



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

Once again, we are spoilt for choice when it comes to awarding this week's Walker of the Week. Consider what's on offer

- First to the Athletics Victoria Shield competition at Knox, where 73 year old **Andrew Jamieson** took 2 secs off his Australian Masters M70 2000m track walk record with a time of **10:30.6**. He set his current record just after turning 70. Now, 3 years later, he is even faster!
- At the same Knox venue, 70 year old **Heather Carr** was only 1 sec outside her recent Australian W70 2000m walk record with her time of **11:48.9**. Heather seems to be in contention just about every week!
- At the Doncaster venue, 12 year old **Darcey Roberts** was also in superb 2000m track walk mode, her 12 sec PB time of **9:37.4** only 0.5 sec outside Rebecca Henderson's VRWC U13 record. Darcey has until September to bridge the small gap. To add icing to the cake, she backed up with very impressive 800m and 3000m runs.

One further piece of information tips the balance in favour of one of the 3 walkers listed above. Last Friday, the World Masters Association announced the 2019 WMA Best Athletes list and Heather Carr was amongst the recipients, being judged the Female Walker of the Year. It's yet another accolade for Heather and a well deserved one. When I saw the short list, I was pretty certain she would win the award and that is how it has turned out. I will talk more about the awards later in the newsletter. For now, check out the full recipient list at <https://world-masters-athletics.com/news/2019-athletes-of-the-year/>.

Obviously, Heather is my Walker of the Week this time around.



Heather Carr – World Masters Walker of the Year for 2019 (photo <https://world-masters-athletics.com/>)

WHAT'S COMING UP

- AV Shield continues next Saturday 8th February, with Round 12 at Box Hill, Aberfeldie, Bendigo, Ballarat and Geelong. Alas, no walks in the official point scoring this round but I suspect the country venues may have non point scoring walks.
- The weekend is an exciting one from a walks perspective, with the **Australian 20km Race Walking Championships** to be held in Adelaide on Sunday morning.

Event: Australian 20km Race Walking Championship
 Venue: War Memorial Drive, Adelaide SA (between Froome Rd and Bunday's Rd)
 Date: **Sunday 9th February 2020**
 Draft Timetable: 7:00am Australian 20km Road Walk Championships
 8:00am Oceania Under 20 10km Road Walk Championships
 8:00am Invitational Under 18 5km Road Walk

Start lists at <https://cdn.revolutionise.com.au/cups/aa/files/glzebstszk6os5ox.pdf>. Here is how the fields look - talk about high quality!

Men 20km Road Walk Open, 7AM			Women 20km Road Walk Open, 7AM		
Dane Bird-Smith	92	Queensland	Alana Barber	87	New Zealand
Rhydian Cowley	91	Victoria	Anna Cross	99	South Australia
Evan Dunfee	90	Canada	Rachelle De Orbeta	01	Puerto Rico
Tim Fraser	00	Canberra	Anezka Drahotova	95	Czech Republic
Adam Garganis	97	Victoria	Katie Hayward	00	Queensland
Carl Gibbons	96	New South Wales	Laura Langley	97	New Zealand
Alix Harlington	99	South Australia	Simone McInnes	91	Victoria
Michael Hosking	85	Victoria	Jemima Montag	98	Victoria
Tyler Jones	98	New South Wales	Sau Man Ng	80	Hong Kong
Perseus Karlstrom	90	Sweden	Rozie Robinson	90	New Zealand
Remo Karlstrom	88	Sweden	Kelly Ruddick	73	Victoria
Jason Kozica	87	Victoria	Courtney Ruske	94	New Zealand
Bradley Mann	99	Western Australia	Beki Smith	86	Canberra
Carlos Mercenario Arsos	00	Mexico	Rachel Tallent	93	Canberra
Quentin Rew	84	New Zealand	Brigita Virbalyte-Dimsiene	85	Lithuania
Dylan Richardson	00	New South Wales			
Tadas Suskevicius	85	Lithuania	Women 10km Road Walk Under 20, 8AM		
Kyle Swan	99	Victoria	Anna Blackwell	01	Tasmania
Chun Hung Tse	81	Hong Kong	Hannah Bolton	03	New South Wales
Toru Yamamoto	90	Japan	Sophie Charlotte Hamann	01	Queensland
Marius Ziukas	85	Lithuania	Caitlin Hannigan	02	Queensland
			Charlotte Hay	03	Victoria
Men 10km Road Walk Under 20, 8AM			Rebecca Henderson	01	Victoria
Mitchell Baker	81	Canberra	Camryn Novinetz	03	Queensland
Tristan Camilleri	01	South Australia	Alanna Peart	03	Victoria
Corey Dickson	02	Victoria	Jemma Peart	01	Victoria
Jack McGinniskin	02	New South Wales	Allanah Pitcher	03	New South Wales
Jan R Moreu	01	Puerto Rico	Olivia Sandery	03	South Australia
Benjamin Reid	01	Western Australia			
William Robertson	03	Tasmania	Women 5km Road Walk Under 18, 8AM		
Oscar Tebbutt	01	New South Wales	Ruby Langford	04	South Australia
Will Thompson	02	Victoria	Darcey Roberts	07	Victoria
Gwyllym Young	02	Canberra	Kiera Ross	05	South Australia

- For those going to Adelaide for the above mentioned Australian 20km Championships, Bob Cruise is conducting a **Coaching Seminar** there on **Saturday 8th February**. He tells me it is an introduction to coaching with an emphasis on technique and training plans. Registrations is via the ASA website. Link at <https://www.athleticssa.com.au/events/55019/>.
- Looking further ahead, the **Athletics Victoria 5000m Team Walks Championships** will be held at the Mentone Athletics Track on Wednesday 12th February. You have to enter via the AV Members Portal at <https://members.athsvic.org.au/>. There is also a VRWC 1500m walk for which entries are taken on the night. The timetable reads as follows

Wed 12th February 2020, AV 5km Teams Championship, VRWC Races, Mentone		
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone		
7.00pm	VRWC 1500m	Open
7.15pm	AV 5000m Teams championships	Open Men and Women

The AV Teams Championships rules read as follows

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
 2. The first 3 walkers to finish will be designated as the first finishing team for that club.
 3. The next 3 walkers to finish for that club will be designated as their second team and so on.
 4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
 5. All entries must be completed on the proper entry form as issued by Athletics Victoria.
- If you fancy a trip to Ballarat, then **Thursday 13th February** is the date, as BRWC are running the **Ballarat Racewalkers Club Founders Cup**, starting at 6PM in the North Gardens, Lake at Wendouree. The races will be followed by a BBQ.
 - The following Sunday sees the **Victorian Masters 5000m track walk championships**, along with our usual VRWC races, at Dolomore Reserve in Mentone. All entries for this meet may be made on the day or via the VRWQ online entry panel at <https://vrwc.org.au/wp1/>.

Sun 16th February 2020, VRWC Track Races, VMA 5000m Championships, Mentone

Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone

8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	VRWC 10,000m, 5000m and 3000m	VRWC Open
10.30am	VRWC 1500m	VRWC Open

AV SHIELD ROUND 11, AROUND VICTORIA, SATURDAY 1 FEBRUARY

The Athletics Victoria Shield Round 11 competition saw 79 walkers in action. It was a wet and wild day so I am unsure if enough events were completed to ensure the Round counts. At Doncaster, the meet was stopped at 4PM, with plenty of events still to go, including my Shot Put!

AV Shield Round 11, Knox Athletics Track, Knox, Saturday 1 February

First to Knox where **Corey Dickson** led the field around in the 5000m with a brisk 22:57.0, pretty good considering a hard intervals session that morning with the Supernova Study group. **Mark Blackwood** was in fine form to take fastest time in the 2000m (8:55.4) but the big action was happening behind him, with 73 year old **Andrew Jamieson** taking 2 secs off his Australian Masters M70 record with 10:30.6 and 70 year old **Heather Carr** only 1 sec outside her recent Australian W70 record with 11:48.9. They each scored 537 points for their efforts.

5000m Walk

1.	Corey Dickson	KNA	M18	22:57.0	495
2.	Charlotte Hay	KNA	F18	27:30.0	456
3.	Kym Osmand	VMA	FOP	28:35.1	416
4.	Holly Cocking	ANW	F18	28:56.3	424
5.	Rebekah Powierski	ANW	F18	29:40.6	407
6.	Kathleen O'Mahony	KNA	F18	30:37.5	380
7.	Grace Louey	KNA	F18	30:46.9	375
	Angus Hay	KNA	M18	DQ	

2000m Walk

1.	Mark Blackwood	KNA	M40	8:55.4	501	
2.	Sandra Geisler	RWD	F40	10:23.0	488	
3.	Andrew Jamieson	OSC	M65	10:30.6	537	AMA/VRWC M70 Rec
4.	Kylie Irshad	VMA	F45	10:39.4	496	
5.	Liam Hutchins	KNA	M14	10:40.5	442	
6.	Luke Epps	KNA	M14	10:42.0	441	
7.	Wendy Muldoon	ANW	F45	10:43.1	492	
8.	Emily Smith	KNA	F14	10:55.8	482	
9.	David Smyth	COL	M50	11:17.6		
10.	Brianna Briet	CCA	F16	11:27.0	434	
11.	Hamish Blackwood	KNA	M14	11:29.3	401	
12.	Dee Holohan	SAN	F50	11:48.5	459	
13.	Heather Carr	GHY	F65	11:48.9	537	
14.	Grant Murfett	VMA	M50	11:54.4	387	
15.	Carolyn Rosenbrock	ANW	F55	13:12.3	414	
16.	Geza Benke	OLM	M60	13:29.8	359	
17.	Clyde Riddoch	VMA	M65	13:30.9	399	
18.	Geoff Barrow	MEN	M65	13:39.2	391	

19.	Gwen Steed	GHY	F65	13:51.6	449
20.	Peter Wyatt	MPA	M60	14:19.1	310
21.	Anthony Doran	GHY	M65	14:24.3	349
22.	Rozlyn Walker	GHY	F55	15:15.7	286
23.	Debbie Voogd	RWD	F50	15:53.7	228
	David Sommers	ANW	M60	DQ	

AV Shield Round 11, Tom Kelly Athletics Track, Doncaster, Saturday 1 February

Like Corey Dickson, **Kyle Swan** was in action only a couple of hours after finishing the tough intervals session with the Supernova group, and he also excelled with 20:42.8 in the 5000m walk. There were so many 2000m walkers that the event had to be split into male and female heats. **Danny Hawksworth** (9:28.4) and **Pramesh Prasad** (9:36.4) had a good battle out front in the men's race, while **Darcey Roberts** was just 0.5 sec outside Rebecca Henderson's VRWC U13 club record with her big PB time of 9:37.4. She rated highest of all the walkers in Round 11 with 546 points.

5000m Walk

1.	Kyle Swan	ANW	MOP	20:42.8	
2.	Adam Garganis	COL	MOP	23:29.7	
3.	Jason Kozica	STK	MOP	24:43.8	
4.	Heath Beveridge	WES	M18	26:02.9	
5.	Madeleine Feain	KSB	FOP	29:45.1	
6.	Lucas Taylor	YRA	MOP	30:46.2	
7.	Evie Rosa	COL	FOP	37:17.2	
8.	Ian Handasyde	OSC	M65	35:49.0	

2000m Walk Men

1.	Danny Hawksworth	ESS	M40	9:28.4	471	
2.	Pramesh Prasad	VMA	M45	9:36.4	484	
3.	Marcus Wakim	COL	M14	10:38.6	444	
4.	Simon Evans	BOH	M55	10:39.8	475	
5.	Trenton Hawkins	PTN	M40	10:47.8	399	
6.	Mark Donahoo	ESS	M60	10:57.2	485	
7.	Paul Kennedy	KSB	M60	11:00.9	482	
8.	Joel Imbriano	STK	M14	11:02.1	424	PB 0:24
9.	Shannon Delaney	MPA	M14	11:24.2	405	
10.	Sebastian Weickhardt	KSB	M14	11:33.3	397	
11.	Tim Erickson	COB	M65	11:38.4	481	
12.	Bernie Keirl	DIV	M55	12:09.2	403	
13.	Phillip Dunstone	WES	M50	12:11.5	368	
14.	Brian Anderson	ESS	M60	12:28.1	416	
15.	Duncan Knox	ESS	M60	13:04.3	385	
16.	Albin Hess	VMA	M55	13:17.3	333	
	John Cooper	ESS	M65	DQ		
	Rupert Van Dongen	MEN	M45	DQ		

2000m Walk Women

1.	Darcey Roberts	KNA	F14	9:37.4	546	PB 0:11
2.	Pia Hunter	BOH	F50	11:43.2	463	
3.	Donna-Marie Elms	PTN	F55	12:04.0	472	
4.	Kerryn Walshe	KSB	F55	12:07.2	469	
5.	Eddie Bridgewater	PTN	F16	12:31.4	363	
6.	Jade Chitty	WES	F16	12:42.0	349	
7.	Karen Quinn	DIV	F55	12:49.4	434	
8.	Tracy Colbert	COB	F50	12:55.4	400	PB 0:08
9.	Robyn Shaw	WES	F55	12:56.3	428	
10.	Debbie Mckenzie	DIV	F50	13:20.9	369	
11.	Janice Hodgart	WES	F55	13:35.8	393	
12.	Brenda Cashin	WES	F55	17:46.6	187	
13.	Donna Campbell	PTN	F45	18:28.1	133	

The 3 country venues saw small walk numbers, with 15 year old Ballarat based **Fraser Saunder** the best with a 10 sec PB of 13:39.13.

AV Shield Round 11, La Trobe University Track, Bendigo, Saturday 1 February

3000m Walk

1.	David Lonsdale	BEU	M50	20:41.4	283
2.	John Watson	BGO	M65	23:49.8	284

1500m Walk

1.	Annette Major	EAG	F55	10:37.0
2.	Wendy Ennor	EAG	F60	12:53.1
3.	Peter Savage	EAG	M65	14:36.4

AV Shield Round 11, Landy Field, Geelong, Saturday 1 February**3000m Walk**

1.	Kaylah Heikkila-Dubowik	COR	F16	17:16.8
2.	Riannah Tatlock	BEL	F14	18:08.8

AV Shield Round 11, Llanberris Reserve, Ballarat, Saturday 1 February**3000m Walk**

1.	Fraser Saunder	BYC	M16	13:39.13	PB 0:10
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SAMA TRACK WALKS, SA ATHLETICS TRACK, MILE END, ADELAIDE, WEDNESDAY 29 JANUARY

Thanks to Colin Hainsworth for the results of this week's South Australian Masters walks in Adelaide. They breed them tough there - Adelaide had a scorcher of 39C! Top walks by **Richard Everson** and **George White**.

800m Walk

1.	RICHARD EVERSON	03:35	M56	87.86%
2.	PETER CRUMP	04:22	M59	74.16%
3.	JACK RUSSELL	04:34	M67	77.14%
4.	GEORGE WHITE	04:39	M74	82.51%

800m Club Walk

1.	TREVOR BROWN	05:26	M71	67.97%
2.	DAVE FALLON	05:44	M67	61.44%
3.	MALCOLM TIGGEMAN	05:54	M67	59.70%
4.	ROGER LOWE	05:57	M76	66.23%
5.	GRAHAM HARRISON	06:16	M76	62.88%

3000m Walk

1.	PETER CRUMP	17:59	M59	72.62%
2.	GEORGE WHITE	18:10	M74	85.25%
3.	BRIAN WITTY	22:04	M69	65.91%

3000m Club Walk

1.	GRAHAM HARRISON	24:30	M76	64.96%
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2000m Walk

1.	RICHARD EVERSON	10:33	M56	76.32%
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2000m Club Walk

1.	TREVOR BROWN	14:42	M71	64.28%
2.	DAVE FALLON	15:36	M67	57.76%
3.	ROGER LOWE	16:38	M76	60.65%
4.	CATHIE HORE	18:18	W69	55.16%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 30 JANUARY

Thanks to Val Chesterton for this week's results from the ACT Walkers Club in Canberra. **Tim Fraser** was the standout, with 7:57 for the 2000m walk. Shows what a few weeks on a Supernova Study camp can do for the fitness. Well done Tim!

2000m Handicap

1.	Tim Fraser	7:57
2.	Bryan Thomas	14:34
3.	Sheryl Greathead	16:10
4.	Doug Fitzgerald	16:24
5.	Kodi Clarkson	10:30
6.	Lorna England	18:26

800m Walk

1.	Peter Baker	3:54
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ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 1 FEBRUARY

Thanks to Kim Mottrom for this week's results from Adelaide. He commented: No walks in SA at all for the last 2 weekends so a nice return today. Very wet but much cooler, leading to fast times. **Tristan Camilleri, Kim Mottrom, Alix Harlington** and **Toby Wilks** were the standouts.

5000m Walk

1.	Tristan Camilleri	21:36.90
2.	Kim Mottrom	21:47.16
3.	Alix Harlington	23:34.13
4.	Richard Everson	25:45.22
5.	Mathew Bruniges	25:54.77
6.	Peter Crump	29:06.87
7.	Greg Metha	29:19.75
8.	Ross Hill-Brown	40:56.22

3000m Walk

1.	Toby Wilks	14:08.24
2.	Sebastian Richards	17:39.59
3.	Hannah Wilks	17:45.34
4.	Mia Wilks	17:45.39

1500m Walk

1.	Daisy Braithwaite	08:00.88
2.	Katie DeRuvo	08:49.54
3.	Anthony Tana	09:11.87

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 1 FEBRUARY

Thanks to Dave Moore for this week's results from Tasmania. he commented: Good conditions for today's Interclub walk saw **Oliver Morgan** stride home for an easy win. We also welcomed the return of **Wayne Fletcher** to our walking ranks after an enforced layoff of several months.

1500m Walk

1.	Oliver Morgan	OVA	8:41.26
2.	Elizabeth Leitch	TMA	9:41.21
3.	Wayne Fletcher	NSAC	12:12.01

LONDON OPEN RACE WALKS / SOUTHERN CHAMPIONSHIPS, HILLINGDON, SUNDAY 2 FEBRUARY

I had been unsuccessfully looking for these results until this morning when John Constandinou announced the latest issue of the Race Walking Record (see <http://racewalkingassociation.com/Newsletters/RWR892.pdf>). Lo and behold, there were the full results, along with a report by Peter Cassidy, which I reproduce below. Thanks John and Peter!

In bright and breezy conditions, the event saw an increased turn-out, although, sadly, still small among the younger age-groups, A close struggle between **George Wilkinson** of Enfield and Bexley's **Matthew Crane** in the Junior Men's 10k saw the victory going to the Enfield man who had the edge by a mere nineteen seconds. The Junior Women made it even closer, **Millie Morris** of Ashford having only four seconds in hand over **Hannah Hopper** of Cambridge Harriers. **Maddy Shott** and **Luc Legon** (still an Under-23) won by minutes in the senior men's and women's races but an equally noteworthy margin was by newcomer to the meeting **Natasha Mitchell** – the first-ever appearance by a walker from Winchester & District A.C. – taking the Under 15 Girls' 3k race by a little under two minutes, while sister **Rebecca Mitchell** came home third to the experienced **Katie Stringer** and **Lois Carty** in the Under 17s.

The technical standard of walking was good; although several walkers did receive cards, only three of them collected three and, in the words of one race report from many years back, were invited to desist in their attempts. Race walking is clearly for all ages; the third Men's team, Enfield and Haringey, consisted of Under-20 **George Wilkinson** and Over-80 **Arthur Thomson**!

Senior Women 10km

1.	Madeline Shott	SENW	Belgrave Harriers	50:12
2.	Natalie Myers	SENW	Derbyshire & S. Yorkshire Hs	53:35
3.	Abigail Jennings	U23W	Aldershot Farnham & Dist.	53:54
4.	Millie Morris	U20W	Ashford Athletic Club	58:01
5.	Grazia Manzotti	W50	Tonbridge Athletic Club	59:47
6.	Jacqueline Benson	U23W	Ashford Athletic Club	60:41
7.	Penelope Cummings	SENW	Aldershot Farnham & Dist.	61:14

8.	Melanie Peddle	W50	Loughton Athletic Club	61:25
9.	Sandra Brown	W70	Surrey Walking Club	63:25
10.	Helen Middleton	W60	Enfield & Haringey AC	65:20
11.	Noel Blatchford	W70	Abingdon Athletic Club	67:32
12.	Sue Davies	W50	Aldershot Farnham & Dist.	68:06
13.	Amalia Cristina Silva	W50	Barnet & District AC	77:23
14.	Angela Martin	W55	Surrey Walking Club	79:33
	Silvana Alves	W45	Barnet & District AC	DNF
	Geraldine Legon	W60	Bexley Athletic Club	DQ
	Alison Clements	W60	Abingdon Athletic Club	DQ

Senior Men & U20M 10km

1.	George Wilkinson	U20M	Enfield & Haringey AC	47:16
2.	Luc Legon	U23M	Bexley Athletic Club	47:28
3.	Matthew Crane	U20M	Bexley Athletic Club	47:37
4.	Francisco Reis	M55	Surrey Walking Club/POR	52:34
5.	Malcolm Martin	M60	Surrey Walking Club	57:52
6.	Guglielmo La Torre	SENM	Birchfield Harriers	57:54
7.	Nicholas Hart	U20M	Aldershot Farnham & Dist.	58:17
8.	Trevor Jones	M60	Steyning Athletic Club	58:21
9.	Graham Chapman	M60	Headington Road Runners	58:25
10.	Steve Uttley	M60	Ilford Athletic Club	59:26
11.	Christopher Hobbs	M60	Ashford Athletic Club	59:39
12.	Steve Allen	M60	Barnet & District AC	61:10
13.	Colin Harle	M60	Belgrave Harriers	64:02
14.	John Constandinou	M45	Birchfield Harriers	65:42
15.	Arthur Thomson	M80	Enfield & Haringey AC	71:58
	Jonathan Hobbs	SENM	Ashford Athletic Club	DNF
	John Borgars	M70	Loughton Athletic Club	DQ

Under 17 & Under 20 Women 5km

1.	Katie Stringer	U17W	Medway & Maidstone AC	28:07
2.	Millie Morris	U20W	Ashford Athletic Club	28:15
3.	Hannah Hopper	U20W	Cambridge Harriers	28:19
4.	Lois Carty	U17W	Aldershot Farnham & Dist.	28:32
5.	Beatrice Fury	U20W	Medway & Maidstone AC	30:10
6.	Rebecca Mitchell	U17W	Winchester & District AC	31:40

Under 17 Boys 5km

1.	Christian Hopper	U17M	Cambridge Harriers	25:41
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Mixed Under 15 3km

1.	Natasha Mitchell	U15G	Winchester & District AC	16:46
2.	Carla Forsyth	U15G	Blackheath & Bromley HAC	18:38
3.	Jonathan Ellerton	U15B	Blackheath & Bromley HAC	18:53

Mixed Under 13 2km

1.	Lewis Burr	U13B	Tonbridge Athletic Club	13:24
2.	Natasha Goldsby	U13G	Dudley & Stourbridge Hs	16:07

Mark Easton was there with his camera as usual. See his excellent gallery at <https://markeaston.zenfolio.com/f310330877>.

OUT AND ABOUT

- Nice article on trans gender athlete **Chris Mosier** who competed in the USATF Olympic 50km Trial a week ago: <https://www.nytimes.com/2020/01/28/sports/chris-mosier-trans-athlete-olympic-trials.html?smid=nytcore-ios-share>
- John Constandinou advises that the British Race Walking Record Number 892 (January 2020) has just been released. Check it out at <http://racewalkingassociation.com/Newsletters/RWR892.pdf>. The world's oldest racewalking newsletter, it's been coming out every month since November 1941. You can see just about the full archives at <http://racewalkingassociation.com/Archive/Archives.asp>.
- Ever fancy a trip to Taiwan. Bull Purves of Hong Kong announces: Entries have just opened for the Taiwan Spring Meet over the Easter weekend. The special feature of the Taiwan Veterans' meet is that the age groups start at 20. You can run with your kids! They have all the track and field events including racewalking, the 10,000 and the steeplechase, but no road race. The website is item 1 at <http://www.ctma.tw>, but you'll need to find someone down at the local restaurant to help you read Chinese. The entry deadline is March 6. Being held at the Tainan Municipal Stadium in Tainan, Taiwan.

MARCIADALMONDO ROUNDUP

Marciadalmondo had 4 press releases this week. See additional results there.

- Mon 3 Feb - Riga (LAT): Raivo Saulgriezis and Modra Ignate are the new Latvian indoor champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3704
- Sun 2 Feb - The Tokyo Olympic medals are released
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3703
- Sat 1 FEB - Lyon (FRA): Preview of the French indoor walking championship walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3702
- Tue 28 Jan - El Vendrell (ESP): Mario Vinas and Raquel Campos champions of Catalonia 2020
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3701

Omarchador was very busy with 15 press releases this week. See additional results there.

- Mon 3 Feb - Results of Ukrainian regional indoor track championships
<https://omarchador.blogspot.com/2020/02/campeonatos-coletivos-da-ucrania-em.html>
- Mon 3 Feb - Portuguese Olympic walker Pedro Martins wins award
<https://omarchador.blogspot.com/2020/02/pedro-martins-distinguido-na-gala-do.html>
- Sun 2 Feb - Raivo Saulgriezis and Modra Ignate win Latvian indoor track titles in Riga
<https://omarchador.blogspot.com/2020/02/raivo-saulgriezis-e-modra-ignate-vencem.html>
- Sun 2 Feb - Tomala wins Silesian indoor walk championship in Ostrava, Czech Republic
<https://omarchador.blogspot.com/2020/02/tomala-vence-campeonatos-indoor-da.html>
- Sat 1 Feb - Preview of the Portuguese National Indoor Club Championship qualifications this weekend
<https://omarchador.blogspot.com/2020/02/campeonato-nacional-de-clubes-em-pista.html>
- Sat 1 Feb - Ian Richards (M70) wins 15 km in Steyning, England
<https://omarchador.blogspot.com/2020/02/ian-richards-m70-vence-15-km-em.html>
- Fri 31 Jan - Results of the Andalusian championships and Arahall Walking GP in Seville, Spain
<https://omarchador.blogspot.com/2020/01/arahal-disputou-campeonato-da-andaluzia.html>
- Thu 30 Jan - Susana Feitor recognised at the Portuguese Sports Confederation Sports Gala
<https://omarchador.blogspot.com/2020/01/susana-feitor-distinguida-na-gala-do.html>
- Thu 30 Jan - Raquel González and Mario Viñas, champions of Catalonia 2020
<https://omarchador.blogspot.com/2020/01/raquel-gonzalez-e-mario-vinas-campeoes.html>
- Thu 30 Jan - Results of the second Supernova International 10,000m track walk in Melbourne
<https://omarchador.blogspot.com/2020/01/a-2-prova-de-10000-m-no-supernova-2020.html>
- Wed 29 Jan - Results of the 2020 Masters International Meet in Madeira, Portugal
<https://omarchador.blogspot.com/2020/01/meeting-da-madeira-2020-veteranos.html>
- Wed 29 Jan - Bilodeau the best in the 50 km in Santee. Andreas Gustafsson and Robyn Stevens win US titles
<https://omarchador.blogspot.com/2020/01/bilodeau-o-melhor-nos-50-km-em-santee.html>
- Wed 29 Jan - Eleonora Giorgi (2:43:43) and Federico Tontodonati (2:34:55) win Italian 35km in Grosseto
<https://omarchador.blogspot.com/2020/01/eleonora-giorgi-24343-e-federico.html>
- Tue 28 Jan - Results of the walks in Porto de Mós, Portugal
<https://omarchador.blogspot.com/2020/01/provas-de-observacao-em-porto-de-mos.html>
- Tue 28 Jan - Results of the Portuguese Veterans 20km Championships in Porto de Mós
<https://omarchador.blogspot.com/2020/01/campeonatos-nacionais-de-veteranos-de.html>

PHOTOS FROM THE VIC COUNTRY CHAMPIONSHIPS

I published the results of the Victorian Country Championships in last week's newsletter but I did not have any photos to accompany the article. Thanks to Wayne Peart who has now forwarded me a great selection, some of which I reproduce below.



The start of the Open/U20/Masters 5000m walk: Alanna Peart, Charlotte Hay, Darcey Roberts, Gemma Peart, Owen Costin, Fraser Saunder, Leigh Browell, Heath Beveridge and Angus Hay



The start in the U16 and Masters 3000m walk: Donna-Marie Elms, Tracy Colbert, Annette Major, Alanna Peart, Claire Noonan, Kaylah Heikkila-Dubowik, Emily Smith, Riannah Tatlock, David Smyth, Fraser Saunder, Owen Costin (obscured), Sebastian Weickhardt and Scott Peart



*Left: The leaders in the 5000m walk: Gemma Peart, Heath Beveridge, Alanna Peart and Fraser Saunder
Right: Action in the 3000m: Riannah Tatlock, Kaylah Heikkila-Dubowik, David Smyth, Scott Peart and Emily Smith*

FOCUS ON THREE RECORD BREAKING MASTERS

With Heather Carr now busy breaking W70 Victorian and Australian walking records, it is timely to review the women's W65 and W70 Australian and Victorian records and zoom in on the 3 wonderful Victorian athletes who dominate the stats. Here's how it looks:

1500m Walk	W65	AR/VR	BRENDA RILEY	VIC	7:48.2	2005
	W70	AR/VR	JEAN ALBURY	TAS	8:24	2000
2000m Walk	W65	AR/VR	HEATHER CARR	VIC	10:52.2	2017
	W70	AR/VR	HEATHER CARR	VIC	11:47.0	2020
3000m Walk	W65	AR/WR	BRENDA RILEY	VIC	16:22.1	2006
	W70	AR/WR	HEATHER CARR	VIC	17:50.6	2020
5000m Walk	W65	AR/WR	BRENDA RILEY	VIC	27:19.1	2006
	W70	AR/VR	JEAN ALBURY	TAS	29:42.75	2000
10km Walk	W65	AR/WR	BRENDA RILEY	VIC	55:32	2005
	W70	AR	JEAN ALBURY	TAS	1:02:31	2000
20km Walk	W65	AB/WB	BRENDA RILEY	VIC	1:57:39	2006
	W70	AB	JOAN PURCELL	QLD	2:30:05.39	2011
30km Walk	W65	AB	HEATHER CARR	VIC	3:37:02	2015

First to **Jean Albury** who started off as a runner. And what a runner she was – here are a selection of her runs that have stood the test of time and are still in the books as records

Vic Record	W50	1 Mile	1983	6.04
Aust/Vic record	W55	Marathon	1984	3.09.14
Aust C'ship Record	W55	1500m	1985	5:15.7
Vic Record	W60	1500m	1990	5.36
Aust C'Ship Record	W60	1500m	1990	5:36



Jean Albury in running mode in 1987 (left) and 1989 (right)

She expanded her repertoire to include racewalking in the W55 age group, quickly setting new Australian and Victorian walk records across the board. She continued her record breaking spree in the W60, W65 and W70 walk divisions. By that time, she had moved to Tasmania and was competing as a TMA member. Brenda Riley and then Heather Carr eventually bettered her W55, W60 and W65 walk records but the 3 following W70 walk records have withstood their onslaught and still stand as Australian records. And no wonder when you review them!

1500m Walk	W70	AR/VR	JEAN ALBURY	TAS	8:24	2000
5000m Walk	W70	AR/VR	JEAN ALBURY	TAS	29:42.75	2000
10km Walk	W70	AR	JEAN ALBURY	TAS	1:02:31	2000

Next to **Brenda Riley**, born 1939 and competing as a Victorian country walker, living in Pt. Lonsdale, just past Geelong. In the space of a couple of years from 2004 to 2006, she set a series of W65 records that are staggeringly good. Even now, five of them have withstood Heather's efforts and still show as World Records or World Bests

1500m Walk	W65	AR/VR	BRENDA RILEY	VIC	7:48.2	2005
3000m Walk	W65	AR/WR	BRENDA RILEY	VIC	16:22.1	2006
5000m Walk	W65	AR/WR	BRENDA RILEY	VIC	27:19.1	2006
10km Walk	W65	AR/WR	BRENDA RILEY	VIC	55:32	2005
20km Walk	W65	AB/WB	BRENDA RILEY	VIC	1:57:39	2006

Arguably, Brenda's best ever walk was her last. The occasion was a VRWC road carnival at Middle Park on Sunday 17th December 2006. Brenda, then aged 67, walking her first ever 20 km event, took some 9 minutes of the World Masters W65 20 km record with a fantastic 1:57:39 (with the first 10km covered in 57:07). Sadly, she pulled up injured from that superb walk and never seriously raced again. She left behind a legacy of great W55, W60 and W65 performances that were going going to take some beating. As an aside, Andrew Jamieson walked a superb 47:06 to take 11 secs off his World Masters M60 10 km record in the same race.



Brenda Riley in action in her record breaking 20km walk in December 2006

And now to 70 year old **Heather Carr** who has been cutting her own swathe through the records ever since the W40 division.



Heather Carr in action last month at Clifton Hill

She has four W65/W70 Australian walk records to her name and will be looking critically at Jean's remaining W70 records. They are super tough but Heather has made a good start. The next couple of years will be interesting!

2000m Walk	W65	AR/VR	HEATHER CARR	VIC	10:52.2	2017
2000m Walk	W70	AR/VR	HEATHER CARR	VIC	11:47.0	2020
3000m Walk	W70	AR/WR	HEATHER CARR	VIC	17:50.6	2020
30km Walk	W65	AB	HEATHER CARR	VIC	3:37:02	2015

CONGRATULATIONS TO OUR WMA WORLD WALKERS OF THE YEAR FOR 2019

As mentioned earlier in the newsletter, the World Masters Association announced the 2019 WMA Best Athletes list last Friday and **Heather Carr** was amongst the recipients, being judged the Female Walker of the Year. Alongside her was England's **Ian Richards** who was announced as Male Walker of the Year and second overall in the overall Male Athlete of the Year. I reproduce their interviews from <https://world-masters-athletics.com/news/2019-athletes-of-the-year/>.

Ian Richards (M71), GBR – Men's #1 Race Walks and #2 Overall



What does winning the award mean to you? My first racewalking career came to an end in 1982 having achieved most things I believed I was capable of as an amateur while working fulltime, bringing up a young family and building a career in the finance and investment industry. I finished 11th in the Moscow Olympics 50k walk, competed in 2 Lugano walking championships (the fore runner to the world championships), European championships and represented GB on many occasions. I took a 25 year break and started again at age 60 purely to keep fit and have fun. However, the Olympian within me soon came to the fore and I saw the potential of masters and all that it offers. I was hooked and wanted to see how far I could get. Little by little I have got better and winning this award is beyond what I expected and a major highlight of my career, on a par of becoming an Olympian. It will also help give me extra credibility in my goals to help others become more active and live fuller lives.

What were your goals in Masters Athletes for 2019? My main goals were to win the World Indoor Championships in Torun and the European Track and Field championships in Venice. Like many walkers, I race all distances from 3000m to 30km and beyond. I knew to be certain of winning, however, that I would have to be in world record breaking form for all distance over a season lasting from March to September.

What are your goals in Masters Athletics for 2020? Very much the same as 2019, European Indoor Championships, European Non-Stadia Championships and World Championships. It is going to be a much bigger challenge being 1 year on in my age group with some very good youngsters coming up. My mindset is that once again I will need to be in world record breaking form and am training accordingly.

What else happened for/to you in 2019 that you would like to share? A particularly proud moment was being selected for the England marathon team in a Celtic nations international marathon. I had qualified in an open marathon running race despite the fact that I had race walked the distance. I race walked the international and just broke 4 hours.

Racewalking is a very tough event because of the technical requirements, particularly the need to straighten the leg from the point of contact to the upright position. Not only do we slow as we age but it gets more and more difficult to comply with the rules. When you are trying to push yourself to the limit it is easy to transgress and get disqualified. I am pleased that I have learnt how to manage that pressure and overcome major disappointments. At the British Indoor Championships over 3000m, I won the race and set a new world record only to be disqualified after I had finished for a bent knee. To go on a few weeks later and win the World Championships in

Torun,, and set a new world record was very satisfying. Unfortunately disappoint soon followed as in the 5000m a few days later, I set out to win and break the record. Again it was not to be. I won easily but was disqualified after the finish, again for a bent knee!

I was determined to get it right in the European Championships. In the 10km which I had targeted for a supreme effort I won easily and it looked as though I had smashed the world record. When I saw my time I said to myself that was impossible and quickly realized the course had to be short and pointed it out to the organisers. I had to argue the point but there was no way I could claim a world record which they eventually agreed. I was so far in front of the record that had it been the right distance I would have still beaten it by a large margin. Set backs are part of racewalking and you just have to accept it when you get it wrong, its your fault not that of judges who are doing their best. Sometimes organisers will get it wrong, not intentionally but no one is perfect. It doesnt impact on the enjoyment I am getting from being one of the best masters in the world – I am having the time of my life! I understand that I have been awarded the Torsten Carlius Fair Play Award by European Masters (this needs to be checked) for the way that I have accepted these disappointments.

How has your health in recent years? One of the reasons that I restarted racewalking was for the good of my health with the hope that it would help me both live longer and continue to be active. So far so good! All my training is outdoors in all weathers taking no more than a couple of weeks break at the end of the summer. I am convinced that getting regularly soaked and half frozen is good for the immune system. What I have found, however, is that injury prevention has become more and more critical and get niggles sorted as soon as I spot them. I train 6 days a week putting in as much time as when I was training for the Olympics. However, I now have to use some of that time conditioning my whole body with extensive stretching. I foam roller regularly, have deep tissue massage once a week and see a very good sports Chiropractor every couple of months to check me over and sort out any realignments that might be needed. Its working although I do get the occasional injury but I am very good at managing those and getting back quite quickly. Some injuries need to be tackled by rest but I always whenever possible do other things that will help maintain my fitness and have found ways that work for me to get me back to full fitness very quickly once I am able to get back into training.

Other than Masters Athletes, what else do you do for fun? Any time that I have outside of training and competing I try to use to give something back to others. I have been enormously blessed in my life and as an Olympian feel duty bound to use my time living and promoting the Olympic values. It is enormous fun and rewarding serving others. I am the current Vice Chairman and also Race Walking Secretary of the British Masters Athletic Federation and I regularly take on the role as one of the Team Managers of the British Masters Team at championships. I also serve on a number of other committees in various positions within the sport. I am a member of the Salvation Army and am committed to helping those less fortunate than myself. I have spent many years working with children and youth but find myself increasingly working with the elderly community where I have found that my involvement in masters sport can be used both to motivate and show them how they can become more active and live their lives more fully. I regularly give talks for those coming up to or recently retired and to other groups of elderly people. I am currently enrolling to do a Sports Science Degree starting in September as I feel the knowledge this will give me will be of benefit both to myself and help me give better guidance to others. Oh I also have a wife and 5 grandchildren!

Heather Carr (W70), AUS – Women’s #1 Race Walks



What does winning the award mean to you? Nomination for this award has been quite overwhelming for me. As part of the racewalking community I feel exceptionally privileged to be recognised for my contribution to the sport since beginning my involvement in athletics over 33 years ago. My interest began prior to the World Veterans Athletic Championships held in Melbourne, Australia 1987.

Athletics have played an integral part in my life, particularly having the amazing opportunity to belong to the Victorian Race Walking Club [VRWC] and Athletics Victoria [AV]. Both organizations provide wonderful support and assistance for me in pursuing my passion for athletics – predominantly racewalking. Walkers enjoy regular competitions throughout the year – so plenty of opportunities exist to improve speed, technique and endurance under race conditions. I believe Victorian racewalkers are extremely fortunate in belonging to the best club in the world!

What were your goals in Masters Athletes for 2019? My goals during 2019 were primarily to recover from an achilles injury which sidelined me during the World Championships in Malaga, Spain in 2018. Being unable to compete was absolutely distressing for me so I was resolute in my determination to devote time for recuperating and recovering from the achilles as well as from hip replacement surgery [June 2017]. With the help from an amazing Physiotherapist, I was able to build up and maintain fitness once more.

What are your goals in Masters Athletics for 2020? My goals for 2020 are to continue racewalking, and hopefully continue to enjoy good health and good company with fellow athletes. Coffee time is always paramount following a training session or competition! So, competing, keeping fit and having a fun time are very important to me!

Other than Masters Athletes, what else do you do for fun? I really enjoy and value any physical activity; attending weekly Masters local venues including Glen Eira, Frankston and Southern Peninsula. I also participate in Parkrun and compete in Triathlons. To balance this physical activity, I love reading, going to movies and spending time with family.

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

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 13 (Thu), 2020	Ballarat Racewalkers Club Founders Cup, 6PM, North Gardens, Lake Wendouree, Ballarat
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 21-23, 2020	WA State T&F Championships, Perth (Open 10,000m, underage 5000m and 3000m 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, Duncan McKinnen Reserve, Glenhuntly
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\
Apr 18-19, 2020	Australian Centurions 24 Hour Qualifying Walk, Coburg, Victoria
Jun 7 (Sun), 2020	54 th LBG Racewalking Carnival, Canberra
Aug/Sept, 2020	Australian Roadwalk Championships, Tasmania (venue and date to be confirmed by AA)

International Dates

Feb 16 (Sun), 2020	Turkish Race Walking Championships Antalya TUR (20km men and women)
Feb 16 (Sun), 2020	4 th Patras Racewalking Festival, Patras, Greece (20km men and women)
Mar 8 (Sun), 2020	Lugano Trophy - Memorial Mario Albisetti Lugano SUI (20km men and women)
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 (Sat), 2020	Podebrady Walks Meet, Podebrady, Czech Republic
Apr 11-12, 2020	Taiwan Veterans Spring Meet, Tainan Municipal Stadium, Tainan
Apr 18 (Sat), 2020	International Race Walk Meeting, Zaniemysl, Poland
May, 2-3, 2020	29th World Athletics 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 (20km men and women)
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Jun 5 (Fri), 2020	46 th International RW Festival, Alytus, Lithuania
Jun 14 (Sun), 2020	Polish National Championships, Mielec, Poland
July 17-20, 2020	18th World Athletics 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
Sep 26-28, 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
Sep 26-28, 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 World Athletics Championships**, 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 World Athletics Championships**, Budapest, Hungary

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)