



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S TOP TEN WOMEN FOR 2019

It's that time of the year again so off we go with my Top Ten Women for 2019. These are very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As always, it was a very tough ask.

Overall, the head to heads between Jemima Montag (VIC) and Katie Hayward (QLD) saw the two girls locked together in 2019 with the count at 4 apiece, with so little separating the two girls that they share the Number 1 spot in my Yearly Top Ten.



E1. Jemima Montag (VIC)

21 year old Jemima Montag started her year in fine style with two top 10,000m walk performances in January in Canberra (45:36.84 followed by a PB 43:59.46). A PB time of 1:30:51 the next month in Adelaide showed that she had a good mix of speed and stamina. She improved her 10,000m track PB to 43:51.47 in taking silver in the Australain T&F Champs in Sydney in early April. She also clocked another two good 20km walks, first in Nomi in Japan (1:31:53) and then in Lazaro Cardenas in Mexico (1:32:19). She took gold in the Oceania 10,000m Track walk in Townsville in June with another PB (43:50.84), followed 2 weeks later by silver in the World University Games in Naples (1:33:57). Her main racing season culminated with a top 10 finish in the World Championships in Doha in very tough conditions (1:36:54).



E1. Katie Hayward (QLD)

19 year old Katie Hayward started her year identically to Jemima, with strong walks in the two 10,000m track races in Canberra in January (45:49.95 and 44:29.27). She then turned the tables in Jemima in the Australian Summer 20km Championship in Adelaide in February, taking the title with her very first attempt over that distance - how about 1:29:31 for a first-up time! A week later, she won the Queensland Track Classic 3000m track walk in a huge PB of 12:10.17. She then won the 10,000m track walk at the Australian T&F Championships in Sydney in early April in a PB 43:20.65. She lowered her colours to Jemima in taking silver in the Oceania 10,000m walk in Townsville in June (45:35.81) but then bounced back for a wonderful win in the World University Games in Naples (1:33:30). The only blot on an otherwise wonderful year was her disqualification in the World University Games in Doha in October.



3. Alanna Peart (VIC)

16 year old Alanna Peart has been the dominant U18 walker this year, as well as challenging as one of the top U20 girls. She started her title tilt with silver in the U17 5000m walk at Australian T&F Championships in Sydney in early April (25:14.19) but improved to twin golds in the LBG Carnival in Canberra in June (1st U16 3km with 14:34 and 1st Open 5km with 25:58). She won the U18 5km road walk at the Australian Roadwalk Championships in Adelaide in September (24:44) and the U18 5000m track walk at the Australian All Schools in Perth in December (24:51). She also recorded lots of PBs during the year, including 3000m (13:44), 5km (23:12) and 10km (49:01).



4. Milly Boughton (NSW)

13 year old Milly Boughton was clearly our top U14 girl nationally. She won the U14 3000m track walk at the Australian T&F Championships in Sydney in April (PB 14:26.12), followed that same month by a win in the prestigious Australian Little Athletics National Championship 1500m (6:56.01). She also won golds in the U14 3km road walk at the Australian Winter Roadwalk Championships in Sydney in September (14:55) and in the U14 3000m track walk at the Australian All-Schools Championships in Perth in December (14:28.90). Also recorded a 5km road walk PB of 24:42 in Sydney in May. That's pretty good for a 13 year old!



5. Jayda Anderson (QLD)

14 year old Jayda Anderson was another young girl to stand out this year. She won the U15 3000m track walk at the Australian T&F Championships in Sydney in April (13:49.89) and won the U15 3000m walk at the Australian All Schools Championships in Perth in December (13:57.95). She bypassed any further championships, restricting herself to races on the local Queensland front. Her PBs are all from 2019 - 6:26.17 (1500m), 13:49.89 (3000m) and 25:49 (5km).



6. Claire Woods (SA)

38 year old Claire Woods continues to amaze us with her ongoing form. She finished as third Australian behind Katie and Jemima in the Australian 20km Summer Championship in Adelaide in February (1:33:24), walked a further three good 20km walks in various IAAF events over the next few months (Lazaro Kardenas in Mexico 1:35:38, Taicang in China 1:33:15 and La Coruna in Spain 1:39:22). She finished third (behind Jemima and Katie once again) in the Oceania 10,000m walk in Townsville in June (47:16.28) and won the 20km at the Australian Winter Roadwalk Championships in Adelaide in September (1:44:56). Unfortunately, her year ended there due to injury. She was forced to withdraw from the World Championship team for Doha and also chose to bypass the Australian 50km at Fawcner Park in December. Her injury was a shame as the first half of her year was impressive and she looked set for further good races at the pointy end of the year.



7. Darcey Roberts (VIC)

12 year old Darcey Roberts had a slow start to the year, the result of a running injury incurred in September 2018. Her first championship appearance was not until the LBG Carnival in June, where she won the U12 2km (9:58) and was second in the U14 2km (10:00). She next fronted for the Australian Winter Roadwalk Championships in September in Adelaide. Restricted to only 1 race due to A.A. rules governing U12 walkers, she chose to contest the U18 5km to aid the Victorian Team. Finishing 4th in a huge PB of 26:46, she helped the Vic girls to gold in the Teams Event, a generous contribution. Her only other walk on the national stage was at Fawcner Park in December, where she won the U18 5km with a huge time of 24:58. Apart from that, her parents chose to keep her away from the major titles, a sensible move for one so young. Her races on the local Victorian front saw some super PBs, most done before her 12th birthday in October - 6:58.24 (1500m), 14:51 (3km), 24:58 (5km) and 56:42 (10km).



8. Tracy Feiner (VIC)

42 year old Tracy Feiner (nee Rosengrave) was a talented young Victorian walker who, like so many, retired in her early twenties. Having dipped her toes back into the sport with a couple of walks in 2018, she hit the ground at speed in March this year and has been making up for lost time since then. Racing in the 2019 winter season, she took Victorian silver (15km 1:21:39) and gold (30km 2:49:12) medals, with a further silver in the Australian 20km Roadwalk Championship in September in Adelaide (1:51:22). She finished her winter season with a win in the VRWC 35km Club Championship, with a time of 3:22:44. She then indicated her intention of trying her hand in the Australian 50km Championship in December and she she did this in fine style, winning the Women's title with 4:59:44 and setting a new W40 Australian Masters record. A great comeback story.



9. Heather Carr (VIC)

70 year old Heather Carr has made 2019 the year of the comeback to end all comebacks. Following a hip replacement operation in May 2018, followed by a serious achilles tendon injury, she has forced her way back to the top after what should have been career ending issues. In her first serious hitout post-op, she won gold in the W65 3000m track walk at the World Masters Indoor Championships in Turin in April (18:30.9). After a full winter season of racing with VRWC, she turned 70 in early August and embarked on a W70 record spree. Over the last 4 months, she has bettered VRWC W70 records on 11 occasions, with a number of the performances also getting guernseys as Australian and/or World records. Consider her W70 performances: 11:42 (2km road), 11:49.5 (2000m track), 17:50 (3km road), 17:57.3 (3000m track), 30:42 (5km road), 30:46 (5000m track) and 1:04:55 (10km).



10. Ela Uzun (VIC)

Never before have I included such a young walker in my Top Ten but there is no way I can leave out 8 year old Ela Uzun. Consider her PBs: 5:14(1km), 8:11 (1500m), 11:13 (2km) and 16:50 (3km). Racing exclusively with VRWC, as befits one so young, she has rewritten our record books in 2019 with 9 new club records, ranging from U9 right up to U11. Her one venture outside Melbourne was in June when she travelled to Canberra for the annual LBG Carnival. On that occasion, she was second in the U10 1km with a time of 5:14, beaten only by a walker two years her senior.

The following walkers were also considered but missed the final cut. It is never easy to get down to the final 10!

Rebecca Henderson (VIC), Camryn Novinetz (QLD), Caitlin Hannigan (QLD), Alanna Pitcher (NSW), Kiera Ross (SA), India Duguid (NSW), Christina Papadopoulous (QLD), Kelly Ruddick (VIC), Jemma Peart (VIC) and Jayda Stanley (NSW)

You can check out this year's and all past year's Top Ten's at <http://www.vrwc.org.au/TopTen.shtml>.

WHAT'S COMING UP

That's it locally for the 2019 year. We are all now enjoying a mid season break and some Christmas / New Year cheer! Once we return to racing in just over a week's time, January will look like this:

Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 9 (Thur), 2020	AIS Camp 10,000m Track Walk, Canberra
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, 2000m 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
Jan 27 (Mon), 2020	AIS Camp 10,000m Track Walk, Canberra

USATF NIAGARA INDOOR TRACK CHAMPIONSHIPS, GORDON FIELDHOUSE, RIT, SUNDAY 29 DECEMBER

While we have no races on which to report from Australia, the indoor season is underway in the northern hemisphere, with some early results to hand.

Thanks to Dave Talcott for posting the results from the 8th USATF Indoor 5,000m Track Walking Championships (Open/Masters/U20). The races were held as usual as part of the USATF Niagara Indoor Championships at the Gordon Field House on the campus of Rochester Institute of Technology. Niagara also funded the race in its entirety, including Prize Money to the top 3. Dave reports:

While athletics isn't all about the youth, as one grows older it seems to be more and more about the youth. We had some amazing performances this year from U-20 athletes. We had an athlete from the sleepy little town of Delhi, NY who traveled 3½ hours to race his first ever 1500 meters. He is a gifted runner having bested 4:45 for the mile and 10 minutes for the 2 mile. He also ran a 10:02 3,000 steeple (sound like a Taylor Ewert type). Being from New York State and competing indoors he has seen the race walk since the girls in NYS have a walk. He wanted to give it a try...well he did more than try it. Looking more like a veteran, **Diego Aguirre** (17) came through the 400 meter mark close to 2 minutes and would finish 1,500 meters in 7:50.2 qualifying for New Balance Indoors in the process. Young **Gillian Schonberg** (16) had a rough year as she had some injuries so this race (3,000 meters) was kind of a come back race for her and she did a superlative job clocking in at 21:33.23. The Clarkstown North Junior I believe gave it all she had in this race to be greeted at the finish by coach Ed Richardson and her elated Mom. In other U-20 action: You may remember the name IZZO. Possibly Christina who made a couple international teams for the USA – from Brockport, NY. Well a name that will be just as familiar in a couple of years is **Desilets Dubois**. She is Chris' daughter and is 13 years old. She has already walked a 7:36 indoor 1,500 this season but here she tackled the 5,000 meters. Quite a step up but she handled it great. She challenged **Will Leggett** and **Dan O'Brien** early and probably did a bit too much racing during the race as she slowed slightly but finished with an amazing 29:09.88 clocking – at 13! In the Men's race there were two U-20 athletes. **Sam Allen** (17), hot off his Tom Knatt Mile win, posted probably the fastest indoor 5,000 by a junior walking 22:34.73 in taking 2nd place overall. **Jacob Lawson** (also 17) who had bested Sam by a handful of seconds at the USA-Canada meet last fall walked a solid 24:32.4 improving from 25:09 last year and he hasn't really starting training for walking yet – just finished Cross Country season.

Other highlights: **Cody Risch** wanted to take a shot at the Indoor 10,000m record set by Nick Christie last year. He went out on pace, but this track can wear on you. Cody was 21:36.88 at the 5,000m mark, good enough for the win to give him an Indoor National Championship to match his outdoor 5km. **A.J. Gruttadauro** went out with Cody and split 22:44 en route to a 46:48 10,000 clocking as the 22 year old prepares for the 50km Olympic Trials. **Jim Scott** (61) was trying to take down Vince Peters' indoor record, but he fell about 3 second short. He did, however post an American 60-64 indoor 2 mile record of 17:55.4 Other notables: **David Swarts** won his umpteenth national masters championship with an impressive 24:19 clocking. For the women: **Miranda, Melville** has never lost here and this year she walked 22:37.9 which was about 5 seconds off her American record she set last year. She is amazing. In third was **Katie Miale** who walked a personal best of 25:56. What was impressive about that is she was going for the indoor national qualifying mark of 14:40 for 3,000 en route. She really pushed but missed it by 2 ¼ seconds (14:42.23) She had the strength to continue on for about a 10 second best at 5,000 meters. Also getting bests were **Audrey Fox**. The NYS High School Phenom who is walking for the University of British Columbia improved her best to 26:12.92 and that is before the NAIA Indoor season begins! **Siobhan Sharpsteen** is not a name many recognize. Her first race was a 5km at the 40k last year. She improved from 34 minutes to 29 minutes at the 30k in October and here she improved once again to 28:31 en route to a 10,000 in an hour and 4 seconds to set a PR and win the women's masters crown. So there you have it. Oh, the Shore AC took the Open Team title with Gruttadauro, **Michael Mannozi**, and **Dave Talcott** being the only full team.

USATF 5000m Indoor Racewalk Women

1.	Miranda Melville	NYAC	30	Chula Vista, CA	22:37.90
2.	Chelsea Conway	Shore AC	30	Rochester, NY	25:45.45
3.	Katie Miale	Marist College	22	Highland Mills, NY	25:56.04
4.	Audrey Fox	02-Unattached	20	Scarsdale, NY	26:12.92
5.	Siobhan Sharpsteen	Unattached	43	Waverly, NY	28:31.16
6.	Desilets Dubois	Unattached	13	Spencerport, NY	29:09.88
7.	DaBeth Manns	TNT International	43	Washington, DC	49:03.01
8.	Kyra Pellegrino	Unattached	15	Rochester, NY	DQ

USATF 5000m Indoor Racewalk Men

1.	Cody Risch	Q Elite	29	Grand Rapids, MI	21:36.88
2.	Samuel Allen	Unattached	17	Woolwich Township, NJ	22:34.73
3.	AJ Gruttadauro	Shore AC	22	Brockport, NY	22:44.22
4.	David Swarts	Pegasus AC	54	Jackson, MI	24:19.87
5.	Jacob Lawson	Unattached	17	Chester Springs, PA	24:32.40
6.	Michael Mannozi	Shore AC	33	Youngstown, OH	24:53.95
7.	Dave Talcott	Shore AC	59	Owego, NY	27:38.53
8.	Will Leggett	Chicago Walkers	43	Burbank, IL	27:56.56
9.	Jim Scott Abe's	Striders RW Club	61	Springfield, IL	28:12.51
10.	Daniel O'Brien	Pegasus AC	54	Port Huron, MI	28:12.60

11.	Vyacheslav Troshkin	Park Racewalkers USA	71	Brooklyn, NY	30:43.84
12.	Bruce Logan Park	Racewalkers USA	55	New York, NY	34:34.72
13.	Matthew Holtry	Unattached	41	Chapel Hill, NC	39:35.05
14.	Kenneth Klouda	Unattached	77	New Hope, PA	DQ

Mixed 10,000m Racewalk

1.	AJ Gruttadauro	Shore AC	22	Brockport, NY	46:48.73
2.	Siobhan Sharpsteen	Unattached	43	Waverly, NY	60:04.42
	Dave Talcott	Shore AC	59	Owego, NY	DNF
	Cody Risch	Q Elite	29	Grand Rapids, MI	DNF
	Jim Scott	Abe's Striders RW Club	61	Springfield, IL	DNF

Mixed 1500m Racewalk

1.	Diego Aguirre	Unattached	17	Delhi, NY	7:50.20
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Mixed 3000m Racewalk

1.	Gillian Schonenberg	Unattached	16	Congers, NY	21:33.23
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5000M INDOOR RACEWALKS, JABLONEC NAD NISOU, CZECH REPUBLIC, FRIDAY 27 DECEMBER

I was going to beat Nicola Maggio and publish the latest Czech Indoor walk results first, but he has beaten me to it (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3671). You have to get up early to get results out before marciadalmondo.

The highlight was provided by **Anežka Drahotová** who bettered her own Czech Indoor 5000m walk record with 21:44.5 (her previous record was set at the same venue in 2013). Anežka will be in Australia next month as part of the AIS based Supernova Camp - more on that in the next couple of newsletters, once things kick off in early January). The only other woman was **Lenka Borovicková** who finished second with 29:11.5. The men's field was much stronger, with **Lukáš Gdula** winning with 20:48.7, ahead of **Vít Hlavác** (PB 21:12.1) and **Martin Nedvídek** (PB 22:13.7). Marciadalmondo points out the seventh placed finish of **Miloslav Lapka** (born 1956), a Czech international judge who judged at the Athens 2004 Olympic Games. A good time of 25:21.5 for the 63 year old!

Overall, 67 walkers contested the meet, with strong 3000m walk fields complementing the main drawcard 5000m walk. Well reported in <http://www.smolachuze.cz/index.php/cs/246-silvestrovska-hala-chuze-jablonec-nad-nisou-27-12-2019>.



Anežka Drahotová walks fast in Jablonec nad Nisou last Friday (photo <http://www.smolachuze.cz/index.php/cs>)

5000m Indoor Men

1.	Lukáš Gdula	91	Hvezda Pardubice z.s.	20:48.7
2.	Vít Hlavác	97	A. C. TEPO Kladno	21:12.1
3.	Martin Nedvídek	75	AC Rumburk, z.s.	22:13.7
4.	Rostislav Kolár	87	SK Hranice, z.s.	23:15.7
5.	Ondrej Motl	94	ASK Slavia Praha	24:02.0
6.	Jan Cervenka	00	TJ Sokol Praha Královské Vinohrady	25:20.5
7.	Miloslav Lapka	56	Ekonomická fakulta Jihočeská Univerzita	25:21.5
8.	Filip Hejkrlik	79	Athletic Club Ústí n/L. z.s.	25:26.7

9.	Josef Smola	64	SMOLA CHUZE Praha	26:07.4
10.	Ludek Šolc	61	AC Mladá Boleslav z.s.	26:42.6
11.	Daniel Balicz	02	AC Mladá Boleslav z.s.	27:52.6
12.	Vojtech Libnar	99	SK Nové Mesto nad Metují	28:08.5
13.	Miroslav Fliegl	54	PSK Olymp Praha, z.s.	28:17.6
14.	Petr Adam	50	SMOLA CHUZE Praha	33:25.9
	Miloslav Sviták	59	AC Česká Lípa	DNF
	Alexandr Malysa	97	VSK Univerzita Brno	DNF
	Robert Hurdálek	03	SK Nové Mesto nad Metují	DQ
	Jaromír Morávek	03	AC Moravská Slavia Brno, spolek	DQ

5000m Indoor Women

1.	Anežka Drahotová	95	Univerzitní sportovní klub Praha	21:44.5
2.	Lenka Borovicková	73	SMOLA CHUZE Praha	29:11.5

MARCIADALMONDO ROUNDUP

Marciadalmondo has 5 press releases this week

- Mon 30 Dec - Jablonec nad Nisou (CZE): Victories of Anežka Drahotova and Lukas Gdula
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3671
- Sun 29 Dec - Athletes section: updated reports of the best 2019 men's world athletes (first part)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3670
- Sun 29 Dec - Preview 68th edition Tokyo race walk Championships on January 1st 2020
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3669
- Sat 28 Dec - Guadix (ESP): Victories of Luis Alberto Amezcua and Laura Garcia-Caro
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3668
- Fri 27 Dec - Lebogang Shange (RSA) fails a drugs test for Trembolone
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3666

There were also some interesting press releases by omarchador.

- Mon 30 Dec - Alberto Amezcua and Laura García-Caro winners in Guadix Grand Prix (Spain)
<https://omarchador.blogspot.com/2019/12/em-guadix-impuseram-se-alberto-amezcua.html>
- Sun 28 Dec - Lebogang Shange suspended for doping
<https://omarchador.blogspot.com/2019/12/lebogang-shange-suspenso-por-dopagem.html>
- Tue 24 Dec - Results of "Noé Hernández Valentín 2019" in Puebla, Mexico
<https://omarchador.blogspot.com/2019/12/puebla-no-mexico-reuniu-mais-de-300.html>
- Mon 23 Dec - Results of Walks Grand Prix in Castro-Urdiales, Spain
<https://omarchador.blogspot.com/2019/12/gp-de-marcha-cidade-de-castro-urdiales.html>

WALKING COMMUNITY ROCKED BY DRUGS TEST FAILURE

I was shattered to read on Sunday morning that top international South African walker **Lebogang Shange** had been provisionally suspended after a drugs test had detected the presence of steroid Trembolone.

Trembolone can be detected in three different scenarios

- Innocent ingestion, due to eating contaminated meat. In a number of countries, Trenbolone is used specifically to increase the profitability of livestock by promoting muscle growth and appetite. It is administered by injection into muscle. Lots of athletes have been caught out in this way and a number of them have successfully argued their cases and been let off.
- Inadvertant ingestion as part of a Sports Supplement. All serious athletes should know the dangers of taking Sports Supplements – most National Federations warn against them. In so many cases, the contents do not match the ingredients printed on the labels. You take such things at your own risk.
- Purposeful drug usage. One is reminded of the infamous "duchess" cocktail allegedly administered to Russian athletes at the Sochi Winter Olympics, consisting of oxandrolone, metenolone and trenbolone. More recently, Mexican racewalker Lupita González was hit with a 4 year ban for trembolone usage (see <https://www.npr.org/2019/05/10/722183792/mexicos->

[star-race-walker-lupita-gonz-lez-hit-with-4-year-ban-for-doping](#)). In her defense against the doping allegation, González said she had not used any prohibited substances, and that if trenbolone was in her system, it must have come from meat she ate in the two days before the urine test. She added that the steroid is legal to use on livestock in Mexico. The tribunal ruled against her, determining that the concentration of trenbolone found in her sample was too high to have come from contaminated meat.

According to the Athletics Integrity United's website, a final decision will be made at a hearing conducted under the IAAF Anti-Doping Rules or the Integrity Code of Conduct. At that time, we will probably learn the concentration of trenbolone that was detected. That will go a long way to determining which of the three scenarios possible outcomes is the most likely.

See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3666 and <https://www.sport24.co.za/OtherSport/Athletics/sa-athletics-rocked-by-alleged-doping-by-top-race-walker-20191227> .

ANOTHER YEAR OF STATS ADDED TO RACEWALKAUSTRALIA.COM

I have now added all Australian 2019 race results to my Racewalk Australia website (<http://racewalkaustralia.com/Home.asp>). This site has been going since 2009 so we now have the last 11 years of Australian specific racewalking statistics. Of course, none of it would be possible without ongoing support and help from English walker and website guru **John Constandinou**. John designed the website, hosts it on one of his servers and provides support for me on an ongoing basis. Thanks so much John!

Perusing the ranking lists for 2019, I can confirm that Australia remains a strong racewalking nation, even though our elite top end is not as strong as it used to be. For instance, here are the 10km/10,000m walk ranking lists for 2019. Alas, although we have very good depth, we have only 4 men under 42:00 and only 2 women under 45:00. The challenge for our young walkers is to continue their improvement during 2020 and aim high.

2019 Australian 10km/10,000m Walk Ranking List – all Male walkers under 50:00

1.	Dane Bird-Smith	SM	38:30	QLD	05/04/2019
2.	Rhydian Cowley	SM	39:48	VIC	17/03/2019
3.	Declan Tingay	U20M	41:28	WA	28/01/2019
4.	Tyler Jones	U23M	41:39	NSW	05/04/2019
5.	Kyle Swan	U23M	42:27	VIC	13/11/2019
6.	Brendon Reading	SM	43:10	ACT	28/01/2019
7.	Carl Gibbons	U23M	43:16	NSW	05/04/2019
8.	Gwyllym Young	U18M	43:25	ACT	01/12/2019
9.	Tristan Camilleri	U20M	43:28	SA	01/12/2019
10.	Mitchell Baker	U20M	43:47	ACT	01/12/2019
11.	Oscar Tebbutt	U20M	44:11	NSW	01/12/2019
12.	Jared Tallent	SM	44:21	SA	28/01/2019
13.	Corey Dickson	U18M	44:23	VIC	01/12/2019
14.	Tim Fraser	U20M	44:28	ACT	10/02/2019
15.	Jack McGinniskin	U17M	44:53	NSW	10/02/2019
16.	Kim Mottrom	SM	45:14	SA	29/06/2019
17.	Daniel Walters	M35	46:08	VIC	26/05/2019
18.	Ian Rayson	SM	46:08	NSW	09/01/2019
19.	Nelson McCutcheon	U17M	46:16	QLD	10/03/2019

20.	Jason Kozica	SM	47:06	VIC	05/04/2019
21.	Dylan Richardson	U20M	47:14	NSW	05/04/2019
22.	Mark Blackwood	M40	47:21	VIC	27/04/2019
23.	Kyle Bedford	U20M	47:46	NSW	23/06/2019
24.	William Robertson	U16M	47:57	TAS	27/07/2019
25.	Ignatio Jimenez	M50	48:17	QLD	18/08/2019
26.	Mathew Bruniges	U20M	48:30	SA	25/05/2019
27.	Ben Reid	U18M	49:00	WA	05/04/2019
28.	Andrew Duncan	M50	49:25	WA	27/04/2019
29.	Pramesh Prasad	M45	49:27	VIC	26/05/2019

2019 Australian 10km/10,000m Walk Ranking List – all Female walkers under 55:01

1.	Katie Hayward	U20W	43:20	QLD	05/04/2019
2.	Jemima Montag	U23W	43:50	VIC	25/06/2019
3.	Rachel Tallent	SW	46:10	VIC	05/04/2019
4.	Simone McInnes	SW	46:11	VIC	05/04/2019
5.	Clara Smith	U23W	46:38	QLD	05/04/2019
6.	Claire Woods	W35	47:16	SA	25/06/2019
7.	Christina Papadopoulou	U23W	47:37	QLD	05/04/2019
8.	Kelly Ruddick	W45	47:39	VIC	26/05/2019
9.	Beki Smith	SW	48:18	NSW	25/06/2019
10.	Rebecca Henderson	U20W	48:54	VIC	28/07/2019
11.	Alanna Peart	U17W	49:01	VIC	01/12/2019
12.	Philippa Huse	U23W	49:14	VIC	23/06/2019
13.	Jemma Peart	U20W	49:21	VIC	23/06/2019
14.	Jessica Pickles	SW	49:37	QLD	28/01/2019
15.	Allanah Pitcher	U16W	50:08	NSW	10/02/2019
16.	Caitlin Hannigan	U18W	50:32	QLD	01/12/2019
17.	Alice Randall	U20W	51:12	TAS	01/04/2019
18.	Kristie Goznic	SW	51:22	SA	08/09/2019
19.	Anna Blackwell	U18W	52:35	TAS	25/05/2019
20.	Olivia Sandery	U17W	52:37	SA	27/07/2019
21.	Tracy Feiner	W40	52:40	VIC	17/11/2019
22.	Molly O'Neill	U20W	52:41	NSW	05/04/2019
23.	Victoria Upton	U16W	53:59	SA	10/02/2019
24.	Hannah Bolton	U16W	54:29	NSW	01/04/2019
25.	Charlotte Hay	U16W	54:47	VIC	09/06/2019
26.	Amanda Barendregt	SW	55:00	NSW	19/05/2019

If your performances don't make the ranking lists, it will be because I don't have your Date of Birth. Additionally, your athlete profile may not include a photo of you. In either cas, you can forward the appropriate info to me at terick@melbpc.org.au.

OUT AND ABOUT

- It was great to see **Kyle Swan** featuring on the AV Christmas Greetings facebook post.



- Reposting this from the Race Walking Association

Jill Langford - R.I.P.

The Race Walking Association were saddened to hear the news that Jill Langford passed away on 27th December. Jill was a member of Wolverhampton & Bilston A.C., a Qualified Coach and a long term contributor to the past RWA Coaching and Development Committee. Jill was also mother to double olympian and commonwealth medalist Lisa Kehler. Our thoughts are with Lisa and the rest of Jills family at this difficult time.

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

Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 9 (Thur), 2020	AIS Camp 10,000m Track Walk, Canberra
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, 2000m 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
Jan 27 (Mon), 2020	AIS Camp 10,000m Track Walk, Canberra
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, 2000m walks
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

Dec 15 (Sun), 2019	Hnog Kong 20km Road Walk Championships. See https://hkkaa.com/en/comp_details.php?id=161
Jan 1 (Wed), 2020	The First Walk 2020 (50km, 20km, 10km, 6 Hour), Hong Kong Email contact@racewalk.hk
Jan 25 (Sat), 2020	USATF 50km Olympic Trial, Santee, California, USA
Mar 15 (Sun), 2020	Asian Championships, Nomi, Japan
Mar 23, 2020	38 th Dudinska Meet, Dudince, Slovakia
Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
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
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
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
Oct 18-20, 2020	Lake Taihu Tour, Suzhou, China

2020 World Athletics Racewalking World Challenge

Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
May 2-3, 2020	World Athletics Race Walking Team Championships, Minsk, Belarus
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Aug 6-7, 2020	Olympic Games, Sapporo, Japan
Oct 18-20, 2020	Lake Taihu Tour, Suzhou, China

Jan 17-23, 2021	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>)