



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKING FIGHTS FOR ITS SURVIVAL AGAIN

We have had 2 weeks in which to respond to the latest IAAF Race Walking Committee proposals and I hope that everyone did so, whether it be in support of or against the changes. We now wait to see that happens going forward. As mentioned previously, the IAAF RWC meet next weekend to review the feedback and ponder their recommendations.

A lot of good points have been made in the many responses from individuals, racewalking clubs and organizations and member federations.

I was interviewed about these changes last week by Tim Crosbie of Athletics Victoria, for his weekly "Down the Track" radio podcast. Just point your browser to <https://itunes.apple.com/au/podcast/down-the-track/id1442600915?mt=2>. You will see two podcasts dated 24/01/2019. Choose the top one which is 37 mins in length. Fast forward about half way and you will find the start of my full interview. It is some 20 minutes in duration.

As a final comment, I would like to point readers to the response of Paul DeMeester, sent just yesterday to Mr Saladie. As usual, Paul nails the key issues with clarity and force.

See <http://www.vrwc.org.au/documents/January%2029%202019%20Letter%20to%20Mr.%20Luis%20Saladie.pdf>

WALKER OF THE WEEK

It was a hard choice for my Walker of the Week this time around with a number of superb performances from which to choose

- 37 year old **Claire Tallent** won the USATF Women's 50km Roadwalk Championship in Santee, California, with a time of **4:12:44**. This is Claire's third 50km in 8 months. She started with her bronze medal in the IAAF World Race Walking Team Championships in China in May 2018 (4:09:33), a new Australian, Oceania and Commonwealth record. In December, she won the inaugural Australian women's 50km title at Fawkner Park (4:28:52) for another piece of history. Then on Saturday, she won again, this time in Santee, with a new American All-Comers record.
- 18 year old **Katie Hayward** recorded a 39 sec PB of **44:29.27** in the Canberra Track Classic 10,000m walk in Monday, breaking the Australian U20 10,000m walk record that had been held by Jess Rothwell since 2008.
- 20 year old **Jemima Montag** also walked in the Canberra Track Classic 10,000m walk in Monday, finishing with a sensational 1 min 37 sec PB of **43:59.46**.
- 27 year old **Rhydian Cowley** finished 3rd overall in the Canberra Track Classic 10,000m walk in Monday with a 5 sec PB time of 40:07.1. Given that he set his PB way back in 2012, it was an impressive performance and shows that he has unfinished business in our sport.
- 17 year old **Corey Dickson** continued on with his recent excellent form, finishing the Canberra Track Classic 10,000m walk in Monday with a 30 sec PB time of 46:28.44. One of a very talented group of junior walkers and one of the current big improvers.

Wow..tough tough tough! My final choice for Walker of the Week goes to **Katie Hayward**, given her Australian record, but all 5 walkers deserve accolades for their efforts.

Jemima, Katie and Rhydian all rise in my unofficial all time lists with these performances – Jemima now 6th, Katie now 10th and Rhydian now 10th. Check out my rankings at <http://www.vrwc.org.au/arankings.shtml>. The amended top twenties are shown below.

Tim's unofficial Australian All-Time 10,000m/10km Walk Ranking - Men

1.	41.30	Kerry Saxby-Junna	N	20/06/1961	1	Canberra	27/08/1988	27
2.	42.15	Jane Saville	N	05/11/1974	6	Eisenhutzenstadt	8/05/1999	24
3.	43.28	Gabrielle Blythe	V	09/03/1969	-	Hawkesbury	10/07/1993	24
4.	43.48.08	Beki Lee	N	25/11/1986	1	Sydney	1/04/2016	29
5.	43.58	Tanya Holliday	S	21/09/1988	1	Adelaide	28/07/2012	23
6.	43.59.46	Jemima Montag	V	15/02/1998	2	Canberra	28/01/2019	20
7.	44.01	Jess Rothwell	V	18/06/1989	1	Melbourne	15/02/2009	19
8.	44.19	Claire Tallent	S	06/07/1981	1	Cairns (Oceania Champs)	29/06/2012	30
9.	44.27	Anne Pembroke-Manning	N	13/11/1959	1	Melbourne	21/01/1996	26
10.	44.29.27	Katie Hayward	Q	23-07-2000	3	Canberra	28/01/2019	18
11.	44:48:00	Regan Lamble	V	14/10/1991	4	Lake Taihu, China	26/09/2016	24
12.	44.52	Cheryl Webb	N	03/10/1976	1	Melbourne (Aust 20km split)	7/03/2009	32
13.	45.10	Natalie Saville	N	07/09/1978	2	Melbourne	27/02/1997	18
14.	45.15	Lisa Sheridan Paolini	N	10/12/1962	1	Sydney	17/08/2000	37
15.	45.18	Jill Barrett-Maybir	Q	13/07/1964	3	Melbourne	27/02/1997	26
16.	45.19	Sue Cook	V	23/04/1958	1	Brisbane	28/06/1987	39
17.	45.21.47	Nicole Fagan	N	24/07/1989	2	Melbourne (Aust T&F Champs)	4/04/2014	24
18.	45.22	Wendy Muldoon	V	27/05/1971	1	Melbourne	19/07/1998	27
19.	45.25	Lorraine Young Jachno	V	21/09/1959	1	Melbourne	19/05/1991	31
20.	45.25.90	Kelly Ruddick	V	19/04/1973	3	Melbourne (Aust T&F Champs)	4/04/2014	40

Tim's unofficial Australian All-Time 10,000m/10km Walk Ranking - Women

1.	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2.	38.09	Nathan Deakes	V	17/08/1977	4	Krakow, Poland	9/06/2001	23
3.	38.29	Jared Tallent	V	17/01/1984	8	IAAF Challenge Final, Beijing	18/09/2010	26
4.	38.34.23	Dane Bird-Smith	Q	15/07/1992	1	Sydney	31/03/2017	24
5.	38.49	Andrew Jachno	V	13/04/1962	1	Copenhagen, Denmark	23/05/1992	30
6.	38.59	Chris Erickson	V	01/12/1981	11	IAAF Challenge Final, Beijing	18/09/2010	28
7.	39.10	Nick A'Hern	N	06/01/1969	1	Sydney	13/01/1991	22
8.	39.20	Adam Rutter	N	24/12/1986	15	IAAF Challenge Final, Beijing	18/09/2010	23
9.	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30
10.	40.07.01	Rhydian Cowley	V	04/01/1991	3	Canberra (Track)	28/01/2019	27
11.	40.08	Willi Sawall	V	07/11/1941	1	Richmond, NSW	1982	40
12.	40.46	Steve Beecroft	V	14/03/1971	2	Melbourne	5/01/1992	20
13.	40.49.72	Declan Tingay	W	06-02-1999	4	Tampere, Finland (WJC)	14/07/2018	19
14.	40.50	Mike Harvey	V	05/12/1962	-	Canberra (Aust 20 km split)	27/08/1988	25
15.	41.00	Liam Murphy	S	05/06/1979	1	Adelaide (SA State 20km split)	26/07/2003	24
16.	41.00	Darren Bown	S	30/06/1974	2	Adelaide	19/02/2005	30
17.	41.01	Jon Gawley	N	08/05/1980		NSW U20 10km Champ, Sydney	8/05/1999	19
18.	41.05	Paul Copeland	V	25/04/1967	3	Melbourne	5/01/1992	24
19.	41.05.50	Dion Russell	V	08/05/1975	1	VIC 10,000m Champ, Doncaster	1/04/1995	19
20.	41.07	Nathan Brill	V	24/05/1996	7	Taicang, China	3/05/2014	17



Katie in racing mode and then being congratulated by Jess Rothwell after her record breaking 10,000m track walk

WHAT'S COMING UP

- AV Shield Round 11 is scheduled next Saturday, with all 5 venues in action. Remember that entries close with AV at midday Wednesday. Note that the metro regions are contesting alternate program 1 and program 2 programs at Werribee and Knox, with NO WALKS scheduled. This is the only one of the 12 rounds with no Melbourne based walks. But hey, that is great as it gives all us Melbourne based walkers a chance to support one of the country regions and have our weekly walk with them. I am planning on going to either Ballarat or Geelong, and I hope to see lots of other Melbourne walkers there. Here's how it all looks:

AV Shield Round 11 (yellow and red zones) Program 1, Werribee, Saturday 2 February (NO WALKS)

AV Shield Round 11 (blue and white zones) Program 2, Knox, Saturday 2 February (NO WALKS)

AV Shield Round 11 Program 1, Ballarat, Saturday 2 February (3000m walks)

AV Shield Round 11 Program 1, Geelong, Saturday 2 February (3000m walks)

AV Shield Round 11 Program 1, Bendigo, Saturday 2 February (walks)

- Subsequent key dates are as follows

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	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 - https://melbourne2019.com.au/

- 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.
- Entries have also opened for the **Victorian T&F Championships**, which will be held over consecutive weekends in March at Lakeside Stadium in Albert Park. The draft timetable shows the walks as follows

Fri 1 March	5:30PM	5000m U17-U20 Men/women
Fri 8 Mar	5:30PM	5000m Open Women
	6:00PM	5000m Open Men
	6:30PM	3000m U14-U16 Boys/Girls

- Athletics Australia have advised that they will send a **Regional Australia Athletics Team** (for regional athletes) to compete at the **2019 Oceania Championships in Townsville in June**. You can read more about it at <http://www.athleticsnorthqld.org.au/2019rat>. The meet will include Open and U20 10km roadwalks and U18 5km roadwalks for men and women and the qualifying standards are quite generous. It's a great opportunity for our non-metropolitan based walkers. You can register your interest now via the link on the above championships page.

10,000M WALK, AIS ATHLETICS TRACK, CANBERRA, MONDAY 28 JANUARY

A 10,000m track walk was held as part of the annual Canberra Track Classic meet on Monday 28th January. The second of two 10,000m races held as part of the AIS based Supernova Study Camp, the first race (in early January) is used to set baseline counts and the second race is used to test how the walkers have adjusted to their diets, varied as part of the camp study.

Once again, it was Swedish walker **Perseus Karlstrom** (39:20.81) and Colombian walker **Sandra Lorenas** (43:41.51) who won the races, each slightly slower than in their first races but still definitive wins. **Evan Dunfee** was one of the big improvers, finishing second with 39:56.54 (with a big negative split), ahead of visiting Victorian walker **Rhydian Cowley** who recorded a 5 sec PB (he set his PB way back in 2012) to take third with 40:07.01. With the first 7 men all under 41 minutes, it was a high quality race.

Rhydian was one of a number of Australians who recorded PBs, a good sign of things to come. Other Australians in PB mode were 20 year old **Jemima Montag** (43:59.46), 18 year old **Katie Hayward** (44:29.27), 17 year old **Corey Dickson** (46:28.44) and 17 year old **Tristan Camilleri** (46:35.07). Further, Katie Hayward's time of 44:29.29 broke Jess Rothwell's Australian U20 10,000m record of 44:44.22, set in the World Junior Championships in Bydgoszcz, Poland, on 9th July 2008. Jess was on hand to see her record broken, as she now works as a nutritionist and is helping with the Supernova Study.

You can view a video of the race start at <https://twitter.com/i/status/1089644392980213765>. See also the huge photo gallery at https://photos.google.com/share/AF1QipPvbs6ypTTacOuYrWFL1eW12U_tZCiEBsxtXZLKeEifXXUkfDO7VhJyUpZtZJcBg?key=bVltU1VldIRXeEFiSvdUU3IzaFJsQ25fWGsyR2ln.



Winners Perseus Karlstrom and Sandra Arena



Australians Jemima Montag, Katie Hayward, Rhydian Cowley and Corey Dickson at the Canberra 10,000m walk on Monday

10,000m Track Walk

- | | | | | |
|----|--------------------|---|--------|----------|
| 1. | Karlstrom, Perseus | M | Sweden | 39:20.81 |
| 2. | Dunfee, Evan | M | Canada | 39:56.54 |

3.	Cowley, Rhydian	M	Australia	40:07.01	PB 0:05
4.	Fujisawa, Isamu	M	Japan	40:09.76	
5.	Arteaga, Mauricio	M	Ecuador	40:20.29	
6.	Araya, Yerko	M	Chile	40:40.99	
7.	Uradnik, Miroslav	M	Slovakia	40:43.73	
8.	Tingay, Declan	M	Australia	41:28.50	
9.	Brzozowski, Artur	M	Poland	41:36.05	
10.	Rew, Quentin	M	New Zealand	41:40.58	
11.	Ziukas, Marius	M	Lithuania	41:59.22	
12.	Melendez, Jose	M	Puerto Rico	42:05.46	
13.	Blocki, Damian	M	Poland	42:44.72	
14.	Arevalo, Eider	M	Colombia	42:59.86	
15.	Sikora, Rafal	M	Poland	43:05.31	
16.	Reading, Brendon	M	Australia	43:10.61	
17.	Bilodeau, Mat	M	Canada	43:13.39	
18.	Suskevicius, Tadas	M	Lithuania	43:15.92	
19.	Palma, Ever	M	Mexico	43:31.89	
20.	Araya, Edward	M	Chile	43:33.53	
21.	Yamamoto, Toru	M	Japan	43:34.58	
22.	Ruiz, Jorge	M	Colombia	43:37.49	
23.	Lorenas, Sandra	W	Colombia	43:41.51	
24.	Montag, Jemima	W	Australia	43:59.46	PB 1:37
25.	Tallent, Jared	M	Australia	44:21.55	
26.	Hayward, Katie	W	Australia	44:29.27	PB 0:39, Aust U20 record
27.	Virbalyte, Brigita	W	Lithuania	45:32.50	
28.	Fraser, Tim	M	Australia	46:05.86	
29.	Dickson, Corey	M	Australia	46:28.44	PB 0:30
30.	Camilleri, Tristan	M	Australia	46:35.07	PB 0:05
31.	McInnes, Simone	W	Australia	47:26.23	
32.	Tallent, Rachel	W	Australia	47:48.77	
33.	Barber, Alana	W	New Zealand	48:22.14	
34.	Rayson, Ian	M	Australia	49:24.34	
35.	Pickles, Jess	W	Australia	49:37.49	
36.	Huse, Philippa	W	Australia	51:28.29	
37.	Manning, Hannah	W	Australia	1:00:12.30	

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, LA TROBE UNIVERSITY TRACK, BENDIGO, 26-28 JANUARY

The Victorian Country Championships were contested last weekend in Bendigo, with all the walks scheduled for Sunday 27th January. It was good to see the high turnout. Good effort by **Fraser Saunder** in the U16 3000m walk (a PB 14:34.51). Other good performances by **Will Thompson** and **Alanna Peart** (Open and underage double golds) and **Barb Bryant** (gold and silver).

Men Open 5000m Walk

1.	Will Thompson	CCA	24:29.77
2.	Peter Curtis	SBE	30:10.74

Women Open 5000m Walk

1.	Alanna Peart	BYC	24:00.73
2.	Barbara Bryant	EAG	32:04.27
3.	Ebony Whiley	EAG	32:27.39

Women U20 5000m Walk

1.	Jemma Peart	BYC	25:27.46
2.	Charlotte Hay	KNA	26:51.63

Men U18 3000m Walk

1.	Will Thompson	CCA	13:46.74
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Women U18 3000m Walk

1.	Alanna Peart	BYC	13:48.33
2.	Charli Walker	BEL	19:03.79

Men U16 3000m Walk

1.	Fraser Saunder	BYC	14:34.51	PB 0:07
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Women U16 3000m Walk

1.	Kaylah Heikkila-Dubowik	COR	18:42.30
2.	Claire Noonan	EAG	20:27.73

Men U14 1500m Walk

1.	Scott Peart	BYC	9:09.39
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Women U14 1500m Walk

1.	Riannah Tatlock	BEL	8:17.99
2.	Emily Smith	KNA	8:33.04
3.	Maddison Vaughan	BGO	10:47.09

Men 40+ 5000m Walk

1.	Leigh Browell	SBE	39:40.22
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Women 40+ 5000m Walk

1.	Sarah Brennan	BYC	28:55.03
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Women 50+ 3000m Walk

1.	Bernadette Holohan	SAN	19:28.35
2.	Merilyn Thompson	CCA	22:18.80

Women 60+ 1500m Walk

1.	Barbara Bryant	EAG	8:51.14
2.	Jennifer Payne	SBE	9:45.96
3.	Annette Curtis	SBE	11:08.16
4.	Wendy Ennor	EAG	12:58.12

Thanks to Kerrie Peart for the photos



In action: Ebony Whiley, Barb Bryant, Sarah Brennan, Peter Curtis, Alanna Peart, Charlotte Hay, Jemma Peart and Will Thompson



Scott Peart, Barb Bryant, Sarah Brennan, Alanna Peart and Will Thompson



Kaylah Heikkila-Dubowik, Maddison Vaughan, Riannah Tatlock, Emily Smith and Fraser Saunder

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 23 JANUARY

Colin Hainsworth advises that the SA Masters track meet in Adelaide last Wednesday was cancelled due to the 40C heat. It was also cancelled last week for the same reason. And the forecast for Thursday indicated even worse conditions, with 45C predicted. Ouch! Summer in Australia!

WA 10,000M TRACK WALK CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, WEDNESDAY 23 JANUARY

Thanks to Terry Jones for the results of the Western Australian 10,000m Track Walk Championships. He commented: After having max temps into the 40s over the weekend, we had a cold wet and windy evening for this event. What a change! And nothing like a normal Perth summer evening.

10,000m Open Women

1. Melissa Lewis 59:14.1

10,000m Open Men

1.	Declan Tingay	43:27.5
2.	Andrew Duncan	50:18.4
3.	Bradley Mann	50:50.7

10,000m U20 Men

1.	Benjamin Reid	49:59.2
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NSW COUNTRY CHAMPIONSHIPS, HUNTER SPORTS CENTRE, GLENDALE, NSW, 24-27 JANUARY

The NSW Country T&F Championships were also contested this week, with the walks all held on Thursday 24th January. Excellent turnout of walkers.

Women 1500m Walk U14

1.	Pitcher, Sienna	12	Orange Littl	8:12.10
2.	Platt, Madeline	11	Adamstown Ne	8:57.17
3.	Pinches, Stella	10	Adamstown Ne	9:18.88
4.	Hearnden, Emma	10	Macquarie Hu	9:36.18

Men 1500m Walk U14

1.	Cousins, Callum	12	Edgeworth	9:58.31
2.	Platt, Grady	13	Adamstown Ne	10:04.53
3.	Markulin, Lincoln	13	Mingara	11:32.22
4.	Cousins, Jackson	10	Edgeworth	11:54.71

Women 1500m Walk U15

1.	Duguid, India	13	Mingara	7:43.83
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Men 1500m Walk U15

1.	Spamer, Liam	14	Macquarie Hu	8:30.68
2.	Colefax, Jesse	14	Edgeworth	9:20.24

Women 1500m Walk U16

1.	Dunne, Izabella	14	Mingara	7:35.40
2.	McDonald, Olivia	14	Edgeworth	9:57.60
3.	Keene, Annabelle	14	Athletics Nsw	11:43.94

Men 1500m Walk U16

1.	Vizintin, Cory	15	Macquarie Hu	10:24.15
2.	Barnes, Rhys	15	Illawarra Bl	10:42.48
3.	Charlton, Peter	12	Eastlakes	11:53.72

Women 3000m Walk U17

1.	Pitcher, Allanah	16	Mingara	14:23.45
2.	Bolton, Hannah	16	Mingara	15:26.91
3.	Scott, Bethany	15	Westlakes	18:28.32

Women 3000m Walk U18

1.	McLoughlin, Chloe	15	Mingara	16:39.39
2.	Daniel, Chloe	17	Wyong Athlet	19:29.40

Men 3000m Walk U18

1.	Jack, McGinniskin	17	Orange Littl	14:10.64
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Women 3000m Walk U20

1.	O'Neill, Molly	19	Adamstown Ne	15:52.12
2.	Wang, Elaine	19	Adamstown Ne	16:15.22
3.	Barnes, Jessica	19	Illawarra Bl	23:28.06

Women 3000m Walk Open

1.	Walker, Amy	18	Mingara	15:57.87
2.	Dunne, Izabella	14	Mingara	16:40.14

Women 3000m Walk 50-59

1.	Martin, Anthea	52	Coffs Harbou	19:43.14
2.	van Tilburg, Annie	57	Illawarra Bl	24:31.73

Women 3000m Walk 60-69

1.	Stallard, Trish	61	Wallsend	25:57.36
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Men 3000m Walk Open

1.	Kemp, Joel	16	Mingara	15:27.61
2.	Martin, Timothy	21	Athletics Wo	17:56.74

Men 3000m Walk 30-39

1.	Campbell, Luke	39	Wallsend	26:37.52
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Men 3000m Walk 50-59

	Rowe, Gregory	58	Mingara	DQ
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QA NORMA CROKER SHIELD, QSAC, BRISBANE, SATURDAY 26 JANUARY

To Brisbane for track racing, with 5000m and 3000m walks scheduled. Good efforts by **Nelson McCutcheon** (22:42.73) and **Christina Papadopoulos** (22:39.45). Good to see **Katya Martin** back and walking well, with 14:16.16 in the 3000m.

Men 5000m Walk

1.	McCutcheon, Nelson	17	Qeii Track Club	22:42.73
	Stewart, Ryan	17	Ipswich & District	DNF

Women 5000m Walk

1.	Papadopoulos, Christina	23	UNQ	22:39.45	PB 1:24
2.	Hannigan, Caitlin	17	UNQ	24:32.38	
3.	Gannon, Brenda	45	QMA	27:47.13	
4.	Millard, Summer	14	QRW	28:32.28	
5.	Hamann, Charlotte	18	QRW	29:15.92	
6.	Hill, Gabriella	16	Gold Coast Victory	29:43.35	
7.	Rowbotham, Milla	18	UNQ	29:56.93	

Men 3000m Walk

1.	McCure, Sam	13	Gold Coast Victory	16:28.60
2.	Bannister, Jack	13	QRW	20:46.29

Women 3000m Walk

1.	Martin, Katya	22	Gold Coast Victory	14:26.16
2.	Ofield, Mackenzie	15	USC	16:52.74
3.	Clarke, Anika	14	Redlands	17:05.82
4.	Fisher, Torryn	14	QRW	20:36.81
5.	Hingst, Olivia	12	Qrun	22:00.56

QMA T&F MEET, SAF, BRISBANE, SATURDAY 26 JANUARY

A small walks field at the Masters meet in Brisbane.

Mixed 5000m Walk

1.	Peter Bennett	M63	Brisbane	28:34.84
2.	Mark Carlile	M45	Brisbane	41:21.38
3.	Noela McKinven	W76	Brisbane	43:44.64

USATF 50KM RACE WALKING CHAMPIONSHIPS, SANTEE, CALIFORNIA, SATURDAY 26TH JANUARY

My report on last Saturday's USA 50km Championship meet in Santee, California, comes from Paul DeMeester who was roadside. Over to Paul

SANTEE 50K: A RACE OF ATTRITION; CONTINUED EXCELLENCE BY CLAIRE TALLENT; AND A NEW U.S. 50K STAR IS BORN

By Paul F. DeMeester in Santee, California, January 26, 2019

Santee Has Become the U.S. 50K Capital

Santee is a small California town about 10 miles east of San Diego and a bit north of the U.S.-Mexico border. The area is known for its great weather and draws race walkers from colder parts of the United States who move here for better training opportunities. Two of the U.S. Olympic 50K walkers who were at the Games between 2000 and 2016 hailed from the San Diego area (Philip Dunn and John Nunn), both as transplants from cooler climes (respectively Oregon and Colorado). New Yorker Tim Seaman, a two-time 20K Olympian, moved his coaching operation here. The U.S. Qualifying Trials for major competitions have followed suit. They are usually held in winter time to give the selectees plenty of recovery time.

Nearby Tustin and Chula Vista have also been the venues for the U.S. National 50K Championships. Santee was first visited in 2009. It next played host to the U.S. Olympic Trials in 2012. Since 2014, the Santee U.S. National Championships or U.S. Olympic Trials races have become an annual Santee fixture. Race organizer Tracy Sundlun has obtained great cooperation from the local authorities, attracted sponsorship and encouraged international walkers to make the trip. His efforts have not disappointed, as can be seen by the participant and finisher numbers for the Santee 50K races:

<u>Year</u>	<u>Total No. of Participants</u>	<u>Men (Finishers)</u>	<u>Women (Finishers)</u>
2009	6	4(3)	2(1)
2012	12	11(10)	1(1)
	(Olympic Trials only; Women's National Championships held elsewhere)		
2014	24	18(13)	6(6)
2015	15	11(11)	4(4)
2016	20	15(12)	5(4)
2017	30	17(12)	13 (9)
2018	21	11(9)	10(8)
2019	37	19(10)	18(12)

The last three editions have been in a different location from the ones held between 2009 and 2016. The new course is just a mile down the road from the old one. The 1250 meter circuit is in the shape of a dog leg, with two gentle 90-degree turns and two wide 180s. The surface is mostly asphalt with some concrete. Gentle inclines mark the areas before the 180-degree turns. There is no shade, however, and the lack thereof played a huge part in this year's race.

A Race of Attrition in the Heat

Race day ended up being a lot hotter than predicted with the mercury rising to 78 degrees Fahrenheit (25.6 degrees Celsius) in the second part of the race. This unexpected development had major consequences. Five Central and South American walkers bit the dust in the heat. U.S. favorites Nick Christie and Katie Burnett (4th at the inaugural 2017 London World Championships), who both live locally, did not see the finish. Women's 50K pioneer Erin Taylor-Talcott was not worried about the weather. Instead, she had to worry about her body temperature, having been bedridden with strep throat a week before the race. She did not make it to the end.

Even for those who completed the race, heat was a factor. The men's side was a spirited competition in the first half, with five walkers (David Velasquez, Andreas Gustafsson, Eder Sanchez, Javier Mena Jara and Nick Christie) in contention for the win. At the half-way mark, the Doha men's entry standard (3:59:00) looked like it was within their reach:

1. Velasquez	1:58:38
2. Christie	1:59:08
3. Gustafsson	1:59:52
4. Sanchez	2:00:23
5. Jara	2:00:24

Only two of those five would post second half results but in a much slower fashion than their first halves:

1. Velasquez	2:09:56
2. Gustafsson	2:16:05

The reason: the heat. Only one person did not seem to be too bothered by it all: Claire Tallent, Australia's 50K Super Star.



If It's Tuesday, This Must Be Belgium

Okay. It was Saturday, not Tuesday. And it was Santee, not Belgium. The point of the classic 1969 movie was the whirlwind nature of American touring in Europe. I'm sure Claire Tallent could relate. She arrived from Australia on Friday, the day before the race. She won her race the following morning before the noon hour struck. Her flight home was four-and-a-half hours later. Never mind her competitors, she also beat jet lag.

Claire has been amazing in the 50K. Her first outing at the distance was Taicang, the May 5, 2018 IAAF World Team Championships race. She earned the bronze medal with an Area and Australian record of 4:09:33. Next, she took a walk in the park, Fawknor Park that is. Without serious competition, she cruised to a 4:28:52, still below the Doha entry standard. Less than two months later, she was at it again in Santee. She faced world-class competition: Paola Perez of Ecuador, who had finished just one spot behind Claire at Taicang in 4:12:56. Perez and Tallent walked together for about 8K. After seven laps, the Australian champion walked ahead of the Ecuadorian by some four seconds. One lap later, the gap had grown to 14 seconds; after 15K to 46 seconds. Tallent's lap leading up to the 20K mark was done in a 5:02 kilometer pace. She reached the half-way point in 2:03:52 and would give up much less time in the tougher, hotter, windier second race half compared to the men. She covered the back half in 2:08:54, which was not only relatively faster than the men but also faster in absolute terms.

Male race leader David Velasquez lapped Claire after 24 of the 40 laps. But this was not to last. The men's leader could not gain any additional real estate on the women's leader. After Velasquez's 30th lap, Tallent passed through her 29th lap 9 seconds in arrears, in company of Gustafsson, who also had a one-lap advantage over her. A lap further up the road, Tallent was back in the company of Velasquez. At the 40K mark, she was trailing him by 11 seconds (plus one lap).

Over the next lap, Tallent's main competitor Perez would slow to a crawl, then exit the race. A disappointment but she will have many great days to come. Meanwhile, up front, Tallent started making headlines ... in the men's race. Claire that is, not Jared. With less than six laps to go, she unlapped herself and took a 60-meter advantage over Velasquez. Not only did Tallent stay on the lead lap in the men's race till the end but it started looking like she would overhaul the male leaders. She overtook Gustafsson, the second-place male, with less than 3K to go. Velasquez, however, caught his second wind and sped up. He increased his advantage over Tallent from 3:42 after 38 laps to 4:12 at the finish. Had he not had his resurgence, what a storyline we would have had: Claire Tallent pulverized the men's 50K field.

The 2019 Santee race in these tough conditions demonstrated two things: (1) how good Claire Tallent is; and (2) what a great endurance event the 50K is. The many top athletes who faltered in this heat, despite their preparation and experience, provide proof positive that the 50K belongs on any program called "athletics."

A New Star Is Born

The Santee race served as the U.S. national 50K championships and is listed as a Qualifying Race Walk Competition in 2018-2019 for the Doha Worlds later this year. The top seven U.S. finishers on both the women's and men's sides receive prize money, \$8,000 going to the winners, down to \$1,000 for seventh place. The race also offers U.S. Team selection spots for the Pan Am Cup and the World Championships.

The race drew the cream of the crop of the U.S. 50K contingent. Yet, the women's U.S. Nationals podium this year was entirely new in composition. Six of the 13 U.S. women starters had ended up on the podium before, two of them on the top step. This field included all three U.S. Team members of the inaugural London 2017 World Championships race. The fact that the podium was graced by three newcomers shows the depth of the women's 50K in the United States.



*Left: Tallent and Perez kept company for about 8K
Centre: Robyn Stevens (42), Allen James(14) and Katie Burnett (30) a little after one hour of racing
Right: Nick Christie (1) and David Velasquez (114) with the early lead*

Robyn Stevens had dipped her toes in 50K waters two years prior when she was still very much a 20K walker. Back then, she clocked 5:16:46 for a sixth place finish. The one-time junior star, who took a decade off from competition, came back strong in 2015 by landing spots on the 2015 Pan Am Cup and 2016 and 2018 World Team Championships U.S. 20K teams. In Taicang on May 5th of last year, Robyn was 65th with a time of 1:38:06. Meanwhile, she had moved from the San Francisco Bay Area to Las Vegas to be near her new coach Andreas Gustafsson, whose personal best in the 50K is 3:50:47 (2012) and whose resume includes four World Championships 50K races (2007 through 2013) on behalf of his native Sweden. Stevens is now ready to join the top echelons of the 50K pantheon. After the first lap, she was ahead of defending champion Katie Burnett. Five laps later, Burnett had closed the gap to four seconds. But it would take another three laps for the U.S. record holder to join Stevens and former U.S. 50K Olympian Allen James. James and Stevens had kept each other company from the start.

Those who thought that 20K specialist Stevens would fizzle out early were wrong. By the next lap, it was Burnett who walked with James, with Stevens having accelerated away. And so it would remain. Stevens never relinquished the U.S. women's lead, which looked good enough at the time for third place overall behind Tallent and Perez. Around the 20K mark, Robyn's U.S. lead was nearing a minute, which grew to over five minutes by 30K. Shortly thereafter, Burnett was out of the race, soon to be followed by Perez, moving Stevens up to second overall. For a while, it looked like Stevens would meet the 4:30:00 Doha entry standard. But the heat cost her some precious minutes by slowing her pace down. Her finish time of 4:34:24 would have been lower by a couple of minutes if it had not been for a lap counting error that was not discovered right away after her initial finish. The fact that Stevens, after thinking she was done and standing still for about two minutes after completing 48.75K, still managed to get back on the circuit and complete an additional lap in just a little over six minutes, speaks volumes about her embrace of the distance. Undoubtedly, there is more to come.

A pity, though, that she and her coach could not celebrate dual national championships. Andreas fell in love with a U.S. woman, married and has built a new life and a young family in the United States. He is a bona fide U.S. citizen who has fallen victim to the IAAF's transfer of nationality rules and prohibitions. Unfortunately, those rules were not meant for cases like his. Santee race organizers even had two race numbers ready for him, a U.S. national championship one and a number for the international men's 50K race. Gustafsson was forced to use the latter number due to not having received his IAAF transfer approval. Otherwise, he too would have been crowned as the 2019 U.S. National 50K Champion.

Stevens was joined on the podium by Stephanie Casey, just a smidgeon shy of a 10K/hour pace (fell short by five seconds) and Lydia McGranahan, who started race walking at age 40 two years ago. Casey had been a U.S. Team member on the 2008 World Cup 20K Team but then switched her concentration to finishing her medical doctorate and raising four kids between the ages of 10 months and 9 years. Casey has returned to competition in grand style. Some four minutes after Casey's finish, 24-year old Molly Joseph missed a U.S. medal in her 50K debut.

Despite many competitors dropping out, one who did finish was Darlene Backlund, at 73 years of age. Wow! She has been a mainstay in the U.S. National Women's 50K Championships. Hats off to USATF for having held women's 50K championships races for much longer than any other IAAF member federation and to Darlene for having been such a big part thereof.



Finishers Claire Tallent, Robyn Stevens and Darlene Backlund who is still going strong at 73

Among the international women 50K-ers, Elianay Pereira of Brazil finished third overall with a PB. Last year's women's race winner Marciela Sanchez (Mexico) hung in there for seventh, a finish not replicated by her brother Eder, a 3:53:19 50K-er who fell back from contending for the win on his 24th lap. Three laps later, he was put a lap down, shortly before he left the race.

Another international of note was Rachel Seaman (Canada), who returned from a long absence due to a hamstring injury that kept her out of the Rio Olympics and the birth of her second child with hubby Tim Seaman. Rachel partook in the 20K invitational race. She looked like her old self but did not finish. Yet, it's early in the season and it's just great to see her compete again. Welcome back. A funny moment occurred when Rachel and Tim's oldest daughter, their 7-year old, race walked on the sidewalk as the 50K competitors passed by. With her parentage, she may have a heel and toe inside track for the future.

Men's Race Was A Spirited Affair

The men's 50K was exciting from the start. Five walkers were in position to grab the win. Local favorite Nick Christie and David Velasquez (Ecuador) established the early lead, ahead of a trio chasing them consisting of Gustafsson, Eder Sanchez and Javier Mena Jara (Ecuador). On lap 12, Christie surged ahead. Two laps later, Nick had built up a lead of 18 seconds. But his breakaway did not last. By the half-way mark, the roles were reversed when Velasquez led from Christie by 30 seconds. Gustafsson was 1:14 behind the leader, Sanchez 1:45 with Jara on his heels. One of these five was bound to win.

On the next lap, Gustafsson was closing in on Christie, whom he passed for second within a lap after that. Christie then had to worry about Jara and Sanchez, who were closing in on him. After 23 laps, Velasquez had a 1:03 advantage over Gustafsson, and 2:02 over Christie, now joined by Jara and Sanchez. But then, Sanchez first fell away from the chase, then out of the race. By lap 26, Jara had passed Christie for third.

Velasquez's lead, meanwhile, had evaporated by 35K, by which point Gustafsson had managed to join him. The pair clocked in at 2:48:26, a 4:04 advantage over Jara. But a 50K does not start till the 35K mark. And so it was in Santee. Velasquez had more left in the tank than the Swedish-American. Ten laps from the finish, the Ecuadorian had built up a 9-second lead. By then, Christie was no longer a factor for the win. By lap 31, the race leader was about to lap Christie. A lap later, the sympathetic Californian was in visible physical trouble and soon left the race. In the meantime, Velasquez passed through 40K in 3:13:35, 1:05 ahead of Gustafsson. The Nevada resident had visibly slowed, though. Two laps from the end, the gap was 4:05 which grew to 7:22 at the finish.

Christie's demise allowed Matthew Forgues to grab the U.S. title. The 26-year old posted his 4:11:43 PB 11 months ago at the Jerzy Hausleber Memorial 50K in Monterrey, Mexico. Two-and-a-half months later, Forgues posted a consistent 4:18:17 at the World Team Championships for a 46th place. Second in the U.S. Nationals one year ago, Forgues graduated to the top rung of the podium. He was joined in the award ceremony by Pablo Gomez, a professor of cognitive neuroscience at DePaul University in Chicago, and Michael Manozzi, a 50K regular who was happy to return to form after two injury-plagued

seasons. Just missing out on a podium spot was 59-year old Ian Whatley, who had the pleasure of watching his two daughters race alongside him as they contested the shorter distance invitationals. One of his offspring stood on the podium as dad walked past the award stand.



Men's 50km winner David Velasquez, along with Ian Whatley (best hat award)

These national championships races demonstrated what three recent international 50K races (London, Taicang and Berlin) had already proven: women racing the 50K in joint fashion with the men makes the 50K that much more interesting. Kudos to Tracy Sundlun and his team for a great show and a terrific venue.

Wow, what a report! Thanks so much Paul.

See and read Claire and David being interviewed after their wins: <https://timesofsandiego.com/sports/2019/01/27/aussie-wins-santee-50k-race-walk-labels-womens-olympic-exclusion-absurd/>

And finally, if you want to see a slow-motion video of Claire during the race, check out Jeff Salvage's camera work at <https://www.facebook.com/USARaceWalkingFoundation/videos/2321932721409080/?t=8.10/10> for technique in my book.

Full results are found at <http://www.usatf.org/Events---Calendar/2019/USATF-50-km-Race-Walk-Championships.aspx>. Here goes:

50km Men

1.	David Velasquez	24	Ecuador	4.08.32	
2.	Andreas Gustafsson	37	Sweden	4.15.54	
3.	Matthew Forgues	26	Boothbay ME	4.27.28	USA 1
4.	Pablo Gomez	47	Evanston IL	5.01.52	USA 2
5.	Michael Giuseppe Mannozi	32	Youngstown OH	5.07.54	USA 3
6.	Ian Whatley	59	Greer SC	5.10.46	USA 4
7.	Nathan Vander Wall	26	Grandville MI	5.49.34	USA 5
8.	Douglas Johnson	58	Bowling Green KY	6.09.26	USA 6
9.	Bruce Logan	54	New York NY	6.26.22	USA 7
10.	Adrian Zamudio	43	Santa Maria CA	6:32:40	USA 8
	Nick Christie	27	El Cajon CA	DNF	
	Allen James	54	Torrance CA	DNF	
	Charles Tucker Brugh	63	Long Beach CA	DNF	
	Xavier Mena Jara	20	Ecuador	DNF	
	Eder Sanchez	32	Mexico	DNF	
	Dmitry Babenko	46	Canada	DNF	
	Johnny Lizano Montero	24	Costa Rica	DNF	
	Allan Segura Medina	38	Costa Rica	DNF	
	Steve Harper	62	Montana MT	DQ	

50km Women

1.	Claire Tallent	37	Australia	4.12.44	
2.	Robyn Stevens	35	Las Vegas NV	4.34.24	USA 1
3.	Elianay Pereira	34	Brazil	4.43.03	

4.	Stephanie Casey	35	Reedsport OR	5.00.05	USA 2
5.	Lydia McGranahan	42	Salem OR	5.07.32	USA 3
6.	Molly Josephs	24	Glen Carbon IL	5.11.36	USA 4
7.	Mariela Sanchez	27	Mexico	5.16.31	
8.	Susan Randall	44	Dayton OH	5.22.31	USA 5
9.	Melissa Moeller	28	Valparaiso IN	5.29.39	USA 6
10.	Kathryn Grimes	55	Newberg OR	5.37.31	USA 7
11.	Susan Brooke	53	Canada	6.15.30	
12.	Darlene Backlund	73	Palm Springs CA	7.29.07	USA 8
	Carmen Jackinsky	55	Beaverton OR	DNF	
	Amberly Melendez	21	Kirkland WA	DNF	
	Katie Burnett	30	Bellevue WA	DNF	
	Erin Taylor-Talcott	40	Owego NY	DNF	
	Paola Perez	29	Ecuador	DNF	
	Yolanda Holder	60	Corona CA	DQ	

20km Walk Invitation Men

1.	Alexander Hurtado	M19	Ecuador, CA	1:23:45
2.	Jhonaton Amores	M20	CA	1:24:00
3.	Emmanuel Corvera	M25	San Diego, CA	1:30:34
4.	Kenny Ho	M20	Vancouver, CAN	1:37:04
	Alger Liang	M21	Canada	DQ
	Richard Campbell	M72	USA	DQ

20km Walk Invitation Women

1.	Anali Cisneros	F21	Elgin, IL	1:47:14
2.	Celina Lepe	F23	Spring Valley, CA	1:51:07
3.	Victoria Heiser-Whatley	F19	Greer, SC	1:56:00
4.	Jessica Heiser-Whatley	F19	Greer, SC	1:58:57
5.	Jamie Soliva	F28	CA	2:17:15
6.	Maria Garcia	F20	Garnerville, NY	2:39:08
	Rachel Seaman	F33	Imperial Beach	DNF
	Miranda Melville	F29	Chula Vista, CA	DNF
	Teresa Vaill	F56	Gainesville, FL	DNF

ITALIAN 50KM CHAMPIONSHIPS, GIOIOSA MAREA, ITALY, SUNDAY 27 JANUARY

Sunday saw the Italian 50km championships contested at San Giorgio di Gioiosa Marea in Messina, with large entry fields but with a number of walkers intending to just complete 35km and then stop. With a 50km scheduled for the European Cup on May 19th in Alytus, Lithuania, some were perhaps not keen to go the full distance at this stage. The day's racing was dedicated to the memory of Italian racewalker and triple Olympian Anna Rita Sidoti, a resident of this city.

Thanks to the report published in marciadalmondo: http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3375.

In the men's 50km, the first 4 to reach the 35km mark all then retired – **Massimo Stano** (2:35:03), **Federico Tontidonati** (2:36:14), **Andrea Grusti** (2:37:39) and **Marco De Luca** (2:38:30). leaving **Michelle Antonelli** to continue on his own to claim the 50km title with a time of 3:55:09. The only other finishers were **Leonardo Dei Tos** (3:56:56) and **Niccolo Coppini** (4:08:28).

50km Senior Men

1.	ANTONELLI Michele	1994	RM053 C.S. AERONAUTICA MILITARE	3:55:09
2.	DEI TOS Leonardo	1992	BZ066 ATHLETIC CLUB 96 ALPERIA	3:56:56
3.	COPPINI Niccolo	1997	FI002 ATLETICA FIRENZE MARATHON S.S.	4:08:28
	CAPORASO Teodorico	1987	RM053 C.S. AERONAUTICA MILITARE	DQ
	BRANDI Giacomo	1998	FM003 SPORT ATL. FERMO	DQ
	GIUPPONI Matteo	1988	BO011 C.S. CARABINIERI SEZ. ATLETICA	DQ
	CHIESA Stefano	1996	BO011 C.S. CARABINIERI SEZ. ATLETICA	DQ
	STANO Massimo	1992	PD131 G.S. FIAMME ORO PADOVA	DNF
	AGRUSTI Andrea	1995	RM056 G.A. FIAMME GIALLE	DNF
	LAMMENDOLA Gianluca	1983	SM35 BG003 ATL. BERGAMO 1959 ORIOCENTER	DNF
	ANGELINI Gregorio	1996	SM BA089 ALTERATLETICA LOCOROTONDO	DNF
	DE LUCA Marco	1981	SM35 RM056 G.A. FIAMME GIALLE	DNF
	TONTODONATI Federico	1989	SM RM053 C.S. AERONAUTICA MILITARE	DNF

35km Splits Senior Men

1.	STANO MASSIMO	1992	G.S. FIAMME ORO PADOVA	2:35:03
2.	TONTODONATI FEDERICO	1989	C.S. AERONAUTICA MILITARE	2:36:14
3.	AGRUSTI ANDREA	1995	G.A. FIAMME GIALLE	2:37:39

4.	DE LUCA MARCO	1981	G.A. FIAMME GIALLE	2:38:30
5.	ANTONELLI MICHELE	1994	C.S. AERONAUTICA MILITARE	2:45:49
6.	DEI TOS LEONARDO	1992	ATHLETIC CLUB 96 ALPERIA	2:46:32
7.	ANGELINI GREGORIO	1996	ALTERATLETICA LOCOROTONDO	2:47:30
8.	COPPINI NICCOLO'	1997	ATLETICA FIRENZE MARATHON S.S	2:51:45

The women's event was dominated by **Eleanora Georgi**, walking with Matteo Giupponi and Gregorio Angelini for almost 30km before storming to the 35km mark with a time of 2:45:31. Her splits tell the story of her wonderful pacing effort: 47:50 (10km), 1:35:17 (20km), 2:22:30 (30km), 2:45:21 (35km). This omens very well for her inaugural 50km in Alytus in May. 5 other women also stopped at the 35km mark, leaving **Nicole Colombi** (4:27:38) and **Roberta Caraccia** (5:21:34) as the sole female finishers in the 50km. With her finish, Nicole set a new Italian record, beating the previous time of 4:29:56, set by Natalia Bruniko way back in 2002. With Georgi's 35km time, it is now only a matter of 'when' rather than 'if' before we see the first woman breaking the 4 Hour mark for 50km.

50km Senior Women

1.	COLOMBI Nicole	1995	BS181 ATL. BRESCIA 1950 ISPA GROUP	4:27:38
2.	CARACCIA Roberta	1990	BS181 ATL. BRESCIA 1950 ISPA GROUP	5:21:34
	BECCHETTI Mariavittoria	1994	CA001 C.U.S. CAGLIARI	DNF
	VITIELLO Sara	1996	RE105 G.S.SELF ATL. MONTANARI GRUZZA	DNF
	GIORGI Eleonora Anna	1989	RM002 G.S. FIAMME AZZURRE	DNF
	FORESTI Beatrice	1998	BG003 ATL. BERGAMO 1959 ORIOCENTER	DNF
	CURIAZZI Federica	1992	BG003 ATL. BERGAMO 1959 ORIOCENTER	DNF
	MARCHIORI Maura	1959	TN109 U.S. QUERCIA TRENTINGRANA	FTM

35km Splits Senior Women

1.	GIORGI ELEONORA ANNA	1989	G.S. FIAMME AZZURRE	2:45:21
2.	FORESTI BEATRICE	1998	ATL. BERGAMO 1959 ORIOCENTER	3:11:27
3.	COLOMBI NICOLE	1995	ATL. BRESCIA 1950 ISPA GROUP	3:11:27
4.	VITIELLO SARA	1996	G.S.SELF ATL. MONTANARI GRUZZA	3:30:41
5.	CARACCIA ROBERTA	1990	ATL. BRESCIA 1950 ISPA GROUP	3:41:08
6.	MARCHIORI MAURA	1959	U.S. QUERCIA TRENTINGRANA	4:00:08



Eleanora Georgi on the way to her 35km time on Saturday in Italy (photo www.marciadalmondo.com)

There were plenty of other races, including Open and U20 20km and U18 5km races. Full results at http://www.marciadalmondo.com/admin/pdf/risultati/28012019108GioiosaMarea_2019Gen27.pdf. A selection follows

20km Senior Men

1.	GRILLO Ettore	1997	FI002 ATLETICA FIRENZE MARATHON S.S.	1:31:33
2.	GALLO Matteo	1999	TO001 C.U.S. TORINO	1:37:22
3.	CAPOGROSSI Luca	1996	TR024 ASS.ATL.LIBERTAS ORVIETO	1:38:03
4.	BOSCO Gabriele	1988	SR128 A.S. DIL. MILONE	1:47:26
5.	PANCONI Michele	1999	GR432 ASD TRACK & FIELD MASTER GROSS	1:51:41

6.	DE ROSA Roberto	1986	GR432 ASD TRACK & FIELD MASTER GROSS	1:55:13
	FANELLI Nicolas	1999	BR104 ATL. AMATORI CISTERNINO	DQ
	DI LORENZO Francesco	1995	NA965 RUNNING CLUB NAPOLI	DQ
	MICHELETTI Juriy	1998	BG003 ATL. BERGAMO 1959 ORIOCENTER	DQ
20km Senior Women				
1.	GALLI Ilaria Camilla	1987	FI002 ATLETICA FIRENZE MARATHON S.S.	1:47:27
2.	MIRABELLO Anthea	1999	FR256 CUS CASSINO	1:47:54
3.	DI MARIA Desiree	1987	CT067 A.S.D. C.U.S. CATANIA	1:50:32
4.	GRAFEO Sascia	1992	PG018 ATL. ARCS CUS PERUGIA	1:51:44
5.	VULPIS Maria Teresa	1999	BA005 AMATORI ATL. ACQUAVIVA	2:01:06
6.	BOCCHINO Francesca	1999	RM131 A.S.D. ACSI ITALIA ATLETICA	2:08:23
	DOMINICI Eleonora	1996	RM131 A.S.D. ACSI ITALIA ATLETICA	DQ
	STACH Marta	1995	BS181 ATL. BRESCIA 1950 ISPA GROUP	DNF
	ANSALDI Martina	1996	BS181 ATL. BRESCIA 1950 ISPA GROUP	DNF
20km U20 Men				
1.	ORSONI Riccardo	2000	PR068 C.U.S. PARMA	1:28:17
2.	ANDREI Aldo	2001	TN104 GS VALSUGANA TRENINO	1:34:46
3.	COSI Andrea	2001	FI002 ATLETICA FIRENZE MARATHON S.S.	1:35:04
4.	BRAGGIO Mattia	2000	GE017 GRUPPO CITTA' DI GENOVA	1:37:04
5.	SCOLI Giulio	2001	LI036 ATLETICA LIVORNO	1:38:21
6.	ANNOSCIA Leonardo	2000	BA008 ASD ATHLETIC ACADEMY BARI	1:45:22
	GIULIANI Giorgio	2000	TO001 C.U.S. TORINO	DQ
	MELI Mikias	2000	BG003 ATL. BERGAMO 1959 ORIOCENTER	DNF
20km U20 Women				
1.	LACATUS Andrada Lavinia	2000	MI102 P.B.M. BOVISIO MASCIAGO	1:41:48
2.	BUGLISI Sara	2001	BZ019 SPORTCLUB MERANO	1:44:59
3.	GIORDANI Vittoria	2000	TN109 U.S. QUERCIA TRENTINGRANA	1:45:2
4.	BERTINI Simona	2001	BO015 A.S.D. FRANCESCO FRANCA	1:45:5
5.	CRIVELLARO Camilla	2000	MI077 CUS PRO PATRIA MILANO	1:47:4
6.	CAPITANI Matilde	2000	GR065 ATLETICA GROSSETO BANCA TEMA	1:53:4
7.	FERRETTI Emma	2001	RE105 G.S.SELF ATL. MONTANARI GRUZZA	1:55:0
8.	MICONI Giulia	2000	RE105 G.S.SELF ATL. MONTANARI GRUZZA	1:55:3
9.	LENTINI Alessandra	2000	TA451 A.S.D. ATLETICA DON MILANI	1:58:2
	MASTRANGELO Ida	2001	TA451 A.S.D. ATLETICA DON MILANI	DNF
	MASTRONICOLA Alessia	2000	BA089 ALTERATLETICA LOCOROTONDO	DNF
	FREZZA Alessia	2001	GR065 ATLETICA GROSSETO BANCA TEMA	DNF
	GATTI Camilla	2001	AN002 A.ATL. FABRIANO	DNF
10km U18 Men (first 10)				
1.	NOTARISTEFANO Pietro Pi	2003	TA451 A.S.D. ATLETICA DON MILANI	47:21
2.	CAPOSTAGNO Filippo Anto	2002	RM057 FIAMME GIALLE G. SIMONI	49:23
3.	BENEVIERI Daniele	2002	RM057 FIAMME GIALLE G. SIMONI	49:45
4.	ROMANZI Francesco	2002	RM057 FIAMME GIALLE G. SIMONI	50:16
5.	NETTI Francesco	2002	TA451 A.S.D. ATLETICA DON MILANI	50:39
6.	DE SANTIS Claudio	2003	LI035 ATL LIBERTAS RUNNERS LIVORNO	51:01
7.	BIONDINI Francesco	2003	RM057 FIAMME GIALLE G. SIMONI	51:28
8.	FANTOZZI Francesco	2002	RM057 FIAMME GIALLE G. SIMONI	51:38
9.	MELISI Gabriele	2003	LI035 ATL LIBERTAS RUNNERS LIVORNO	52:00
10.	CAPRAI Fabrizio	2002	LI035 ATL LIBERTAS RUNNERS LIVORNO	52:27
10km U18 Women (first 10)				
1.	CASIRAGHI Martina	2002	BG003 ATL. BERGAMO 1959 ORIOCENTER	54:00
2.	BUGLISI Valeria	2003	BZ019 SPORTCLUB MERANO	54:08
3.	QUARTARARO Martina	2003	LI036 ATLETICA LIVORNO	55:03
4.	MIGLIARDI Ilaria	2002	RM057 FIAMME GIALLE G. SIMONI	56:09
5.	VINCI Veronica	2002	TA451 A.S.D. ATLETICA DON MILANI	57:24
6.	FRANCO Miriam	2003	RM131 A.S.D. ACSI ITALIA ATLETICA	57:41
7.	NESTOLA Giulia	2002	RE105 G.S.SELF ATL. MONTANARI GRUZZA	58:21
8.	CRISPIANI Giulia	2002	MI077 CUS PRO PATRIA MILANO	58:27
9.	BENEVIERI Angelica	2002	RM057 FIAMME GIALLE G. SIMONI	58:45
10.	DI GRAZIA Roberta	2002	CT776 ETNATLETICA SAN PIETRO CLARENZ	58:59

Masters Men 20km: <http://www.fidal.it/risultati/2019/COD7568/Gara664.htm>

Masters Women 20km: <http://www.fidal.it/risultati/2019/COD7568/Gara764.htm>

Nicola Maggio ponders the state of racewalking technique in Italy: http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3379.

Interestingly, for performances to count towards Doha, races must be on the list of IAAF sanctioned meets, as per document <https://www.iaaf.org/download/downloadresultinfo?filename=d065e23b-f352-4939-8824-b3724fd1308f.pdf&urlSlug=iaaf-world-championships-doha-2019-qualifying>. The 2019 meets on the list currently read as follows.

67 th New Year Race Walking in Tokyo	Tokyo JPN	01-Jan	Men: 20km - Women: 10km
Portuguese Walking Championships (35-50km)	Porto de Mos POR	13-Jan	Men: 35km / 50km - Women: 35km / 50km
USATF Men&Women 50km Walking Champs	Santee, California USA	26-Jan	Men: 50km - Women: 50km
Australian 20km Walking	Adelaide AUS	10-Feb	Men: 20km - Women: 20km
Spanish 50km National Walk Championships	El Vendrell ESP	10-Feb	Men: 50km - Women: 50km
1 st International Walking Championships 2019	Chennai IND	16/17-Feb	Men: 20km / 50km - Women: 20km
USATF National 20km Walking Championships	Tustin, California USA	16-Mar	Men: 20km - Women: 20km
Spanish 20km National Walk Championships	Oropesa del Mar ESP	17-Mar	Men: 20km - Women: 20km
Lugano Trophy - Memorial Mario Albisetti	Lugano SUI	17-Mar	Men: 20km - Women: 20km
International Walk Meeting "Zaniemysl 2019"	Zaniemysl POL	13-Apr	Men: 20km - Women: 20km
Hungarian National Championships	Békéscsaba HUN	28-Apr	Men: 20km - Women: 20km
Polish National Championships 20km	Mielec POL	22-Jun	Men: 20km - Women: 20km

This Italian meet is not on the list. One assumes this is just a hiccup and that they had their paperwork done and submitted to the IAAF for sanctioning purposes.

18TH ELAN INDOOR MEET, BRATISLAVA, SLOVAKIA, SUNDAY 27 JANUARY

The first of the big indoor meets for the year in the Slovak Republic saw **Alex Wright** recording 19:10.76 in the men's 5000m, ahead of **Eric Barrondo** (19:21.18) and **Cameron Corbishley** (breaking 20 mins for the first time with a big PB of 19:49.53). The Slovak Indoor Championship titles went to 17 year old **Daniel Kovac** (20:43.87) and **Maria Czaková** (12:36.00). Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3377. Full walk results at <https://statistika.atletika.sk/vysledky/965/0/2>.

5000m Walk Men

	Wright Alex	90	Ireland	19:10.76
	Barrondo Eric	91	Guatemala	19:21.18
	Corbishley Cameron	97	United Kingdom	19:49.53
1.	Kováč Daniel	01	ŠK ŠOG Nitra	20:43.87
2.	Kubiš Lubomír	01	AK Spartak Dubnica nad Váhom	20:51.12
3.	Rízek Milan	78	Atletika ŠK Skalica	20:54.79
	Kenny David	99	Ireland	21:13.58
	Cerný Dominik	97	ŠK Dukla o.z. Banská Bystrica	DNF

3000m Walk Women

1.	Czaková Mária	88	ŠK Dukla o.z. Banská Bystrica	12:36.00
	Ortiz Mirna	87	Guatemala	12:41.36
2.	Burzalová Hana	00	AK Spartak Dubnica nad Váhom	13:44.92
	Veale Kate	94	Ireland	13:52.68
	Shott Madeline	84	United Kingdom	14:38.11
3.	Pastieriková Alexandra	79	Atletický klub Bojnicky	16:38.79
4.	Cerná Dana	73	Atletika Nové Mesto nad Váhom	18:32.53
5.	Ševčíková Nikoleta	01	ŠK BCF Dukla Banská Bystrica	18:39.16

OUT AND ABOUT

- **Frank van Ravensberg** has announced details for the 10th Sprint Triathlon in Race Walking. The carnival will be held on Saturday 25th May 2019 in Veenendaal, Netherlands, where competitors will walk on the new track. Distances will be 3000m, 1000m and 1 mile. You can contact Frank at f.vanravensberg@live.nl.
- Jemima Sumgong, the 2016 Olympic marathon champion, has had her doping ban increased to eight years after her claims that she was injected with EPO by an "imposter" at a Kenyan hospital during a doctor's strike were dismissed. The unprecedented sanction was made after the IAAF's independent disciplinary tribunal ruled there was "compelling evidence" Sumgong had also fabricated her medical records and lied about her whereabouts after a positive test for EPO in 2017, for which she later received a four-year ban. See <https://www.theguardian.com/sport/2019/jan/25/olympic-marathon-champion-jemima-sumgong-doping-ban-doubled-kenya>.
- A great article on the good work taking place at the AIS Supernova Study in Canberra. See <https://www.canberratimes.com.au/topic/act-sport-5u2/dietary-study-making-jared-tallent-fast-and-furious-20190124-p50tcn.html>.

- Congratulations to VRWC / Collingwood Harriers / VMA walker **Stuart Kollmorgen** on receiving an OAM (Medal of the Order of Australia) in the latest Australia Day Honours lists published on January 26th. Stuart's award is for 'Services to the Community' and honours his many years of working as an advocate for the LGBTI community in Australia. Stuart is one of those people with his fingerprint in so many areas, all of them constructive. A board member of Bowls Victoria, an athlete, a radio presenter, a senior counsel with many years experience in workplace law, a lecturer in Law at Monash University, and with more letters after his name than you could poke a stick at, this is one of those awards that has been earned with blood, sweat and tears. And of course, we should not forget that he is also a superb masters walker, having competed at 5 World Masters Championships. Great congratulatory article at <https://pridecentre.org.au/stuart-kollmorgen-deputy-board-chair-of-the-victorian-pride-centre-awarded-oam-for-service-to-the-lgbtqi-community-and-sporting-organisations/>.



The Collingwood Harriers team at the 2017 AV 5km Teams race – Bob Gardiner, David Smyth, Pramesh Prasad and Stuart

- Congratulations to 2018 IAAF World Team Championships competitor **Rebecca Henderson** who came 5th in the U18 10km Open Water Swim at the Australian Open Water Championships last Saturday. What can't she do!
- Well done to Rob Elliott for posting this video of the 1985 World Cup at the IOM. It features the men's 50km, women's 10km and men's 10km. See <https://www.youtube.com/watch?v=sjJkZHF94I>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 9 press releases for us this week

- Tue 29 Jan - Two sleepless nights and a cry of alarm
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3379
- Mon 28 Jan - Canberra Track Classic (AUS): victories of Perseus Karstrom and Sandra Arenas
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3378
- Mon 28 Jan - Bratislava (SVK): Alex Wright (IRL) and Maria Czakova (SVK) win ELAN Meeting
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3377
- Mon 28 Jan - Will women soon be breaking 4 hours in the 50km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3376
- Sun 27 Jan - Gioiosa Marea (ITA) - great results of Eleonora Giorgi and Michelle Antonelli
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3375
- Sat 26 Jan - San Lorenzo al Mare (ITA): great 35km test for Qieyang Shenjie (2:45:15)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3374
- Thu 24 Jan - IAAF Race Walking Committee document
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3373

- Wed 23 Jan - Preview of Gioiosa Marea (ITA): Italian 50km Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3372
- Mon 21 Jan - Results of Greek 50km Championships in Marathonas
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3370

Omarchador has 10 press releases

- Mon 28 Jan - Velasquez and Tallent win USA 50km championship races in Santee
<http://omarchador.blogspot.com/2019/01/velasquez-e-tallent-vencem-50-km-em.html>
- Mon 28 Jan - Results of Portuguese Masters track walk championships in Ribeira Brava
<http://omarchador.blogspot.com/2019/01/a-marcha-no-master-athletics.html>
- Sun 27 Jan - Russian racewalkers Mizinov and Smerdova authorized to compete as 'neutral athletes' in 2019
<http://omarchador.blogspot.com/2019/01/mizinov-e-smerdova-autorizados-competir.html>
- Sat 26 Jan - Gioiosa Marea (Messina) to host the Italian roadwalk Championships
<http://omarchador.blogspot.com/2019/01/gioiosa-marea-messina-recebe-os.html>
- Sat 26 Jan - Preview of Portuguese Masters track walk championships in Ribeira Brava
<http://omarchador.blogspot.com/2019/01/meeting-para-veteranos-com-marcha-na.html>
- Fri 25 Jan - José Ignacio Díaz and Irene Montejo win in Móstoles, Spain
<http://omarchador.blogspot.com/2019/01/jose-ignacio-diaz-e-irene-montejo.html>
- Thu 24 Jan - AA Lisbon announces results of the regional walks meet 26 days late
<http://omarchador.blogspot.com/2019/01/aa-lisboa-divulga-resultados-dos.html>
- Thu 24 Jan - Proposals of the IAAF Race Walking Committee under discussion
<http://omarchador.blogspot.com/2019/01/propostas-do-comite-de-marcha-da-iaaf.html>
- Wed 23 Jan - Angeliki Makrí and Konstadínos Dedópoulos win Greek 50km titles
<http://omarchador.blogspot.com/2019/01/angeliki-makri-e-konstadinos-dedopoulos.html>
- Tue 22 Jan - Ana Cabecinha and Miguel Rodrigues are the fastest in the Portuguese Club Championships qualifications
<http://omarchador.blogspot.com/2019/01/ana-cabecinha-co-pechao-e-miguel.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

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	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 - https://melbourne2019.com.au/
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)

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

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)
May 25 (Sat), 2019	10 th 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 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
Sept 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>)