



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 43
24 July 2018



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WALKER OF THE WEEK

My Walker of the Week this time around is 15 year old Melbourne walker **Charlotte Hay**. Competing in the VRWC Intervals races on Saturday at Middle Park, she powered through all 5, with an aggregate time of 51:41.

Charlotte joined our club in April 2013 and has been walking enthusiastically ever since. She was fourth in the Australian Track Championships U17 5000m walk in March this year and improved to third in the LBG Carnival U18 5km in June. With PBs of 9:52 (2km), 14:55 (3km), 25:50 (5km) and 56:02 (10km), she is one of the many talented your walkers in Australia, and one who looks set to continue improving. Well done Charlotte.



Charlotte in action on Saturday (photo Terry Swan)

WHAT'S COMING UP

- Next Sunday sees our main winter roadwalk championships, with 30km for the seniors and with shorter distances for all other age groups from U10 to U20. You must be a current financial member of one of the AV clubs if you wish to compete in any of the AV championships. AV Entries close at 11:59PM on Thursday 26th July – see the entry portal at <http://athsvic.org.au/event/2018-av-30km-walks-championships/>. Entries for the various VRWC races can be done on the day or, more preferably, via our online panel at <http://vrwc.org.au/wp1/race-entries-2/>.

Here is what the timetable looks like:

Sunday 29th July 2018 Middle Park

Pre-entry is required for AV races are with the AV office before the event

AV & VRWC CHAMPIONSHIPS & events: Entries close for all events at 45 minutes before the event.

8.30am	30km AV Championship	Open *
	3 Hours Walk	Open
8.30am	20km Non championship event	Open
9.00am	10km VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km AV Championship	Under 20 Men
9.00am	10km AV Championship	Under 20 Women
9.00am	10km AV Championship	Under 18 Men
10.00am	3km AV Championship	Under 14 Boys/Girls
10.20am	5km AV Championship	Under 16 Boys/Girls
11.00am	5km AV Championship	Under 18 Women
11.15am	5km	Open
11.15am	2km	Open
11.20am	2km VRWC Championship	Under 10 Boys/Girls
11.20am	2km VRWC Championship	Under 12 Boys/Girls
11:50am	Medal presentations at the conclusion of the events.	

* The Victorian 30km is an Open event, meaning it is open to both men and women.

- The **Australian Roadwalk Championships**, incorporating the 2nd RWA Carnival, will be held on **Sunday 26th August** in **Kawanna Waters, Sunshine Coast, Queensland**. This is a combined meet between Athletics Australia and RWA, with AA medals for individual places and RWA medals for winning teams, along with RWA Handicap trophies (just like in the LBG carnival in Canberra). All entries must be made via the AA online panel at <https://winterwalks.eventdesq.com/>. Note **entries close on Monday 6th August at 5pm**. Cost \$30 per event. We have been told that accommodation is scarce as the Sunshine Coast Ironman is also on the same day. So get yourself organized quickly if you are intending to go.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 21 JULY 2018

Conditions were just about perfect for the 45 walkers who gathered at Middle Park for the annual VRWC Intervals Races day on Saturday. The 2km intervals started every 17 minutes to the idea was to race hard, then rest, then race hard again, then rest, etc, for as long as felt like it. Of the 28 walkers who started in the first 2km interval, 12 of them completed all 5, a worthy effort. Special mentions to **Mark Blackwood** who got faster for every one of the five, and to **Kevin Cassidy** and **Pramesh Prasad** who were just about as efficient. We also welcomed back **Tracy Feiner** who had her first race with us since 2012. Welcome back Tracy.

VRWC INTERVALS RACES - 5x2km	2KM	4KM	6KM	8KM	10KM	TOTAL
1. Mark Blackwood	9:24	9:19	9:14	9:10	8:59	46:06
2. Pramesh Prasad	9:39	9:35	9:42	9:39	9:45	48:20
3. Kevin Cassidy	10:03	10:02	9:59	9:59	9:58	50:01
4. Tracy Feiner	10:06	10:13	10:14	10:14	10:22	51:09
5. Charlotte Hay	10:04	10:09	10:14	10:32	10:42	51:41
6. Heath Beveridge	9:58	10:44	10:35	10:30	10:35	52:22
7. Kathleen O'Mahony	11:27	11:33	11:32	11:28	11:31	57:31
8. Angus Hay	11:32	11:53	11:54	12:02	12:06	59:27
9. Alison Thompson	11:22	12:01	11:59	12:19	12:21	1:00:02
10. Albin Hess	12:22	13:06	12:44	13:35	12:29	1:04:16
11. Terry O'Neill	12:54	12:38	12:32	12:55	13:26	1:04:25
12. Karyn O'Neill	13:21	13:35	13:32	13:38	13:44	1:07:50

VRWC INTERVALS RACES - 4x2km	2KM	4KM	6KM	8KM	10KM	TOTAL
1. Donna-Marie Elms	11:54	12:40	13:11	13:06		50:51
2. Russ Dickenson	13:43	14:11		13:39	13:45	55:18

VRWC INTERVALS RACES - 3x2km	2KM	4KM	6KM	TOTAL
1. Darcey Roberts	9:59	10:25	10:58	31:22
2. Luke Epps	10:57	10:59	10:45	32:41
3. Liam Hutchins	10:58	11:07	11:02	33:07
4. Ralph Bennett	12:10	12:13	12:12	36:35
5. Andrew Jamieson	12:41	12:19	12:10	37:10
6. Grace Louey	12:05	12:42	12:35	37:22
7. Kaylah Heikkila-Dubowik	12:10	12:43	13:16	38:09
8. Riannah Tatlock	12:27	13:01	13:28	38:56
9. Emily Smith	12:50	13:17	13:46	39:53

10. Anthony Doran	13:51	13:43	14:28	42:02
VRWC INTERVALS RACES - 2x2km	2KM	4KM		TOTAL
1. Bernie Keirl	10:59	11:19		22:18
2. Hamish Blackwood	11:55	12:22		24:17
3. Aiden Smith	15:25	16:32		31:57
Charli Walker	13:00			DNF

Of course, not everyone wanted to do the Intervals races so we had 4km and 2km scratch races on offer. Well done to **Holly Cocking** and **Zahlia Heikkila-Dubowik** for big PBs. The 2km distance was the shortest on offer, so our U10 walkers had to up the ante and test themselves out over a new distance – well done to **Ela Uzun, Havana Ali, Emma McCaffrey** and **Heath Tatlock**. We also welcomed first timer **Addison Paulke**. Welcome Addison.

VRWC 4km Walk

1. Holly Cocking	22:31	PB 0:15
2. Madeleine Feain	23:48	
3. Barrie Wicks	35:36	

VRWC 2km Walk

1. Corey Dickson	08:57	PB 0:15
2. Zahlia Heikkila-Dubowik	12:55	PB 0:39
3. Isabella Dingli	13:03	PB 0:05
4. Alannah Dingli	13:13	
5. Gemma Lillie	13:21	
6. Addison Paulke	13:35	First walk with us
7. Gwen Steed	13:39	
8. Ela Uzun	13:41	First time over distance
9. Ella Cunningham	14:07	PB 0:27
10. Jan Morrey	15:07	
11. Havana Ali	15:45	First time over distance
12. Beverly Hugo	16:26	
13. Emma McCaffrey	16:32	First time over distance
14. Heath Tatlock	20:13	First time over distance

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

Officials: Mark Donahoo, Ralph Bennett, Tim Erickson

Setup: Shane Dickson, Corey Dickson, Peter Vysma, Mark O'Mahony, Terry Swan

Judges: Peter Vysma (Chief), Shane Dickson, Stuart Cooper, Gordon Loughnan, Mark O'Mahony

Canteen: Wendy Cooper, Kate Suich, Eija Heikkila

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/479>)



*Left: Mark Blackwood leads out in the Intervals Race
Right: Alannah Dingli, Ela Uzun and Isabella Dingli – what a great shot!*



Zahlia Heikkila-Dubowik, Tracy Feiner, Kevin Cassidy, Charlotte Hay and Holly Cocking



Emma McCaffrey, Aiden Smith, Heath Tatlock and Addison Paulke

The judges were also in action with Style Award points cast as follows

Style Award Points Men

Corey Dickson	3
Liam Hutchins	3
Pramesh Prasad	3
Luke Epps	2
Kevin Cassidy	2
Andrew Jamieson	2
Heath Beveridge	1
Hamish Blackwood	1

Style Award Points Women

Holly Cocking	6
Charlotte Hay	4
Zahlia Heikkila-Dubowik	4
Emily Smith	2
Riannah Tatlock	2
Darcey Roberts	1

The progressive Style Award points are found at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.



And one final photo from Saturday - four walkers all looking forward to going to the World Championships in Spain: Ralph Bennett, Russ Dickenson, Kevin Cassidy and Andrew Jamieson

VIDEOS, VIDEOS, VIDEOS

Gerard Feain was busy on Saturday 14th July at Middle Park with his camera and he has put together two fantastic videos of the action. The first one is only 2 minutes in length but shows a lot of the trackside action. Who says we all just stand trackside and watch passively. I am tired just watching! Check it out at <https://youtu.be/CXVtRlaxZ-M>.

The second video is a bit over 7 minutes in length and shows a lot of the racing. See it at <https://youtu.be/GWZPasxYmyY>.

Did you know we have lots of videos online from our VRWC races, as well as a number of very professionally produced pieces by athsvicTV. You can check them all out at <http://www.vrwc.org.au/vrwcvideos.shtml>.

SARWC RWA STATE CHALLENGE, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 21 JULY

Thanks to Peter Crump for his weekly report from the South Australian Race Walking Club in Adelaide. They also contested their RWA Postal Challenge. Good walks by **Kim Mottrom** (47:39), **Tristan Camilleri** (38:18) and **Toby Wilks** (14:36).

10km Walk

1.	Kim Mottrom	47:39
2.	Alix Harlington	55:01
3.	Royrie Upton	1:00:45
4.	Greg Metha	1:01:44
	Darren Bown	DNF
	James Hoare	DNF

8km Walk

1.	Tristan Camilleri	38:18
2.	Olivia Sandery	41:44

5km Walk

1.	Victoria Upton	30:18
2.	Mia Wilks	30:46
3.	Chloe Upton	32:59
4.	Adrian Upton	38:55
	Mathew Bruniges	DNF

3km Walk

1.	Toby Wilks	14:36
2.	Kiera Ross	15:35
3.	Yvette Becker	16:04
4.	Kitarni Upton	16:51
5.	Zayden Kamish	17:55
6.	Seth Upton	20:23
7.	Aleesha Vidler	20:59

2km Walk

1.	Hannah Wilks	12:11
2.	Sebastian Richards	12:55
3.	Tarique Kamish	16:59
4.	Edward Upton	17:05
5.	Zahra Kamish	17:41
	Jake Vidler	DNF

1.5km Walk

1.	Sam Wilks	9:25
2.	Xavier Upton	10:58

SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 21 JULY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cool/cold, cloudy arvo. Handicap wins to **David Robertson**, **Graham Harrison** and **Cathie Hore**.

10km Yacht Handicap

1.	David Robertson	1:24:46	M85	76.42%
2.	George White	1:03:29	M73	84.30%
3.	Kevin Finn	1:11:49	M66	68.33%
4.	Ross Hill-Brown	1:29:15	M63	53.21%

10km Club Yacht Handicap

1.	Graham Harrison	1:18:00	M74	69.55%
2.	Raelene Schild	1:17:36	W53	61.62%
3.	Rodger Barber	1:17:58	M80	76.14%

5km Club Yacht Handicap

1.	Cathie Hore	0:44:42	W67	60.39%
2.	Dave Fallon	0:38:24	M65	61.54%
3.	Edna Bates	0:45:31	W65	57.74%
4.	Gill White	0:41:38	W69	66.69%
5.	Roger Lowe	0:41:44	M75	64.06%
6.	Jeff Kennett	0:51:07	M68	47.84%

ACTRWC ROADWALKS, CARILLON, CANBERRA, SATURDAY 21 JULY

Thanks to Robin Whyte for the latest results from Canberra, where they were racing alongside the iconic Lake Burley Griffin.

3.8km Walk (Handicap Start)

1.	Pat Fisher	36:03
2.	Jack Thackray	35:04
3.	Helena Bialecki	24:45
4.	David Mackenzie	32:33
5.	Rosemary Parker	28:09
6.	Gwyllym Young (F/T)	19:21
7.	Kate Black	23:34
8.	Laura Burns	22:57

2km Walk (Handicap Start)

1.	Harry Baker	13:29
2.	Sebastian Young	13:23
3.	Owen Toyne (F/T)	10:59
4.	Ella Baker	14:09
5.	Pierce Brennan	12:48

7.6km Walk (Handicap Start)

1.	Hannah Manning	41:10
2.	Greg Durr	45:43
3.	Bryan Thomas	55:48
4.	Robin Whyte	50:50
5.	Bob Parker	57:43
6.	Tim Fraser (F/T)	34:35
7.	Val Chesterton	1:14:21
8.	Mitchell Baker	35:25
9.	Phil Essam	1:18:10
10.	Monika Short	1:09:03
	Connor Frew	DNF

And I've even got a photo from the ACT Walkers facebook page at <https://www.facebook.com/ACTWalkers/>.



Tim Fraser, Connor Frew and Mitchell Baker racing the Carillon Course in Canberra on Saturday

TRWC ROADWALKS, DOMAIN LOOP, HOBART, SATURDAY 21 JULY

Thanks to Wayne Fletcher for his weekly results feed from Tasmania. He commented: A small field competed at the walks this week as our top walkers tried their hand (or should I say legs) at the Tasmanian Cross Country Titles. A nice sunny day and no wind made our walks enjoyable.

8km Walk

1. Steve Ahern	51.56
2. Wayne Fletcher	1:05.37

7km Walk

1. Ron Foster	1:05.48
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4km Walk

1. Chloe Ahern	25.24
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3km Walk

1. Eugene Gerlach	19.45
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WARWC RWA STATE CHALLENGE, WILSON, PERTH, SUNDAY 22 JULY

Thanks to Terry Jones for this week's results from Western Australia, where they were contesting their RWA State Challenge.

U10 1.5km

1. Kaytee Bogaers	08:54
2. Asha Freeman	09:31
3. Gracie Dabala	10:03
4. Ellis Freeman	10:15

1. Luke Lawrence	09:33
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U12 2km

1. Layla Dabala	13:21
2. Jasmine Williams	14:22

1. Xavier Bernard	11:49
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U14 3km

1. Lataya Lawrence	18:45
2. Amber Richards	21:21
3. Emily Bogaers	26:02

U18 8km

1. Ben Reid	42:09
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U20 10km

1. Brad Mann	53:11
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Masters 10km

1. Andrew Duncan	50:41
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QRWC RWA STATE CHALLENGE, LOGAN RIVER PARKLANDS, BRISBANE, SUNDAY 22 JULY

Thanks to Robyn Wales for the results of their RWA State Challenge, held on Sunday in Brisbane. Unfortunately, the meet clashed with Qld Schools Cross Country the previous day so down in numbers. Good walk by 12 year old **Ashanti Heap** (15:50).

U14 3km

1. Ashanti Heap	F	15.50
2. Korey Brady	F	18.12
3. Scarlett Schofield	F	18.30
4. Torryn Fisher	F	18.44
Anika Clarke	F	DNF

U12 2km

1. Jacob Petrovic	M	13.51
2. Lyla Williams	F	11.07
3. Lily Goulding	F	12.31

U10 1.5km

1. Makenna Clarke	F	9.12
2. Siaan Fisher	F	10.10
3. Charlotte Brady	F	11.10

Open/Masters 10km

1. Ignacio Jimenez	M	48.42
2. Peter Bennett	M	57.43
3. Jessica Pickles	F	51.36
4. Brendon Gannon	F	57.45
5. Noela McKinven	F	1.23.11

U16 5km

1. Jonathan Wearne	M	30.12
2. Amelia Schofield	F	31.54
3. Jasmine McRoberts	F	34.10

Invitation 5km (non-challenge)

1. Mark Carlile	M	38.38
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BRWC GRAEME N ICHOLLS 6KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 22 JULY

Thanks to Kerrie Peart for the results of the Graeme Nicholls 6km Handicap, part of the Ballarat Race Walking Club winter season in Ballarat. She reports:

A chilly and brisk morning greeted our small but keen walkers as they toed the line for the Graeme Nicholls 6km Lap of the Lake. We were privileged to have Graeme's wife Robyn and sister Alison on course to present the winning trophy. After a tough 10km the previous day, Alison joined in the fun and showed our younger walkers how to knock out a very slick 6km. In fact, it was first class performances produced by all our walkers with **Alanna Peart** just edging out **Fraser Saunder** in the final few metres in a very exciting finish, and setting the fastest time of the day. It was great to see **Sarah Brennan** back in

action, and **Scott Peart** managing his first 6km. Scott, Fraser and Alanna all set new BRWC records for their age groups. Earlier in the day young **Jorja Tallent** narrowly prevailed over Keelan Perry on handicaps, to take out our 1500m Jastec race with a PB 10:35.

Graeme Nicholls 6km Handicap – Lap of Lake

1.	Alanna Peart	28:36	PB: 2:38, New BRWC U16 Record
2.	Fraser Saunder	31:10	PB: 3:44, New BRWC U14 Record
3.	Sarah Brennan	34:17	
4.	Scott Peart	39:11	First one, New BRWC U12 Record
5.	Alison Thomspson	38:05	Invitation

Jastec Sheetmetal & Engineering 1.5km Handicap

1.	Jorja Tallent	10:35	PB: 0:11
2.	Keelan Perry	9:47	



Left: Alison Thompson (nee Nicholls) and Robyn Nicholls with Graeme Nicholls 6km Handicap winner Alanna Peart Centre and right: Alison Thompson and Jorja Tallent



Walkers Keelan Perry, Fraser Saunder, Alison Thompson, Sarah Brennan, Alanna Peart, Scott Peart and Jorja Tallent

NSWRWC STATE CHALLENGE, CHIPPING NORTON, SYDNEY, SATURDAY 7 JULY

Finally, back 2 weeks for the NSWRC RWA State Challenge carnival at Chipping Norton. They had most categories covered so look strong challengers for this year's State Challenge Shield. Good 10km times by **Tyler Jones** (47:40) and **Dylan Richardson** (48:30) and a good 5km by 14 year old **Allanah Pitcher** (24:20).

Under 10 1.5km

1.	Mia Stewart	08:44
1.	Dylan Ryan	10:07

Under 12 2km

1.	Jessey Bektas	11:57
2.	Jasmine Wong	12:52
3.	Abbey Bektas	13:16
4.	Ashlynn Webber	14:04
5.	Amelia Crocker	16:19
1.	Thomas Varga-Strike	11:24

Under 14 3km

1.	Emma Thomas	16:45
2.	Ellie DeCelis	17:35
3.	Jada Thomson	18:31
4.	Kailey Webber	18:33
5.	Isabelle Nilon	19:05
6.	Zsafia Varga-Strike	19:41
7.	Chelsey Torrens	20:14
1.	Darcy Bell	17:21
2.	Brendan Pospischil	18:12

Under 16 5km

1.	Allanah Pitcher	24:40
2.	Olivia Thomson	29:34
3.	Hannah Parker	29:58

Under 18 8km

1.	Bridget Bell	45:48
2.	Janaya Lee	49:16
1.	Jack McGinniskin	38:50
2.	Ryan Thomson	41:08

Under 20 10km

1.	Chelsea Goodhew	57:50
2.	Molly O'Neill	57:58
3.	Elaine Wang	58:22
1.	Dylan Richardson	48:30
2.	Travis Barendregt	51:51

Open 10km

1.	Jasmine Dighton	55:05
1.	Tyler Jones	47:40
2.	Carl Gibbons	48:30

Masters 10km

1.	Anne Weekes	1:02:09
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I should also note that 14 year old **Allanah Pitcher** actually walked on to complete the 10km, recording a huge PB time of 49:10. 15 year old **Jack McGinniskin** was also in the 10km, recording a PB of 48:08.

MULLER ANNIVERSARY GAMES, LONDON, SATURDAY 21 JULY

The 3000m track walk World Best time of 10:47.11, set by Italian Giovanni De Benedictis in San Giovanni Valdarno on 19th May 1990) has stood the test of time for some 28 years.

If anyone was going to better it, it was going to be English walker **Tom Bosworth**. Just over a year ago, on 10th July 2017, he set a new World Best for the 1 Mile track walk (5:31.08) in the London Diamond League meet. On 25th February of this year, he broke the indoor World Best performance for the 3000m track walk (10:30.28) at the Muller Indoor Games in Birmingham.

He had his opportunity in the London Diamond League last Saturday, when the 3000m outdoor track walk was included on the program. Nine walkers toed the line: five from Great Britain, one from South Africa, one from the USA, one from Canada and one from Mexico.

He made his intentions plain from the start, striding to the front, shadowed by SA walker **Lebogang Shange**. He eventually broke away to win with 10:43.84, taking over 3 secs from the World Best. Shange finished not far behind, his time of 10:47.08 also bettering the World Best and setting a new African area best. **Callum Wilkinson** finished third with 11: 13.77, a fast time but outside his best of 11:13.09.

Nice interview with Tom at <https://www.facebook.com/athleticsweekly/videos/1924717320914246/>.

Mark Easton has produced his usual selection of great photos at <https://markeaston.zenfolio.com/p505866694>.

3000m Track Walk, Saturday 21 July, 2:05PM

1.	BOSWORTH Tom	GBR	10:43.84	WR
2.	SHANGE Lebogang	RSA	10:47.08	AR
3.	WILKINSON Callum	GBR	11:13.77	

4.	CHRISTIE Nick	USA	11:33.42
5.	THORNE Benjamin	CAN	11:48.38
6.	SÁNCHEZ Eder	MEX	12:11.47
7.	SNOOK Christopher	GBR	12:22.38
8.	CORBISHLEY Cameron	GBR	DQ
9.	THOMAS Guy	GBR	DQ



Callum Wilkinson, Lebogang Shange and Tom Bosworth in action in London on Saturday



Tom Bosworth sets a new 3000m outdoor track walk world best of 10:43.84 (photos by Mark Easton)

SPANISH ATHLETICS CHAMPIONSHIPS, GERAFFE, SPAIN, 21-22 JULY 2018

The 10,000m track walks were held on the second day of the Spanish Athletics Championships in the city of Geraffe. My reports are taken from http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3242 and http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3240.

The men's 10,000m walk was expected to be hard fought between medal favourites **Alvaro Martin, Miguel Angel Lopez, Luis Alberto Amezcua** and **Diego Garcia**. Miguel Angel Lopez led early, but was passed by Alvaro Martin (ESP) after a fifth km split of 3:52.54. Front then on, Martin led to the finish, with consistent sub 4 minute km splits. His final time of 39:31.72 saw him nearly 20

secs clear of second place Luis Alberto Amezcua (39:50.85), with a further break to bronze medallist Miguel Angel Lopez (40:17.08). Special mention to 48 year old **Jesus Angel Garcia** who was 11th with 42:42.9.

10,000m Men

1.	Alvaro MARTIN	Playas de Castellon	39:31.7
2.	Alberto AMEZCUA	Juventud Guadix	39:50.8
3.	Miguel Angel LOPEZ	MMTUCAM Murcia	40:17.1
4.	Diego GARCIA	A.D. Marathon	41:05.8
5.	Marc TUR	Peña Santa Eulalia	41:17.7
6.	Luis Manuel CORCHETE	Atletismo Torrevieja	42:02.6
7.	Jose Ignacio DIAZ	FC Barcelona	42:21.1
8.	Manuel BERMUDEZ	UCAM-Athleo Cieza	42:22.1
9.	Pablo OLIVA	MMTCueva de Nerja-UMA	42:38.5
10.	Cesar Alberto HERRERA	MMTColombia	42:46.9
11.	Jesus Angel GARCIA	MMTISS - L'Hospitalet	42:52.9
12.	Ivan LOPEZ	CA Elche Decatlon	43:04.4
13.	Mario SILLERO	Real Sociedad	43:44.7
14.	Mario VIÑAS	AA Catalunya	44:59.4
15.	Jesus ABAD	C.D. Tajamar	45:37.1
16.	Kevin CERRO	Cornellà At.	45:47.5
17.	Daniel JIMENO	MMTSimply-Scorpio 71	45:48.6
18.	Benjamin SANCHEZ	UCAM-Athleo Cieza	45:57.5
19.	Marc GUERRERO	ISS - L'Hospitalet	46:01.4
20.	Jose MESTRE	Grupompleo Pamplona At	47:09.6
21.	Jorge LOPEZ	Atletisme Els Sitges	52:50.0
	Francisco ARCILLA	Playas de Castellon	DNF
	David REYES	TenerifeCajaCanarias	DNF
	Israel AYMAR	Atletismo Numantino	DQ
	Ivan PAJUELO	CA Fent Cami Mislata	DQ

The women's race was also a high quality affair, with favourites **Maria Perez, Raquel Gonzalez** and **Laura Garcia-Caro** providing a very interesting contest. They alternated the lead to the 7000m mark, at which stage Perez was forced to serve a minute penalty following three red cards. This left Gonzalez to take the win with 43:37.95, ahead of Garcia-Caro (PB 43:50.25), while Perez rallied for third with 44:33.03. **Julia Takacs**, preparing for the European Championships 50km, showed good form to take fourth with 45:28.77, while U23 walker **Lidia Sanchez-Puebla** came in next with 45:43.03.

10,000m Women

1.	Raquel GONZALEZ	FC Barcelona	43:37.9
2.	Laura GARCIA-CARO	MMPAtmo. Ciudad de Lepe	43:50.2
3.	Maria PEREZ	València Esports	44:33.0
4.	Julia TAKACS	Playas de Castellon	45:28.8
5.	Lidia SANCHEZ-PUEBLA	Playas de Castellon	45:47.0
6.	Mar JUAREZ	MMPAvinent Manresa	46:25.0
7.	Maria LARIOS	Simply-Scorpio 71	48:51.8
8.	Andrea CABRE	MMPPlayas de Castellon	49:03.2
9.	Marina SILLERO	At Ianuaris Salamanca	50:50.3
10.	Alicia VAZQUEZ	MMTUCAM-Athleo Cieza	51:21.6
11.	Irene VAZQUEZ	MMTUCAM-Athleo Cieza	51:55.6
12.	Irene MONTEJO	FC Barcelona	52:17.8
13.	Melisa SANCHEZ	MMTUCAM-Athleo Cieza	52:30.3
14.	Angela CARRION	A.C. Jumilla	52:45.3
15.	Leyre ARAMBURU	CA Valladolid-U.Va	54:00.0
16.	Marina SORIANO	CAP Alcobendas	54:17.4
	Beatriz PASCUAL	València Esports	DNF
	Amanda CANO	UCAM-Athleo Cieza	DNF

It's been a busy few weeks for Spanish walkers. The previous Saturday 14th July, they contested 5000m track walks in the Spanish Club Championships in Granollers, with wins going to **Maria Perez Garcia** (20:38.16) and **Alberto Amezcua Balboa** (19:32.80) (see <http://omarchador.blogspot.com/2018/07/maria-perez-em-evidencia-nos.html>).

The week before saw the Spanish U23 Championships in Soria (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3237), where 10,000m walks wins went to **Diego Garcia Carrera** (41:16.76) and **Lidia Sanchez-Puebla** (46:06.80).

They are indeed blessed with quality and depth in both men's and women's walking.

CHAMPIONNATS DE FRANCE CADET-JUNIORS, BONDOUFLE, FRANCE, SUNDAY 22 JULY

Emmanuel Tardi was judging in Bondoufle, 30km south of Paris, last Sunday at the French National Championships for Cadets (U18) and Juniors (U20). The 4 races were scheduled from 8AM to 10:55AM, with good fields in all. Emmanuel reports

The U20 Men's 10,000m saw a battle between **Kevin Kuster** and **Justin Bournier** for the first 5000m before Bournier was sent to the pit lane, ensuring an easy victory for Kuster with 43:38.34. In the U20 Women's 10,000m, **Manon Lefresnes** started fast but she was not feeling well and had to give way to Tunisian **Karima Gouider** who won with 52:31.89. Lefresnes did however win the French title. In the U18 Boys 5000m, it was a battle between **Matteo Duc** and **Martin Madeline-Degy** who looked set for victory when sent to the pit lane with 5000m to go. This ensured that Duc won with his time of 21:40.82. In the U18 Girls 5000m, it was a three way battle between **Julia Perrichon**, **Camille Moutard** and **Maelle Terrec**. The result was decided in the final lap when Perrichon sped up and dropped the two others, her final time 24:35.26. Terrec received red cards 3 and 4 in the last lap and was disqualified after she had crossed the line in 2nd place.

10000m U20 Men, 8:00AM

1.	KUSTER David	JUM/99	Csl Neuf-brisach	43:38.34
2.	BOURNIER Justin	JUM/99	Dole Ac	43:58.31
3.	GOGNIES Ryan	JUM/00	Efs Reims A.	44:20.39
4.	ROBICHON Alexis	JUM/00	Ac Roche-sur-yon	47:25.18
5.	LEBON Hugo	JUM/99	As Fleury Les Aubrais Saran	48:11.46
6.	SAINT-MARC Adrien	JUM/00	Us Bazas	48:42.38
7.	HAGUE Anthony	JUM/99	Stade Brestois	49:32.76
8.	CHABLAT Valentin	JUM/00	Ac La Chapelle/erdre	49:54.01
9.	RENOLLET Quentin	JUM/00	Charleville Mezieres Athlé	50:29.81
10.	LEBRETON Killian	JUM/00	Ta Rennes	51:42.88
11.	MARON Thibault	JUM/00	Ca Balma	53:41.15

10000m U20 Women, 9:05AM

1.	GOUIDER Karima (TUN)	JUF/00	Us Creteil	52:31.89
2.	LEFRESNE Manon	JUF/00	La Vigilante Fougères	53:47.78
3.	DUCLOS Adele	JUF/00	Us Champagne-sur-seine	55:18.08
4.	MANARESI Marion	JUF/00	Ac Romorantin	56:00.71
5.	THEOLIER Lily	JUF/00	Ea Romans-bourg De Peage	56:34.01
6.	ROUSSEAU Juliette	JUF/99	Saint-amand-montrond	56:38.90
7.	ROTTIER Marine	JUF/00	La Postillonne Longjumeau	57:26.47
8.	HAUCHARD Aline	JUF/00	Ea Du Plateau Est	58:00.22
9.	TORREZ Emeline	JUF/00	Ac Cauffry-liancourt	58:37.59
10.	AMIMOUR Alicia	JUF/99	Haute Tarentaise	59:16.65
11.	LEBRETON Gwennan	JUF/99	Ta Rennes	59:17.43
12.	GASNIER Kathleen	JUF/00	Cote De Jade Athlé	61:51.83
	BODIN Kassandra	JUF/00	Aj Blois-onzain	DQ

5000m U18 Boys, 10:15AM

1.	DUC Matteo	CAM/01	Haute Tarentaise	21:40.82
2.	MADLINE-DEGY Martin	CAM/01	Ecla Albi	22:15.17
3.	HUE Aymeric	CAM/01	Ec Orleans CJF	22:42.02
4.	BLANDEAU Victor	CAM/02	Us Saintes Athletisme	23:17.04
5.	DREVILLE Lucas	CAM/02	Beauvais Oise Union Club	23:29.59
6.	DURAND Dimitri	CAM/02	Paris Uc	23:30.77
7.	BREAUD Gaetan	CAM/01	Entente Nimes Athletisme	23:48.95
8.	PETER Florian	CAM/02	Ca Ambilly	23:55.77
9.	VAILLANT Valentin	CAM/01	J3 Sports Amilly	25:23.09
10.	POYAC Aurelien	CAM/02	Nice Cote D:azur Athletisme	26:08.03
11.	OSMONT Corentin	CAM/02	As Tourlaville	26:33.46
12.	KISSA Mael	CAM/02	As Saint-junien	28:22.05

5000m U18 Girls, 10:55AM

1.	PERRICHON Julia	CAF/01	Grenoble Uc	24:35.26
2.	MOUTARD Camille	CAF/01	Athle 21	24:45.40
3.	MOLIST Lucille	CAF/01	Ea Gillonnay-la Cote	25:25.06
4.	STEY Pauline	CAF/01	Rohan Athletisme	25:31.16
5.	RIES Clementine	CAF/02	Aj Blois-onzain	25:56.91
6.	BIRE-HESLOUIS Maelle	CAF/02	Stade Saint-lo	26:27.86
7.	ROUX-FOUGERE Camille	CAF/01	Grenoble Uc	26:47.88
8.	VINCENT Ines	CAF/02	Haute Tarentaise	26:49.08
9.	GOURLET Romane	CAF/01	Stade Brestois	27:17.40
10.	DEMAREST Lucie	CAF/01	Vga Compiègne	27:39.68

11. DUTOT Camille	CAF/02	Ea Du Plateau Est	27:51.37
12. HERMARY Camille	CAF/02	Saint Venant Athletisme	28:06.45
13. BODIN Alexia	CAF/01	Cas Renwez	29:08.44
14. TEXIER Enora	CAF/01	Co Paccen	29:30.56
ALI Sarah	CAF/01	Vineuil Sports	DNF
PREVOST Emmie	CAF/01	As Marck	DNF
TERREC Maelle	CAF/01	Ac Roche-sur-yon	DQ

Great photo gallery at <https://preview.tinyurl.com/y7eyfwyd>.



*Manon Lefresnes, Karima Gouider, Adele Guclos, Julia Perrichon, Justin Bournier, Kevin Kuster and Ryan Gognies
(photos from Emmanuel Tardi)*

FINNISH ATHLETICS CHAMPIONSHIPS, JYVÄSKYLÄ, FINLAND, 19-22 JULY

The roadwalks at the Finnish championships were held on Day 1 of the 4 day meet in Jyväskylä but conditions were torrid, with the very hot European summer providing a temperature around 30C. Thanks to <http://www.gang.se> for the report and results.

Finland's four European Championship 50km walkers, **Veli-Matti Partanen**, **Aleksi Ojala**, **Jarkko Kinnunen** and **Tiia Kuikka** had just returned to Finland the previous evening after a training camp in Livigno, Italy, so it was interesting to see who would front for the 20km championship the following morning. Partanen did, winning with 1.26.45, ahead of **Elmo Koivunen** (1.33.30) and **Jaakko Määttänen** (1.41.41). Ojala retired mid race while Kinnunen and Kiitta did not start. The women's 10km championship was won by **Elisa Neuvonen** (47.44) ahead of **Enni Nurmi** (49.09) and **Tiia Kuikka** at (49.27). Finnish Association article and photos at <http://www.yleisurheilu.fi/uutinen/partanen-elamansa-vireessa-sm-kulta-pelkka-valipala-neuvonen-hyvassa-nousuvireessa>.

20kmMen

1. Veli-Matti Partanen	LappUM	1.26.45
2. Elmo Koivunen	EsboIF	1.33.30
3. Jaakko Määttänen	KeskiUYU	1.41.41
4. Timo Viljanen	TurWei	1.45.24
Aleksi Ojala	UrjU	DNF
Cameron Corbishley	GBR	DQ

10km Women

1. Elisa Neuvonen	LappUM	47.54
2. Enni Nurmi	EspTa	49.09
3. Tiia Kuikka	LappUM	49.27
4. Anniina Kivimäki	LapVi	49.32 PB
5. Venla Laiho	LaitJy	50.24 PB
6. Elina Heikkinen	OulPy	51.50 PB
7. Hanna Westerlund	IFDrott	59.15
Hele Haapaniemi	EspTa	DNF

ALGERIAN ATHLETICS CHAMPIONSHIPS, ALGIERS, ALGERIA, 14-15 JULY

Racewalking continues to make strong inroads into the north African country of Algeria, with good performances in the 10,000m walks a week ago.

10,000m Walk Men

1.	AMEUR MOHAMED	0:43.21.28
2.	MEDJBER HICHEM	0:43.35.36
3.	EL BEY ADLEN	0:45.34.36
4.	LARBI AMINE	0:45.46.02
5.	BOURAS DJABER	0:46.52.81
6.	AMEUR AYMEN	0:49.23.65
7.	TOUIL MOHAMMED	0:50.49.35
8.	CHAABNA MOHAMED	0:54.41.51
	MEDDOUR MED EL FATEH	DNF
	SAIDANI ABDESAMII	DNF
	NAOUI MOSTAFA	DNF
	BOUHRAOUA HALIM	DNF
	DJAAFRI BILAL	DNF
	DJELLOULI MED ELAMINE	DNF
	BOUTALEB ADEL	DNF

10,000m Walk Women

1.	MANSOURI RIHAB	0:49.42.05
2.	GHEZLANI BARIZZA	0:51.13.98
3.	BOUMAAZA TINHINANE	0:54.06.89
4.	BOUHRAOUA ZINA	0:56.58.89
5.	OULMI FATIMA ZOHRA	0:59.57.04
6.	HADJ ALI MERIEM	1.03.07.34
7.	BETTA MAHDJOUBA	1.05.06.75
8.	BEREBIA NASRINE	1.06.38.52
9.	BEN AZEDINE NORA	1.10.04.50
10.	CHERBAL RAYANE	1.15.05.09

POLISH T&F CHAMPIONSHIPS, LUBLIN, POLAND, 20-22 JULY

The track walks at the Polish Athletics Championships, which were held on day one (Friday), saw wins to **Dawid Tomala** and **Paulina Buziak**.

10,000m Walk Men

1.	TOMALA Dawid	89-08-27	AZS KU Politechniki Opolskiej Opole	40:17.62
2.	BRZOZOWSKI Artur	85-03-29	AZS-AWF Katowice	40:20.59
3.	SIKORA Rafał	87-02-17	AZS-AWF Katowice	41:57.84
4.	NIEDZIALEK Lukasz	00-03-15	WLKS Nowe Iganie	42:10.17
5.	FEDACZYNSKI Rafal	80-12-03	AZS UMCS Lublin	43:51.70
6.	CYNGOT Jacek	96-06-09	UKS Olimp Koziencice	50:08.78
7.	BARANOWSKI Michal	98-03-04	MKS Unia Hrubieszów	50:52.39
	JELONEK Jakub	85-07-07	CKS Budowlani Czestochowa	DNF

5000m Women

1.	BUZIAK Paulina	86-12-16	LKS Stal Mielec	22:50.68
2.	ZDZIEBLO Katarzyna	96-11-28	LKS Stal Mielec	23:19.65
3.	BEMOWSKA Joanna	94-06-27	AZS UMCS Lublin	24:41.12
4.	MAJCHROWICZ Kinga	95-11-10	CWKS Resovia Rzeszów	26:29.62
5.	LOREK Antonina	95-02-11	KS AZS AWF Kraków	26:51.94

OUT AND ABOUT

- Athletics Victoria has now posted its 2018/2019 Summer calendar. AV Shield competition starts on 5-6 October (Fri/Sat) at various venues. See <http://athsvic.org.au/wp-content/uploads/Summer-Calendar-2018-19-as-010518.pdf>.
- English walker **Tom Bosworth** says he'll risk prison to defend LGBTI rights at the 2019 World Championships in Qatar. Bosworth is angry that a sport that prides itself on diversity has allowed its flagship event to be hosted by a country that criminalises homosexuality. See <https://www.gaystarnews.com/article/british-gay-athlete-pledges-to-defend-lgbti-rights-in-qatar/#gs.trLmavk>.

- The steeplechase world record holder and Olympic gold medallist **Ruth Jebet** is among 120 T&F athletes and coaches who are facing disciplinary proceedings for doping offences, the Athletics Integrity Unit has announced. Also on the list of athletes subject to proceedings is **Violah Jepchumba**, who has run the third-fastest half marathon in history, and who is fighting a four-year ban for doping offences. The AIU's disciplinary list contains winners of 85 Olympic and world championship medals. Almost half (47.5%) are Russians. See <https://www.bbc.com/sport/athletics/44898747>.
- There's also a case against Russian walker and two-time world championship medalist **Anisya Kirdyapkina**, based on suspicious blood values in samples she gave to drug testers. Kirdyapkina was on Russia's national race-walking team during the time when doping was widespread, leading to bans for more than 30 athletes, including her husband Sergei Kirdyapkin, and a life ban for their disgraced head coach Viktor Chegin (although it doesn't seem to stop him from continuing to coach). See <http://www.espn.com/espn/wire?section=trackandfield&id=24148251>.
- Omarchador advises that Greek walker **Déspina Zapounídou** is another one caught in the net. She has been given 4 year suspension of doping. See <http://omarchador.blogspot.com/2018/07/4-anos-de-suspensao-doping-para-despina.html>
- Brazilian walker **Caio Bonfim** (2017 London World Championships 20km bronze medallist) also seems to be one of the walkers caught in the net, with a 6 months suspension for detection of the diuretic bumetadine. The fact that he has only received a 6 month suspension rather than the mandatory 4 year suspension reflects the fact that the hearing may have accepted the defence plea that the adverse finding may have been due to contamination or inadvertent ingestion. See <https://omarchador.blogspot.com/2018/07/caio-bonfim-esta-suspensao-por-doping.html>
- And finally, an absolutely brilliant article on the whole dirty saga of Russian racewalking. This is why the Russians MUST remain banned. THIS IS A MUST READ. See <http://www.sportsintegrityinitiative.com/howman-raises-questions-russian-beijing-2008-race-walking-golds/>
- To end on a bright note, now retired German walker **Melanie Seeger** has finally received her bronze medal from the 2010 European Championships in Barcelona. You guessed it – it comes due to the doping ban given to yet another Russian in Olga Kaniskina. See <http://omarchador.blogspot.com/2018/07/melanie-seeger-recebe-medalha-bronze-do.html>

MARCIALMONDO AND OMARCHADOR ROUNDUP

There are 5 press releases for us from Marcialmondo this week

- Sun 22 Jul - Caio Bonfim (BRA) banned for 6 months (from 1.3.2018 to 1.9.2018) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3243
- Sun 22 Jul - Getafe (ESP): Alvaro Martin wins Spanish track championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3242
- Sat 21 Jul - Tom Bosworth breaks world 3000m track walk record in London http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3241
- Sat 21 Jul - Getafe (ESP): Raquel Gonzalez wins Spanish track championship http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3240
- Tue 17 Jul - Profile of Colombian world champion Eider Arevalo http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3239

and omarchador has 13 press releases

- Mon 23 Jul - Melanie Seeger finally receives bronze medal from the 2010 European Championships in Barcelona <http://omarchador.blogspot.com/2018/07/melanie-seeger-recebe-medalha-bronze-do.html>
- Mon 23 Jul - Greek walker Déspina Zapounídou given 4 year suspension of doping <http://omarchador.blogspot.com/2018/07/4-anos-de-suspensao-doping-para-despina.html>
- Mon 23 Jul - João Vieira and Vitória Oliveira win Portuguese Club Division 1 walks <http://omarchador.blogspot.com/2018/07/em-braga-atletas-do-sporting-cp-vencem.html>
- Sun 22 Jul - Russian walker Kirill Frolov amongst 72 Russians refused permission to compete internationally <http://omarchador.blogspot.com/2018/07/iaaf-recusa-estatuto-neutro-kirill.html>
- Sun 22 Jul - Bosworth shines in the Müller Anniversary Games <http://omarchador.blogspot.com/2018/07/bosworth-brilha-na-marcha-dos-muller.html>
- Sat 21 Jul - Brazilian walker Caio Bonfim suspended for 6 months for irregular blood result

<http://omarchador.blogspot.com/2018/07/caio-bonfim-esta-suspenso-por-doping.html>

- Sat 21 Jul - Braga hosts the Portuguese Club Championships I-II-III Divisions this weekend
<http://omarchador.blogspot.com/2018/07/braga-acolhe-este-fim-de-semana-os.html>
- Fri 20 Jul - Eider Arévalo the Colombian flag bearer at the Central American Games
<http://omarchador.blogspot.com/2018/07/arevalo-porta-bandeira-da-colombia-nos.html>
- Fri 20 Jul - World rankings will define access to major international events
<http://omarchador.blogspot.com/2018/07/rankings-mundiais-definirao-acesso-aos.html>
- Thu 19 Jul - Results of French U23 and U16 Championships in Niort
<http://omarchador.blogspot.com/2018/07/campeonatos-nacionais-de-franca-sub-23.html>
- Wed 18 Jul - Fast 5000m walk times in Spanish Track Championships
<http://omarchador.blogspot.com/2018/07/maria-perez-em-evidencia-nos.html>
- Tue 17 Jul - Results of International Masters Tournament in Coimbra, Portugal
<http://omarchador.blogspot.com/2018/07/a-marcha-no-torneio-master-do-cluve.html>
- Tue 17 Jul - Results from INSA European Summer Games
<http://omarchador.blogspot.com/2018/07/surinov-e-khokhlova-vencem-inas-em.html>

FROM THE ARCHIVES – THE 1975 MAY FEDERATION CARNIVAL

I've been busy the last few weeks putting more old results online at <http://www.vrwc.org.au/rwa-results.shtml>, so I thought I would push one out there for our older Australian reading audience. It was 43 years ago in Melbourne.

AUSTRALIAN FEDERATION OF RACEWALKING CLUBS
MAY FEDERATION CARNIVAL
LAKESIDE DRIVE, ALBERT PARK, MELBOURNE
SATURDAY 10 MAY 1975

The Second Federation Carnival, which is now held in August each year, used to be held in May, and featured only a small number of events.

In odd years, 4 events were contested

The Alexander Cup (20km Men)
The Lorna Carrington Cup (5km Women)
The Jubilee Shield (5km U17 Boys)
The Claude Knight Trophy (3km U14 Girls)

In even years, 5 events were contested

The Glover Shield (10km Men)
The Robinson Shield (10km Junior Men)
The Lorna Carrington Cup (5km Women)
The Goble Trophy (3km U14 Boys)
The Claude Knight Trophy (3km U14 Girls)

The carnival rotated between the Federation walking clubs and, in 1975, it was allocated to the Victorian Amateur Walkers' Club in Melbourne. The carnival was scheduled for Saturday 10th May and held on a 2km lap on Lakeside Drive in Albert Park, adjacent to the VAWC clubrooms.

Although VAWC members were used to fighting it out with the traffic on the shared road, it did not suit the interstate competitors and traffic interference was an issue according to reports.

The Men's 20km got off to an inauspicious start when South Australian champion Peter Fullager refused to race, deeming the traffic conditions unsatisfactory. That opened it up for the Victorians, who filled 16 of the 20 first places and had the first 4 teams in the Teams Race. This was indicative of the times – the home club usually had a huge advantage in this yearly carnival, with interstate walkers often choosing the LBG Carnival in June ahead of this carnival. If it was held in Melbourne or Sydney, numbers were big. If it was held anywhere else, numbers were questionable.

The Carrington Cup was an exciting race, with VAWC finally wresting the Teams Trophy from NSWAWC for the first time, by the narrowest of margins (one point).

The tables were turned in the Claude Knight Trophy for U14 Girls, when NSWAWC beat VAWC by one point.

It is interesting to see so many of these walkers still competing or still involved in racewalking as judges, administrators or coaches. We are indeed fortunate to have such longevity and commitment in our sport.

ALEXANDER CUP Open Men 20km

1.	Bill Cullen	VIC	95:33.6	
2.	Ross Haywood	VIC	97:35.0	
3.	Robin Whyte	ACT	97:35.0	
4.	Tim Erickson	VIC	98:30.6	
5.	Clarrie Jack	VIC	101:44.0	
6.	Ziggy Sokolowski	VIC	103:41.2	
7.	Willi Sawall	VIC	103:59.4	
8.	Ian Jack	VIC	104:02.2	
9.	Kevin Green	ACT	104:27.8	
10.	Jim Henderson	VIC	105:53.6	
11.	Peter Vysma	VIC	106:13.4	
12.	Terry O'Neil	VIC	106:38.4	
13.	Brian Carman	NSW	107:02.0	
14.	Jock O'Connell	VIC	107:13.2	
15.	Claude Martin	VIC	107:21.6	
16.	Bill Dillon	VIC	107:49.8	
17.	Bill Ford	VIC	109:05.0	
18.	Peter Whitham	SA	109:34.2	
19.	Greg Ellis	VIC	109:51.2	
20.	Tom Daintry	VIC	110:34.6	World Best M60+
21.	Alistair (?) Johnston	NSW	111:56.4	
22.	Stuart Cooper	VIC	113:39.2	
23.	Ron Crawford	NSW	115:24.2	
24.	Frank Overton	NSW	115:50.2	
25.	Keith Henness	NSW	117:29.2	
26.	Bruce Conboy	VIC	117:37.4	
27.	Mike Porter	VIC	118:10.6	
28.	G. Wilson	NSW	119:20.2	
29.	N. Anderson	VIC	120:11.4	
30.	Mark Wall	VIC	121:38.8	
31.	Alan Hancock	NSW	122:22.4	
32.	Ralph Field	VIC	123:43.6	
33.	Keith Coster	VIC	124:16.6	
34.	Brian Hamer	NSW	126:53.2	
35.	Gus Theobald	VIC	129:01.8	
	Paul Dorsett	NSW	DNF	
	Phil Hollis	SA	DNF	
	Peter Bethune	VIC	DNF	
	Gavan Breen	VIC	DNF	
	K. Piscopo	NSW	DNF	
	Paul Nugent	VIC	DNF	
	Graeme Dent	VIC	DNF	
	Paul Francis	SA	DQ	

Teams

1.	VIC 1	6	1, 2, 3
2.	VIC 2	20	5, 6, 9
3.	VIC 4	24	4, 8, 12
4.	VIC 3	28	7, 10, 11
5.	NSW 1	48	13, 16, 17
6.	NSW 2	57	15, 20, 22
7.	VIC 5	58	14, 21, 23
8.	VIC 6	61	18, 19, 24

CARRINGTON CUP Open Women 5km

1.	Jane Davies	VIC	25:59
2.	Bev Wilkins	NSW	26:28
3.	Rachel Thompson	NSW	26:52
4.	Sandra Hogan	VIC	27:21
5.	Sue Orr	VIC	27:34
6.	J. Ridley	NSW	27:42
7.	K. O'Brien	SA	27:49
8.	Joanne Dittman	VIC	29:00
9.	K. Schultz	SA	29:15
10.	T. Smith	SA	29:40
11.	Marie Smith	VIC	29:51

12.	G. Dainer	NSW	30:10
13.	Louise Bathgate	VIC	30:42
14.	Robyn Wales	NSW	30:58
15.	M. Diner	NSW	30:59
16.	A. Daley	NSW	31:04
17.	S. Way	NSW	31:12
18.	H. Buckley	NSW	31:16
19.	Robyn Knape	VIC	31:24
20.	R. Cheyne	NSW	31:56
21.	K. Osborne	NSW	32:14
22.	S. Taylor	VIC	32:39
	Janet Whimpey	VIC	DQ
	J. Wilson	NSW	DQ

Teams

1.	VIC 1	10	1, 4, 5
2.	NSW 1	11	2, 3, 6
3.	SA	24	7, 8, 9
4.	VIC 2	36	10, 11, 15
5.	NSW 2	39	12, 13, 14

JUBILEE SHIELD U17 BOYS 5km

1.	Peter Thompson	NSW	24:36
2.	Rod Huxley	NSW	25:52
3.	Ian Fay	SA	25:00
4.	C. Stone	NSW	25:16
5.	D. Harding	NSW	25:21
6.	Tim Stone	NSW	25:50
7.	John McPherson	VIC	25:57
8.	B. Harding	NSW	26:40
9.	W. Sandford	VIC	27:12
10.	Jim Bannon	VIC	27:25
11.	Barry Bitchenell	VIC	27:55
12.	A. Barlow	VIC	29:15
13.	Dean Cruise	VIC	29:42
14.	Bruce Dillon	VIC	30:05
15.	R. Brown	VIC	30:07
16.	D. Dillon	VIC	31:08
	A. Maddocks	NSW	DQ

Teams

1.	NSW 1	6	1, 2, 3
2.	VIC 1	15	4, 5, 6
3.	VIC 2	24	7, 8, 9

Alas, I am still searching for the third page of the report, which contains the results of the U14 Girls race.

CLAUDE KNIGHT TROPHY U14 GIRLS 3km

1.	Kerri Neville	VIC	15:37
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Teams

1.	NSW
2.	VIC

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 – 2018

Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Lake Kawana, Sunshine Coast, QLD
Oct 5-6, 2018	AV Shield commences (Round 1 at various venues)
Oct 13-20, 2018	Alice Springs Masters Games - www.alicespringmastersgames.com.au/
Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - https://mastersgames.com.au/ppmg/
Nov 2-4, 2018	2018 Victorian All Schools Track & Field Championships, Albert Park
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC
Dec 7-9, 2018	Australian All Schools T&F Championships, Cairns, QLD

Australian/Victorian Key Dates – 2019

Jan 26-28, 2019 Victorian Country T&F Championships, Bendigo
Mar 1-3, 2019 Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019 Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019 Victorian Masters T&F Championships, Albert Park
Apr 12-13, 2019 Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019 Australian Masters T&F Championships, Albert Park

International Dates – 2018 and onwards

Aug 7-12, 2018 **European Athletics Championships**, Berlin, Germany
Sept 4-16, 2018 **22nd World Masters Athletics T&F Championships**, Malaga, Spain
Sep 23-26, 2018 Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B)

Mar 24-30, 2019 **World Masters Indoors T&F Championships**, Torun, Poland
July 3-14, 2019 **30th Summer Universiade**, Naples Italy
Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarrus
July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

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