ('72)	RUS	19-Jun-72	1	Spala	10-Jun-00
19.	18:41.8	AR	<b>Jared Tallent ('84)</b>	<b>AUS</b>	17-Oct-84	2	Sydney	28-Feb-09
20.	18:42.0		Jozef Pribilinec ('60)	SVK	6-Jul-60	1	Banská Bystrica	30-Aug-85
21.	18:42.5		Giovanni De Benedictis ('68)	ITA	8-Jan-68	1	Formia	8-Jul-91
22.	18:42.7	NR	Ralf Kowalsky ('62)	GER	22-Mar-62	1	Berlin	9-Jun-84
23.	18:43.2	NR	Veli-Matti Partanen ('91)	FIN	28-Oct-91	1	Espoo	13-Jun-18
24.	18:43.3		Tom Bosworth ('90)	GBR	17-Jan-90	1	Birmingham	2-Jul-17
25.	18:44.8		Kevin Champion ('88)	FRA	23-May-88	1	Reims	28-Jun-13
26.	18:45.0		Walter Arena ('64)	ITA	30-May-64	2	Formia	8-Jul-91
27.	18:45.2		<b>Nathan Deakes ('77)</b>	<b>AUS</b>	17-Aug-77	1	Melbourne	9-Mar-06
28.	18:45.6		Inaki Gomez ('88)	CAN	16-Jan-88	1	Sydney	18-Feb-12
29.	18:46.9		Miguel Ángel López ('88)	ESP	3-Jul-88	1	Murcia	26-Jun-16
30.	18:47.1	NR	Jiri Malysa ('66)	CZE	14-Aug-66	2	Bydgoszcz	15-Jun-01
31.	18:47.9		Alejandro López ('75)	MEX	9-Feb-75	1	Xalapa	10-Nov-01
32.	18:48.3	NR	Aigars Fadejevs ('75)	LAT	27-Dec-75	1	Lapinlahti	21-Jun-98
33.	18:48.8		Juan Manuel Molina ('79)	ESP	15-Mar-79	1	Cieza	9-Feb-08
34.	18:49.1		Wang Zhen ('91)	CHN	24-Aug-91	1	Fossano	13-Sep-14
35.	18:50.2		Luis Alberto Amezcua ('92)	ESP	1-May-92	2	Gijón	25-Jul-15
36.	18:51.4		<b>Nick A'Hern ('69)</b>	<b>AUS</b>	6-Jan-69	1	Auckland	21-Feb-98
37.	18:51.9		Masatora Kawano ('98)	JPN	23-Oct-98	2	Abashiri	4-Jul-18
38.	18:52.2	NR	Valentin Kononen ('69)	FIN	7-Mar-69	1	Lapinlahti	25-Jun-95
39.	18:53.1		Evan Dunfee ('90)	CAN	28-Sep-90	1	Vancouver	5-Apr-14
40.	18:53.9		Francesco Fortunato ('94)	ITA	13-Dec-94	1	Borgo Valsugana	18-Jun-16
41.	18:54.4		Matej Tóth ('83)	SVK	10-Feb-83	1	Banská Bystrica	11-Jun-11



42.	18:54.5		Igor Kollár ('65)	SVK	26-Jun-65	2	Sopot	14-Jun-97
43.	18:54.6		<b>Adam Rutter ('86)</b>	AUS	24-Dec-86	1	Brisbane	7-Feb-09
44.	18:54.7		Omar Segura ('81)	MEX	24-Mar-81	2	Xalapa	10-Nov-01
45.	18:55.6		Lebogang Shange ('90)	RSA	1-Aug-90	1	Budapest	30-Jun-17
46.	18:56.7		<b>Luke Adams ('76)</b>	AUS	22-Oct-76	2	Sydney	27-Feb-10
47.	18:56.7		Akihiro Sugimoto ('81)	JPN	20-Oct-81	1	Tendo	16-May-09
48.	18:57.0		Callum Wilkinson ('97)	GBR	14-Mar-97	2	Birmingham	2-Jul-17
49.	18:57.2		Bertrand Moulinet ('87)	FRA	6-Jan-87	2	Reims	28-Jun-13
50.	18:58.2		Richard Egrey Vargas ('94)	VEN	28-Dec-94	2	Plasencia	24-Jun-15
51.	18:59.1		Denis Langlois ('68)	FRA	10-Oct-68	1	Notteville-lès-Rouen	14-Jun-96
52.	18:59.4	NR	Robert Heffernan ('78)	IRL	20-Feb-78	2	Gavà	30-Jun-07
53.	18:59.5		Hédi Tareaoui ('89)	TUN	10-Nov-89	3	Reims	28-Jun-13

And for completeness, different stats are kept for the indoor 5000m track walk, where the all-time rankings read as follows:

1.	18:07.1	WR	Mikhail Shchennikov ('67)	RUS	24-Dec-67	1	Moskva	14-Feb-95
2.	18:08.9	NR	Ivano Brugnetti ('76)	ITA	1-Sep-76	1	Ancona	17-Feb-07
3.	18:11.4	NR	Ronald Weigel ('59)	GER	8-Aug-59	1	Wien	13-Feb-88
4.	18:15.3		Grigoriy Kornev ('61)	RUS	14-Mar-61	1	Moskva	7-Feb-92
5.	18:15.5		Andrey Ruzavin ('86)	RUS	28-Mar-86	1	Samara	30-Jan-14
6.	18:16.8	NR	Yohann Diniz ('78)	FRA	1-Jan-78	1	Reims	7-Dec-14
7.	18:20.0		Giovanni De Benedictis ('68)	ITA	8-Jan-68	1	Genova	28-Feb-92
8.	18:21.8	NR	Ruslan Dmytrenko ('86)	UKR	22-Mar-86	2	Samara	30-Jan-14
9.	18:22.2	NR	Andreas Erm ('76)	GER	12-Mar-76	1	Dortmund	25-Feb-01
10.	18:23.2		Rishat Shafikov ('70)	RUS	23-Jan-70	1	Samara	1-Mar-97
11.	18:23.9	NR	Frants Kostyukevich ('63)	BLR	4-Apr-63		Volgograd	9-Feb-91
12.	18:24.1	NR	Francisco Javier Fernández ('77)	ESP	6-Mar-77	1	Belfast	17-Feb-07
13.	18:27.1		Alessandro Gandellini ('73)	ITA	30-Apr-73	1	Genova	12-Feb-00
14.	18:27.8	NR	Jozef Pribilinec ('60)	SVK	6-Jul-60	2	Indianapolis IN	7-Mar-87
15.	18:28.0	NR	Stefan Johansson ('67)	SWE	11-Apr-67	3	Genova	28-Feb-92
16.	18:28.7	NR	Tom Bosworth ('90)	GBR	17-Jan-90	1	Birmingham	18-Feb-18
17.	18:28.9		Roman Mrázek ('62)	SVK	21-Jan-62	2	Budapest	5-Mar-89
18.	18:30.9		Aleksandr Yargunkin ('81)	RUS	6-Jan-81	1	Yekaterinburg	7-Jan-07
19.	18:32.1	NR	Robert Korzeniowski ('68)	POL	30-Jul-68	1	Spala	21-Feb-93
20.	18:33.9		Ivan Kuznetsov ('83)	RUS	11-Sep-83	2	Yekaterinburg	7-Jan-07
21.	18:34.8	NR	Sándor Urbanik ('64)	HUN	15-Dec-64	4	Budapest	5-Mar-89
22.	18:36.7		Vladimir Andreyev ('66)	RUS	7-Sep-66	2	Samara	1-Mar-97
23.	18:36.7		Ilya Markov ('72)	RUS	19-Jun-72	1	Spala	22-Feb-99
24.	18:38.7	NR	Ernesto Canto ('59)	MEX	18-Oct-59	3	Indianapolis IN	7-Mar-87
25.	18:40.5		Andrei Makarov ('71)	RUS	2-Jan-71	4	Samara	1-Mar-97
26.	18:41.3		Pavol Blazek ('58)	SVK	9-Jul-58	6	Budapest	5-Mar-89
27.	18:43.2		Denis Langlois ('68)	FRA	10-Oct-68	3	Paris	13-Mar-94
28.	18:43.5		Mikhail Orlov ('67)	RUS	25-Jun-67	3	Toronto	14-Mar-93
29.	18:44.3		Christopher Linke ('88)	GER	24-Oct-88	1	Erfurt	14-Feb-16
30.	18:45.5h		Miroslav Boško ('68)	SVK	26-Sep-68	1	Praha	15-Feb-92
31.	18:45.5h		Karol Repaský ('69)	SVK	3-Jan-69	2	Praha	15-Feb-92
32.	18:46.0		Matej Tóth ('83)	SVK	10-Feb-83	1	Wien	8-Feb-14
33.	18:46.5		Alex Schwazer ('84)	ITA	26-Dec-84	1	Ancona	27-Feb-10
34.	18:46.8		Nils Brembach ('93)	GER	23-Feb-93	2	Erfurt	14-Feb-16
35.	18:47.3	NR	Valentin Kononen ('69)	FIN	7-Mar-69	1	Jyväskylä	13-Feb-99
36.	18:47.6		Francesco Fortunato ('94)	ITA	13-Dec-94	1	Ancona	16-Feb-19
37.	18:47.9		Michele Didoni ('74)	ITA	7-Mar-74	3	Genova	12-Feb-00
38.	18:48.8h	NR	Valdas Kazlauskas ('58)	LTU	23-Feb-58		Kaunas	8-Feb-92
39.	18:49.1	NR	Erling Andersen ('60)	NOR	22-Sep-60	4	Budapest	6-Mar-88
40.	18:49.5		Zdzislaw Szlapkin ('61)	POL	18-Jan-61	5	Budapest	6-Mar-88
41.	18:50.7	NR	Alex Wright ('90)	IRL	19-Dec-90	1	Dublin	18-Feb-17
42.	18:51.0		André Höhne ('78)	GER	10-Mar-78	1	Leipzig	21-Feb-09
43.	18:51.5	NR	Robert Heffernan ('78)	IRL	20-Feb-78	1	Belfast	26-Jan-08
44.	18:51.7		Gabriel Bordier ('97)	FRA	8-Oct-97	1	Rennes	2-Feb-19
45.	18:52.0		Anatoliy Kozlov ('67)	UKR	2-Oct-67		Moskva	2-Feb-92
46.	18:52.2	NR	Dave Smith ('55)	AUS	24-Jul-55	5	Indianapolis IN	7-Mar-87
47.	18:52.2	NR	José Urbano ('66)	POR	1-Mar-66		Braga	22-Feb-92
48.	18:53.0		Tim Berrett ('65)	CAN	23-Jan-65	4	Toronto	14-Mar-93
49.	18:53.8		Miguel Ángel Prieto ('64)	ESP	20-Sep-64	4	Sevilla	10-Mar-91
50.	18:54.3		Hagen Pohle ('92)	GER	5-Mar-92	3	Erfurt	14-Feb-16
51.	18:54.7	NR	Jos Martens ('64)	BEL	14-Jun-64	6	Budapest	6-Mar-88
52.	18:55.0		Grzegorz Sudol ('78)	POL	28-Aug-78	4	Yekaterinburg	7-Jan-05
53.	18:56.9		Perseus Karlström ('90)	SWE	2-May-90	1	Eskilstuna	17-Apr-16

54.	18:56.9h	NR	Aigars Fadejevs ('75)	LAT	27-Dec-75		Riga	19-Feb-95
55.	18:57.5		Massimo Fizialetti ('65)	ITA	7-Feb-65	1	Genova	20-Feb-99
56.	18:57.8h		Yevgeniy Shmalyuk ('76)	RUS	14-Jan-76	1	Sankt Peterburg	29-Dec-96
57.	18:58.2	NR	Lyubomir Ivanov ('60)	BUL	9-Mar-60	1	Sofia	10-Feb-90
58.	18:58.3		Marius Žiukas ('85)	LTU	29-Jun-85	1	Klaipeda	17-Feb-18
59.	18:58.8		Denis Nizhegorodov ('80)	RUS	26-Jul-80	3	Moskva	5-Feb-12
60.	18:59.2	NR	Costica Balan ('64)	ROU	25-Aug-64	1	Bucuresti	19-Feb-00

**ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 7 MARCH**

Thanks to Robin Whyte for this week's results from Canberra.

**5000m Walk**

1.	Hannah Manning	26:41
2.	Michael Smith	27:53
3.	Ann Staunton-Jugovic	29:28
4.	Kate Black	32:13
5.	Robin Whyte	32:34
6.	Val Chesterton	42:21
	Bryan Thomas	DQ

**1000m Walk**

1.	Ella Baker	06:52
2.	Ruth Baussmann	07:35
3.	Margaret McSpadden	08:21
4.	Ruth Cully	08:22
5.	Suzie Gaynor	08:35
6.	Lorna England	08:38

**TASMANIAN MASTERS T&F, DOMAIN ATHLETICS TRACK, HOBART, WEDNESDAY 7 MARCH**

A 10,000m track walk was included in the Tasmanian Masters meet on Hobart last Wednesday. 17 year old **Anna Blackwell** joined Masters walker Wayne Fletcher for the occasion.

**10,000m Walk**

1.	Anna Blackwell	53.49
	Wayne Fletcher	DNF

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 6 MARCH**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Cool evening with strongish wind at times.

**800m Walk**

1.	RICHARD EVERSON	04:15	M55
2.	GREGORY METHA	04:16	M54
3.	MARIE MAXTED	04:28	W58
4.	GEORGE WHITE	04:29	M73
5.	Gil MCINTOSH	05:04	M68
6.	KEVIN FINN	05:23	M67
7.	LIZ DOWNS	05:33	W63
8.	JAMES HOARE	08:50	M72

**800m Club Walk**

1.	ROSS HILL-BROWN	06:00	M64
2.	MARGARET MCINTOSH	06:22	W66
3.	JOHN HORE	06:41	M70
4.	DAVID ROBERTSON	06:58	M85

**5000m Walk**

1.	RICHARD EVERSON	26:21	M55	<b>81.24%</b>
2.	GEORGE WHITE	30:53	M73	84.26%
3.	MARIE MAXTED	33:18	W58	72.57%
4.	LIZ DOWNS	39:17	W63	65.21%

**5000m Club Walk**

1.	GRAHAM HARRISON	38:40	M75	69.14%
2.	CATHIE HORE	44:30	W68	61.52%

**3000m Walk**

1.	GREGORY METHA	18:53	M54	66.04%
2.	GIL MCINTOSH	19:57	M68	72.04%
3.	JAMES HOARE	21:45	M72	69.38%
4.	COLIN HAINSWORTH	28:09	M89	69.93%

**3000m Club Walk**

1.	KEVIN FINN	20:02	M67	70.92%
2.	DAVE FALLON	22:53	M66	61.38%
3.	ROSS HILL-BROWN	24:13	M64	60.57%
4.	MARGARET MCINTOSH	25:05	W66	61.50%
5.	DAVID ROBERTSON	27:03	M85	67.65%

**SAMA 10,000M TRACK CHAMPIONSHIPS, SA STADIUM, MILE END, ADELAIDE, SUNDAY 10 MARCH**

Back to Adelaide again on Sunday morning for the results of the South Australian Masters 10,000m Track Championships. Colin commented: Warm, calm morning.

**10,000m Track Championship Walk**

1.	MARIE MAXTED	1:08:53	W58	73.38%
1.	GEORGE WHITE	1:02:26	M73	85.72%
2.	JAMES HOARE	1:16:20	M72	69.17%
1.	ROSS HILL-BROWN	1:25:12	M64	56.33%
1.	GREGORY METHA	1:05:43	M54	66.36%

**10,000m Club Walk**

1.	MARGARET MCINTOSH	1:24:39	W66	66.31%
1.	DAVID ROBERTSON	1:32:15	M85	70.22%
1.	GRAHAM HARRISON	1:17:56	M75	70.06%
1.	KEVIN FINN	1:07:49	M67	73.19%
2.	GIL MCINTOSH	1:09:39	M68	72.11%
1.	RICHARD MOYLE	1:16:22	M63	62.18%

**NSW OPEN & U23 ATHLETICS CHAMPIONSHIPS, SOPAC, SYDNEY, MARCH 8-10**

The 5000m track walks were held on Saturday in the NSW T&F Championships in Sydney. The men's field was strong, with **Carl Gibbons** (21:35.83) winning, ahead of **Oscar Tebbutt** (21:51.68) and **Jack McGinniskin** (22:30.68). **Allanah Pitcher** (24:33.26) won the women's title against **Emma Blanch** (25:27.1) and **Hannah Bolton** (25:36.1), all 3 girls being aged only 16. With 8 of the 9 men and 13 of the 15 women all U20, it omens well for the long term growth of our sport in NSW.

**Open Men 5000m Walk**

1.	Carl Gibbons	23	Westlakes At	21:35.83
2.	Oscar Tebbutt	18	Gosford Litt	21:51.68
3.	Jack McGinniskin	17	Mingara Athl	22:30.85
4.	Dylan Richardson	19	Mingara Athl	23:06.79
5.	Ryan Thomson	19	Nepean Distr	23:54.31
6.	Travis Barendregt	19	Nepean Distr	24:02.80
7.	Jake Attwell	17	Illawarra Bl	25:21.71
8.	Joel Kemp	16	Mingara Athl	25:52.82
9.	Hayden Blaskett	17	Sydney Strid	26:18.93

**Open Women 5000m Walk**

1.	Allanah Pitcher	16	Mingara Athl	24:33.26
2.	Emma Blanch	16	Sutherland D	25:27.01
3.	Hannah Bolton	16	Mingara Athl	25:36.01
4.	Molly O'Neill	19	Adamstown Ne	25:50.12
5.	Teegan Pengilley	18	Bankstown Sp	26:19.47
6.	Amanda Barendregt	23	Nepean Distr	26:40.71
7.	Bridget Bell	17	Asics Wests	26:43.55
8.	Milly Boughton	13	Randwick Bot	27:23.66
9.	Elaine Wang	19	Adamstown Ne	27:25.25
10.	Chloe McLoughlin	15	Mingara Athl	27:36.44

11.	Hannah Parker	17	Randwick Bot	28:19.54
12.	Elise Brennan	17	U.T.S. North	28:31.03
13.	Jayda Stanley	13	Randwick Bot	29:01.46
14.	Amy Walker	18	Mingara Athl	29:20.37
15.	Anne Weekes	57	Illawong Rev	30:50.39

### 96<sup>TH</sup> QUEENSLAND ATHLETICS CHAMPIONSHIPS, SAF, BRISBANE, 7-10 MARCH

The track walks in the Queensland T&F Championships were held on Saturday in Brisbane, with a mixture of 10,000m (Open and U2), 5000m (U17-U18) and 3000m (U14-U16) events contested. The Open Women's 10,000m walk title went to **Christina Papadopoulos** (48:22.58) ahead of **Clara Smith** (49:43.99) and **Katya Martin** (44:16.64). It was Clara's first walk in a while so it is good to see her back. There were no starters in the Open Men's 10,000m walk from what I can see in the results. Best performances in the younger age groups by **Jayda Anderson** (14:19.79), **Sam McCure** (15:32.78) and **Ashanti Heap** (15:27.28).

#### Open Women 10,000m Walk

1.	Papadopoulos, Christina	23	UNQ	48:22.58
2.	Smith, Clara	21	UNQ	49:43.99
3.	Martin, Katya	22	Gold Coast Victory	55:16.64
4.	Hamann, Charlotte	18	QRW	1:10:23.52
	Pickles, Jessica	25	UNQ	DNF

#### U20 Men 10,000m Walk

1.	Lyttle, Jayden	18	INT	1:05:40.12
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#### U20 Women 10,000m Walk

1.	Rowbotham, Milla	18	UNQ	1:07:35.22
2.	Hamann, Charlotte	18	QRW	1:10:23.52

#### U18 Girls 5000m Walk

1.	Hannigan, Caitlin	17	UNQ	25:50.46
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#### U17 Girls 5000m Walk

1.	Novinetz, Camryn	16	Ipswich & District	26:38.46
2.	Ofield, Mackenzie	15	USC	29:59.38
3.	Vickers, Larissa	16	FTA	30:29.03
	Hill, Gabriella	16	Gold Coast Victory	DQ

#### U16 Girls 3000m Walk

1.	Sullivan, Bridget	15	QRW	15:37.83
2.	Chopping, Miranda	15	KPL	19:49.43

#### U15 Boys 3000m Walk

1.	Norton, Kai	14	QRW	15:33.79
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#### U15 Girls 3000m Walk

1.	Anderson, Jayda	14	GCC	14:19.79
2.	Millard, Summer	14	QRW	16:34.16
3.	Clarke, Anika	14	Redlands	17:06.35
4.	Brady, Korey	14	QRW	19:21.83

#### U14 Boys 3000m Walk

1.	McCure, Sam	13	Gold Coast Victory	15:32.78
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#### U14 Girls 3000m Walk

1.	Heap, Ashanti	13	GCC	15:27.28
2.	Norton, Amber	13	QRW	15:50.32
3.	Williams, Lyla	12	Gold Coast Victory	16:57.94
4.	Gee, Tamika	12	QRW	17:24.43
5.	Chopping, Marlee	12	KPL	22:59.69

**ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 9 MARCH**

Thanks to Kim Mottrom for this week's results from Adelaide. Kim commented: 25C and good conditions. Huge PB for Hannah Wilks.

**3000m Walk**

1.	Tristan Camilleri	Under 20	13:07.30
2.	Kim Mottrom	Open	13:32.60
3.	Mathew Bruniges	Under 20	14:19.60
4.	Olivia Sandery	Under 16	14:20.00
5.	Victoria Upton	Under 16	15:12.60
6.	Kiera Ross	Under 14	15:12.70
7.	Kitarni Upton	Under 14	16:52.10
8.	Hannah Wilks	Under 14	17:36.40
9.	Elli Pusonjic	Under 14	19:35.00
10.	Meshach Begg	Under 20	20:01.00

**1500m Walk**

1.	Seth Upton	Under 14	08:37.90
2.	Katie Deruvo	Under 14	08:50.50

**TASMANIAN LITTLE ATHLETICS CHAMPIONSHIPS, DOMAIN ATHLETICS TRACK, 9-10 MARCH**

Thanks to Wayne Fletcher for pointing me to the results of the Tasmanian Little Athletics Championships last weekend. You can check them out at <http://www.taslittleathletics.com.au/News/results-state-championships>.

**NEW ZEALAND T&F CHAMPIONSHIPS, NGA PUNA WAI, CHRISTCHURCH, 8-10 MARCH**

Thanks to Phillip Du Toit for his report and photos from the Jennian Homes New Zealand Track & Field Championships which took place at the brand new Nga Puna Wai Sports Hub in a rainy Christchurch. It was exciting to see 20 entrants in the 3,000m and 17 entrants in the 10,000m events, with dad and son duos, **Graeme and Ryan Jones** (Hawkes Bay) and **Tony and Troy Sargisson** (Auckland) competing in the the same races.

**3,000m Track Race Walks – Friday 8 March**

**Nelson McCutcheon** took and maintained the lead in most of Friday's 3,000m Walk before **Daniel du Toit** saw an opportunity at the start of the last lap to pass Nelson. Daniel finished first, breaking the 2008 U17 New Zealand record in a time of 12:49.03. Nelson was close on his heels 12:51.55 followed by **Ryan Jones** 13:52.78. There was a lot of action in the rest of the race and it was exciting to see so many junior walkers coming through.

**Open Men 3000m Walk**

1.	Jones, Graeme	46	Hawkes Bay Gisborne	14:16.43
2.	Hohaia, Lyndon	52	Auckland	14:19.16
3.	Sargisson, Tony	44	Auckland	15:19.18

**U20 Men 3000m Walk**

1.	Martin, Lucas	15	Manawatu Wanganui	14:03.69
2.	Brown, Alexander	19	Otago	14:42.38

**U18 Men 3000m Walk**

1.	Du Toit, Daniel	16	Wellington	12:49.03
2.	McCutcheon, Nelson	17	Auckland	12:51.55
3.	Jones, Ryan	15	Hawkes Bay Gisborne	13:52.78
4.	Popow, Bradyn	16	Manawatu Wanganui	15:19.81
5.	Logopati, Thomas	15	Canterbury	17:17.74
	Sargisson, Troy	16	Auckland	DQ

**Open Women 3000m Walk**

1.	Langley, Laura	22	Hawkes Bay Gisborne	14:17.69
2.	Robinson, Rozie	29	Canterbury	15:27.81
3.	Smith, Corinne	53	Northland	16:21.64
4.	Rhind, Sarah-Amy	25	Race Walk Auckland	20:04.13

**U20 Women 3000m Walk**

1.	Gilberd, Hannah	18	Taranaki	17:00.57
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**U18 Women 3000m Walk**

1.	Martin, Antonia	16	Auckland	17:15.05
2.	Bell, Taylor	16	Auckland	17:21.01
3.	Ritchie, Alice	16	Canterbury	17:45.28
4.	Hillyer, Courtney	15	Canterbury	17:45.68



*Daniel Du Toit (yellow vest) and Nelson McCutcheon (blue vest) fight out the U18 Men's 5000m Walk*

**10,000m Track Race Walks – Sunday 10 March**

The 10,000m saw blue chip race walkers **Quentin Rew**, **Alana Barber** and **Damian Blocki** (Poland) in action.

Two-time Olympian Quentin Rew out his first national title for eight years by claiming victory in the 10,000m race in 41:19.10 – a distance which has replaced the 20km event from previous years. Commonwealth 20km silver medallist Alana Barber banked the national crown by slicing more than 14 seconds off her previous best track time for the distance in 45:48.49. Damian Blocki of Poland, a top twenty finisher in the 20km race walk at the 2017 World Championships, wound up second in 41:29.68 with **Tony Sargisson**, the 2006 Commonwealth 50km silver medallist, crossing the line third for silver in the championship in 54:14.92. **Graeme Jones** (Hawkes Bay Gisborne) earned his place on the bottom rung of the podium, courtesy of a 55:54.15 clocking. The minor medallists were **Laura Langley** (Hawkes Bay Gisborne) in 51:56.48 ahead of **Rozie Robinson** (Canterbury) 55:59.48.

In the U20s, **Nelson McCutcheon** took the National title in a time of 46:16.01, followed by **Daniel du Toit** 48:43.36 and **Lucas Martin** 51:22.82.

**U20 Men 10,000m Walk**

1.	McCutcheon, Nelson	17	Auckland	46:16.01
2.	Du Toit, Daniel	16	Wellington	48:43.36
3.	Martin, Lucas	15	Manawatu Wanganui	51:22.82
4.	Brown, Alexander	19	Otago	52:36.88
5.	Jones, Ryan	15	Hawkes Bay Gisborne	55:53.24
	Sargisson, Troy	16	Auckland	DQ
	Popow, Bradyn	16	Manawatu Wanganui	DQ

**Open Men 10,000m Walk**

1.	Rew, Quentin	35	Wellington	41:19.10
2.	Blocki, Damian	30	International	41:29.68
3.	Sargisson, Tony	44	Auckland	54:14.92
4.	Jones, Graeme	46	Hawkes Bay Gisborne	55:54.15
	Hohaia, Lyndon	52	Auckland	DQ

**Open Women 10,000m Walk**

1.	Barber, Alana	32	Auckland	45:48.49
2.	Langley, Laura	22	Hawkes Bay Gisborne	51:56.48
3.	Robinson, Rozie	29	Canterbury	55:59.22
4.	Smith, Corinne	53	Northland	57:37.72
5.	Rhind, Sarah-Amy	25	Race Walk Auckland	1:08:57.99



*The start of the 10,000m Walks on Sunday morning in Christchurch*



*Winners Alana Barber and Quentin Rew*



*Left: The 10,000m walkers gather for a post-race photo in the wet conditions  
Right: father son duos Graeme and Ryan Jones and Tony and Troy Sargisson*

**CHINESE NATIONAL RACE WALKING GRAN PRIX 1, HAUNGSHAN, 9-10 MARCH**

The big results from last weekend were on show in the 2 day Chinese National Race Walking Gran Prix event held in Huangshan. It is excellently reported by marciadalmondo in 5 separate articles.

I start with the 50km walks on Saturday which also doubled as the national 50km race walking championships and the qualifying competition for the IAAF World Athletics Championships Doha 2019.

My report from the women's 50km is taken from that of Bob Ramsak for the IAAF (see <https://www.iaaf.org/competitions/iaaf-world-championships/news/liu-hong-breaks-world-50km-race-walk-record>).

**Liu Hong** of China broke the world record in the 50km race walk on Saturday, clocking 3:59:15 at the Chinese Race Walk Grand Prix in Huangshan to become the first woman to break the 4-hour barrier in the event. Lui, the 2016 Olympic champion over 20km, clipped more than five minutes from the previous record of 4:04:36 set by China's **Liang Rui** at the IAAF World Race Walking Team Championships in Taicang last year.

Unheralded **Li Maocuo** also dipped under the previous record, clocking 4:03:51 after slashing more than 11 minutes from her previous best of 4:13:04 set in Chifeng last year. **May Faying** was a distant third in 4:07:30, the fifth fastest performance of all time. Further back, Liang, who watched her global record beaten, was a distant seventh in 4:19:34.

The day clearly belonged to the 31-year-old Liu, who was making her debut over the distance in just her third race since returning to competition after taking a two-year break for maternity leave.

After covering the opening two-kilometre lap in 10:02, Liu and Li set off on a brisk clip, together knocking off subsequent 2km circuits in the 9:36-9:45 range through 16 kilometres. At that point, Li, who was seventh at the World Race Walking Team Championships last year, made the first move of the race to build a slight gap on Liu over the next two laps. But Liu covered it by the 20th kilometre and bided her time before taking the lead for good in kilometre 40. She closed with a 9:06 final lap, the fastest of the race.

Prior to moving up in distance, Liu raced to world titles in 2011 and 2015 before taking her Olympic title in Rio. She holds the world record in the event, a 1:24:38 performance set in La Coruna, Spain in 2015.

See also marciadalmondo's report and photos at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3419](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3419).

Overall, 14 finishers in the women's 50km, with the final finisher still walking 4:53:17. See the full list at [http://www.marciadalmondo.com/admin/pdf/risultati/09032019243Huangshan\\_2019Mar9\\_50W.pdf](http://www.marciadalmondo.com/admin/pdf/risultati/09032019243Huangshan_2019Mar9_50W.pdf). Unfortunately, the names are in Chinese. I reproduce here the first 9 placings (compliments of Paul DeMeester's Chinese translator), all of whom bettered the Doha standard of 4:30:00.

#### 50km Women

1.	Hong Liu	CHN	3:59:15
2.	Maocuo Li	CHN	4:03:51
3.	Faying Ma	CHN	4:07:30
4.	Pengqin Jiang	CHN	4:14:31
5.	Tiantian Bai	CHN	4:14:49
6.	Yingliu Wang	CHN	4:15:33
7.	Rui Liang	CHN	4:19:34
8.	Meijiao Chi	CHN	4:22:47
9.	Yumin Chen	CHN	4:26:42



*Liu Hong in control in the women's 50km in China last Saturday (photo marciadalmondo)*

The men's 50km was just as extraordinary, with 46 finishers overall, the last of the finishers still recording 4:25:25. The results sheet (see [http://www.marciadalmondo.com/admin/pdf/risultati/09032019735Huangshan\\_2019Mar9\\_50\\_Men.pdf](http://www.marciadalmondo.com/admin/pdf/risultati/09032019735Huangshan_2019Mar9_50_Men.pdf)) is again in Chinese but, once again, Paul DeMeester has come to the rescue and has had the names of the first 15 finishers translated. All 15 below have bettered the Doha 50km standard of 3:59:00.



Again, wonderfully reported by marciadalmondo at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3420](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3420). **Wang Qin**, the 2018 Asian Games silver medallist, won the men's race in 3:38:02, more than three minutes clear of **Niu Wenbin**, who clocked 3:41:04. **Luo Yadong** was third in 3:41.15. All three produced personal bests.

#### 50km Men

1.	Qin Wang	CHN	3:38:02
2.	Wenbin Niu	CHN	3:41:04
3.	Yadong Luo	CHN	3:41:15
4.	Rui Wang	CHN	3:42:08
5.	Tongda Bian	CHN	3:43:06
6.	Dongpo Luo	CHN	3:45:38
7.	Xu Liu	CHN	3:48:30
8.	Yangben Zhaxi	CHN	3:49:43
9.	Rui Chen	CHN	3:49:58
10.	Tao You	CHN	3:51:58
11.	Qingsheng Ceng	CHN	3:54:29
12.	Hongliang Zhang	CHN	3:55:58
13.	Zhongkai Meng	CHN	3:56:45
14.	Liang Yang	CHN	3:57:46
15.	Jichao Li	CHN	3:58:20

And that is just the tip of the iceberg, with lots more racing over the weekend, all of it of the highest quality. I will leave you to check it out in the following 3 articles

- Sat 9 Mar - Huangshan (CHN): U20 10km races  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3421](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3421)
- Sun 10 Mar - Huangshan (CHN): the 20km wins to Wang Kaihua (1:19:01) and Qieyang Shenjie (1:25:37)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3422](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3422)
- Sun 10 Mar - Huangshan (CHN): 30km U20 and U18 events  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3423](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3423)

Just consider the men's 20km, with the first 45 finishers under 1:24:00 and the first 90 under 1:30:00. The women were just about as good with the first 26 under 1:36:00 and the first 40 under 1:40:00.

#### DOHA 2019 WORLDS 50K QUALIFIERS AS OF 9 MARCH 2019

Thanks to Paul DeMeester for his updated list of 50km qualifiers for this year's IAAF World Championships in Doha. Note that Doha entries are restricted to 3 per country but, in the lists below, some countries like China and Japan have more than 3 qualifiers. The qualification period started on 7 March 2018 and will end at midnight on 6 September 2019 (regardless of time zone).

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

1.	Yohann Diniz	FRA	3:33:25	London 13 August 2017 (Wild Card Entry, reigning WC)
2.	Qin Wang	CHN	3:38:02	Huangshan 9 March 2019
3.	Tomohiro Noda	JPN	3:39:47	Takahata 28 October 2018
4.	Wenbin Niu	CHN	3:41:04	Huangshan 9 March 2019
5.	Yadong Luo	CHN	3:41:15	Huangshan 9 March 2019
6.	Rui Wang	CHN	3:42:08	Huangshan 9 March 2019
7.	Matej Toth	SVK	3:42:46	Dudince 25 March 2018
8.	Tongda Bian	CHN	3:43:06	Huangshan 9 March 2019
9.	Hirooki Arai	JPN	3:44:25	Taicang 5 May 2018
10.	Hayato Katsuki	JPN	3:44:31	Taicang 5 May 2018
11.	Veli-Matti Partanen	FIN	3:44:43	Dudince 25 March 2018
12.	Satoshi Maruo	JPN	3:44:52	Taicang 5 May 2018
13.	Maryan Zakalnytsky	UKR	3:44:59	Taicang 5 May 2018
14.	Dongpo Luo	CHN	3:45:38	Huangshan 9 March 2019
15.	Kai Kobayashi	JPN	3:46:26	Takahata 28 October 2018
16.	Masatora Kawano	JPN	3:47:30	Takahata 28 October 2018
17.	Dzmitry Dziubin	BLR	3:47:59	Berlin 7 August 2018
18.	Rafal Augustyn	POL	3:48:22	Taicang 5 May 2018
19.	Xu Liu	CHN	3:48:30	Huangshan 9 March 2019
20.	Havard Haukenes	NOR	3:48:35	Berlin 7 August 2018
21.	Perseus Karlstrom	SWE	3:48:54	Taicang 5 May 2018
22.	Quentin Rew	NZL	3:48:58	Taicang 5 May 2018
23.	Ivan Banzeruk	UKR	3:49:17	Taicang 5 May 2018

24.	Yangben Zhaxi	CHN	3:49:43	Huangshan 9 March 2019
25.	Rafal Sikora	POL	3:49:54	Taicang 5 May 2018
26.	Rui Chen	CHN	3:49:58	Huangshan 9 March 2019
27.	Evan Dunfee	CAN	3:50:18	Taicang 5 May 2018
28.	Carl Dohmann	GER	3:50:27	Berlin 7 August 2018
29.	Jonathan Hilbert	GER	3:51:22	Aschersleben 14 October 2018
30.	Joao Vieira	POR	3:51:46	Porto de Mos 13 January 2019
31.	Takayuki Tanii	JPN	3:51:54	Takahata 28 October 2018
32.	Tao You	CHN	3:51:58	Huangshan 9 March 2019
33.	Shuto Goto	JPN	3:52:17	Takahata 28 October 2018
34.	Jarkko Kinnunen	FIN	3:52:40	Aschersleben 14 October 2018
35.	Michele Antonelli	ITA	3:53:00	Taicang 5 May 2018
36.	Valeriy Litanyuk	UKR	3:53:05	Taicang 5 May 2018
37.	Bernardo Uriel Barrondo	GUA	3:53:10	Taicang 5 May 2018
38.	Brendan Boyce	IRL	3:53:32	Taicang 5 May 2018
39.	Jesus Angel Garcia Bragado	ESP	3:53:48	Taicang 5 May 2018
40.	Nathaniel Seiler	GER	3:54:08	Berlin 7 August 2018
41.	Qingsheng Ceng	CHN	3:54:29	Huangshan 9 March 2019
42.	Adrian Blocki	POL	3:54:31	Taicang 5 May 2018
43.	Marc Tur Pico	ESP	3:54:51	El Vendrell 10 February 2019
44.	Claudio Villanueva	ECU	3:55:04	Taicang 5 May 2018
45.	Andrea Agrusti	ITA	3:55:09	Taicang 5 May 2018
46.	Caio Bonfim	BRA	3:55:24	Melbourne 2 December 2018
47.	Jose Ignacio Diaz	ESP	3:55:28	Berlin 7 August 2018
48.	Marco De Luca	ITA	3:55:47	Berlin 7 August 2018
49.	Jose Montana	COL	3:55:48	Dudince 25 March 2018
50.	Andres Chocho	ECU	3:55:48	Cochabamba 5 June 2018
51.	Hongliang Zhang	CHN	3:55:58	Huangshan 9 March 2019
52.	Benjamin Sanchez Bermejo	ESP	3:56:15	El Vendrell 10 February 2019
53.	Zhongkai Meng	CHN	3:56:45	Huangshan 9 March 2019
54.	Leonardo Dei Tos	ITA	3:56:56	Gioiosa Marea 27 January 2019
55.	Aurelien Quinion	FRA	3:57:05	Aschersleben 14 October 2018
56.	Jijiang Han	CHN	3:57:33	Taicang 5 May 2018
57.	Liang Yang	CHN	3:57:46	Huangshan 9 March 2019
58.	Jichao Li	CHN	3:58:20	Huangshan 9 March 2019
59.	Bence Venyercsan	HUN	3:58:25	Berlin 7 August 2018
60.	Artur Mastianica	LTU	3:58:29	Berlin 7 August 2018
61.	Isamu Fujisawa	JPN	3:58:49	Takahata 28 October 2018

#### **Women 4:30:00 Entry Standard (target number of 30)**

1.	Hong Liu	CHN	3:59:15	Huangshan 9 March 2019 (world record)
2.	Maocuo Li	CHN	4:03:51	Huangshan 9 March 2019
3.	Rui Liang	CHN	4:04:36	Taicang 5 May 2018
4.	Ines Henriques	POR	4:05:56	London 13 August 2017 (Wild Card Entry, reigning WC)
5.	Faying Ma	CHN	4:07:30	Huangshan 9 March 2019
6.	Hang Yin	CHN	4:09:09	Taicang 5 May 2018
7.	Claire Tallent	AUS	4:09:33	Taicang 5 May 2018
8.	Raquel Gonzalez Campos	ESP	4:11:01	El Vendrell 10 February 2019
9.	Alina Tsvilyi	UKR	4:12:44	Berlin 7 August 2018
10.	Paola Viviana Perez	ECU	4:12:56	Taicang 5 May 2018
11.	Maria Czakova	SVK	4:14:25	Dudince 25 March 2018
12.	Johana Ordonez	ECU	4:14:28	Taicang 5 May 2018
13.	Pengqin Jiang	CHN	4:14:31	Huangshan 9 March 2019
14.	Tiantian Bai	CHN	4:14:49	Huangshan 9 March 2019
15.	Julia Takacs	ESP	4:15:22	Berlin 7 August 2018
16.	Yingliu Wang	CHN	4:15:33	Huangshan 9 March 2019
17.	Nastassia Yatsevich	BLR	4:18:00	Taicang 5 May 2018
18.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5 May 2018
19.	Magaly Bonilla	ECU	4:19:04	Taicang 5 May 2018
20.	Khrystina Yudkina	UKR	4:20:26	Berlin 7 August 2018
21.	Erika Morales Cruz	MEX	4:20:36	Hauppauge 21 October 2018
22.	Meijiao Chi	CHN	4:22:47	Huangshan 9 March 2019
23.	Vasylyna Vitovshchuk	UKR	4:23:15	Berlin 7 August 2018
24.	Yumin Chen	CHN	4:26:42	Huangshan 9 March 2019
25.	Ainhoa Pinedo	ESP	4:27:03	Berlin 7 August 2018
26.	Nicole Colombi	ITA	4:27:38	Gioiosa Marea 27 January 2019
27.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5 May 2018

28. Mar Juarez	ESP	4:28:58	Berlin 7 August 2018
29. Serena Sonoda	JPN	4:29:45	Takahata 28 October 2018

With the large number of authorized walks competitions including 50km events for men and women, these lists are going to grow quickly.

### USA NATIONAL INDOOR T&F CHAMPIONSHIPS, THE ARMORY, NEW YORK, 8-10 MARCH

The USA National Indoor T&F Championships, which were held at the Armory in New York last weekend, included the The National Scholastic Indoor Championships (NSIC). The NSIC 1 Mile Walks kicked the program off on Saturday morning, with wins to **Sean Glaze** (6:41.89) and **Taylor Ewert** (6:34.53). Great time in particular by Ewert.

#### Men's Mile NSIC Racewalk Championship

1.	Glaze, Sean	Jr	Springfield, OH	6:41.89
2.	Allen, Samuel	11	Kingsway Regiona	6:41.91
3.	Davis, Jadon	12	Baltimore, MD	7:14.09
4.	Johnson, Carson	12	Bowling Green, K	7:23.74
5.	Cuestas, Jonah	10	Penfield Central	7:27.96
6.	Coddington, Oscar	10	blacksburg, VA	7:28.10
7.	Brignall, Hunter	12	Mynderse Academy	7:54.35
8.	Cote, Alexis	10	Levis, QC	7:58.64
9.	Renn, Christopher	9	Fair Lawn, NJ	8:10.88
10.	Best, Bryan	12	Canandaigua, NY	8:11.15
11.	Gronemeyer, Paine	11	Arlington, VA	8:19.39
12.	Judice, Lucas	12	Thornton Academy	8:31.44
13.	Chiosi, John	9	Baltimore, MD	8:47.70
14.	Rosenberg, Benjamin	12	Glenmont, NY	9:17.92
15.	Sullivan, Scott	12	Fairfax, VA	9:43.68
16.	Eller, Michael	11	Mynderse Academy	DQ
17.	Nezdek, Nolen	11	Broadalbin-Perth	DQ
18.	Arthur, Buck	10	Forest, VA	DQ
19.	Carter, Collin	10	Reservoir	DQ

#### Women's Mile NSIC Racewalk Championship

1.	Ewert, Taylor	11	Beavercreek, OH	6:34.53
2.	Durcan, Ciara	10	Pearl River	7:14.85
3.	Grover, Jessica	12	Half Hollow Hill	7:30.06
4.	Wakely, Ashleigh	11	Massapequa	7:32.80
5.	Ehlers, Natalie	12	Quogue, NY	7:33.00
6.	Zahraban, Emily	10	Bellport	7:33.06
7.	Anne St.Amand		LaPocati?re, QC	7:38.52
8.	Kieser, Bella	11	hopewell junctio	7:39.44
9.	Sciotto, Marissa	10	Farmingville, NY	7:42.61
10.	Colon, Angelina	10	Farmingville, NY	7:43.45
11.	Biata, Taylor	11	Rush Henrietta S	7:45.79
12.	Lovelace, Danielle	12	Middletown, NY	7:55.19
13.	Engin, Chloe	12	Fairport, NY	7:56.45
14.	Varady, Erika	12	Huntington	7:59.03
15.	Ahmad, Parker	12	Bay Shore	7:59.58
16.	Rivas, Keily	12	Huntington	8:04.94
17.	Trefts, Izabelle	9	Milford, ME	8:21.79

### OUT AND ABOUT

- Ballarat Race Walking Club has asked me to remind anyone interesting in joining the BRWC footy tipping competition that entries close next Monday 18<sup>th</sup> March. See the original announcement in <http://www.vrwc.org.au/newsletters/heelandtoe-2019-num22.pdf>. Contact Graeme Saunder ([janinetwig@hotmail.com](mailto:janinetwig@hotmail.com)) or Wayne Peart ([wayne@jassmith.com.au](mailto:wayne@jassmith.com.au)) to get your name added to the list.
- Mark Easton has a photo gallery from last weekend's British Masters Indoor T&F Chamionships walks at the Lee Valley track in London. See <https://markeaston.zenfolio.com/f899813196>.
- The latest edition of Race Walking Record is now available (RWR881.pdf - February 2019). Check it out at the RWC archive at <http://racewalkingassociation.com/RWR.asp>.

- What a twist to the Austrian blood doping scandal. ARD whistleblower Johannes Dürr now admits blood doping in late summer, October and even December 2018 in Germany, Austria and Switzerland, using the same procedure as years earlier. This was the same time as he was preparing, allegedly drugs free, for his return to competition after his ban.
- A good summary of the Cross Country Ski doping scandal:  
[https://www.playthegame.org/news/comments/2019/080\\_doping-in-seefeld-its-about-intelligence/](https://www.playthegame.org/news/comments/2019/080_doping-in-seefeld-its-about-intelligence/)

### 2020 OLYMPIC GAMES QUALIFICATION SYSTEM ANNOUNCED

One of the other things to come out of last weekend's IAAF Council Meeting was a significant change to the way that athletes will qualify for international championship events, starting with the 2020 Olympics. It is explained in <https://www.athleticsweekly.com/news/dual-qualification-system-for-tokyo-2020-olympics-1039921415/>.

African Athletics United facebook page published a pretty good summary of how it is expected to work

The IAAF has released the qualification system for the 2020 Olympic Games in Tokyo.

<https://www.iaaf.org/competition/standards/2020>

There will be 2 possible ways to qualify:

- achieve the entry standard within the qualification period. As you can see below those standards are extremely tough and only the top athletes in the world will achieve that. The IAAF is hoping to fill half of the field that way.

- be in an eligible position in the IAAF World Ranking in your event at the end of the qualification period.

The World Ranking will bring great changes for qualification purposes. Before and until Doha 2019, one performance was enough to qualify. But the World Rankings are calculated from your best performances over the past 12 months (3 for the 20km race walk and 2 for the 50km walk). The number of points you can obtain will also depend on the type of competition you take part in.

This system will favour athletes who are regulars on the international meet circuit and disadvantage those who do not have the possibility to travel much. At the moment, a lot of results from Africa are currently missing from the IAAF database, distorting the World Rankings. So it will be important to make Federations aware of the need to send competitions results to the IAAF.

If you are an athlete who aims to qualify for Tokyo, it is important that you become familiar with the World Rankings and your profile on the IAAF website.

<https://www.iaaf.org/world-rankings/introduction>

<https://www.iaaf.org/athletes>

You have to be proactive to check that your results are online, monitor how your ranking keeps evolving, and think of the best ways to try to accumulate points.

Please circulate among your friends who need to be informed on that matter. We'll try to post regularly on the rankings so that you get a good understanding and are not caught unaware.

I agree that the new system is one that will help some countries but disadvantage others. It is also a system that can be manipulated by athletes in how they choose their qualifying events, focusing on ones which offer greater additional bonus points.

It's a pretty straight forward equation. Achieve any of the following super tough times and you qualify for Tokyo.

## I. ENTRY STANDARDS

The entry standards below were approved by IAAF Council in March 2019 in Doha.

Men	Event	Women
10.05	100m	11.15
20.24	200m	22.80
44.90	400m	51.35
1:45.20	800m	1:59.50
3:35.00	1500m	4:04.20
13:13.50	5000m	15:10.00
27:28.00	10,000m	31:25.00
13.32	110m Hurdles / 100m Hurdles	12.84
48.90	400m Hurdles	55.40
8:22.00	3000m Steeplechase	9:30.00
2.33	High Jump	1.96
5.80	Pole Vault	4.70
8.22	Long Jump	6.82
17.14	Triple Jump	14.32
21.10	Shot Put	18.50
66.00	Discus Throw	63.50
77.50	Hammer Throw	72.50
85.00	Javelin Throw	64.00
8350	Decathlon / Heptathlon	6420
1:21:00	20km Race Walk	1:31:00
3:50:00	50km Race Walk	
2:11:30	Marathon	2:29:30

Otherwise, you rely on accumulating enough points in the IAAF Ranking List to pick up one of the remaining spots.

It's all there for those who need to read it.

## THAT'S IT FOLKS

From now on, my newsletter will not be as widely reporting as previously. I am pretty tired after all the latest controversies and feel the need to settle back a bit. I will continue to report on ALL Australian news, as well as on more significant international races. I will continue to report all events from my usual correspondents Emmanuel Tardi, Ron Wallwork, Mark Wall, etc, but will not be chasing other results or trolling the web for things of interest to readers.

Just look upon it as yet another casualty from the unconscionable actions of the IAAF RW Committee. Perhaps they may like to take over (fat chance of that!).

## 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

Mar 16-17, 2019	LAVIC State T&F Championships, Casey Fields
Mar 23-24, 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
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km)
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

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

Mar 17 (Sun), 2019	Asian 20km Race Walking Championships, Nomi, JPN
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)
Apr 20-21, 2019	Pan American 50km Race Walking Cup, Lazaro Cardenas, Michoacan, Mexico
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)

Jun 8 (Sat), 2019 XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain  
 Jun 26 (Wed), 2019 Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)  
 Sep 27 - Oct 6, 2019 IAAF World Athletics Championships, Doha, Qatar  
 Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

**International Dates – 2019 and onwards**

Mar 16 (Sat), 2019 USATF National 20km Race Walking Champs, Tustin, USA (20kmM/W)  
 Mar 17 (Sun), 2019 Lugano Trophy - Memorial Mario Albisetti, Lugano, SUI (20km M/W)  
 Mar 17 (Sun), 2019 Spanish 20km National Race Walk Champs, Oropesa del Mar, ESP (20km M/W)  
 Mar 17 (Sun), 2019 Franch Race Walking Champs, Epinal, FRA (20km/50km M/W)  
 Mar 17 (Sun), 2019 Asian 20km Race Walking Championships, Nomi, JPN (20km)  
 Mar 23 (Sat), 2019 Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)  
 Mar 24-30, 2019 **8<sup>th</sup> World Masters Indoors T&F Championships**, 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 M/W)  
 Apr 13 (Sat), 2019 Naumburg International Meet, Naumburg, Germany  
 Apr 14 (Sun), 2019 Japanese 50km Championships, Wajima, JPN (50km)  
 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  
 Apr 28, 2019 Hungarian National Champs, Békéscsaba, HUN (20km M/W)  
 May 15 (Sun) 2019 European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)  
 May 11-12, 2019 2019 IAAF Race Walking Challenge, Taicang, China  
 May 16-17, 2019 China National Race Walking Gran Prix – 2, Xingtai, CHN (20 and 50km M/W)  
 May 19 (Sun), 2019 European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)  
 May 25 (Sat), 2019 10<sup>th</sup> Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)  
 Jun 8 (Sat), 2019 XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain  
 Jun 17-19, 2019 China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)  
 Jun 22 (Sat), 2019 Polish 20km Championships, Mielec, POL (20km M/W)  
 Jul 3-14, 2019 **30<sup>th</sup> Summer Universiade**, Naples Italy  
 Jul 20-21, 2019 China National Race Walking Championships Meet, Changbaishan, CHN (20 and 50km M/W)  
 Aug 30-Sep 7, 2019 **20<sup>th</sup> Oceania Masters T&F Championships**, Mackay, Queensland, AUS  
 Sep 6-7, 2019 China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)  
 Sept 28 – Oct 6, 2019 **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar  
 Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

May, 2020 **29<sup>th</sup> IAAF World Race Walking Team Championships**, Minsk, Belarus  
 July 17-20, 2020 **18<sup>th</sup> IAAF World U20 T&F Championships**, Nairobi, Kenya  
 July 24 – Aug 9, 2020 **32<sup>nd</sup> Olympic Games**, Tokyo  
 July 20 – Aug 1, 2020 **23<sup>rd</sup> World Masters T&F Championships**, Toronto, Canada

Mar 2021 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
 Aug 6-15, 2021 (TBC) **18<sup>th</sup> IAAF World Championships in Athletics**, Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.  
 Aug 7-17, 2022 **24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden

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

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