



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 06
Tuesday 5 November 2019



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WALKER OF THE WEEK

My Walker of the Week is 14 year old Gold Coast walker **Jayda Anderson**. She last won my weekly accolade in early June with a super fast 2000m walk of 9:18 as a 13 year old. Now 5 months later, she showed just how much she has improved, with a weekend in which she knocked out 3 very fast walks.

First to last Thursday evening when she won the annual UQ 1500m Track Classic at the University of Queensland Track in St Lucia, Brisbane, with a PB time of **6:26.17**. Then on Sunday, she competed in two walk events at the Little Athletics Queensland Summer Carnival in Brisbane, recording a PB 3000m time of **13:56.91** and backing up with a 15000m time of **6:52.60**.

Now that is an impressive weekend for a 14 year old walker! Well done Jayda.



File shot from the Gold Coast Walk Championships, June 2019 – U14 walkers Ashanti Heap, Jayda Anderson and Tamika Gee

WHAT'S COMING UP

- AV Shield returns with Round 4 on **Saturday 9th November** at venues around Victoria. Round 4 is the Relay Round, with **4x800m walk relays** (2 males and 2 females per team apparently) at each of the 5 venues (Knox, Doncaster, Geelong, Ballarat and Bendigo). I will be in the Coburg Harriers 4x800m walk team at Doncaster. Hopefully clubs can get enough teams together to make this an exciting event. So come on everyone and get those teams organised! More info at <http://athsvic.org.au/2019/generalnews/relay-round-avsl-round-4/>.

A bit more info about the mixed 4x800m walks relays that are to be held as part of AVSL Round 4. Club relay teams must have 2 male and 2 female walkers to score points. The idea here is to encourage clubs to foster greater engagement between both genders and to reward clubs that champion gender equity through their membership base. Teams may order walkers in whatever order suits them. Hopefully that will led to exciting races, with teams swapping positions as different speed

walkers hit the track. Walkers will not be required to carry a baton - a simple touch of hands at the changeover will be sufficient. AV will position the Track Referee at the finish line, along with a track official, to assist with the change-over, so the walks judges will not need to worry about this aspect of the race. Based on the number of walkers racing each week, we are hopeful of at least 8 walk teams at each of the metro venues. Note that if clubs can't put together a mixed team of 2 male and 2 female walkers, they can still enter a team (eg with 4 male walkers), but they will not score points. But it means that they can at least participate in what will be an exciting new event. **So get busy and start organising your team.**

- Our VRWC Summer Season continues on Wednesday 13th November with VRWC track races at the Dolomore Reserve Athletics Track in Mentone. The timetable reads as follows

Wed 13th November 2019, VRWC Track Races, Mentone		
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone		
6.30pm	10,000m Walk	Open
7.00pm	1500m Walk	Open
7.15pm	5000m, 3000m Walk	Open

- A reminder that the new **VRWC Financial Year started on 1st October** so it is time for all club members to renew their membership. You can now do it online via a link at <https://www.vrwc.org.au/VRWCMembershipApplication.shtml>.
- Entries are now open for the **Australian 50km meet at Fawkner Park on Sunday 1st December**. See more at <https://www.athletics.com.au/events/51744/>. Alas, the button which showed current entries has now disappeared and AA is just putting up a weekly summary of entries at the bottom of the link. Sorry fellas but this is not just good enough. It's not rocket science to setup a proper website entry system!
- A further reminder of the **Walks Judging Seminar** which will be conducted in Melbourne the day before the 50km meet (ie **Saturday 30th November**). See full details at <http://athsvic.org.au/2019/generalnews/walk-judging-seminar/>. Download the application form from the AV link.
- The Hong Kong Racewalking Association will host the 5th annual edition of its popular 1st January '**First Walk 2020**' walking festival, with 50km, 20km, 10km and 6 Hour walk options on offer. See more at their facebook page at <https://www.facebook.com/racewalk.hk/>. I can forward you the entry and information sheets (just email me), or email contact@racewalk.hk.
- Finally, I note that the date and venue have now been confirmed for the **Victorian Masters T&F Championships**. The meet will be held in Bendigo on the weekend of 14-15 March.

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 30 OCTOBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Warm evening.

1500m Walk

1.	GREGORY METHA	08:29	M55	72.75%
2.	GEORGE WHITE	09:19	M74	81.49%
3.	MARIE MAXTED	09:40	W59	70.97%
4.	GIL MCINTOSH	10:07	M69	70.51%
5.	LIZ DOWNS	10:41	W64	67.67%
	DAVID ROBERTSON	12:45	M85	DQ

1500m Club Walk

1.	TREVOR BROWN	10:18	M70	70.09%
2.	ROGER LOWE	11:43	M76	66.57%
3.	HELEN SURIDGE	11:46	W68	64.40%
4.	MARGARET MCINTOSH	12:20	W66	59.98%

4000m Walk

1.	GREGORY METHA	25:44	M55	66.07%
2.	GIL MCINTOSH	28:40	M69	68.55%
	DAVID ROBERTSON	35:33	M85	DQ

2000m Walk

1.	GEORGE WHITE	12:31	M74	78.45%
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2000m Club Walk

1.	TREVOR BROWN	14:26	M70	64.66%
2.	ROGER LOWE	16:21	M76	61.71%
3.	MARGARET MCINTOSH	16:56	W66	57.38%
4.	CATHIE HORE	17:55	W69	56.34%
5.	EDNA BATES	18:21	W66	52.95%

UQ 1500M TRACK CLASSIC, UQ ATHLETICS TRACK, ST LUCIA, BRISBANE, THURSDAY 31 OCTOBER

The annual UQ 1500m Track Classic at the University of Queensland Track in St Lucia last Thursday evening included its usual 1500m Track walks, with a good selection of young Queensland walkers in action. Wins to 14 year olds **Jayda Anderson** (6:26.17) and **Kai Norton** (6:56.14).

1500m Walk Women

1.	Anderson, Jayda	14	GCC	6:26.17	PB 0:13
2.	Heap, Ashanti	13	GCC	6:57.47	
3.	Hamann, Sophie Charlotte	18	QUT	7:07.20	
4.	Norton, Amber	13	QRW	7:16.28	
5.	Gee, Tamika	12	QA	7:25.08	
6.	Clarke, Anika	14	QRW	7:31.61	
7.	Sullivan, Bridget	15	QA	7:39.88	
8.	Rowbotham, Milla	18	QA	7:49.08	
9.	McRoberts, Jasmine-Rose	17	QRW	8:21.19	

1500m Walk Men

1.	Norton, Kai	14	QRW	6:56.14	
2.	McCure, Lachlan	15	GCV	6:56.41	PB ?
3.	McCure, Sam	13	GCV	7:04.57	PB 0:01

Years ago, the 1500m track walk used to be raced a lot. For instance, here in Victoria the two AV Interclub distances were 1500m and 3000m (now the AV Shield distances are 2000m and 3000m/5000m). Sadly, a lot of history was lost when we moved away from 1500m walks, which are now only contested in Little Athletics and Schools competitions.

But I do maintain 1500m ranking lists via my stats website <http://racewalkaustralia.com/Home.asp>. Here are the 2019 ranking lists.

1500m Men – 2019 Australian Ranking List

1.	William Robertson	U16M	5:58	TAS	12/10/2019
2.	Kim Mottrom	M35	6:02	SA	07/10/2019
3.	Nikola Mandic	U17M	6:02	VIC	16/03/2019
4.	Daniel Walters	M35	6:02	VIC	23/03/2019
5.	Jack McGinniskin	U17M	6:17	NSW	16/03/2019
6.	Mark Blackwood	M40	6:20	VIC	23/03/2019
7.	Toby Wilks	U14M	6:24	SA	27/04/2019
8.	Jonathan Wearne	U15M	6:37	QLD	23/03/2019
9.	Cooper Anderton	U17M	6:38	WA	16/03/2019
10.	Andrew Duncan	M50	6:40	WA	26/04/2019
11.	Pramesh Prasad	M40	6:41	VIC	23/03/2019
12.	Reece Madden		6:45	QLD	23/03/2019
13.	Fraser Saunder	U16M	6:51	VIC	13/10/2019
14.	Hayden Blaskett	U18M	6:52	NSW	16/03/2019
15.	Joel Kemp	U16M	6:53	NSW	16/03/2019
16.	Lachlan McCure	U15M	6:56	QLD	02/11/2019
17.	Kai Norton	U15M	6:56	QLD	02/11/2019
18.	Will Bottle	U14M	6:58	TAS	10/03/2019
19.	Heath Beveridge	U16M	6:58	VIC	09/02/2019
20.	Scott Nelson	M45	6:58	VIC	23/03/2019

1500m Women – 2019 Australian Ranking List

1.	Alanna Peart	U17W	6:25	VIC	18/10/2019
2.	Jayda Anderson	U15W	6:26	QLD	02/11/2019
3.	Camryn Novinetz		6:35	QLD	23/03/2019
4.	Jemma Peart	U18W	6:35	VIC	19/01/2019
5.	Rebecca Henderson	U20W	6:37	VIC	18/10/2019

6.	Allanah Pitcher	U16W	6:38	NSW	16/03/2019
7.	Emma Blanch	U16W	6:40	NSW	16/03/2019
8.	India Duguid	U15W	6:52	NSW	29/07/2019
9.	Hannah Bolton	U16W	6:53	NSW	16/03/2019
10.	Ashanti Heap	U14W	6:56	QLD	23/03/2019
11.	Milly Boughton	U14W	6:56	NSW	27/04/2019
12.	Tracy Feiner	W40	6:57	VIC	23/03/2019
13.	Alexandra Griffin	U14W	6:59	WA	16/03/2019
14.	Alice Randall	U20W	7:02	TAS	02/03/2019
15.	Anika Clarke	U14W	7:02	QLD	23/03/2019
16.	Charlotte Hay	U16W	7:02	VIC	16/03/2019
17.	Emma Thomas	U15W	7:03	NSW	05/09/2019
18.	Amber Norton	U14W	7:04	QLD	25/08/2019
19.	Tara Laytham		7:05	NSW	05/09/2019
20.	Lataya Lawrence	U14W	7:06	WA	27/04/2019

I also maintain all time ranking lists for all distances, but the 1500m all-time ranking lists are unfortunately incomplete, as Athletics Australia never maintained or published annual ranking lists for that distance. So my 1500m All-Time ranking lists are based on whatever results I could find from my own archives, along with input from many others in the Australian racewalking community. You can check them out at <http://www.vrwc.org.au/arankings.shtml>. Here are the all time top 20 as they currently stand.

1500m Men – Australian All-Time Ranking List

1.	5:16.4	Dane Bird-Smith	QLD	15/07/1992	Brisbane	07/11/2013	U23
2.	5:19.1	David Smith	VIC	24/07/1955	Melbourne	07/02/1981	Open
3.	5:19.5	Jesse Osborne	VIC	24/01/1995	Melbourne	23/03/2014	U20
4.	5:22.1	Nathan Deakes	VIC	17/08/1977	Geelong	18/10/1997	U23
5.	5:29.0	Rhydian Cowley	VIC	04/01/1991	Melbourne	12/12/2012	U23
6.	5:30.8	Willi Sawall	VIC	07/11/1941	Melbourne	23/01/1980	Open
7.	5:32.0	Greg Robertson	TAS	23/12/1969	Hobart	04/01/1989	U20
8.	5:36.0	Chris Erickson	VIC	01/12/1981	Sydney	28/02/2009	Open
9.	5:36.6	Tim Erickson	VIC	23/11/1950	Melbourne	08/11/1980	Open
10.	5:37.3	Declan Tingay	WA	06/02/1999	Perth	10/11/2018	U20
11.	5:37.5	Andrew Jachno	VIC	13/04/1962	Melbourne	06/03/1982	U20
12.	5:38.8	Dion Russell	VIC	08/05/1975	Melbourne	26/10/1992	U18
13.	5:41.9	Brad Aiton	QLD	20/06/1994	Southport	17/12/2011	U18
14.	5:42.7	Stephen Brooks	VIC		Adelaide	26/03/1995	U16
15.	5:42.6	Nick Dewar	QLD	13/05/1992	Brisbane	07/11/2013	U23
16.	5:42.5	Brandon Dewar	QLD	13/05/1992	Brisbane	04/10/2010	U20
17.	5:44.0	Tyler Jones	NSW	08/04/1998	Sydney	24/11/2018	Open
18.	5:43.8	Daniel Walters	VIC	19/12/1979	Geelong	07/03/1998	U19
19.	5:45.0	David Cash	VIC		Melbourne	08/11/1980	Open
20.	5:45.0	Simon Baker	VIC	06/02/1958	Melbourne	02/12/1983	Open

1500m Women – Australian All-Time Ranking List

1.	5.48.34	Katie Hayward	QLD	23/07/2000	Brisbane	03/11/2016	16
2.	5.50.41	Kerry Saxby-Junna	NSW	02-06-1961	Sydney	20/01/1991	29
3.	5.59.15	Renee McAskill	NSW	11/03/1982	Sydney	25/02/1996	13
4.	6.09.31	Michelle French	NSW	10/04/1982	Sydney	14/02/1998	15
5.	6.09.74	Clara Smith	QLD	09/03/1998	Brisbane	02/11/2017	19
6.	6.10.78	Natalie Saville	NSW	07/09/1978	Hobart	27/03/1994	15
7.	6.10.80	Sue Cook	VIC	23/04/1958	Canberra	21/01/1984	25
8.	6.14.30	Jane Saville	NSW	05/11/1974	Sydney	20/01/1991	16
9.	6.17.08	Jessica Pickles	QLD	09/02/1994	Brisbane	07/11/2013	19
10.	6.20.20	Gabrielle Blythe	VIC	09/03/1969	Geelong	08/02/1986	16
11.	6.22.43	Linda Coffee	NSW	31/07/1977	Sydney	21/03/1993	15
12.	6.23.43	Cheryl Webb	NSW	03/10/1976		'92 Aust Titles	15
13.	6.25.75	Christina Papadopoulos	QLD	05/09/1996	Brisbane	02/11/2017	21
14.	6.25.94	Alanna Peart	VIC	06/09/2003	Melbourne	18/10/2019	16
15.	6.26.17	Jayda Anderson	QLD	10/08/2005	Brisbane	02/11/2019	14
16.	6.27.79	Rebecca Henderson	VIC	04/07/2001	Melbourne	23/10/2017	16
17.	6.31.45	Kate Connolly	NSW		Perth	/03/99 Aust Titles	U16
18.	6.31.67	Jillian Hosking	ACT	12/02/1987	Hobart	08/12/2002	15
19.	6.31.70	Jemima Montag	VIC	15/02/1998	Melbourne	02/02/2013	14
20.	6.32.60	Anne Miller	VIC	26/02/1963	Melbourne	05/02/1978	14

2019 COLES SUMMER CARNIVAL, SAF, NATHAN, SUNDAY 3 NOVEMBER

Thanks to Robyn Wales for these additional results from up north. Another couple of outstanding walks last Sunday by **Jayda Anderson** at the Little Athletics Queensland Summer Carnival in Brisbane (13:56.91 for 3000m and 6:52.60 for 1500m).

U9 700m Walk Girls

1.	Gee, Isabella	Algester	4:11.46
2.	Sank, Imogen	Mt Gravatt	5:05.39
3.	Simpson, Summer	Bribie Dist	5:16.17
4.	Froget Penaranda, Barbar	Toowong Harries	5:30.79
5.	Hanlon, Teagan	Ipswich	5:38.15
6.	Laidler, Amber	Bribie Dist	5:49.88
7.	Laidler, Lily	Bribie Dist	5:55.45

U9 Boys 700m Walk

1.	Robertson, Payten	Mt Gravatt	4:42.18
2.	Harrison, Archie	Toowong Harries	4:44.01
3.	Clark, Hudson	Caloundra	4:44.23
4.	Sibenaler, Hunter	Algester	5:12.62
5.	Fletcher, Jarvis	Runaway Bay	5:38.14
6.	Shen, Aidan	Sunnybank	5:42.69
7.	Holloway, Tristan	Souths	7:40.14
	Williams, Brady	Deception Bay	DQ

U10 Girls 1100m Walk

1.	Fisher, Siaan	Redlands	6:46.01
2.	Teasel, Ashlee	Helensvale	7:04.52
3.	Pearce, Emmelia	Ipswich	7:13.47
4.	Zirbel, Mikayla	Highfields	7:30.82
5.	Athousis, Georgina	Sunnybank	7:51.18
6.	Drescher, Ellie	Algester	8:12.25
7.	Mangan, Lucille	Redlands	8:42.32
8.	Agarwal, Poonita	Toowong Harries	9:04.44
9.	Sjaus, Madeline	Ashmore	10:08.27
	Anderson, Pippa	Redlands	DQ
	Kelly, Chloe	Mt Gravatt	DQ
	Hunter, Grace	Mt Gravatt	DQ

U10 Boys 1100m Walk

1.	Foster, Daniel	Gold Coast	7:41.55
2.	Hoyling, Angus	Toowong Harries	7:54.66
3.	Booth, Kyle	Sunnybank	8:07.26
4.	Laidler, Marley	Bribie Dist	9:04.26
5.	Miller, Brock	Strathpine	9:04.29
	Hambrook-Smith, Jake	Mt Gravatt	DQ

U11 Girls 1100m Walk

1.	Clarke, Makenna	Redlands	6:20.62
2.	Sheehan, Emma	Toowong Harries	7:15.78
3.	Graske-Borst, Rhianna	The Gap	7:24.58
4.	Mackay, Phoenix	Algester	7:51.06
	Goulding, Lucie	Ipswich	DQ
	Bunkum, Albertine Scarle	Sunnybank	DQ

U11 Boys 1100m Walk

1.	Callaghan, Flynn	Redlands	5:57.26
2.	Tilton, Noah	Tweed	6:37.82
3.	Gee, Blake	Algester	6:44.08
4.	Athousis, Constantinos	Sunnybank	6:48.03
5.	Anderson, Lucas	Toowong Harries	7:39.96
6.	Zirbel, Blake	Highfields	7:45.98

U12 Girls 1500m Walk

1.	Tudor, Anna	Noosa	9:16.77
2.	Long, Scarlett	Ipswich	10:40.99
	Talbot, Tegan	Springwood	DQ
	Heap, Alisha	Gold Coast	DQ
	Ross, Mia	Redlands	DQ

U12 Boys 1500m Walk

1.	Teasel, Bailey	Helensvale	8:34.05
2.	Lucas, Jaydon	Redlands	9:52.76
3.	Cohen, Harry	Toowong Harries	9:57.60

U13 Girls 1500m Walk

1.	Gee, Tamika	Algester	7:19.20
2.	Goulding, Lily	Ipswich	9:22.44
3.	Stewart, Kamara	Ipswich	9:22.51
4.	Lucas, Hayley	Redlands	9:58.32
5.	Bridge, Tahni	Springwood	10:45.15
6.	Kopittke, Tiana	Algester	11:06.79
7.	McDonald, Tatum	Beenleigh	11:16.53
	Williams, Lyla	Tweed	DQ
	Thomasson, Aleksia	Mt Gravatt	DQ

U13 Boys 1500m Walk

1.	Callaghan, Myles	Redlands	7:46.64
2.	Parkinson, Owen	Toowong Harries	9:40.76
3.	Higham, Tristan	Strathpine	9:56.58
4.	Sheehan, Liam	Toowong Harries	10:48.25
	Capps, Charlie	Gold Coast	DQ

U14 3000m Walk Girls

1.	Heap, Ashanti	Gold Coast	15:41.13
2.	Zirbel, Cheyenne	Highfields	22:41.26

U14 3000m Walk Boys

1.	McCure, Sam	Ashmore	15:31.56
2.	Bradley, Alex	Highfields	16:01.40
3.	Riese, Jonathan	Toowong Harries	20:09.38

U15 Girls 3000m Walk

1.	Anderson, Jayda	Gold Coast	13:56.91
2.	Clarke, Anika	Redlands	16:20.16
3.	Bergh, Mia	Ashmore	17:37.99
4.	Sentance, Charlotte	Arana	17:52.42
5.	Brady, Korey	Aspley	18:18.99

U16 Boys 3000m Walk

1.	McCure, Lachlan	Ashmore	15:14.45
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U17 Girls 3000m Walk

1.	Hill, Gabriella	Tweed	16:52.80
2.	Bow, Elliot	Caboolture	18:13.75

U17 Boys 3000m Walk

1.	Zirbel, Joshua	Highfields	19:56.97
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U14 Girls 1500m Walk

1.	Heap, Ashanti	Gold Coast	7:36.32
2.	Chadwick, Phoebe	Bracken Ridge	10:06.21

U14 Boys 1500m Walk

1.	McCure, Sam	Ashmore	7:21.35
2.	Bradley, Alex	Highfields	7:21.36

U15 Girls 1500m Walk

1.	Anderson, Jayda	Gold Coast	6:52.60
2.	Clarke, Anika	Redlands	7:31.35
3.	Porter, Sophie	Aspley	7:57.35
4.	Hogan, Payten	Tweed	8:11.58
5.	Bergh, Mia	Ashmore	9:11.68
6.	Fisher, Torryn	Redlands	9:27.12
7.	Hill, Cassandra	Tweed	9:59.53

U16 Boys 1500m Walk

1.	McCure, Lachlan	Ashmore	7:19.78
	Gorry, Jemaine	Mt Tarampa	DQ

U16 Girls 1500m Walk

1.	Ofield, Mackenzie	Caloundra	7:50.69
	Kruck, Savarnah	Algester	DQ

U17 Girls 1500m Walk

1.	Hill, Gabriella	Tweed	7:54.62
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ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 2 NOVEMBER

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

More accolades this week for **William Robertson** who again put in a superb performance to add another State Record to his list of achievements. Standing on the sidelines as one of the walk judges), it was a joy to watch this youngster exhibit good speed and fine walking. Also putting in a solid effort was **Anna Blackwell** with a PB for 3000m track walk. Anna is showing some consistency in recent weeks, suggesting that a big spike of improvement is just around the corner.

Conditions were ideal, overcast and only a slight breeze.

1.	3000m Walk			
2.	William Robertson	OVA	12:50.82	Tas U16 Record and PB
3.	Anna Blackwell	OVA	14:55.54	PB Track
4.	Oliver Morgan	OVA	19:44.84	
5.	Elizabeth Leitch	TMA	20:08.50	



William Robertson and Anna Blackwell (photo courtesy Athletics South)

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 2 NOVEMBER

Thanks to Kim Mottrom for this week's results from SA. He commented: Nice weather and some very good times over 5000m and 1500m.

5000m Walk

1.	Tristan Camilleri	22:06.02
2.	Kim Mottrom	22:36.69
3.	Mathew Bruniges	23:52.71
4.	Alix Harlington	24:48.64
5.	Richard Everson	25:44.06
6.	Kristie Goznik	25:59.03
7.	Greg Metha	31:17.11
8.	Peter Crump	32:56.60

1500m Walk

1.	Sebastian Richards	8:04.33
2.	Anthony Tana	8:10.17
3.	Hannah Wilks	8:25.38
4.	Mia Wilks	8:33.71
5.	Nellie Langford	8:37.88
6.	Katie DeRuvo	8:43.89
7.	Ruby Langford	8:49.19

WA ALL SCHOOLS CHAMPIONSHIPS, WA ATHLETICS STADIUM, 1-3 NOVEMBER

Thanks to Terry Jones for the results of the Western Australian Schools Walks in Perth.

Girls 3000m Walk U14

1.	Lataya Lawrence	15:58.8
2.	Ashlyn Spence	16:02.0
3.	Casey Mortimore	16:10.6
4.	Meg Mcaullay	17:18.5
5.	Lucy Greenwood	17:30.4
6.	Layla Dabala	20:22.0
	Alessia Andritsos	DQ
	Marissa Mezzatesta	DQ

Boys 3000m Walk U14

1.	John Ronan	15:16.1
2.	Jack Wright	16:46.1
3.	Christopher Wright	18:47.2
	Xavier Bernard	DQ

Girls 3000m Walk U16

1.	Alexandra Griffin	14:58.7
2.	Brooke Mortimore	16:26.4
3.	Hannah Doyle	17:23.2
4.	Sienna Andritsos	17:58.8
5.	Jorja Smith	19:00.1
6.	Caitlin Hodgkinson	21:02.2
7.	Emily Bogaers	24:21.9

Boys 3000m Walk U16

1.	Jackson Cramer	19:03.7
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Girls 5000m Walk U18

1.	Hannah Ireland	31:35.1
2.	Richelle Morales	31:42.6
3.	Ebony Gough	33:38.6
	Caitlin Gallagher	DNF
	Peter Moyes	DNF

Boys 5000m Walk U18

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|-------------------|---------|
| 1. Calum Murphy | 29:14.5 |
| Sebastian Wickham | DQ |

VRWC RUNNERS WORLD WINTER SEASON AWARDS

Neil Ryan of Runners World Kew approached VRWC early in the 2009 winter season with an offer of some club sponsorship. While we had our Points and Handicap awards, the awards were not necessarily won by our BEST walkers as they were influenced by participation rates. So, after various discussions, it was decided to institute Runners World Winter and Summer Season Awards. You can read more about these awards at <http://www.vrwc.org.au/vrwcrunners-world.shtml>.

The Victorian Race Walking Club can now announce the winners of the **VRWC Runners World Winter Season Awards**.

- | | |
|-----------------|----------------------|
| • MEN SENIOR: | Kyle Swan |
| • MEN JUNIOR: | Corey Dickson |
| • WOMEN SENIOR: | Tracy Feiner |
| • WOMEN JUNIOR: | Alanna Peart |



Here's a bit of a blurb on each of the walkers

- **Corey Dickson** dominated the Victorian junior ranks this winter, with two AV titles, gold and silver at the LBG Carnival in Canberra, a further silver at the National Roadwalk champs in Adelaide, a bronze in the Oceania Championships (U18) in Townsville and some significant PBs. In addition, he never finished lower than 2nd in any of the VRWC open races in which he completed. Corey's determination to develop his condition and racing fitness have set him up as one of the most promising young walkers in the country.
- This winter saw **Tracy Feiner's** most consistent racing for many years. Specialising in the longer distances, her returns included an AV title (30km with a huge PB) and a silver in the AV 15km, another silver in the National 20km and an impressive Ray Smith trophy win (VRWC 35km). Tracey exhibits a model technique for long racing and an exemplary level of fitness that, we hope, will carry her all the way on her second attempt at 50km in December.
- This winter season has shown a very determined **Kyle Swan** returning to top form, with impressive times in all distances, setting PBs of 15km 1:07:48, 20km 1:31:42 and 30km 2:37:29. He won the Open 15km walk at the LBG Carnival in Canberra and took silver in the Australian 20km Roadwalk Championship in Adelaide and took silvers in the Victorian 10km, 15km, 20km and 30km Championships. He also won the VRWC winter season Open Category Actual Times, Handicap and Style Award competitions.

- **Alanna Peart** continued her winning ways this winter with a string of top performances. She won the Victorian Country Championships U18 5km roadwalk in 24:00, won double golds in the LBG Carnival in Canberra (Open 5km and U16 3km), won the Vic U18 5km Roadwalk Champ in a PB 23:12 and won further gold in the Australian Roadwalk Championships (U18 5km). Arguably our top Australian female junior walker at the moment.

Note that our elite walkers, who receive financial support from AA, are excluded from the list of nominees as these athletes already have a good level of support. This sponsorship is aimed at walkers who are currently self funded. That means that our two top walkers, Rhydian Cowley and Jemima Montag, were not eligible. That opened the door for Kyle and Tracy to take our Open awards, and they are worthy winners indeed. Add to that our junior winners in Corey and Alanna and you have 4 darn good walkers.

The Open winners will each receive \$500 in cash, along with a \$500 gift voucher for Neil Ryan's Runners World shop in Kew. The Junior winners will each receive a \$500 gift voucher for Neil Ryan's Runners World shop in Kew. Neil will be on hand at our VRWC Summer Season Championship races at Middle Park on the morning of Sunday 17th November to make the presentations.

Remember to do all your sporting goods shopping at Neil's shop, 598 High St, East Kew (<http://www.runnersworld.com.au>).

ATHLETICS VICTORIAN WINTER ROADWALK PERPETUAL TROPHIES

Talking awards, VRWC also coordinates the awarding of the Athletics Victorian Winter Roadwalk Perpetual Trophies. We work up a short list of nominees and, together with AV, confirm a winner in each of the 6 categories. Our 6 winners this season are as follows:

NORM GOBLE TROPHY	Most points earned in Men's AV Championships	Rhydian Cowley
BETTY NEWMAN TROPHY	Women's Walking Team Champions	Melbourne University
AVIS REDMAN TROPHY	Best Under 16 Girl Walker	Kaylah Heikkila-Dubowik
TOM DAINTRY TROPHY	Best Under 14 Girl Walker	Darcey Roberts
BOB GARDINER Shield	Best U16/U14 Boy Walker	Fraser Saunder
SIMON BAKER Shield	Best U18 Boy Walker	Corey Dickson

We have now finalised all our VRWC winter season trophies. See the full list at <http://www.vrwc.org.au/documents/2019%20Trophy%20Winners%20-%20winter%20season.pdf>.

I also maintain a document detailing all the AV and VRWC racewalking perpetual trophies. Check out trophy details and previous winners at <http://www.vrwc.org.au/vrwc-av-trophies-awards.shtml>.

MARCIALMONDO ROUNDUP

marciadalmondo has 5 press releases this week

- Mon 4 Nov -Evolution of the average speed of the first 10 athletes in 50km men: "Area vs World"
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3630
- Sun 3 Nov - Trends of speed performances in women walking (20km and 50km)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3629
- Sat 2 Nov - Trends of speed performances in men walking (20km and 50km)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3628
- Fri 31 Oct - Sergey Bakulin (RUS): banned 8 years for anomalies in biological passport (ABP case)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3627
- Thu 30 oct - Will Sapporo be the ultimate venue for the Tokyo 2020 race walk and marathon
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3626

There were also 2 additional interesting press releases by omarchador. The selection includes

- Mon 4 Nov - **German walker Karl Junghannß runs 2:17:54 in the Frankfurt Marathon** - who says walkers can't run!
<https://omarchador.blogspot.com/2019/11/karl-junghann-um-marchador-em-destaque.html>
- Fri 1 Nov - Perseus Karlström and Shenjie Qieyang win 2019 IAAF World Racewalking Challenge
<https://omarchador.blogspot.com/2019/11/perseus-karlstrom-e-shenjie-qieyang-os.html>

OUT AND ABOUT

- Well done to Canadian **Evan Dunfee** (50km bronze medallist in Doha) who is Canadian Sport Institute Pacific athlete of the month. See <http://www.csipacific.ca/athletes/athlete-of-the-month/>
- A couple of new links for bookmarking
 - <https://www.wr-nw.com/> - I had not seen this before but it looks an established site that caters for racewalking and nordic walking
 - <http://www.centurionsworldwide.org.uk/> - The new Centurions Worldwide Community website which brings together all Centurions from across the globe with a common interest.
- The latest issue of the English publication Race Walking Record (RWR889, October 2019) is now out. See <http://racewalkingassociation.com/RWR.asp>.
- A decision on whether a suspension should be reimposed on Russia could be made by the end of next month, WADA revealed last week, but the reinstatement case may have been damaged by new reports from Microsoft claiming a group linked to the Moscow Government tried to hack the computers of 16 international anti-doping agencies. In a blog post written by Tom Burt, the corporate vice-president of customer security and trust at Microsoft, it is claimed the hackers began their attacks on September 16. That was shortly before reports emerged that WADA suspected Russia had tampered with evidence they had handed over the Moscow Laboratory. See <https://www.insidethegames.biz/articles/1086433/russia-in-new-doping-controversy>.
- At the same time, RUSADA confirmed that there had been no attempts to hack their own systems. This will raise suspicions that cyber espionage groups with links to Vladimir Putin's Government were behind a campaign to get information from the 16 international anti-doping agencies. See <https://www.insidethegames.biz/articles/1086443/rusada-not-victim-of-cyber-attack>.
- Australia's anti-doping chief has become the first international doping figure to heap pressure on WADA to ban Russian athletes competing at the 2020 Tokyo Olympics. Australian Sports Anti-Doping Authority (ASADA) chief executive David Sharpe on Wednesday made the extraordinary declaration following WADA's announcement last month that Russia had three weeks to explain how multiple drug tests were deleted from a database of records Russia sent to WADA as part of the global anti-doping body's investigation into allegations of state-backed, systematic doping. See <https://www.news.com.au/sport/sports-life/asada-boss-calls-for-russia-to-be-banned-from-tokyo-olympics/news-story/63155bc7bacb8ae17b9bd0e123a0b612>.
- This follows on from Sharpe's announcement that last year ASADA had repelled cyber attacks from state-sponsored Russian hacking group Fancy Bear, predicting the threat of further online assaults to rise if Russia is banned from next year's Olympic Games in Tokyo. The revelation comes two days after software giant Microsoft said its threat intelligence centre found at least 16 national anti-doping agencies and sporting bodies had been targeted by the hackers in September in attacks that began shortly before WADA announced doping compliance proceedings against Russia over "inconsistencies" in historical lab test data provided to WADA from Moscow. See <https://www.smh.com.au/sport/russian-hackers-tried-to-break-into-asada-database-anti-doping-chief-reveals-20191030-p535uk.html>.
- Athletes such as footballers who test positive to cocaine or other social drugs on match day will no longer be banned for years and could serve as little as one month if changes to the World Anti-Doping Agency code are approved next week. At last common sense prevails. I have been against this draconian provision for years now. See <https://www.smh.com.au/sport/afl/doping-bans-for-street-drugs-likely-to-be-cut-too-late-for-murray-20191030-p535np.html>.
- Former British Cycling and Team Sky doctor Richard Freeman will admit to a medical tribunal he "told a lot of lies" and that he ordered the banned substance testosterone. He will claim the 30 Testogel sachets were not for an athlete but were ordered on behalf of ex-British Cycling and Team Sky coach Shane Sutton. What can you say except that it sounds like more lies to me. It is my view that the testosterone was for Sky riders. See <https://www.bbc.com/sport/cycling/50219337>.
- Yuliya Gushchina (sprinter), Anna Nazarova/Klyashtornaya (long jump) and Olesya Sviridova (shotput) have been sanctioned for anti-doping rule violations (turinabol, and stanozolol) as a result of retrospective testing. Are there any left untouched! See <https://www.sportsintegrityinitiative.com/three-russians-sanctioned-for-doping/>.
- WADA has said it will investigate all athletes who trained with banned coach Alberto Salazar. That will include his highest profile athlete, Britain's Mo Farah. The Nike Oregon Project (NOP), run by Salazar, has now been closed down. See <https://www.bbc.com/sport/athletics/50286638>.

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

Nov 9 (Sat), 2019	AV Shield Round 4 (Relays Round), Knox and Doncaster, 4x800m walks (Mixed)
Nov 13 (Wed), 2019	VRWC Track Races, Mentone
Nov 16 (Sat), 2019	AV Shield Round 5, Aberfeldie and Nunawading, NO WALKS
Nov 17 (Sun,) 2019	VRWC Summer Championships and AGM, Middle Park
Nov 27 (Wed), 2019	VRWC Track Races, Keilor
Nov 30 (Sat), 2019	AV Shield Round 6, Casey Fields and Meadowglen, 2000m walks
Nov 30 (Sat), 2019	AV/AA Walk Judging Seminar, Melbourne
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Dec 11 (Wed), 2019	VRWC Track Races, Clifton Hill
Dec 13 (Fri), 2019	AV Shield Round 7, Twilight Nitro, NO WALKS
Dec 21 (Sat), 2019	AV Shield Round 8, Box Hill and Werribee, 1500m and 3000m walks
Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 11 (Sat), 2020	NSW 10,000m Walk Championships, Mingara Regional Athletics Centre, Mingara
Jan 11 (Sat), 2020	AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks
Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Keilor Park, NO WALKS
Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 1 (Sat), 2020	AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
Feb 8 (Sat), 2020	AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 12 (Wed), 2020	AV 5km Teams Championship, VRWC Walks, Mentone
Feb 15-16, 2020	LAVIC Region T&F Carnivals, Throughout Victoria
Feb 16 (Sun) 2020	VRWC Track Races, VMA 5000m Championships, Mentone
Feb 22 (Sat), 2020	AV Shield Final, Lakeside Stadium (timetable TBA)
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 14-15, 2020	LAVIC State T&F Championships, Casey Fields
Mar 14-15, 2020	Victorian Masters, T&F Championships, Bendigo
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

International Dates

Jan 1 (Wed), 2020	The First Walk 2020 (50km, 20km, 10km, 6 Hour), Hong Kong Email contact@racewalk.hk
Mar 23, 2020	38 th Dudinska Meet, Dudince, Slovakia
Apr 4, 2020	Podebrady Walks Meet, Podebrady, Czech Republic
May, 2-3, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus See https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships
Jun 5, 2020	46 th International RW Festival, Alytus, Lithuania
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
Jan 17-23, 2020	Oceania Masters Championships , Norfolk Island
Apr 6-13, 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 2023 (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>)