



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 17
22 January 2019



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WALKING FIGHTS FOR ITS SURVIVAL AGAIN

We have only one week left for all followers of our wonderful sport of racewalking to tell the IAAF Race Walking Committee that they have it wrong and that we support the continuance of the 20km and 50km racewalks. If you need a refresher on what is in stake here, check out last Tuesday's newsletter and my special additional newsletter of last Friday

[Heel and Toe 2018/2019 Number 16 - 14 January 2019](#)

[Heel and Toe 2018/2019 Number 16A - 18 January 2019](#)

In particular, check out the sample response shown in Newsletter 16A.

I have been inundated with messages of support and have been copied into a large number of emails sent to Luis Saladie. Few read as well as that of our VRWC President Stuart Cooper. Stu has kindly allowed me to reproduce it here.

Dear Luis,

Thank you for this opportunity to contribute my own views on the IAAF Race Walking Committee's proposed changes to the international race distances.

I am concerned at the suggestion, not just to remove the historic 20km and 50km distances, but to replace each with a shorter distance based on the misplaced assurance that as-yet unproven technology will solve issues regarding judging and rule compliance over the new distances.

The current distances of 20km and 50km cater for two different types of athlete – one whose prime asset is speed, and another who is best suited to endurance racing. The 20km distance provides the best platform at which to race at speed whilst thoroughly taxing the athlete's aerobic and technical capacities. The 50km, on the other hand, has proven itself time and again as a pitiless tester of strength, condition, technique, adaptability and mental toughness – no less so than the marathon, triathlon or cycling road race. On this basis, the 50km merits its status as an Olympic event, and certainly a world championship one. It exemplifies the third word in the Olympic credo - *fortius* (stronger) – and has always done so.

At 2016's Rio Olympics, the 50km was one of the most exciting, dramatic races on the program, a battle of attrition with the result not being settled until the final kilometer. The 2km road course allowed spectators to be close to the action for the entire race, providing a wonderful entertainment and educative experience for all. Furthermore, the addition of a women's 50km race to all future championships has seen a blossoming of interest among women at all levels, with the talent on show already deepening as more women take it up.

As to the claim that the 50km is 'too long', this is just wrong. In fact, the event's length – especially for roadside spectators – is one of its assets, since the progress of the race in the middle and later stages can see any number of dramatic developments occur as fatigue, injury, errors of race judgment or feeding/hydration strategy, adverse weather conditions and individual tactical moves all take a hand. What more does the 50km walk have to do to prove its credentials as a genuine Olympic and World championship event?

The men's and women's 20km events in Rio (held on a 1km course) likewise offered gripping displays of hard athletic endeavor in uncompromising conditions of heat and humidity. To this was added the drama of whether competitors could comply with the contact and knees rules under such competitive stresses. All of this is what helps make our sport unique.

Once again, the public experienced all this at close quarters, often within an arm's length of an athlete. This provided a level of human contact between athlete and spectator that cannot exist to the same extent in a huge stadium ringed by deep safety barriers and rigid security staff.

In addition, television coverage of both these events in Rio and in London 2012 was entertaining, educative and dramatic, negating the impression that longer walking races are of little interest to a TV audience.

With regard to judging and rule compliance, I am in favour of any serious efforts to address this, including trialling electronic devices for effectiveness and feasibility. The 'pit lane' procedure was trialled over a number of years in international junior and national championships, enabling problems to be solved before introducing it at senior level. The proposed RWECs shoe-contact system needs a similar gestation period – at least four years – before it can confidently be relied upon as a judging tool. Introducing it prematurely at the highest level to justify replacing the 20 and 50km with shorter races is fraught with risk, and could ultimately destroy the credibility of the sport beyond recall.

I also accept that race walking, like any other sport, has to accept generational change in order to maintain and strengthen its appeal. I do not accept, however, that this will be achieved by removing one of the few bona fide endurance tests on the program (50km) and a proven speed race (20km). Rather, I believe these distances should be promoted on their aforementioned merits. I also believe that proper competition pathways should be established to encourage younger walkers to progress to these historic distances.

Once again, thank you for the opportunity to put forward my views.

Yours in walking,

Stuart Cooper
President, Victorian Race Walking Club
Melbourne, Australia

Well said Stu!

With just over a week to go to put our side of the argument, it is time for all readers to email Luis Saladie (luis.saladie@iaaf.org). We will only save our event if we work together as a group. It is now a numbers game.



WHAT'S COMING UP

AV Shield takes a rest next weekend, with the **Victorian Country T&F Championships** running from Saturday to Monday in **Bendigo**. Good luck to all our walkers and fingers crossed for some cooler weather. This summer has been particularly brutal in country Victoria.

Looking further forward for Victorian walkers, AV Shield will return the following weekend. Key upcoming dates are as follows

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

Good luck to all competitors in the **USATF 50km Race Walking Championships** which will be held in Santee, California, next Saturday 26th January. It is great to see the 50km races kicking off for 2019. This is the perfect antidote for the IAAF Race Walking Committee's irrational desire to kill the event.

Note in particular that AV has now opened the online entry panel for the **AV Teams 5000m Track Walk Championships at Mentone on Wednesday 13th February**. Just log onto the AV Members Portal and you will find it in the entry options.

As a reminder, here are the rules governing the AV 5000m Teams Championships

- A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region.
- A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region.
- Mixed teams are not permissible.
- The first 3 walkers to finish will be designated as the first finishing team for that club.
- The next 3 walkers to finish for that club will be designated as their second team and so on.
- All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
- All entries must be made via the AV Members Portal by the entry closing date of Sunday 10th February.

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 19 JANUARY

The Athletics Victoria Shield competition continued last Saturday with 95 walkers (our biggest turnout for the season) spread across the five venues. It was warm and sunny but still plenty of good times. Only two rounds to go before the AV Shield Finals.

AV Shield Round 10 Program 2, Doncaster

Triple Olympian **Chris Erickson** was the fastest in the 5000m at Doncaster, gaining some valuable points for his club Athletics Essendon club. The 2000m walk was huge with 42 walkers, and the pace was also on from the start with **Mark Blackwood** (8:30.1), **Pramesh Prasad** (9:11.0) and **Heath Beveridge** (9:47.7) all recording good times.

5000m Walk

1.	Chris Erickson	M	ESS		24:44.1
2.	Charlotte Hay	F	KNA		27:49.9
3.	William Dynes	M	DIV		27:59.4
4.	Kym Osmand	F	VMA		28:17.6
5.	Trenton Hawkins	M	PTN		28:28.5
6.	Holly Cocking	F	ANW		28:37.5
7.	Simon Evans	M	BOH	M55	29:34.3
8.	Madeleine Feain	F	KSB		30:31.1
9.	Rebekah Powierski	F	ANW		30:50.8
10.	Claire Samanna	F	COL		32:14.9
11.	Krystal Kunig	F	KSB		41:56.3

2000m Walk

1.	Mark Blackwood	M	KNA	M40	8:30.1
2.	Pramesh Prasad	M	VMA	M40	9:11.0
3.	Heath Beveridge	M	WES		9:47.7
4.	Sandra Geisler	F	RWD	F40	10:47.3
5.	Angus Hay	M	KNA		11:11.4
6.	Marcus Wakim	M	COL		11:17.4
7.	Liam McLennan	M	DAC		11:17.9
8.	Brianna Briet	F	CCA		11:30.4
9.	Mark Donahoo	M	ESS	M60	11:37.0
10.	Hamish Beaumont	M	MUU	M40	11:39.3
11.	Kylie Irshad	F	MPA	F45	11:43.1
12.	Kerryn Walshe	F	KSB	F55	11:46.3
13.	Phillip Dunstone	M	WES	M50	11:55.5
14.	Grant Murfett	M	VMA	M50	12:01.6
15.	Nikita Djordjevic	M	MEN		12:05.7
16.	Paul Kennedy	M	KSB	M60	12:12.1
17.	Heather Carr	F	GHY	F65	12:13.5
18.	Laura McLennan	F	DAC	F40	12:25.9
19.	Rupert Van Dongen	M	MEN	M40	12:31.6
20.	Bernadette Holohan	F	SAN	F50	12:53.9
21.	Duncan Knox	M	ESS	M55	13:03.8
22.	Campbell McLennan	M	DAC	M45	13:11.5
23.	Claire Noonan	F	EAG		13:21.9
24.	Alannah Upson	F	MPA		13:28.1
25.	Russ Dickenson	M	VMA	M65	13:39.9
26.	Bob Gardiner	M	COL	M65	13:44.7
27.	Geoff Barrow	M	MEN	M65	13:46.1
28.	Janice Hodgart	F	WES	F55	13:49.7

29.	Anthony Doran	M	GHY	M65	13:52.8
30.	Gwen Steed	F	GHY	F65	14:04.7
31.	Stephen Murphy	M	ESS	M55	14:08.1
32.	Jenny-Rose Szuhai-Andrews	F	BWK	F50	15:36.8
33.	Sandra Howorth	F	GHY	F55	15:59.8
34.	Paul Long	M	UNA	M50	16:16.8
35.	Donna Campbell	F	PTN	F45	16:39.1
36.	Tess Rickard	F	BWK		17:01.4
37.	Timothy Thomas	M	MUU	M50	17:46.4
38.	Glenys Schubert	F	DIV	F55	18:24.3
39.	Ian Rickard	M	BWK	M60	19:00.2
40.	Lauren Healy	F	ESS	DNQ	22:52.2
	James Sarris	M	KSB		DQ
	David Sommers	M	ANW	M60	DNF



The 2000m walk gets underway at Doncaster (photo Gerard Feain)



Chris Erickson, Simon Baker, Mark Blackwood, Geoff Barrow, Bob Gardiner and Russ Dickenson (photos Gerard Feain)



Heather Carr, Charlotte Hay, Marcus Wakim, Liam McLennan, Paul Kennedy, Hamish Beaumont and William Dynes

AV Shield Round 10 Program 1, Box Hill

A small turnout at Box Hill but a wonderful walk by 15 year old **Nikola Mandic** (8:33.1).

5000m Walk

1.	Vladimir Zubko	M	WES	M40	29:39.3
	Freya Dawe	F	MPA		DQ

2000m Walk

1.	Nikola Mandic	M	CCA		8:33.1	PB 0:10
2.	Wendy Muldoon	F	ANW	F45	11:07.1	
3.	Zachary Matters	M	BOH		12:03.7	
4.	Carolyn Rosenbrock	F	ANW	F55	12:06.4	
5.	Emily Smith	F	KNA		12:17.6	
6.	Julian Boland	M	MEN	M55	12:28.6	
7.	Andrew Egginton	M	BOH	M55	12:34.0	
8.	Alannah Dingli	F	SAN		13:47.0	
9.	Richard Dawe	M	MPA	M50	16:49.4	
10.	Sarah Ebbels	F	YRA		17:22.8	
11.	Lee Taylor	F	YRA		17:23.4	
12.	Anne-Marie Ebbels	F	YRA	F45	20:29.9	

Quite a few walkers at our 3 country venues, with the best performances from Ballarat – **Jemma Peart** (6:35.0) and younger sister **Alanna Peart** (13:44.3). Special mention also to 14 year old **Owen Costin** who walked a big 2000m PB of 10:21.69 in Geelong.

AV Shield Round 10 Program 2, Bendigo

3000m Walk

1.	Barbara Bryant	F	EAG	F60	18:37.24
2.	Jennifer Payne	F	SBE	F60	19:35.03
3.	Leigh Browell	M	SBE	M40	21:49.83
4.	Annette Curtis	F	SBE	F60	23:08.59

1500m Walk

1.	Peter Curtis	M	SBE		8:06.67
2.	Ebony Whiley	F	EAG		8:43.70
3.	Andrea Smith	F	BEU	F40	9:18.10
4.	Courtney Campbell	F	SBE		9:45.85
5.	Maddison Vaughan	F	BGO		10:02.98
6.	Amber Fox	F	SBE		11:47.31

AV Shield Round 10 Program 2, Geelong

2000m Walk

1.	Scott Nelson	M	WYN	M45	10:02.71	
2.	Owen Costin	M	CHI		10:21.69	PB 0:49
3.	Donna-Marie Elms	F	PTN	F55	12:31.52	
4.	Kaylah Heikkila-Dubowik	F	COR		12:41.09	
5.	Riannah Tatlock	F	BEL		12:58.97	
6.	Ben Grahame	M	UNA		13:19.40	
7.	Tracy Colbert	F	COB	F45	15:09.87	
8.	Francis Panakkal	M	WYN		16:03.96	
9.	Travis Maleko	M	WYN		16:12.75	
	Ivan Matijas	M	WYN		DQ	

AV Shield Round 10 Program 2, Ballarat

3000m Walk

1.	Alanna Peart	F	BYC		13:44.03	PB 0:13
2.	Fraser Saunder	M	BYC		14:42.36	
3.	Kevin Ruddick	M	BHA	M65	22:51.50	
4.	Roslyn Ireland	F	BWK		23:04.94	
5.	Olive Ireland	F	BWK	F55	25:09.32	
	Heather Lamb	F	BWK	F50	DQ	

1500m Walk

1.	Jemma Peart	F	BYC		6:35.00	
2.	Scott Peart	M	BYC		9:28.93	

VRWC ROADWALKS, MIDDLE PARK, SUNDAY 20 JANUARY

Our latest VRWC road races at Middle Park on Sunday morning saw 35 walkers testing themselves out over varying distances on a warm and sunny Melbourne summer day. Most had walked in AV Shield the day before but were ready to go again. 2016 Olympian **Rhydian Cowley** was the standout with, what was for him, was an easy Sunday morning 20km training session of 1:36:39. **Mark Blackwood** also walked well for his 20km time of 1:43:51. And then everyone hung around to see **Kyle Bird** (1:50:53) and **Cassandra Knight** (2:18:17) each finish their first 20km. Great work by the two young walkers.

It was also great to see new walker **Marnie Grace** walk her first ever 5km (34:15) and 12 year old **Aiden Smith** (22:14) walk his first ever 3km. Finally, special mentions to **Joel Imbriano** (equal PB of 16:18 for 3km) and **Havana Ali** (PB of 14:35 for 2km).

VRWC 20km Roadwalk

1.	Cowley, Rhydian	M	48:29	1:36:39	
2.	Blackwood, Mark	M	52:02	1:43:51	
3.	Bird, Kyle	M	53:19	1:50:53	First one
4.	Feiner, Tracy	F	1:00:50	2:05:59	
5.	Feain, Madeleine	F	1:04:25	2:13:07	
6.	Knight, Cassandra	F	1:06:13	2:18:17	First one

VRWC 15km Roadwalk

1.	Prasad, Pramesh	M	52:13	1:20:45	
2.	Rosenbrock, Carolyn	F	1:10:37	1:48:02	

VRWC 10km Roadwalk

1.	Hay, Charlotte	F	59:20		
2.	Geisler, Sandra	F	59:52		
3.	Irshad, Kylie	F	1:07:28		
4.	Donahoo, Mark	M	1:08:29		
5.	Carr, Heather	F	1:09:46		
6.	O'Neill, Karyn	F	1:14:19		
7.	Elms, Donna-Marie	F	1:16:17		

VRWC 5km Walk

1.	Cassidy, Kevin	M	26:55		
2.	Beveridge, Heath	M	28:00		
3.	Smyth, David	M	29:08		
4.	Hay, Angus	M	32:24		
5.	Bennett, Ralph	M	32:36		
6.	Smith, Emily	F	33:05		
7.	Grace, Marnie	F	34:15		First one

8.	Steed, Gwen	F	36:33
9.	Barrow, Geoff	M	36:49
10.	Doran, Anthony	M	37:14

VRWC 3km Walk

1.	Imbriano, Joel	M	16:18	Eq. PB
2.	Blackwood, Hamish	M	19:09	
3.	Smith, Aiden	M	22:14	First one

VRWC 2km Walk

1.	Uzun, Ela	F	13:47	
2.	McPherson, Glennis	F	14:03	
3.	Ali, Havana	F	14:35	PB 0:56
4.	Beaumont, Margaret	F	18:25	
5.	Beaumont, Ian	M	18:27	

VRWC 1km Walk

1.	Paulke, Addison	F	06:44
2.	Mews, Pam	F	12:39



Start of the longer races on Sunday morning at Middle Park (photo Terry Swan)



Rhydian Cowley, Marnie Grace, Aiden Smith and Kyle Bird (photos Terry Swan)



Carolyn Rosenbrock, Cassandra Knight, Mark Donahoo, Ralph Bennett, Joel Imbriano and Kevin Cassidy (photos Terry Swan)

Thanks as always to our many officials, judges and helpers. Apologies if I have missed anyone.

- Officials:** Mark Donahoo, Ralph Bennett, Tim Erickson, Bill Carr
Judges: Peter Vysma, Gordon Loughnan, Terry O'Neill, Stuart Cooper, David Cash, Brenda Felton
Canteen: Donna-Marie Elms
Photos: Terry Swan (see <https://www.facebook.com/photo.php?fbid=10217824586547152>)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 16 JANUARY

Colin Hainsworth advises that this week's SA Masters track meet in Adelaide last Wednesday was cancelled due to the 40C heat.

TASMANIAN INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 19 JANUARY

Thanks to Wayne Fletcher for this week's results from Tasmania.

1500m Walk

1.	Oliver Morgan	Old Virgilians	8:58.29
2.	Steve Ahern	Old Virgilians	9:15.75
3.	Wayne Fletcher	Northern Suburbs	10:48.99
4.	Ron Foster	Tasmanian Masters	11:18.78
5.	David Moore	Tasmanian Masters	11:23.54
1.	Chloe Ahern	Old Virgilians	7:58.40
2.	Sophia Ahern	Old Virgilians	10:00.50
3.	Elizabeth Leitch	Tasmanian Masters	10:01.79

ATHLETICS SA OPEN DAY, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 19 JANUARY

To Adelaide where their summer competition kicked off with an Open Day after the Christmas break. Kim Mottrom explains: **Mathew Bruniges** and **Kristie Goznik** very evenly paced in the 3000m and **Peter Crump** doing his first race in 6 months after ankle surgery in the 1500m.

1500m Walk

1.	Anthony Tana	SOUTHERN S	MU14	8:35.63
2.	Peter Crump	SAINTS	M35+	8:59.51

3000m Walk

1.	Mathew Bruniges	SOUTHERN S	MOP	14:56.37
2.	Kristie Goznik	PORT ADELAID	WOP	15:21.39
3.	Rhiannon Lovegrove	PORT ADELAID	WOP	16:15.99

4.	Greg Metha	MASTERS SA	M35+	18:54.87
5.	James Hoare	PORT ADELAID	M35+	23:23.58

QMA T&F MEET, SAF, BRISBANE, SATURDAY 19 JANUARY

The Queensland Masters were back in action in Brisbane on Saturday morning, with a few walkers in action.

3000m Walk

1.	Peter Bennett	M63	Brisbane	16:16.19
2.	Brenda Gannon	W44	Brisbane	16:34.58
3.	Anita Clarke	W16	Visitor	16:57.98

TRELOAR SHIELD, SOPAC, SYDNEY, SATURDAY 19 JANUARY

A good turnout for the NSW Treloar Shield walks in Sydney last Saturday, with **Tyler Jones** the standout with 20:48.70 for 5000m.

5000m Walk

1.	Tones, Tyler	21	Mingara Athl	20:48.70
2.	Gibbons, Carl	23	Westlakes At	22:20.71
3.	Richardson, Dylan	18	Mingara Athl	22:29.14
4.	Jack, McGinniskin	17	Unattached	23:21.30
5.	Barendregt, Travis	19	Nepean Distr	25:18.17
1.	Pitcher, Alannah	16	Mingara Athl	24:57.02
2.	Bolton, Hannah	16	Mingara Athl	26:52.63
3.	Parker, Hannah	17	Randwick Bot	29:25.52
4.	Martin, Brooke	16	Nepean Distr	35:26.49

3000m Walk

1.	Bell, Darcy	13	Asics Wests	18:34.55
2.	Hyde, Brendon	74	Sydney Unive	24:04.64
	Colefax, Jesse	14	Edgeworth an	DQ
1.	Boughton, Milly	18	Randwick Bot	15:18.51
2.	Dunne, Izabella	14	Mingara Athl	15:30.49
3.	Barendregt, Amanda	21	Nepean Distr	15:32.80
4.	McLoughlin, Chloe	15	Mingara Athl	15:37.75
5.	Bell, Bridget	17	Asics Wests	15:48.50
6.	Walker, Amy	16	Mingara Athl	16:00.33
7.	Duguid, India	14	Mingara Athl	16:01.69
8.	Laytham, Tara	14	Sydney Pacif	16:14.29
9.	Munroe, Ella	13	Unattached	16:21.15
10.	pitcher, Sienna	12	Mingara Athl	16:21.18
11.	Lamb, Chloe	12	Athletics Nsw	16:23.35
12.	Stanley, Jayda	13	Randwick Bot	16:42.59
13.	Beck, Grace	11	Athletics Nsw	17:05.32
14.	Thomson, Olivia	15	Sydney Pacif	18:07.21
15.	Burns, Amayah	13	Nepean Distr	18:12.81
16.	Hickson, Alannah	14	Asics Wests	18:37.80
17.	Weekes, Anne	57	Illawong Rev	18:45.48
18.	Woods, Zoe	12	Athletics Nsw	19:23.20
19.	Parker, Carmel	54	U.T.S. North	19:42.73
20.	Olbrich, Chelsea	13	Hills Distri	19:54.24

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 20 JANUARY

Thanks to Terry Jones for this week's results from the Western Australian RW Club in Perth. Terry commented: Our State 10,000m track walk championship is this Wednesday 23rd evening at WAAS. It's getting to 41 degrees today, but Wednesday's max is forecast to be the coldest day of the year (23 degrees), so conditions should be ideal for good performances.

10km Walk

1.	Andrew Duncan	54:48
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5km Walk

1.	Brad Mann	26:06
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3km Walk

1.	Xavier Bernard	18:05
2.	Sofia DeBernardis	18:31
3.	Karyn Tolardo	18:55
4.	Ashlyn Spence	20:32

1.5km Walk

1.	Brad Mann	7:50
2.	Karyn Tolardo	9:42
3.	Sylvia Byers	13:16
4.	Marley Brown	13:21

7TH GREEK WINTER RACEWALKING CUP, ATHENS, GREECE, SUNDAY 20 JANUARY

Thanks to Zoe Gkini for the following results, race report and photos from the Greek Winter Racewalking Cup.

Last Sunday saw the Greek 50km Roadwalk Championships, held in conjunction with the 7th Winter Racewalking Cup, at the Olympic Rowing Center in Schinias Marathon beach, near the start line of famous Athens Marathon. The weather was sunny but cold, around 12C so was not ideal, but it is winter, after all!

The 50km championship saw 5 men and 7 women, with 2 of the men and 6 of the women finishing. **Konstantinos Dendopoulos** was a repeat winner in the men's race (4:42:54), while the women's race was won with a PB 4:49:30 by mother of three, **Aggeliki Makri**.

Cyprus was a welcome addition to the meet, with Cypriot woman **Sofia Olympiou**, who is training with A.G.E. Zakynthos, finishing the 50km (6:03:06) in her first official competition!

The Winter Cup included lots of well known entrants, including **Olga Fiaska** in her first official 10km, **Panagiota Tsinopoulou** in a relaxed 10km, European Cup U20 medallist **Dimitra Bohori** and U20 multiple record holder **George Tzatzimakis**, but unfortunately he didn't make it due to influenza.

And of course lots of new greek racewalking talent in the younger ages.

50km men

1.	Dedopoulos, Konstantinos	1994	AEP OLYMPIAS PATRAS	4.42.54
2.	Stamelos, Konstantinos	1989	G,HERAKLIS THESALONIKI	4.52.29
	Mouzakis, Panagiotis	1991	AEP OLYMPIAS PATRAS	DNF
	Tsordiaas, Dimitrios	1996	AEP OLYMPIAS PATRAS	DNF
	Vaitsis, Yiannis	1995	GAS ILISSOS	DQ

50km Women

1.	Makri, Aggeliki	1978	AEP OLYMPIAS PATRAS	4.49.30
2.	Korkou, Zoe	1996	GAS ILISSOS	5.14.44
3.	Andreopoulou, Nikolitsa	1983	AEP OLYMPIAS PATRAS	5.43.20
4.	Antonopoulou, Ioanna	1996	AEP OLYMPIAS PATRAS	5.44.28
5.	Olimpiou, Sofia	1994	AGE ZAKYNTHOS	6.03.60
	Kourkoutsaki, Efstathia	1998	GAS ILISSOS	DNF

20km Women

1.	Bochori, Dimitra	1998	OKA Vikelas Verias	1.49.57
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10km Women

1.	Tsinopoulou, Panagiota	1990	GS VELOS PALEO FALIRO	46.22
2.	Stoupel, Lydia	1989	MEAs Triton THESALONIKIKI	59.47
3.	Tsipropopoulou, Anastasia	1974	APS FILLIPOS VERIAS	65.02

20km Men

	Tzatzimakis, Georgios	1999	GS EL.VENIZELOS	DQ
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10km U20 Men

1.	Stamos, Anastasios	2000	APS FILLIPOS VERIAS	49.26
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10km U20 Women

1.	FIASKA, OLGA	2001	AS ATHLOKINISI MYTILINI	50.02
2.	Salma, Efstathia	2000	GS IKAROS N.IONIA	55.20

10km U18 Men			
1.	MPUSDAS, Aristotelis	2003	SOA FOKIANOS KARDITSAS 50.08
2.	MORTZAKIS, Alexandros	2003	AEP OLYMPIAS PATRAS DNF
10km U18 Women			
1.	Faturu, Mariadni	2002	AO Achaia Galini 55.28
2.	Gati, Maria -Fillipa	2002	SOA FOKIANOS KARDITSAS 67.08
5km U18 Men			
1.	Kelepouris, Michail	2003	OKAVikelas Veria 26.35
5km U18 Women			
1.	Arvanitakou, Chrisanthi	2004	SOA FOKIANOS KARDITSAS 26.39
2.	TZATZMAKI, Vasiliki	2003	GS EL. VENIZELOS 28.19
3.	Pappa, Kiriaki	2003	GS Ikaros N.Ionia 29.21
4.	Papadimitriou, Zafiria	2003	GSPindaros Thiva 31.42
3km U16 Boys			
1.	DARIS, Dimitrios	2005	AEP OLYMPIAS PATRAS 17.53
3km U16 Girls			
1.	ANTONOPOULOY, Anastasia	2004	GS IKAROS N. IONIA 15.36
2.	NIKA, Chrysoula	2005	AEP OLYMPIAS PATRAS 16.39
3.	Adami, Anna	2005	AEP OLYMPIAS PATRAS 16.48
4.	Vasiliou, Pavlina	2005	GS Velos Paleo Faliro 16.57
2km U14 Boys			
	Anthimos, Michail	2007	AGS ANATOLI N.IONIA DQ
2km U14 Girls			
1.	Bouchsli, Maria	2006	GS IKAROS N. IONIA 11.03
2.	Esmerli, Chysa	2007	GS IKAROS N. IONIA 11.49
3.	Karapiperi, Panagiota	2006	AO PEFKIS 12.08
4.	Papathanasopoulou, Despina M.	2007	GS IKAROS N. IONIA 12.43
5.	Hamante, Fotini	2007	GS IKAROS N. IONIA 14.06
6.	Kaliva, Ekaterini	2007	AO PEFKIS 15.16
7.	Kufokosta, Georgia	2007	AO PEFKIS 15.17
1km U12 Boys			
1.	Kalogeropoulos, Angelos	2008	AO PEFKIS 6.52



The 50km walkers get underway in Greece last Sunday (all photos from Zoe Gkini)



Left: Aggeliki Makri (far left) leads in the women's 50km
 Right: The podium for the men's 50km - Konstantinos Dedopoulos and Konstantinos Stamelos



More podium photos – various age groups

50TH DARTMOUTH RELAYS, DARTMOUTH COLLEGE, HANOVER, NH, SUNDAY 13 JANUARY

A couple of meets from the USA on which to report this week. First to Hanover in new Hampshire for 1 Mile walks

Women 1 Mile Race Walk

1. Miale, Katie	Marist College	7:26.50
2. Allen, Maegan	New England Walkers	7:36.18
3. Meacham, Stefanie	Gorham ME HS	8:39.27
4. Thurber-Wells, Maizic	Merrimack Valley HS NH	8:49.61
5. Valentine, Lydia	Gorham ME HS	9:37.32
6. Czech, Gabriella	Lancaster RW (NY HS)	9:57.21
7. Sieradzinski, Mary	Lone Pine TC	9:57.36
Lawson, Miranda	Lone Pine TC	DQ
Sprout, Katy	Lone Pine TC	DQ

Men 1 Mile Race Walk

1. Allen, Samuel	Unattached (NJ HS)	7:04.37
2. Johnson, Carson	South Warren HS (KY HS)	7:43.97
3. Judice, Lucas	Thornton Academy, (ME HS)	8:24.11

VIRGINIA SHOWCASE, LYNCHBURG, VA, 18-20 JANUARY

Then to Lynchburg in Virginia, where **Taylor Ewert** of Beaver creek OH shaved 20 seconds off her American U20 record in the 3000m indoor track walk in the Virginia Showcase meet last Friday evening. Ewert lowered her overall mark to 13:24.76, following on from her 13:31.79 outdoor split en route to a 22:38.16 performance in the 5000m race walk last April at the Penn Relays. See her interviewed at <https://oh.milesplit.com/articles/254955-taylor-ewert-talks-racewalk-win-at-va-showcase>.

3000m Walk Women

1.	Ewert, Taylor	Beaver creek	13:24.76
2.	Ehlers, Natalie	Westhampton Beach	15:05.90
3.	Vayo, Lucy	Ursuline School	15:52.85
4.	Redmond, Sophie	E.C. Glass	18:27.07
5.	Westerman, Megan	Hickory High School	18:57.65

TURKISH INDOOR CHAMPIONSHIPS, ISTAMBUL, TURKEY, SUNDAY 13 JANUARY

Nine Turkish national records were beaten during the National Indoor Championships in Ataköy, Istanbul, a week ago. Thanks to marciadalmondo for the comprehensive report at <http://omarchador.blogspot.com/2019/01/caem-recordes-nacionais-na-pista.html>.

In the men's 5000m, **Salih Korkmaz** won comfortably, beating his own Open/U23 records with 19:15.67. His 3000m split of 11:34.33 also set new Open/U23 records. The U20 title went to second placed **Selman Ilhan** (20:41.96), with his 3000m split of 12:08.98 setting a new U20 record. In the Men's U18 race, **Mustafa Tekdal** won with 21:14.85, yet another national record.

It was just as impressive in the women's 3000m, won by **Meryem Bekmez** with new Open/U20 records of 12:35.23. In other women's titles, **Nuray Eylül Simsek** won the U18 3000m with 15:30.22, **Hayrettin Yıldız** won the U16 2000m with 9:25.68 and **Esmanur Yılmaz** won the U14 2000m with 10:47.91.

The meet was attended by 90 walkers (38 males and 52 females). Turkey is a racewalking nation making big inroads on the world scene.

Full results in the marciadalmondo article. The main Senior events are shown below.

3000m Women

1.	Meryem Bekmez	2000	Antalya	12:35.23	U20
2.	Evin Demir	2001	Istanbul	14:14.30	U20
3.	Seçil Akpınar	1999	Hatay	14:54.80	
4.	Inci Çiçek	2000	Hatay	15:43.32	U20
5.	Asli Saglam	2001	Çorum	16:43.00	U20
6.	Nursel Bayazit	2001	Istanbul	17:10.79	U20
7.	Kibar Gergin	2001	Balikesir	17:57.22	
8.	Heval Can Sahin	2001	Malatya	19:27.77	

5000m Men

1.	Salih Korkmaz	1997	Antalya-Kamp	19:15.67	
2.	Selman Ilhan	2000	Antalya	20:41.96	U20
3.	Umut Temel	2001	Mardin	20:45.24	U20
4.	Özgür Topsakal	2001	Malatya	20:46.79	U20
5.	Azad Ertas	2000	Mardin	21:10.10	U20
6.	Ibrahim Örnek	1999	Mardin	21:34.79	
7.	Abdullah Sade	2001	Istanbul	21:52.38	U20
8.	Cumali Arslan	2000	Gaziantep	23:35.42	U20
9.	Meriç Atli	2001	Balikesir	23:40.10	U20
10.	Mehmet Günes	2001	Malatya	23:51.65	U20

OUT AND ABOUT

- Team Sky cycling team might be in even greater damage control soon, with Former British Cycling and Team Sky doctor Richard Freeman to face misconduct charges brought by the General Medical Council (GMC) at an independent tribunal starting on February 6 in Manchester. The tribunal will hear claims Dr Freeman ordered large quantities of testosterone, a performance-enhancing drug banned by WADA, to be delivered to the National Cycling Centre in May 2011 but then repeatedly tried to cover his tracks when questioned about it. See <https://www.msn.com/fr-be/sport/cyclisme/ex-team-sky-and-british-cycling-medic-accused-of-ordering-testosterone-patches-to-the-national-cycling-centre-by-general-medical-council-and-is-set-to-face-an-independent-tribunal/ar-BBSfnzy>.

- A three-member WADA team has finally retrieved the data from the Moscow Laboratory and it has been transported out of Russia to be authenticated. WADA confirmed all underlying analytical data had been collected from the laboratory's various servers, instruments, computers and other electronic equipment during the latest visit to the facility. The organisation does not yet know whether it is genuine, however. If you want my opinion, Russia just needed a few extra weeks to massage it all and that is why the Dec 31 deadline was not met. The score is Russia 1, WADA 0. See <https://www.insidethegames.biz/articles/1074352/wada-president-claims-major-breakthrough-for-clean-sport-as-organisation-confirms-data-collected-from-moscow-laboratory>.
- The German based ARD Editorial Team of Nick Butler and Hajo Seppelt had its own thoughts on the Russian disaster which sums up failing global anti-doping system. See <https://www.sportschau.de/hintergrund/Russian-disaster-sums-up-failure-of-anti-doping-system-100.html>.
- UK Anti-Doping officials outline 10 measures that WADA should consider to repair its reputation. See <https://www.insidethegames.biz/articles/1074390/ukad-criticise-wada-for-handling-of-missed-russia-deadline-and-outline-measures-to-restore-trust-in-anti-doping#.XELwZmtaYTI.twitter>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 5 press releases for us this week

- Sat 19 Jan - Kiev (UKR): special wedding celebrations for Ivan Losev and Inna Kashina
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3369
- Thu 17 Jan - Burjassot (ESP): victories of Amanda Cano and Miguel Ángel López
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3368
- Wed 16 Jan - Vasylyna Vitovshchik (UKR) suspended due to positive doping test
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3367
- Mon 15 Jan - Istanbul (TUR): great results of Salih Korkmaz, Selman Ilhan, Mustafa Tekdal and Meryem Bekmez
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3366
- Sun 13 Jan - Sheffield (GBR): Cameron Corbishley wins UK Indoor in 11:54.83
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3365

Omarchador has 10 press releases

- Mon 21 Jan - Results of "Winter Minsk 2019" indoor meet
<http://omarchador.blogspot.com/2019/01/minsk-de-inverno-2019-em-pista-coberta.html>
- Sun 20 Jan - Indoor racewalk results from Kiev, Ukraine
<http://omarchador.blogspot.com/2019/01/partidas-natalicias-na-pista-coberta-de.html>
- Sat 19 Jan - Preview of Portuguese indoor races in Pombal
<http://omarchador.blogspot.com/2019/01/apuramento-de-clubes-na-pista-coberta.html>
- Fri 18 Jan - Miguel Ángel López and Amanda Cano win in Burjassot, Spain
<http://omarchador.blogspot.com/2019/01/miguel-angel-lopez-e-amanda-cano.html>
- Thu 17 Jan - Ukrainian walker Vasylyna Vitovshchik suspended for doping violation
<http://omarchador.blogspot.com/2019/01/vasylyna-vitovshchik-50-km-suspensa-por.html>
- Thu 17 Jan - Portuguese INAD walker Joana Campos breaks 1500m INAD indoor world record
<http://omarchador.blogspot.com/2019/01/joana-campos-bate-recorde-mundial-de.html>
- Wed 16 Jan - National indoor records fall in Istanbul, Turkey
<http://omarchador.blogspot.com/2019/01/caem-recordes-nacionais-na-pista.html>
- Tue 15 Jan - Results of Portuguese Masters Road Champs in Longo
<http://omarchador.blogspot.com/2019/01/nacional-de-veteranos-de-marcha-em.html>
- Tue 15 Jan - Mara Ribeiro and João Vieira win 35 km in Porto de Mós, Portugal
<http://omarchador.blogspot.com/2019/01/mara-ribeiro-e-joao-vieira-vencem-35-km.html>
- Mon 14 Jan - João Vieira and Sandra Silva win Portuguese 50km national titles
<http://omarchador.blogspot.com/2019/01/joao-vieira-e-sandra-silva-com-titulos.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 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 - https://melbourne2019.com.au/
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 th 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	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th 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	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sep 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar

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

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

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

Aug 2021 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary
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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)