



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2019/2020 Number 20  
Tuesday 11 February 2020



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### WALKER OF THE WEEK



My Walkers of the Week are **Jemima Montag** and **Dane Bird-Smith** who won the Oceania and Australian 20km Race Walking Championships in Adelaide last Sunday.

As both had already bettered the automatic qualifying standards (Dane walked 1:20.52 in February 2019 and Jemima walked 1:30.51 in the same race) they secure themselves automatic nominations to the Tokyo 2020 Olympics.

Dane finished in third place with **1:23.01** behind Perseus Karlstrom (SWE) in 1:21.57 and Evan Dunfee (CAN), in 1:22.32m while Jemima won the women's race in **1:33.15**, ahead of fellow Australians Katie Hayward (1:34.00) and Beki Smith (1:35.06).

It was Dane's 8<sup>th</sup> National 20km title win but Jemima's first.

See more at <https://www.athletics.com.au/news/dane-bird-smith-and-jemima-montag-book-their-tickets-to-tokyo/>.

### WHAT'S COMING UP

Talk about spoilt for choice on the local front!

- The **Athletics Victoria 5000m Team Walks Championships** will be held at the Mentone Athletics Track tomorrow evening, Wednesday 12<sup>th</sup> February. There is also a VRWC 1500m walk for which entries are taken on the night. The timetable reads as follows

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

AV 5000m Team Championship entries are as follows:

Knox: Corey Dickson, Angus Hay, Mark Blackwood  
Essendon: Mark Donahoo

Glenhuntly: Gwen Steed, Heather Carr, Rozlyn Walker  
Knox: Ariana Pashutina, Charlotte Hay, Emily Smith, Grace Louey, Darcey Roberts, Kathleen O'Mahony  
Vic Masters: Marnie Grace

- If you fancy a trip to Ballarat, then **Thursday 13<sup>th</sup> February** is the date for you, with BRWC running the **Ballarat Racewalkers Club Founders Cup**, starting at 6PM in the North Gardens, Lake Wendouree at Wendouree. The races will be followed by a BBQ.
- **Little Athletics Victorian Region T&F Carnivals** will be held throughout Victoria next weekend (**15-16 February**). Good luck to all our younger walkers who will be trying to qualify for the State Championships Final later this summer.
- Next Sunday also 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 VRWC online entry panel at <https://vrwc.org.au/wp1/>.

**Sun 16<sup>th</sup> February 2020, VRWC Track Races, VMA 5000m Championships, Mentone**

Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone		
8.30am	<b>5000m VMA Championship</b>	Masters Women
9.15am	<b>5000m VMA Championship</b>	Masters Men
10.00am	VRWC 10,000m, 5000m and 3000m	VRWC Open
10.30am	VRWC 1500m	VRWC Open

- And finally, the **AV Shield Final** will be held at Lakeside Stadium (with 2000m walks on offer) on the following **Saturday 22<sup>nd</sup> February**. The AVSL Playoff Round (Rd 13, the Final) draft timetable is posted online. Note it is possible for you to enter the AV Shield Final even if your team has not qualified. It works like this:

Entries for the Playoff Round will open as per normal at 2PM on Wed 12<sup>th</sup> Feb. While the Playoff Round will be open to ALL eligible AV athletes, the priority will be to athletes of Clubs which are competing for a Premiership or a Playoff. From 2PM on Wed 12<sup>th</sup> until midday on Mon 17<sup>th</sup>, ONLY athletes from those clubs in contention for a Premiership or Playoff (8<sup>th</sup> v 3<sup>rd</sup>) can enter the AVSL Playoff Round – AV staff will DELETE any entry from an athlete who does not fall into that category. Then from 2PM on Mon 17<sup>th</sup>, the event will be open to all other ELIGIBLE athletes.

Finally next Sunday sees 3 international walking matches – the walking year is hotting up pretty quickly.

- Feb 16 (Sun), 2020 Turkish Race Walking Championships Antalya Turkey (20km men and women)
- Feb 16 (Sun), 2020 4<sup>th</sup> Patras Racewalking Festival, Patras, Greece (20km men and women)
- Feb 16 (Sun), 2020 103<sup>rd</sup> Japanese National 20km Walk Championships, Kobe, Japan (20km men and women)

**AUSTRALIAN 20KM CHAMPIONSHIPS, NORTH PARKLANDS, ADELAIDE, SUNDAY 9 FEBRUARY**

The highly anticipated Australian and Oceania Roadwalking Championships last Sunday morning in Adelaide saw the favourites winning as expected but struggling somewhat in deceptively tough conditions. The 2km lap in the North Adelaide Parklands has generally produced fast times but this year, the lack of Personal Bests was a reflection of the warm and humid weather early on and the buffeting winds later in the morning.

It was obvious by the completion of the first lap that fast winning times were not on offer in the 20km walks, with **Evan Dunfee** (CAN) leading the men through in 8:30 and the lead group of women passing that mark in 9:40. Dunfee, who led early, was soon joined by **Perseus Karlstrom** (SWE) and **Dane Bird-Smith** (QLD) but Bird-Smith soon fell way and was 10 secs in arrears of the leaders by the 10km mark (passed in 41:24) and 10 secs ahead of **Marius Ziukas** (LTU) who was in fourth place. Positions remained unchanged until the final 2km when Karlstrom put the foot down and swept away from Dunfee, going on to win this race for the third time in a row, albeit with a slower than expected 1:21:57 (last lap 7:32). Although unable to match the pure speed of Karlstrom, Dunfee still finished strongly to take second with 1:32:32, ahead of Bird-Smith with 1:23:01. The Australian and Oceania Championships medals went to Bird-Smith, **Rhydian Cowley** (VIC) and **Kyle Swan** (VIC), with all 3 walkers bettering the 1:28:00 World Team Championships standard set by Athletics Australia. Bird-Smith also confirmed his Olympic nomination by dint of winning the Australian selection trial.

Little separated the top women early on, with **Jemima Montag** (VIC), **Katie Hayward** (QLD), **Beki Smith** (ACT) and **Alana Barber** (NZL) all passing the half way mark together at 47:06. Barber was the first to drop off, followed by Smith, leaving Montag and Hayward to fight out the finish. As in the men's race, the final 2km decided the winner, with Montag storming home with her fastest lap of 9:01 to take victory with 1:33:15. Montag, Hayward and Smith won both the Australian and Oceania medals and all bettered the 1:36:00 World Team Championships standard set by Athletics Australia. Montag also confirmed her Olympic nomination with her win in what was the official Australian trial.

Strong U20 male and female fields contested their own Oceania Championships and, although they finished in the expected order, they were nearly all well outside their PBs, due to the buffeting winds that steadily increased during their race. **Tristan Camilleri** (SA) and **Gwyllym Young** (ACT) went into the men's race with the fastest times and both lived up to expectations, matching each other stride by stride throughout the 10km before Camilleri kicked away in the final 1km to win with 44:44. Victorian **Corey Dickson** took third place ahead of **Mitchell Baker** (ACT) and **Will Thompson** (VIC), only 11 secs separating the 3 boys. All five bettered the World Walking Cup standard of 46:30 set by Athletics Australia but none could reach the World Junior standard of 43:20. By way of contrast, Victorian **Rebecca Henderson** was untroubled to win the junior girls' race (48:23) ahead of Queenslander **Caitlin Hannigan** (49:39) and fellow Victorian **Alanna Peart** (49:54), all 3 girls bettering the World Team Championships standard of 50:00 set by Athletics Australia. We now look set to field full U20 teams in these championships which are due to be held in Minsk, Belarus, in early May.

Finally to the U18 invitational 5km roadwalk which saw 12 year old Victorian Darcey Roberts win comfortably with 26:03.

#### Open Men 20km - Australian and Oceania Championship

1.	Perseus Karlstrom	90	SWE	41:25	1:21:57	
2.	Evan Dunfee	90	CAN	41:24	1:22:32	
3.	Dane Bird-Smith	92	QLD	41:35	1:23:01	WTC Qualifier
4.	Marius Ziukas	85	LTU	41:45	1:23:06	
5.	Rhydian Cowley	91	VIC	42:08	1:24:40	WTC Qualifier
6.	Kyle Swan	99	VIC	42:53	1:27:41	WTC Qualifier
7.	Quentin Rew	84	NZL	43:39	1:28:18	
8.	Tyler Jones	98	NSW	43:19	1:28:26	
9.	Carl Gibbons	96	NSW	44:25	1:30:26	
10.	Carlos Mercenario	00	MEX	44:02	1:30:38	
11.	Toru Yamamoto	90	JPN	44:58	1:30:40	
12.	Tadas Suskiewiczus	85	LTU	45:35	1:33:50	
13.	Jason Kozica	87	VIC	47:14	1:35:57	
14.	Remo Karlstrom	88	SWE	47:31	1:36:42	
15.	Adam Garganis	97	VIC	47:06	1:37:31	
16.	Chung Hung Tse	81	HKR	47:07	1:38:32	Penalty 2 minutes
17.	Dylan Richardson	00	NSW	48:00	1:38:44	
18.	Timothy Fraser	00	ACT	49:59	1:40:59	
19.	Alix Harlington	99	SA	51:41	1:47:53	
20.	Bradley Mann	99	WA	53:12	1:53:41	
	Michael Hosking	85	VIC	DNS		

#### Open Women 20km - Australian and Oceania Championship

1.	Jemima Montag	98	VIC	47:06	1:33:15	WTC Qualifier
2.	Katie Hayward	00	QLD	47:06	1:34:00	WTC Qualifier
3.	Beki Smith	86	ACT	47:06	1:35:06	WTC Qualifier
4.	Alana Barber	87	NZL	47:06	1:35:52	
5.	Simone McInnes	91	VIC	47:51	1:37:32	PB 1:45
6.	Brigita Virbalyte	84	LTU	47:51	1:37:40	
7.	Rachel Tallent	93	VIC	47:51	1:40:20	
8.	Rachelle De Orbeta	01	PUR		1:43:03	
9.	Anna Cross	99	SA		1:53:11	
10.	Laura Langley	97	NZL	54:38	1:55:36	
11.	Courtney Ruske	94	NZL	56:04	1:58:25	
12.	Sau Man Ng	80	HKR		2:04:37	
	Kelly Ruddick	73	VIC	DNF		
	Rozie Robinson	90	NZL	DNF		
	Anezda Drahotova	95	CZE	DNF		

#### U20 Men 10km - Oceania Championship

1.	Tristan Camilleri	01	SA	44:44	WTC Qualifier
2.	Gwyllym Young	02	ACT	45:01	WTC Qualifier
3.	Corey Dickson	02	VIC	45:40	WTC Qualifier
4.	Mitchell Baker	01	ACT	45:50	WTC Qualifier
5.	Will Thompson	02	VIC	45:51	WTC Qualifier
6.	Oscar Tebbutt	01	NSW	47:32	
7.	Jan Moreu	01	PUR	47:33	
8.	Jack McGinniskin	02	NSW	47:46	
9.	Benjamin Reid	01	WA	47:52	PB :11
	Will Robertson	03	TAS	DNF	

#### U20 Women 10km - Oceania Championship

1.	Rebecca Henderson	01	VIC	48:23	WTC Qualifier
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2.	Caitlin Hannigan	02	QLD	49:39	WTC Qualifier, PB 1:53
3.	Alanna Peart	03	VIC	49:54	WTC Qualifier
4.	Camryn Novinetz	03	QLD	50:03	
5.	Allanah Pitcher	03	NSW	51:43	
6.	Olivia Sandery	03	SA	52:27	PB 0:10
7.	Anna Blackwell	01	TAS	53:54	
8.	Jemma Peart	01	VIC	55:33	
9.	Hannah Bolton	03	NSW	56:57	
10.	Charlotte Hay	03	VIC	58:24	
11.	Sophie Charlotte Hamann	01	QLD	61:17	

**U18 Girls 5km Invitation**

1.	Darcy Roberts	07	VIC	26.03	
2.	Kiera Ross	05	SA	29.32	Penalty 30 secs
3.	Ruby Langford	04	SA	30.11	

Photo Gallery: <http://www.vrwc.org.au/piwigo/index.php?category/562>



*Walkers get under way in Adelaide last Sunday (photo Athletics Australia)*



*The lead groups in the men's and women's fields (photos Athletics Australia)*



*Jemima Montag, Katie Hayward, Perseus Karlstrom and Evan Dunfee*



*Left: Leading pack early in the U20 10km*



*Tristan Camilleri leads Gwyllyn Young*



*Rebecca Henderson*

**AV SHIELD ROUND 12, COUNTRY VENUES, SATURDAY 8 FEBRUARY**

AV Shield Round 12 did not include walks as point scoring events, but our 3 country venues did include non point scoring walks in their program. 15 year old **Fraser Saunder** was the best of the small group, with a PB time of 6:36.7 in the 1500m walk at Ballarat.

**AV Shield Round 12, Landy Field, Geelong, Saturday 8 February**

**3000m Walk**

- |    |             |     |     |         |
|----|-------------|-----|-----|---------|
| 1. | Simon Evans | BOH | M55 | 16:37.8 |
| 2. | Jade Chitty | WES | F16 | 19:43.2 |

**1500m Walk**

- |    |                         |     |     |         |
|----|-------------------------|-----|-----|---------|
| 1. | Owen Costin             | CHI | M16 | 07:45.4 |
| 2. | Kaylah Heikkila-Dubowik | COR | F16 | 08:05.2 |
| 3. | Riannah Tatlock         | BEL | F14 | 08:51.0 |

**AV Shield Round 12, Llanberris Reserve, Ballarat, Saturday 8 February**

**1500m Walk**

1.	Fraser Saunder	BYC	M16	6:36.5	PB 0:07
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**AV Shield Round 12, La Trobe University Track, Bendigo, Saturday 8 February**

**1500m Walk**

1.	Wendy Ennor	EAG	F60	12:10.7	
2.	Peter Savage	EAG	M65	13:58.4	

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 5 FEBRUARY**

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

**1000m Handicap Walk**

1.	MALCOLM TIGGEMAN	07:34	M67	59.68%
2.	GEORGE WHITE	05:39	M74	<b>87.06%</b>
3.	GIL MCINTOSH	06:23	M69	72.42%
4.	PETER CRUMP	05:25	M59	76.65%
5.	ROGER LOWE	07:45	M76	65.19%
6.	GRAHAM HARRISON	07:35	M76	66.62%
7.	JACK RUSSELL	05:53	M67	76.76%
8.	MARGARET MCINTOSH	08:07	W67	59.82%
9.	DAVID ROBERTSON	08:37	M86	68.34%
10.	MARIE MAXTED	06:26	W59	69.43%
11.	LIZ DOWNS	07:28	W64	62.89%

**3000m Handicap Walk**

1.	DAVE FALLON	22:15	M67	63.85%
2.	GIL MCINTOSH	20:09	M69	72.18%
3.	PETER CRUMP	17:06	M59	76.37%
4.	CATHIE HORE	27:11	W69	59.04%
5.	ROGER LOWE	24:33	M76	64.83%
6.	MARIE MAXTED	20:27	W59	69.53%
7.	BRIAN WITTY	21:14	M69	68.49%
8.	GRAHAM HARRISON	23:15	M76	68.46%
9.	DAVID ROBERTSON	26:36	M86	70.01%
10.	COLIN HAINSWORTH	29:46	M90	67.43%
11.	GEORGE WHITE	17:48	M74	<b>87.01%</b>
12.	JACK RUSSELL	19:19	M67	73.55%
13.	ROSS HILL-BROWN	24:28	M65	56.78%
14.	LIZ DOWNS	23:25	W64	64.27%
15.	EDNA BATES	27:53	W67	56.03%
16.	HELEN SURIDGE	24:39	W68	64.23%
17.	MARGARET MCINTOSH	25:56	W67	60.25%

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 8 FEBRUARY**

Thanks to Dave Moore for this week's results from Tasmania. He commented: Today's walk saw a welcome return to form from **William Robertson** and another PB from the rapidly improving **Oliver Morgan**.

**3000m Walk**

1.	William Robertson	OVA	13:13.96	
2.	Oliver Morgan	OVA	16:17.50	PB
3.	Elizabeth Leitch	TMA	19:40.50	

**ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, ADELAIDE, SATURDAY 8 FEBRUARY**

Thanks to Kim Mottrom for this week's interclub results from Adelaide. A warm day from what I heard.

**3000m Walk**

1.	Mathew Bruniges	15:09.52
2.	Daisy Braithwaite	17:18.71

3.	Peter Crump	17:20.55
4.	Greg Metha	17:30.28
5.	Hannah Wilks	17:53.84
6.	Mia Wilks	17:53.89
7.	Nellie Langford	19:58.21
8.	Marie Maxted	20:13.89
9.	Ross Hill-Brown	24:18.34
	Katie DeRuvo	DNF

#### 1500m Walk

1.	Richard Everson	07:08.42
2.	Zayden Kamish	12:04.10
	Anthony Tana	DNF

### ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 8 FEBRUARY

#### 5000m Walk

1.	Bell, Bridget	W18	NSW	26:55.00
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### NSW MASTERS T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 8-9 FEBRUARY

Only a few NSW masters walkers in action last Saturday in the NSW Masters Championships in Sydney.

#### 5000m Walk

W55	1	Weekes, Anne	57	Illawong Rev	32:55.04
W75	-	Purcell, Joan	78	Blue Mountains	DQ
M50	-	Kistler, David	50	St George District	DQ
M55	1	Rowe, Greg	58	Mingara	37:57.70
M80	1	Seymon, Jim	82	U.T.S Northe	37:54.24

### WARWC ROADWALKS, WILSON, PERTH, SUNDAY 9 FEBRUARY

Thanks to Terry Jones for the latest walk results from the Western Australian Racewalking Club in Perth.

#### 5km Walk

1.	Glenys Duncan	45.58
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#### 3km Walk

1.	Xavier Bernard	17.04
2.	Brooke Mortimore	17.43
3.	Casey Mortimore	17.46
4.	Sylvia Byers	26.31
5.	Coral McCooley	26.45

#### 1.5km Walk

1.	Xavier Bernard	9.17
2.	Emily Bogaers	10.34

### GREEK INDOOR TRACK MEET, PIREAS, GREECE, SUNDAY 9 FEBRUARY

Zoe Gkini reports from Greece.

In the first official indoor event in the Peace And Friendship Stadium in Pireas, organised by the Greek Athletics Federation (SEGAS) on Sunday 9<sup>th</sup> February, **Antigoni Drispioti** won the 3000m walk with a time of 12.27.18! Second place went to 15 year old rising star **Anastasia Antonopoulou** with 14:49.79.

36 year old Drispioti is the number 1 Greek female race walker and has already participated in 2 Olympic Games (London & Rio) and 4 World Championships (the latest in Doha last September). We have to mention that today's competition was her first indoor walk during her long athletic career! She changed coach 4 months ago and he pushed her to participate just for the experience. Her time is a PB, a new Greek National record and the World best time so far this year! The previous national record of 12.35.16 was set by Despina Zapounidou on 8.2.2014. Her next event will be the Balkan racewalk championships in March as she strives for her third Olympic Games in Tokyo. Good luck Antigoni.

### 3000m Indoor Track Walk Women

1.	Drispioti, Antigoni	1984	12.24.18
2.	Antonopoulou, Anastasia	2004	14.49.79
3.	Tzatzimaki, Vasiliki	2003	15.54.18
4.	Pappa, Kiriaki	2003	16.47.22
5.	Vasieri, Sofia	2004	18.20.26

In the men's 5000m walk, the solo walker Yiannis Vaitis failed to finish.



*Antigoni Drispioti last Sunday (photos Zoe Gkini)*

### 113<sup>TH</sup> MILLROSE GAMES, THE ARMORY | NEW YORK, NY, SATURDAY 8 FEBRUARY

**Taylor Ewert** (6:34.53) and **Nick Christie** (6:02.81) were the winners at this year's Millrose Games indoor meet in New York. Some good photos at <https://www.facebook.com/pg/USARaceWalkingFoundation/photos/>.

#### 1 Mile Walk Women

1.	Taylor Ewert	South West Ohio TC	6:34.53
2.	Lauren Harris	Marist College	6:39.81
3.	Robyn Stevens	Newfeel/Decathlon	6:41.30
4.	Katie Burnett	Harrier Track Club	6:52.13
5.	Maria Michta-Coffey	Walk USA/Oiselle	6:59.43
6.	Isabella Rogler	Unattached	7:01.60
7.	Katie Miale	Marist College	7:06.29
8.	Kayla Shapiro	Marist College	7:12.38
9.	Chelsea Conway	Unattached	7:16.79
10.	Ciara Durcan	Unattached	7:38.68
11.	Natalie Ehlers	Raleigh Walkers	7:57.08

#### 1 Mile Walk Men

1.	Nick Christie	Newfeel/Decathlon	6:02.81
2.	John Cody Risch	Q Elite Track Club	6:06.34
3.	Sam Allen	Unattached	6:21.52
4.	Ben Thorne	Racewalk West	6:22.41
5.	Sam Elmi	Cornerstone University	6:36.08
6.	Richard Luettau	Shore AC	6:37.36
7.	Joel Pfahler	Athletes in Action	6:39.58
8.	Carson Johnson	University of the Cumberland	7:22.06





*Robyn Harris, Taylor Ewert, Lauren Stevens and Nick Christie in action in the Millrose Games  
(photos <https://www.facebook.com/pg/USARaceWalkingFoundation/photos/>)*

**23<sup>RD</sup> 8 HEURES DE CHARLY, CHARLY-SUR-MARNE, FRANCE, SUNDAY 9 FEBRUARY**

Emmanuel Tardi was in Charly-sur-Marne, 100km in the east of Paris, for their annual 8 Hour Walk last Sunday He reports:

The initial lap was 1.075km long following by laps of 2.575km, allowing walkers to get an exact 50km split. The 8AM start saw 74 starters, including 4 teams. The weather was grey, with a storm forecast for later in the day. **Maxime Faiteau** started fast and, after 1km, he was 100m in front of the pack. He gradually increased his lead until, around the 4 hour mark, injury issues flared. He struggled on but surrendered the lead to **Serge Georgelin** and **Nicolas Potier**, with Georgelin the stronger of the two and forging a small lead. In the women's event, **Muriel Marradi** and **Catherine Galmiche** headed out together, but eventually Muriel escaped and looked set for a good win. After 5 hours, the wind increased in strength, with branches falling in front of competitors, forcing the race director to stop the race after 6 hours.

The ancillary 10km walks were won by **David Durand-Pichard** and **Adeline Brastel**.

**6 Hour Walk Men**

1.	GEORGELIN Serge	Ea Cessonnoise	57.725 km	6h06.21
2.	GILLES Philippe	Usm Montargis	57.725 km	6h08.55
3.	DEPARDAY Fabien	Stadium Montigny Athletic Club	57.725 km	6h12.03
4.	POTIER Nicolas	Athle Pays De Fougeres	55.150 km	6h05.00
5.	LETOURNEAU Florian	Ac Chateau Thierry	55.150 km	6h10.12
6.	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	55.150 km	6h16.05
7.	MALFONDET Alain	Nl Paris	52.575 km	6h02.33
8.	WEILER Philippe	Athletisme Metz Metropole	52.575 km	6h04.35
9.	BIEBUYCK Pascal (BEL)	Ath	52.575 km	6h12.55
10.	VICTOR Etienne	Cag Arnouville Gonesse Villiers	52.575 km	6h17.09
11.	LEIJTENS Frans (NED)	Rotterdam Wv	52.575 km	6h18.51
12.	LOUGRADA Saadi	Cm Roubaix	50.000 km	6h00.16
13.	MALDEME Damien	Athletic Vosges Entente Clubs	50.000 km	6h00.17
14.	FAITEAU Maxime	Entente Poitiers Athle 86	50.000 km	6h00.21
15.	MAUREL Eric	Ac Chateau Thierry	50.000 km	6h01.32
16.	GROS Gildas	Es Thacon	50.000 km	6h01.51
17.	MARECHAL Pascal	Ac Chateau Thierry	50.000 km	6h03.17
18.	BEGIN Edouard	Val-de-reuil Ac	50.000 km	6h09.26
19.	BOURICHON Christophe	Us Champagne-sur-seine	50.000 km	6h09.26
20.	VARAIN Cedric	Ac Chateau Thierry	50.000 km	6h09.48
21.	JACQUEMIN Mickael	Athletic Vosges Entente Clubs	50.000 km	6h10.13
22.	SEFFARI Abdelaziz	Afa Feyzin-venissieux	50.000 km	6h14.00
23.	BOUFFLERT Eric	G.a.Basse Seine	50.000 km	6h18.41
24.	THEVENIN Pascal	Neuilly Sur Marne Athletisme	47.425 km	6h00.17
25.	VANDENDAUL Daniel (BEL)	Cabw	47.425 km	6h01.42

26.	TINTIN Ronald	Ao Charenton	47.425 km	6h07.49
27.	DELANGE Dominique	Aj Auxerre Section Marathon	47.425 km	6h11.36
28.	CECCALDI Georges	Entente Chalons/saone Athlé	47.425 km	6h11.44
29.	VIELFAURE Gilles	Afa Feyzin-venissieux	47.425 km	6h11.47
30.	BALLAND Johann	Athletic Vosges Entente Clubs	47.425 km	6h12.28
31.	LETESSIER Gilles	Grand Paris Seine	47.425 km	6h12.55
32.	HELLER Denis	Athletic Club De Colombes	47.425 km	6h17.21
33.	SEYNAEVE Serge (BEL)	Cm Roubaix	47.425 km	6h18.30
34.	HIERNARD Alain	NI Afd 02	47.425 km	6h19.02
35.	GUILLOT Mickael	Ac Chateau Thierry	44.850 km	6h00.32
36.	ROCHA Fernando	Athletic Vosges Entente Clubs	44.850 km	6h12.28
37.	TABOURET Guy	Us Toul Athletisme	44.850 km	6h15.14
38.	FILLIEUX Christian (BEL)	Caf	44.850 km	6h15.16
39.	CHAPOTOT Adrien	NI Charly	44.850 km	6h16.13
40.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	44.850 km	6h19.11
41.	HAGHEBAERT Eric	NI Chezy Sur Marne	42.275 km	6h00.11
42.	OULBANI Jean-claude	NI St-amarin	42.275 km	6h07.51
43.	BORDIER Daniel	Ac Chateau Thierry	42.275 km	6h08.05
44.	NICOLAS Alain	NI Domptin	42.275 km	6h12.30
45.	BOUDIGNON Thierry	Ultra Marathon France	42.275 km	6h16.11
46.	MACHAL Francis	Cm Roubaix	42.275 km	6h20.26
47.	LEMOINE Daniel	NI Domont	39.700 km	6h06.27
48.	MERCIER Jean-pierre	Pays De Colmar Athletisme	39.700 km	6h23.59
49.	OTT Christophe	NI Holtzheim	37.125 km	6h00.14
50.	CATRY Thierry	Cm Roubaix	34.550 km	6h00.46
51.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	34.550 km	6h24.16
	LABARRE Bertrand	Cs Provins Athletisme	39.700 km	5h06.53
	GIRAUDEAU Denis	ULA De Cornouaille	37.125 km	5h07.04
	KESSELMARK Patrick	Fs Esbly Coupvray Athletisme	31.975 km	4h46.38
	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	26.825 km	2h58.11
	BEGIN Maxence	Val-de-reuil Ac	19.100 km	2h13.55
	BEGIN Jean-pierre	Val-de-reuil Ac	6.225 km	1h18.24

#### 6 Hour Walk Women

1.	MARRADI Muriel	Afa Feyzin-venissieux	47.425 km	6h11.45
2.	GALMICHE Catherine	Cag Arnouville Gonesse Villiers	44.850 km	6h00.34
3.	BIZARD Claudie	Thiais Ac	44.850 km	6h00.45
4.	PANNIER Josiane	Havre Ac	44.850 km	6h01.46
5.	SONNOIS Martine	Racing Club Haut-jura Morez	44.850 km	6h04.43
6.	MAISON Sylvie	Strasbourg Agglomeration Athle	44.850 km	6h06.50
7.	DUCRUET Nadia	Ac Chateau Thierry	44.850 km	6h10.46
8.	ARNAULT Françoise	Neuilly Sur Marne Athletisme	44.850 km	6h19.11
9.	RODIER Nicole	Efs Reims A.	44.850 km	6h22.21
10.	DUPONT Valerie	Cherry J Y Cours	42.275 km	6h12.00
11.	MAURICE Fabienne	Ac Chateau Thierry	39.700 km	6h02.42
12.	SAUNEUF Lola	Marne Et Gondoire Athletisme	37.125 km	6h16.05
13.	CORMIER Mireille	Entente Nimes Athletisme	34.550 km	6h07.42

#### 6 Hour Relay

1.	Domont Athletisme	RIGAL Jean-Luc - BESSOT Véronique	57.725 km	6h08.29
2.	Neuilly-sur-Marne	SALOMEZ Bénédicte - DIEN Daniel - CARCAILLON Alain	47.425 km	6h14.31
3.	La Quarantaine	DECABOOTER Betty - CHATILLON Dominique	47.425 km	6h20.06
4.	The Walkers	LAURIN Martine - CHAUVITEAU Daniel - LAMOTTE Ginette	47.425 km	6h23.01

#### 10km Walk Men

1.	David DURAND-PICHARD	53.12
2.	Arthur BONNOMET	55.17
3.	Julien REY	55.57
4.	David STEFANELLY	56.03
5.	Denis HONOREZ	58.10
6.	Eric TOUAIN	1h00.19
7.	Alain PELLERIN	1h04.22
8.	Joel JACQUEMIN	1h09.42
9.	Alain RICARD	1h11.03
10.	Emmanuel TARDI	1h19.17
11.	Christian MALLET	1h23.48
	Quentin RENOLLET	DQ

#### 10km walk Women

1.	Adeline BRASTEL	58.11
2.	Zoé NICOLAS	1h01.36
3.	Sylvie CERVELLERA	1h11.04
4.	Claudine ANXIONNAT	1h12.59
5.	Manuella POUVREAU	1h13.10
6.	Sylvie NEMERY	1h18.21
7.	Jacqueline JOBERT	1h18.49
8.	Martine MALLET	1h20.36
9.	Lydie VAN NIMMEN	1h23.48
10.	Bernadette QUINQUETON	1h26.05
11.	Isabelle HIERNARD	1h28.08
12.	Danielle DREYFUS	1h34.28



*David Durand-Pichard, Adeline Brastel, Muriel Marradi and Sergey Georgelin (photos Emmanuel Tardi)*

#### OUT AND ABOUT

- All the Great Britain Athletics 2020 qualification documents are now online at <https://www.uka.org.uk/performance/2020-selection-policies/>. The GBR World Racewalking Team Championships selection policy was the last of them, published late January. I note that you can qualify for the 50km with either a 20km or a 50km time and you can qualify for the 20km with either a 20km or a 50km time. That is different to most countries but I like it!

Men	Event	Women
4:06:00 (50km)	<b>Senior 50km</b>	4:30:00 (50km)
1:27:00 (20km)		1:39:00 (20km)
4:00:00 (50km)	<b>Senior 20km</b>	4:25:00 (50km)
1:25:30 (20km)		1:37:30 (20km)
44:00 (10,000m/10km)	<b>Junior 10km</b>	49:30 (10,000m/10km)

#### MARCIADALMONDO ROUNDUP

Marciadalmondo had 7 press releases this week. See additional results there.

- Mon 10 Feb - Results of Colombian Roadwalk Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3712](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3712)
- Sat 8 Feb - Results of Italian Indoor Championships in Ancona  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3710](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3710)
- Wed 5 Feb - China race walking team remains in Italy due to the viral infection  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3709](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3709)
- Wed 5 Feb - Baerum (NOR): Havard Haukenes and Siri Gamst Glitterberg win Norwegian indoor champs  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3708](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3708)
- Wed 5 Feb - CAS) announces it cannot not rule on the appeal over the Women's Olympic 50km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3707](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3707)
- Tue 4 Feb - Preview of the U20 and U23 Italian Indoor Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3706](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3706)
- Tue 4 Feb - Sumy (UKR): Ihor Hlavan and Tamara Havrylyuk-Stasyuk win the Ukrainian Indoor Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3705](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3705)

Omarchador has lots more results

- Mon 10 Feb - Perseus Karlstrom and Jemima Montag win 20km walks in Adelaide  
<https://omarchador.blogspot.com/2020/02/perseus-karlstrom-e-jemima-montag.html>
- Sun 9 Feb - Filipe Loureiro and Catarina Torres win Portuguese U18 walk titles in Braga  
<https://omarchador.blogspot.com/2020/02/filipe-loureiro-e-catarina-torres.html>
- Sun 9 Feb - Preview of Portuguese University Titles in Braga  
<https://omarchador.blogspot.com/2020/02/nacional-universitario-em-pista-coberta.html>
- Sun 9 Feb - Results of Guatamalan Roadwalk Championships in Guatamala City  
<https://omarchador.blogspot.com/2020/02/campeonato-nacional-de-marcha-da.html>
- Fri 7 Feb - Results of London Open Walks in Hillington  
<https://omarchador.blogspot.com/2020/02/london-open-race-walks-em-hillingdon.html>
- Fri 7 Feb - Antia Chamosa and Roberto Vieiro win Championships of Galicia  
<https://omarchador.blogspot.com/2020/02/antia-chamosa-e-roberto-vieiro-vencem.html>
- Thu 6 Feb - Matteo Duc and Pauline Stey win French U20 Indoor titles  
<https://omarchador.blogspot.com/2020/02/matteo-duc-e-pauline-stey-conquistam.html>
- Thu 6 Feb - David Kuster and Marion Manaresi win French U23 Indoor titles  
[https://omarchador.blogspot.com/2020/02/david-kuster-e-marion-manaresi-campeoes\\_6.html](https://omarchador.blogspot.com/2020/02/david-kuster-e-marion-manaresi-campeoes_6.html)
- Wed 5 Feb - Luis Henry Campos and Mary Luz Andia stand out in the Peruvian National Titles  
<https://omarchador.blogspot.com/2020/02/luis-henry-campos-e-mary-luz-andia.html>
- Wed 5 Feb - Results of Norwegian Indoor Championships  
<https://omarchador.blogspot.com/2020/02/campeonatos-da-noruega-em-pista-coberta.html>
- Tue 4 Feb - Carolina Costa and Rui Coelho the best in the Portuguese Club Indoor track Qualifications  
<https://omarchador.blogspot.com/2020/02/carolina-costa-scp-e-rui-coelho-cas-os.html>

#### DATES...DATES...DATES

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

#### Australian/Victorian Key Dates – 2019/2020

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 <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra
Apr 18-19, 2020	Australian Centurions 24 Hour Qualifying Walk, Coburg, Victoria
Apr 25 (Sat), 2020	VRWC Winter Season Roadwalks at Middle Park (Season Opener)
Jun 7 (Sun), 2020	54 <sup>th</sup> 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 Turkey (20km men and women)
Feb 16 (Sun), 2020	4 <sup>th</sup> Patras Racewalking Festival, Patras, Greece (20km men and women)
Feb 16 (Sun), 2020	103 <sup>rd</sup> Japanese National 20km Walk Championships, Kobe, Japan (20km men and women)
Mar 8 (Sun), 2020	Lugano Trophy - Memorial Mario Albiseti Lugano SUI (20km men and women)
Mar 15 (Sun), 2020	Asian Championships, Nomi, Japan
Mar 23, 2020	38 <sup>th</sup> 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 **29<sup>th</sup> 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 30 (Sat), 2020 Gran Premio Cantones de La Coruña, La Coruna, Spain  
 Jun 5 (Fri), 2020 46<sup>th</sup> International RW Festival, Alytus, Lithuania  
 Jun 14 (Sun), 2020 Polish National Championships, Mielec, Poland  
 July 17-20, 2020 **18<sup>th</sup> World Athletics U20 T&F Championships**, Nairobi, Kenya  
 July 24 – Aug 9, 2020 **32<sup>nd</sup> Olympic Games**, Tokyo  
 July 20 – Aug 1, 2020 **23<sup>rd</sup> 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 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
 Aug 8-19, 2021 **World University Summer Games**, Chengdu, China  
 Aug 6-15, 2021 (TBC) **18<sup>th</sup> World Athletics Championships**, Eugene, USA

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

Aug 2023 (TBC) **19<sup>th</sup> World Athletics Championships**, Budapest, Hungary

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