



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 46
Tuesday 12 July 2019



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WALKER OF THE WEEK

My Walker of the Week this time around is 73 year old VRWC walker **Andrew Jamieson**. Walking in the Australian Masters 20km roadwalk championships in Adelaide on Sunday, he was the standout competitor with **1:56:48** (age graded 93.88%). It was his first 20km time since the 2016 World Masters Championships in Perth in November 2016 - and on that occasion he walked a much slower 2:01:29. He owns the M70 World record with 1:52:35, done in June 2016 in Melbourne. He is quickly getting back into that sort of shape. Well done Andrew, inspirational stuff!



Andrew competing at Middle Park a week before in one of our VRWC winter season walks

WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for our next round of VRWC winter season roadwalks. It's another prizes day, with prizes to the male and female walker who best their season best time by the largest margin in each race category. You can either enter on the day or, more preferably, enter online via our online portal at <http://vrwc.org.auWp1/>.

Saturday 17th August 2019, Middle Park

VRWC Events: Beat Your Season Best time. Entries close for all events at 1.45pm sharp

Prizes will be awarded to the winning, male and female for each race

The winners are the walkers in each race to beat their season best time by the largest margin.

2.15pm	8km	Beat Your Season Best Time	Open
2.15pm	6km	Beat Your Season Best Time	Open
2.15pm	4km	Beat Your Season Best Time	Open
2.30pm	2km	Beat Your Season Best Time	Open
2.30pm	1km	Beat Your Season Best Time	Open

- For our English readers, tomorrow (Wednesday 14th August) sees the Manchester International T&F meet, with a 3000m track walk for men and women. Looking at the entries, Tom Partington and Erika Kelly will go in as favourites. The walk will be on at 17:05 BST and there will be a live stream at <https://www.runjumpthrow.com/live/30797/>.
- Next weekend sees the 2019 English Centurions 100 Miles Qualifier at Castletown, Isle of Man. The field is big, with 74 100 Mile Solo walkers and 35 20 Mile Solo walkers. The logistics effort is almost as big - 87 volunteer marshalls covering 14 marshalling points from 1PM on Saturday until 3:30PM on Sunday. This is an event on which I am always keen to report. See more at <http://www.isleofman100milewalk.co.uk/>.
- Another reminder that entries are now open for the **2019 Australian Roadwalk Championships** in **Adelaide** on **Sunday 8th September** (see <https://www.athletics.com.au/events/40660/>). Entries close on Friday 30th August so you have just over 4 weeks to complete your entry. Note that age for all AA and all RWA events is AA Age (ie age on 31st December 2019).

We have 36 confirmed entries already – see <https://2019winterwalkingchampionships.eventdesq.com/org/confirmed>
Hopefully the numbers will continue to grow over the next 3 weeks.

Australian Winter Race Walking Championships

 08/09/2019

 **War Memorial Drive, Adelaide SA**



Date: Sunday 8th September, 2019
Venue: Adelaide, SA (War Memorial Drive, near Park 10)
Distances: 20km, 10km, 5km, 3km, 2km
Individual Championship: Yes
Teams Championship: Yes
Entry Procedure: Enter via AA website.
 Entries close 30th August, 2019.

This is a combined carnival, co-hosted by Athletics Australia and Racewalking Australia, so you don't have to be a member of one of the AA member associations to compete. The championships are open to all members of RWA (meaning all Victorians who are members of VRWC, Ballarat, Bendigo or Geelong Walkers Clubs. Events on offer are

- | | |
|-------|---|
| MEN | AA/RWA Open 20km (including Masters 20km RWA Championship event)
AA/RWA U20 10km
AA/RWA U18 10km
AA/RWA U16 5km
AA/RWA U14 3km
RWA U12 2km |
| WOMEN | AA Open 20km
RWA Open 10km (including Masters 10km RWA Championships event)
AA/RWA U20 10k
AA/RWA U18 5km
AA/RWA U16 5km
AA/RWA U14 3km
RWA U12 2km |

AA/AV SUMMER SEASON DATES

Both Athletics Australia and Athletics Victoria have released their key 2019/2020 Summer Season dates. Start bookmarking!

Oct 5 (Sat), 2019	AV Shield commences with Round 1 (tentative date)
Oct 26-27, 2019	AV All Schools T&F Championships Weekend 1, Doncaster
Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Dec 1, 2019	Australian 50km Championships, Fawcner Park , Melbourne (Open 20km, U20 10km and U18 5km also)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

AMA 20KM ROADWALK CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SUNDAY 11 AUGUST

Thanks to George White for the results of the Australian Masters 20km Roadwalk Championships, held in Adelaide last Sunday. George commented: *Very cool but bright and sunny for the most part so good walking conditions.*

It was great to see a good turnout of men, with SA and VIC walkers to the fore. Alas. Only two women in attendance. Well done to all those who bettered 80% in the age graded rankings – **Andrew Jamieson, George White, Colin Heywood, Richard Everson** and **Kevin Cassidy**. Well done to Victorians Andrew Jamieson, Kevin Cassidy and Simon Evans who won the associated teams event.

AMA National 20km Walk

1.	Marie Maxted	SA	2:30:58	W55	71.27%
	Joan Purcell	QLD	DNF		
1.	Gunter Ilgoutz	VIC	2:37:54	M80	77.49%
2.	Jim Seymon	VIC	2:43:40	M80	76.09%
1.	Bryan Thomas	ACT	2:36:56	M75	75.38%
1.	Andrew Jamieson	VIC	1:56:48	M70	93.88%
2.	George White	SA	2:08:23	M70	86.64%
3.	Viddy Jermacans	SA	2:42:28	M70	64.84%
	Rus Dickenson	VIC	DNF		
1.	Colin Heywood	NT	1:55:50	M65	85.68%
2.	Gil McIntosh	SA	2:22:14	M65	73.12%
	Neil Hayford	SA	DNS		
	Frank Prowse	VIC	DNS		
1.	Paul Moritz	VIC	2:26:24	M60	64.39%
2.	Ross Hill-Brown	SA	3:11:03	M60	51.39%
1.	Richard Everson	SA	1:50:13	M55	81.82%
2.	Kevin Cassidy	VIC	1:53:57	M55	81.22%
3.	Simon Evans	VIC	2:05:00	M55	74.72%
1.	Greg Metha	SA	2:12:08	M50	67.68%

SAMA Club Walk 20km Championships

1.	Kevin Finn		2:21:46	M65
2.	Brian Witty		2:32:19	M65
1.	Raelene Schild		2:42:28	W50

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 10 AUGUST

South Eastern Australia has been caught in the throes on an arctic butst of weather over the last few days and it was a case of come along to Middle Park on Saturday afternoon and hope for the best. It all worked out well, with the weather staying rain free, with the wind lessening and with even a bit of sunshine forcing its way through the clouds.

It was our last Winter Season Points day so we had a good turnout of 40 walkers, with distances ranging from 1km to 8km. A perusal of the results shows a large number of PBs, especially by our younger members. Handica placings are also shown, compliments of club handicapper Mark Donahoo.

8km Open			H'cap Place	
1.	Claire Samanna	47:26	1	Inaugural
1.	Corey Dickson	36:53	1	PB 1:03
2.	Pramesh Prasad	41:38	3	
3.	Gerard Feain	51:01	2	
6km Open			H'cap Place	
1.	Holly Cocking	34:10	1	PB 0:11
2.	Sandra Geisler	34:35	2	
1.	Kyle Swan	27:11	1	
2.	Heath Beveridge	32:18	2	
4km Open			H'cap Place	
1.	Charlotte Hay	21:09	6	
2.	Grace Louey	23:07	1	PB 0:23
3.	Ariana Pashutina	23:51	2	Inaugural
4.	Donna-Marie Elms	25:12	4	
5.	Mietta Morgan	25:20	4	Inaugural
6.	Gwen Steed	28:26	3	
1.	Mark Blackwood	19:35	6	
2.	Liam Hutchins	21:58	2	Inaugural
3.	Angus Hay	22:36	1	
4.	Eden Morgan *	22:40		Inaugural
5.	Paul Kennedy	23:03	4	
6.	Albin Hess	24:40	3	
7.	Geoff Barrow	29:04	5	
	Steven Haverly	DQ		
	Mark Donahoo	DNF		
2km Open			H'cap Place	
1.	Darcey Roberts	10:04	6	
2.	Madeleine Feain	10:17	4	PB 0:26
3.	Emily Smith	10:37	1	PB 0:21
4.	Kaylah Heikkila-Dubowik	11:05	2	PB 0:06
5.	Molly Holmes	11:31	8	
6.	Heather Carr	12:03	5	
7.	Merilyn Thompson	13:31	3	PB 0:18
8.	Zahlia Heikkila-Dubowik	13:34	7	
1.	Luke Epps	10:12	3	PB 0:02
2.	Riley Coughlan	11:03	1	PB 0:38
3.	Aiden Smith	13:52	2	
1km Open			H'cap Place	
1.	Maddison Nash	5:11	1	PB 0:30
2.	Sarah Holmes	5:11	2	
1.	Sebastian Weickhardt	5:01	1	PB 0:20
2.	Hamish Blackwood	5:22	2	
3.	Ethan Nash	6:07	3	

This was the final week of our VRWC winter season points competitions. I have uploaded the final Style Award points to <http://www.vrwc.org.au/vrwcpointscomps.shtml>. As soon as I get the final points for the Handicap and Actual Times competition from Mark Donahoo, I will upload them also. Stay tuned! For the record, the Style Award points this week were awarded as follows

Style Award Points - Men

Kyle Swan	8
Corey Dickson	8
Heath Beveridge	7
Liam Hutchins	2
Riley Coughlan	2
Luke Epps	1
Ethan Nash	1

Style Award Points - Women

Grace Louey	7
Charlotte Hay	6
Mietta Morgan	6
Holly Cocking	4
Gwen Steed	3
Claire Samanna	3
Darcey Roberts	1

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

- Officials:** Mark Donahoo, Cheryl Beveridge, Donna Dickson, Michael Bodey, Stuart Cooper, Gwen Steed
Judges: Peter Vysma, Kathleen Marsh, Gordon Loughnan, Shane Dickson, Brenda Felton, Charlotte Holmes
Canteen: Wendy Cooper
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F545>)



Kyle Swan, Heath Beveridge, Corey Dickson, Mark Blackwood, Pramesh Prasad, Madeleine Feain and Emily Smith



Eden Morgan, Ariana Pashutina, Claire Samanna, Grace Louey and Holly Cocking



Molly and Sarah Holmes, Maddison Nash, Merilyn Thompson and Liam Hutchins



Start of the 2km and 1km races (all photos Terry Swan)

ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 10 AUGUST

Thanks to Val Chesterton for this week's results from Canberra. Val commented: *Well done to those hardy souls who turned out for the walk and to officiate today with a temperature of 6 degrees (apparent 1 degree) and a wind gusts at over 33kph.*

Good walks in the conditions by **Owen Toyne** and **Kodi Clarkson**.

7km Walk

1.	Robin Whyte	47:37
2.	Monika Short	59:31
3.	Val Chesterton	1:09:54
4.	Geoff Barker	1:09:54
5.	Raine Thompson	1:13:27

2km Walk

1.	Owen Toyne	9:54
2.	Kodi Clarkson	9:58
3.	Sebastian Young	11:30
4.	Georgia Frew	12:41
5.	David Mackenzie	22:01

SARWC ROADWALKS, ADELAIDE PARK, ADELAIDE, SATURDAY 10 AUGUST

Thanks to Kim Mottrom for this week's results from Adelaide. Kim commented: *Cold and wet in Adelaide today.* It looks like Kim led from the front once again – he is certainly walking well at the moment.

12km Walk

1.	Kim Mottrom	56:12
2.	Royrie Upton	1:16:00
3.	Peter Crump	1:16:00
	Tristan Camilleri	DNF
	Mathew Bruniges	DNF

6km Walk

1.	Kristie Goznik	29:43
2.	Toby Wilks	29:58
3.	Olivia Sandery	30:38
4.	Mia Wilks	37:36
5.	Chloe Upton	41:04
	Kitarni Upton	DNF
	Victoria Upton	DNF

3km Walk

1.	Seb Richards	16:16
2.	Seth Upton	19:41
3.	Liz Downs	21:55

1.5km Walk

1.	Sam Wilks	8:12
2.	Cooper Rech	9:29
3.	Edward Upton	10:00
4.	Zahra Kamish	10:00
5.	Tarique Kamish	10:00
6.	Matilda Rech	10:52
7.	Xavier Upton	12:18
8.	Alex Richards	12:19

TWRC ROADWALKS, MONTROSE, HOBART, SATURDAY 10 AUGUST

Thanks to Dave Moore for this week's results from Hobart. He reports:

It looked like our Walkers were in for a drenching as most of the day had been wet, but fortune favours the brave, with the rain and stiff breeze staying away for the duration of the race. We had good numbers doing the 5km walk on an undulating, old style, out and back course. Well done especially to **Alice Randall**, **William Robertson** and **Wayne Fletcher** who had earlier in the day competed in cross country events.

5km Walk

1.	William Robertson	27.02
2.	Will Bottle	27.09
3.	Alice Randall	27.11
4.	Chloe Ahern	30.44
5.	Steve Ahern	31.26
6.	Wayne Fletcher	42.36
7.	Dave Moore	43.08

2.5km Walk

1.	Gabby Hay	17.30
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WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 11 AUGUST

Thanks to Terry Jones for this week's results from Perth. He tells me: *We had a sunny 15 degrees for our walks this morning and it's forecast to reach 22 this afternoon.* I'm not really jealous but....

20km Walk

	Declan Tingay	DNF
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12km Walk

1.	Brad Mann	1:10:03
2.	Andrew Duncan	1:13:36
3.	Karyn Tolardo	1:14:52
4.	Wendy Farrow	1:21:28

4km Walk

1.	Glenis Duncan	37.22
	Ben Reid	DNF

2km Walk

1.	Xavier Bernard	10.31
2.	Lataya Lawrence	10.32
3.	Ashlyn Spence	10.37
4.	Kaytee Bogaers	11.11
5.	Riley Wood	11.59
6.	Luke Lawrence	13.19
7.	Linkin Lawrence	14.30
8.	Lesley Romeo	17.03

QRWC ROADWALKS, MURARRIE, QUEENSLAND, SUNDAY 11 AUGUST

Thanks to Robyn Wales for this week's results from Brisbane.

A Grade 10km

1.	Ignacio Jiminez	M	49.55
2.	Nelson McCutcheon	M	50.31
3.	Peter Bennett	M	58.42
4.	Noela McKinven	F	83.51

B Grade 5km

1.	Anika Clarke	F	28.08
2.	Lyla Williams	F	28.31
3.	Brenda Gannon	F	28.33
4.	Summer Millard	F	29.33
5.	Sam McCure	M	30.31
6.	Charlotte Hamann	F	31.21
7.	Korey Brady	F	33.26
8.	Jasmine McRoberts	F	35.36

C Grade 3km

1.	Tamika Gee	F	15.59
2.	Amber Norton	F	16.49
3.	Kai Norton	M	21.18
4.	Torryn Fisher	F	21.43

D Grade 2km

1.	Makenna Clarke	F	12.55
2.	Siaan Fisher	F	13.36
3.	Charlotte Brady	F	14.52

E Grade 2km

1.	Blake Gee	M	13.38
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F Grade 1km

1.	Isabella Gee	F	6.11
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NSWRWC ROADWALKS, TEMPE, NSW, SUNDAY 4 AUGUST

Finally, back a week for some results from Sydney.

Long Division 12km

1.	Bridget Bell	75.56
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Medium Division 10km

1.	Hannah Parker	59.44
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Short Division 5km

1.	Brendan Pospischil	29.19
2.	Chloe Krklinski	29.21
3.	Nicolle Challinor	42.17
4.	INV Jayda Stanley	27.12

U12 2km

1.	Matilda Webb	11.09
2.	Thomas Varga-Strike	11.51
3.	Jaxson Horton	11.54
4.	Rudi Blackley	12.06

U10 1km

1.	Nakya Stanley	7.35
2.	Luke Challinor	9.00
3.	Zoe Zantiotis	9.47

U16 3km

1.	Milly Boughton (INV)	14.30
2.	Thomas Muir	17.37
3.	Jessey Bektas	18.03
4.	Isabelle Nilon	18.13
5.	Abbey Bektas	18.54
6.	Zsofia Varga-Strike	18.59
7.	Chelsey Torrens	19.17
8.	Aidan Pospischil	19.34
9.	Samantha Torrens	20.40
10.	Sarah Challinor	26.16
11.	Emily Challinor	29.14
	Amelia Crocker	DNF

18TH PAN AMERICAN GAMES, LIMA, PERU, 26 JULY - 11 AUGUST

The 18th Pan American Games (see <https://www.lima2019.pe/en>) have now completed. In last week's newsletter, I reported on the men's and women's 20km walks. The last day of the Pan-American Athletics Games is reserved for the two 50km men and women so I can now report on these events. Thanks to marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3557) for the excellent reporting and photos.

While the women handled the event well (9 of the 10 finished), the men suffered at the hands of the judges and the conditions, with only 5 of the 14 finishing (5 DQs and 4 DNFs). I include the various red cards in the results below. Nicola Maggio discusses this in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3558. While I don't reach the same conclusion, I do respect his opinion.

50km Men, 7AM, Sunday 11 August

The men's 50km saw the walkers struggling with the judges right from the start. 20 red cards had already been issued by the 15km mark (8 for contact and 12 for bent knee). Given that the pace was not particularly fast (the leader passed the 15km mark in 1:08:20), one has to ask whether the walkers were a particularly bad lot technically or whether the judges were being over enthusiastic. As walkers dropped by the wayside, **Claudio Paulino Villanueva Flores** (ECU) and **Horacio Nava Reza** (MEX) kept their cool and led

for the entire second half, with Flores eventually taking the win with 3:50:01 ahead of Nava with 3:51:45. Bronze went to **Juan Pinzon Florez** (COL) with 3:53:49, ahead of **Caio de Sena Bonfim** (BRA) with 3:57:54 and **Matthew Forgues** (USA) with 4:19:28. Forgues was the only walker not to receive at least one red card!

1.	VILLANUEVA FLORES C	ECU	3 AUG 1988	3:50:01	>	
2.	NAVA REZA Horacio	MEX	20 JAN 1982	3:51:45	>>	
3.	PINZON FLOREZ Diego Juan	COL	12 FEB 1985	3:53:49	~>	PB
4.	OLIVEIRA DE SENA BO Caio	BRA	19 MAR 1991	3:57:54	~	
5.	FORGUES Matthew	USA	17 APR 1992	4:19:28		
	BARRONDO GARCIA Erick Bernabe	GUA	14 JUN 1991	DNF	~>>	
	CAMPOS CRUZ Luis Henry	PER	11 OCT 1995	DNF	~>	
	BILODEAU Mathieu	CAN	27 NOV 1983	DNF	>	
	CHRISTIE Nicholas	USA	29 SEP 1991	DNF	>>	
	BARRONDO GARCIA Bernardo Uriel	GUA	5 JUN 1993	DQ	~>>>	
	CHOCHO LEON Cristian Andres	ECU	4 NOV 1983	DQ	~>>	
	PALMA OLIVARES Isaac Antonio	MEX	26 OCT 1990	DQ	~>	
	QUISPE MISME Ronal Rey	BOL	5 MAR 1989	DQ	>>>	
	RUIZ FAJARDO Jorge	COL	17 MAY 1989	DQ	>>>>	



Claudio Paulino Villanueva Flores wins the men's 50km (photo marciadalmondo)

50km Women, 7AM, Sunday 11 August

The women's 50km was held concurrently with the men. A strong group of 4 walkers soon formed at the front - **Mirna Ortiz** (GUA), **Paola Bibiana Perez** (ECU), **Mayra Carolina Herrera** (GUA) and **Johana Ordonez** (ECU) - walking together through the first half in 2:07:35. The second half was all Ordonez, breaking away with a negative split to finish with 4:11:12. Mirna Ortiz hung in to take second with 4:15:21 ahead of Paola Bibiana Perez with 4:16:54. **Viviane Santana Lyra** (BRA) with 4:22:46 and **Elianay Santana Silva Perei** (BRA) with 4:29:33 also broke the Doha qualification standard, while Mayra Carolina Herrera (BRA) was just outside it with 4:30:52.

Ordonez's performance is a new South American (COLSUDATLE) Area Record as well as an inaugural Pan Am Games Record. See the acknowledgement at <https://consudatle.org/johana-ordonez-con-record-otro-oro-ecuatoriano/>.

1.	ORDOÑEZ LUCERO Johana	ECU	12 DEC 1987	4:11:12		PB, Area Rec
2.	ORTIZ FLORES Mirna Sucely	GUA	28 FEB 1987	4:15:21	~	
3.	PEREZ SAQUIPAY Paola Bibiana	ECU	21 DEC 1989	4:16:54		
4.	SANTANA LYRA Viviane	BRA	29 JUL 1993	4:22:46	>	PB
5.	SANTANA SILVA PEREI Elianay	BRA	11 MAY 1984	4:29:33		PB
6.	HERRERA PEREZ Mayra Carolina	GUA	20 DEC 1988	4:30:52	>	
7.	CABALLERO HUAMAN Yoci Yoana	PER	2 FEB 1993	4:31:33	>	PB
8.	INGA HUAYNALAYA Evelyn Carla	PER	16 APR 1998	4:36:36	>>>	
9.	CASEY Stephanie	USA	1 AUG 1983	4:50:31	>>	
	BURNETT Kathleen	USA	7 OCT 1988	DNF		



Johana Edelmira Ordonez Lucero wins the women's 50km (photos marciadalmondo and <https://consudatle.org>)

DOHA 2019 50KM QUALIFIERS AS OF 11TH AUGUST 2019

With these latest two 50km races, the list of Doha qualifiers grows slightly. **Thanks to Paul DeMeester** for the updated list.

**Doha 2019 Worlds 50K Qualifiers as of 11 August 2019
based on IAAF List of Qualifying Race Walk Competitions in 2018-2019 as at 11 August 2019
(Maximum of 3 entrants per member federation)**

Qualification period started on 7 March 2018 and will end at midnight on 6 September 2019 (regardless of time zone)

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

1.	Yohann Diniz	FRA	3:33:25	London 13 August 2017 (Wild Card Entry, reigning WC)
2.	Qin Wang	CHN	3:38:02	Huangshan 9 March 2019
3.	Yusuke Suzuki	JPN	3:39:07	Wajima 14 April 2019
4.	Masatora Kawano	JPN	3:39:24	Wajima 14 April 2019
5.	Tomohiro Noda	JPN	3:39:47	Takahata 28 October 2018
6.	Satoshi Maruo	JPN	3:40:04	Wajima 14 April 2019
7.	Wenbin Niu	CHN	3:41:04	Huangshan 9 March 2019
8.	Yadong Luo	CHN	3:41:15	Huangshan 9 March 2019
9.	Rui Wang	CHN	3:42:08	Huangshan 9 March 2019
10.	Matej Toth	SVK	3:42:46	Dudince 25 March 2018
11.	Havard Haukenes	NOR	3:42:50	Dudince 23 March 2019
12.	Hirooki Arai	JPN	3:43:02	Wajima 14 April 2019
13.	Tongda Bian	CHN	3:43:06	Huangshan 9 March 2019
14.	Kai Kobayashi	JPN	3:43:46	Wajima 14 April 2019
15.	Hayato Katsuki	JPN	3:44:31	Taicang 5 May 2018
16.	Veli-Matti Partanen	FIN	3:44:43	Dudince 25 March 2018
17.	Maryan Zakalnytsky	UKR	3:44:59	Taicang 5 May 2018
18.	Dongpo Luo	CHN	3:45:38	Huangshan 9 March 2019
19.	Dzmitry Dziubin	BLR	3:45:51	Alytus 19 May 2019
20.	Joao Vieira	POR	3:46:38	Alytus 19 May 2019
21.	Artur Brzozowski	POL	3:46:42	Alytus 19 May 2019
22.	Rafal Augustyn	POL	3:47:04	Dudince 23 March 2019
23.	Brendan Boyce	IRL	3:48:13	Alytus 19 May 2019
24.	Xu Liu	CHN	3:48:30	Huangshan 9 March 2019
25.	Ivan Banzeruk	UKR	3:48:40	Alytus 19 May 2019
26.	Perseus Karlstrom	SWE	3:48:54	Taicang 5 May 2018
27.	Evan Dunfee	CAN	3:48:54	Wajima 14 April 2019
28.	Quentin Rew	NZL	3:48:58	Taicang 5 May 2018
29.	Teodorico Caporaso	ITA	3:49:14	Dudince 23 March 2019

30.	Isaac Antonio Palma Olivares	MEX	3:49:39	Lazaro Cardenas 21 April 2019
31.	Yangben Zhaxi	CHN	3:49:43	Huangshan 9 March 2019
32.	Rafal Sikora	POL	3:49:54	Taicang 5 May 2018
33.	Rui Chen	CHN	3:49:58	Huangshan 9 March 2019
34.	Claudio Paulino Villanueva Flores	ECU	3:50:01	Lima 11 August 2019
35.	Carl Dohmann	GER	3:50:27	Berlin 7 August 2018
36.	Rafal Fedaczynski	POL	3:50:41	Dudince 23 March 2019
37.	Damian Blocki	POL	3:51:04	Wajima 14 April 2019
38.	Jarkko Kinnunen	FIN	3:51:16	Dudince 23 March 2019
39.	Jonathan Hilbert	GER	3:51:22	Aschersleben 14 October 2018
40.	Valeriy Litanyuk	UKR	3:51:37	Alytus 19 May 2019
41.	Horacio Nava Reza	MEX	3:51:45	Lima 11 August 2019
42.	Takayuki Tanii	JPN	3:51:54	Takahata 28 October 2018
43.	Tao You	CHN	3:51:58	Huangshan 9 March 2019
44.	Jorge Ignacio Diaz	ESP	3:52:00	Alytus 19 May 2019
45.	Yuki Ito	JPN	3:52:08	Wajima 14 April 2019
46.	Michele Antonelli	ITA	3:52:09	Alytus 19 May 2019
47.	Shuto Goto	JPN	3:52:17	Takahata 28 October 2018
48.	Bernardo Uriel Barrondo	GUA	3:53:10	Taicang 5 May 2018
49.	Cameron Corbishley	GBR	3:53:20	Dudince 23 March 2019
50.	Mathieu Bilodeau	CAN	3:53:36	Dudince 23 March 2019
51.	Jesus Angel Garcia	ESP	3:53:48	Taicang 5 May 2018
52.	Diego Juan Pinzon Flores	COL	3:53:49	Lima 11 August 2019
53.	Nathaniel Seiler	GER	3:54:08	Berlin 7 August 2018
54.	Yuya Suganami	JPN	3:54:08	Wajima 14 April 2019
55.	Mate Helebrandt	HUN	3:54:13	Dudince 23 March 2019
56.	Qingsheng Ceng	CHN	3:54:29	Huangshan 9 March 2019
57.	Erick Bernabe Barrondo	GUA	3:54:30	Guatemala City 24 February 2019
58.	Adrian Blocki	POL	3:54:31	Taicang 5 May 2018
59.	Marc Tur	ESP	3:54:51	El Vendrell 10 February 2019
60.	Karl Junghannt	GER	3:55:01	Dudince 23 March 2019
61.	Andrea Agrusti	ITA	3:55:09	Taicang 5 May 2018
62.	Caio Oliveira de Sena Bonfim	BRA	3:55:24	Melbourne 2 December 2018
63.	Bence Venyercsan	HUN	3:55:34	Dudince 23 March 2019
64.	Luis Angel Sanchez Perez	GUA	3:55:40	Guatemala City 24 February 2019
65.	Artur Mastianica	LTU	3:55:40	Alytus 19 May 2019
66.	Marco De Luca	ITA	3:55:47	Berlin 7 August 2018
67.	Jose Montana	COL	3:55:48	Dudince 25 March 2018
68.	Andres Chocho	ECU	3:55:48	Cochabamba 5 June 2018
69.	Hongliang Zhang	CHN	3:55:58	Huangshan 9 March 2019
70.	Jorge Armando Ruiz	COL	3:56:07	Lazaro Cardenas 21 April 2019
71.	Benjamin Sanchez	ESP	3:56:15	El Vendrell 10 February 2019
72.	Alexandros Papamihail	GRE	3:56:19	Alytus 19 May 2019
73.	Ato Ibanez	SWE	3:56:22	Dudince 23 March 2019
74.	Jakub Jelonek	POL	3:56:33	Dudince 23 March 2019
75.	Dominic King	GBR	3:56:35	Dudince 23 March 2019
76.	Zhongkai Meng	CHN	3:56:45	Huangshan 9 March 2019
77.	Leonardo Dei Tos	ITA	3:56:56	Gioiosa Marea 27 January 2019
78.	Aurelien Quinion	FRA	3:57:05	Aschersleben 14 October 2018
79.	Arnis Rumbenicks	LAT	3:57:09	Alytus 19 May 2019
80.	Jijiang Han	CHN	3:57:33	Taicang 5 May 2018
81.	Serhiy Budza	UKR	3:57:34	Alytus 19 May 2019
82.	Katsuya Ishii	JPN	3:57:37	Wajima 14 April 2019
83.	Liang Yang	CHN	3:57:46	Huangshan 9 March 2019
84.	Jose Leyver Ojeda Blas	MEX	3:58:14	Lazaro Cardenas 21 April 2019
85.	Narcis Mihaila	ROU	3:58:17	Alytus 19 May 2019
86.	Jichao Li	CHN	3:58:20	Huangshan 9 March 2019
87.	Marc Mundell	RSA	3:58:32	Dudince 23 March 2019
88.	Ruslan Smolonskis	LAT	3:58:35	Alytus 19 May 2019
89.	Isamu Fujisawa	JPN	3:58:49	Takahata 28 October 2018

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

1.	Hong Liu	CHN	3:59:15	Huangshan 9 March 2019 (world record)
2.	Maocuo Li	CHN	4:03:51	Huangshan 9 March 2019
3.	Rui Liang	CHN	4:04:36	Taicang 5 May 2018
4.	Eleonora Giorgi	ITA	4:04:50	Alytus 19 May 2019
5.	Julia Takacs	ESP	4:05:46	Alytus 19 May 2019

6.	Ines Henriques	POR	4:05:56	London 13 August 2017 (Wild Card Entry, reigning WC)
7.	Faying Ma	CHN	4:07:30	Huangshan 9 March 2019
8.	Hang Yin	CHN	4:09:09	Taicang 5 May 2018
9.	Claire Woods	AUS	4:09:33	Taicang 5 May 2018
10.	Raquel Gonzalez	ESP	4:11:01	El Vendrell 10 February 2019
11.	Johana Edelmira Ordonez Lucero	ECU	4:11:12	Lima 11 August 2019
12.	Alina Tsvilyi	UKR	4:12:44	Berlin 7 August 2018
13.	Paola Viviana Perez Saquipay	ECU	4:12:56	Taicang 5 May 2018
14.	Myrna Sucely Ortiz Flores	GUA	4:13:56	Guatemala City 24 February 2019
15.	Maria Czakova	SVK	4:14:25	Dudince 25 March 2018
16.	Pengqin Jiang	CHN	4:14:31	Huangshan 9 March 2019
17.	Tiantian Bai	CHN	4:14:49	Huangshan 9 March 2019
18.	Yingliu Wang	CHN	4:15:33	Huangshan 9 March 2019
19.	Valentyna Myronchuk	UKR	4:15:50	Alytus 19 May 2019
20.	Nastassia Yatsievich	BLR	4:16:39	Alytus 19 May 2019
21.	Olena Sobchuk	UKR	4:17:07	Alytus 19 May 2019
22.	Nadzeya Darazhuk	BLR	4:17:29	Alytus 19 May 2019
23.	Magaly Beatriz Bonilla Solis	ECU	4:19:04	Taicang 5 May 2018
24.	Masumi Fuchise	JPN	4:19:56	Wajima 14 April 2019
25.	Khrystina Yudkina	UKR	4:19:57	Alytus 19 May 2019
26.	Ivana Renic	CRO	4:20:17	Dudince 23 March 2019
27.	Erika Jazmine Morales Cruz	MEX	4:20:36	Hauppauge 21 October 2018
28.	Ainhua Pinedo	ESP	4:21:07	Alytus 19 May 2019
29.	Viviane Santana Lyra	BRA	4:22:46	Lima 11 August 2019
30.	Meijiao Chi	CHN	4:22:47	Huangshan 9 March 2019
31.	Evelyn Carla Inga Huaynalaya	PER	4:22:57	Lazaro Cardenas 21 April 2019
32.	Vasylyna Vitovshchuk	UKR	4:23:15	Berlin 7 August 2018
33.	Mar Juarez	ESP	4:24:35	Alytus 19 May 2019
34.	Mariavittoria Becchetti	ITA	4:26:10	Alytus 19 May 2019
35.	Yumin Chen	CHN	4:26:42	Huangshan 9 March 2019
36.	Mara Ribeiro	POR	4:27:14	Alytus 19 May 2019
37.	Nicole Colombi	ITA	4:27:38	Gioiosa Mare 27 January 2019
38.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5 May 2018
39.	Aggeliki Makri	GRE	4:29:15	Alytus 19 May 2019
40.	Tiia Kuikka	FIN	4:29:25	Alytus 19 May 2019
41.	Elianay Santana Da Silva Pereira	BRA	4:29:33	Lima 11 August 2019
42.	Serena Sonoda	JPN	4:29:45	Takahata 28 October 2018
43.	Katie Burnett	USA	4:29:45	San Diego (track) 13 July 2019

OUT AND ABOUT

- France has announced some initial selections for this year's World Championships in Doha. 3 walkers are amongst the 7 named athletes. They are **Gabriel Bordier** (20km), **Kévin Champion** (20km) and **Yohann Diniz** (50km). It will be wonderful to see Yohann in action again. Will anyone be able to stop him taking gold?
- Leeds Beckett University based **Brian Hanley** has produced another excellent and timely research article: Assessment of IAAF Racewalk Judges' Ability to Detect Legal and Non-legal Technique. It is free to read at or download from from <https://www.frontiersin.org/articles/10.3389/fspor.2019.00009/full?fbclid=IwAR1QzKXArxsvf7JYn6-uEayHkhVrxqe2f-PkOpNee2DGRi9WLMckM6S4hwc>. Here is a brief cut and paste from the Discussion section at the end, just to whet your appetite.

One key finding was that loss of contact was detected at similar rates for all groups, regardless of judge qualification status. This indicates that the inability to detect loss of contact below ~0.045 s is normal and representative of the human visual system. This finding concurs with the previous findings of Knicker and Loch (1990) and De Angelis and Menchinelli (1992) and emphasizes that the human eye cannot detect very short flight times. It also suggests that 0.040–0.045 s is an appropriate threshold to adopt as “visible loss of contact” in the absence of judges when coaches are testing athletes using electronic aids. By contrast, very low detection rates occurred when flight time lasted <0.033 s. Judges also took longer to make a decision when flight times were ~0.045 s and showed the need for judges to observe athletes on several occasions to make a decisive judgement, as is normal during a race.

- Excellent article on 16 year old New Zealand gun walker **Daniel Du Toit** – <http://athleticswellington.org.nz/daniel-du-toit/>.
- Over the next 12-18 months, three of the ACT's governing athletics bodies will merge to form one organisation. It will see Little Athletics ACT, Athletics ACT and ACT Masters Athletics all come together under the one banner. Athletics ACT executive officer James Kaan said the merger would deliver better opportunities for all the athletes across all three organisations. He said it would provide greater continuity for the athletes and help keep more people in the sport for longer.

Sounds like a great idea to me. See <https://www.canberratimes.com.au/story/6321172/act-athletics-set-to-combine-as-one-single-organisation/?cs=14264>.

- We are more used to seeing them in racing shorts and vests but **Jemma and Alanna Peart** donned the good gear last Thursday evening for the FedUni WestVic Academy of Sport Awards gala dinner in Ballarat. Both had been nominated for the WestVic Academy of Sport Athlete of the Year, along with some other talented athletes. This time it was younger sister Alanna who won the overall award. Great work girls!



Jemma (left) and Alanna (right) Peart with dad and coach Wayne last Thursday evening in Ballarat

- The Russian cases keep on coming! A case against Russia's Tatyana Chernova has been concluded by the Athletics Integrity Unit (AIU) after she she accepted an anti-doping rule violation following charges based on evidence in the McLaren Report. The heptathlete had already been stripped of a number of medals from major events due to doping but has now accepted disqualification of her results between July 2016 in 2015 and February 5 the following year. See <https://www.insidethegames.biz/articles/1083289/aiu-conclude-dopng-case-against-chernova>.

MARCIADALMONDO ROUNDUP

marciadalmondo has 6 press releases for us this week.

- Mon 12 Aug - Reflections on the 2019 Pan-American Games
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3558
- Sun 11 Aug - Lima (PER): Claudio Villanueva (ECU) and Johana Ordonez (ECU) win Pan-American Games 50km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3557
- Sat 10 Aug - Qujing (CHN) - Preview of the fourth leg of the Chinese Race Walk Grand Prix, to be held Thurs 14 August
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3556
- Tue 6 Aug - Okinawa (JAP) - The 72nd national high school championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3555
- Tue 6 Aug - Saint-Etienne (FRA): Clemence Beretta and Kevin Campion are the new 2019 French Champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3554
- Mon 5 AUg - Evan Dunfee and Meryem Bekmez athletes of the month of July 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3553

I also point readers to an interesting omarchador press release from their history archives

- Sun 11 Aug - Performance of Portuguese 50km walker José Pinto at the Los Angeles Olympic Games
<http://omarchador.blogspot.com/2019/08/jose-pinto-nos-jogos-olimpicos-de-los.html>

TALKING TROPHIES – THE CLAUDE KNIGHT MEMORIAL TROPHY

In last week's newsletter, I chatted about the Lorna Carrington Trophy, the oldest of the women's RWA trophies. This week I focus on one of the more recent and, in my opinion, the most beautiful of our RWA Perpetual Trophies. The trophy, designed by Peter Fullager, features a pair of hands holding a globe.



The globe is engraved with the words

Claude Knight Memorial Trophy

*Walk on walk on with faith in your heart
and you'll never walk alone*

Below the graphic, the central plaque reads

*PRESENTED BY SAWC AND FRIENDS
IN MEMORY OF OUR MATE
AND CLUB PRESIDENT
1972*

The trophy was named after Claude Knight, the long time President of the SAWC. Claude ran the SA club with great enthusiasm for many years until tragically being stuck by a car in 1971 and killed. As an aside, Claude's son Dean was a top walker in the sixties and early seventies.

The trophy was added to the Second Federation Carnival and first presented in 1972. Initially it was for the winning team in the U14 Girls 3km Walk but is now presented to the winning team in the Under 16 Girls 5km Walk.

1972	NSW	U14 3km	G. Woolley, J. Griffiths, M. Freeman
1973	NSW	U14 3km	Anne Pembroke, Rachel Thompson, P. Houlahan
1974	NSW	U14 3km	Rachel Thompson, J. Ridley, A. Patmore
1975	NSW	U14 3km	Frances Burke, L. Dodd, M. Shepherd
1976	VIC	U14 3km	Kerrie Neville, Sally Pierson, Anne Miller
1977	NSW	U14 3km	Frances Burke, L. Dodd, S. Morgan
1978	VIC	U14 3km	J. Powell, C. Mansson, D. Russell
1979	VIC	U14 3km	S. Miller, K. Carroll, R. Webster
1980	VIC	U14 3km	S. Miller, L. Nicholson, Yvonne Waters
1981	VIC	U14 3km	Yvonne Waters, Julie Styles, J. Goodall
1982	NSW	U14 3km	W. Nixon, L. Hemmerling, K. Staub
1983	NSW	U14 3km	J. Randall, K. Staub, M. Chapman
1984	VIC	U14 3km	Wendy Muldoon, R. Waters, E. Barker
1985	NSW	U14 3km	Pamela Marlin, Patricia McIntyre, Michelle McCreeth
1986	NSW	U14 3km	Cheryl Webb, N. Clifford, S. Walkley
1987	VIC	U14 3km	Nicole Sansonetti, Simone Wolowiec, W. Blackwood
1988	NSW	U14 3km	Jane Saville, Cheryl Webb, Michelle Coulter

1989	NSW	U14 3km	Jane Saville, Michelle Coulter, C. Little
1990	NSW	U15 3km	Cheryl Webb, Linda Coffee, Amanda Heckenberg
1991	NSW	U15 3km	Cheryl Webb, Amanda Heckenberg, Caroline Little
1992	NSW	U15 3km	Natalie Saville, Amber Lawrence, Alisa Wells
1993	NSW	U15 3km	Natalie Saville, Renee McAskill, Michelle French
1994	NSW	U15 3km	Beth Edwards, Alisa Wells, Nicole Ellis
1995	PROC. PARK	U15 3km	Kellie Wapshott, Peter Hodgkinson, Jamie Lee Emmett
1996	REGAL	U15 3km	Jade Newell, Stacy Riakos, Rachael Dodds
1997	NSWRWC	U15 3km	Lisa Grant, Rachael Dodds, Hayley Brown
1998	REGAL	U15 3km	Stacy Riakos, Bianca Sait, Erin Graham
1999	REGAL	U15 3km	Laura Johnson, Bianca Sait, Laura Newell
2000	NSWRWC	U15 3km	Beki Lee, Susan Knapton, Christina Aldis
2001	WARWC	U15 3km	Elise Christie, Shana Cobby, Lisa Shrigly
2002	NSWRWC	U15 3km	Fiona Alldis, Natasha Agius, Kimberley Tillman
2003	NSWRWC	U15 3km	Natasha Agius, Katrina Biteznik, Shannon Jennings
2004	NSWRWC	U16 3km	Natasha Agius, Katrina Biteznik, Ellen Lingley
2005	NSWRWC	U16 3km	Shannon Jennings, Melissa Hayes, Fiona Millist
2006	NSWRWC	U16 3km	Melissa Hayes, Kini Chapple, Ebony Gralton
2007	SARWC	U16 3km	Paige Hooper, Kristie Goznic, Nicole McInerney
2008	VRWC	U16 5km	Amy Burren, Rachel Tallent, Hilary Brazel
2009	VRWC	U16 5km	Amy Burren, Jmara Hockley-Samon, Amelia Finnegan
2010	VRWC	U16 5km	Jmara Hockley-Samon, Stephanie George, Amelia Finnegan
2011	RWV	U16 5km	Jade Sanders, Stephanie George, Shelby Kay
2012	QRWC	U16 5km	Tayla-paige Billington, Katya Martin, Clara Smith
2013	-	U16 5km	Not awarded
2014	-	U16 5km	Not awarded
2015	RWV	U16 3km	Zahra Hayes, Jemma Peart, Rebecca Henderson
2016	RWV	U16 5km	Zahra Hayes, Rebecca Henderson, Kathleen O'Mahony
2017	NSWRWC	U16 5km	Allanah Pitcher, Emma Blanch, Brittany Robertson
2018	NSWRWC	U16 5km	Allanah Pitcher, Emma Blanch, Hannah Bolton

Like the Lorna Carrington Trophy, it will be up for grabs in the Australian Roadwalk Championships in Adelaide next month. Who will win it this year?

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

Australian/Victorian Key Dates – 2019/2020

Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA See https://www.athletics.com.au/events/40660/
Sept 15 (Sun), 2019	Victorian 50km Championships, Middle Park, VIC
Oct 5 (Sat), 2019	AV Shield commences with Round 1 (tentative date)
Oct 26-27, 2019	AV All Schools T&F Championships Weekend 1, Doncaster
Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km also)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

2019 IAAF Race Walking Challenge Series (remaining race meets)

Sept 28 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2-3, 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 8-19, 2021 **World University Summer Games**, Chengdu, China
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA

July 27 - Aug 7, 2022 **XXII Commonwealth Games**, Birmingham, GBR.
Aug 7-17, 2022 **24th World Masters T&F Championships**, Gothenburg Sweden

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

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