



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WHAT'S COMING UP

- The Athletics Victoria Shield competition continues this coming Saturday 20th October with 5 venues in action
 - AV Shield Round 3, Program 1, Blue and White Zones, **Casey Fields**
 - AV Shield Round 3, Program 2, Yellow and Red Zones, **Williamstown**
 - AV Shield Round 3, Program 1, Ballarat Region, Llamberris Reserve, **Ballarat**
 - AV Shield Round 3, Program 1, Bendigo Region, La Trobe Uni Track, **Bendigo**
 - AV Shield Round 3, Program 1, Geelong Region, Landy Field, **Geelong**

Most venues will be running 3000m/1500m walks. Check out the AV website (<http://athsvic.org.au>) for all the details, including start times. If pre-entering, you need to register by midday tomorrow.

Our first VRWC summer season walk is at Mentone tomorrow evening (Wednesday 17th October) and we hope to see many of our walkers there. The fixture reads as follows

Wed 17 th October 2018, VRWC Track Races, Mentone		
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone		
6.30pm	10,000m,	Open
6.45pm	1500m	Open
7.00pm	5000m, 3000m	Open

- Registration for the **2018 Victorian All Schools T&F Championships** (Nov 2-4) closes midday on Monday 22nd October. That's less than one week from now! Get your entry in before it's too late - <http://athsvic.org.au/>.
- A reminder to all VRWC members that your **annual VRWC membership renewal is now due**. This will confirm your membership from 1st October 2018 until 30th September 2019. Download the membership renewal form from <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>. Members can also join or re-register by filling in the form online on the VRWC Website at <http://vrwc.org.au/wp1/vrwc-financial-membership/>.

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 13 OCTOBER

First an amendment to last week, with regard to the 5000m walk at the Moonee Valley Athletics Track in Aberfeldie. The times were incorrect and should have read as follows

5000m Walk, Aberfeldie, Saturday 6 October (amended results)

1.	Shae Wellington	M	KSB	25:39.7
2.	Danny Hawksworth	M	ESS	26:51.5
3.	William Dynes	M	DIV	28:03.5
4.	Madeleine Feain	F	KSB	30:55.4
5.	Claire Samanna	F	COL	31:02.6

And now onto this week's Athletics Victoria Shield which saw just under 70 walkers competing across Victoria in warm and sunny conditions.

AV Shield Round 2, Red and Yellow Zones, Doncaster

First to Doncaster where Commonwealth Games gold medallist **Jemima Montag** led the way in the 3000m with 14:13.4. Behind her, youngsters **Heath Beveridge** and **Charlotte Hay** had a great battle, with Heath just getting there first with 14:59.9 to Charlotte's 15:01.8. The 1500m walk also saw a great battle, with **Angus Hay** (8:04.7) just outpacing Marcus Wakim (8:05.7).

3000m Walk

1.	Jemima Montag	F	MUU		14:13.4	
2.	Heath Beveridge	M	WES		14:59.9	Eq PB
3.	Charlotte Hay	F	KNA		15:01.8	
4.	William Dynes	M	DIV		15:13.4	
5.	Danny Hawksworth	M	ESS		16:40.7	
6.	Trenton Hawkins	M	PTN		17:07.4	
7.	Tim Erickson	M	COB	M65	17:29.6	
8.	Paul Kennedy	M	KSB	M60	17:54.7	
9.	Julian Boland	M	MEN	M55	19:08.5	
10.	Phillip Dunstone	M	WES	M50	19:24.3	
11.	Andrew Egginton	M	BOH	M55	19:57.3	
12.	Cassie Little	F	GHY		20:01.4	
13.	Clyde Riddoch	M	VMA	M65	20:07.9	
14.	Dennis Lazar	M	DIV	M60	23:19.5	
15.	Sarah Papadopoulou	F	DIV		23:48.6	
16.	Brenda Cashin	F	WES	F50	25:50.0	
17.	Tess Rickard	F	BWK		26:23.8	
18.	Jenny Szuhai-Andrews	F	BWK	F50	26:35.8	
19.	Glenys Schubert	F	DIV	F55	29:38.0	
	Hamish Beaumont	M	MUU	M40	DQ	
	Tim Thomas	M	MUU	M50	DQ	
	Bernie Keirl	M	DIV	M55	DQ	

1500m Walk

1.	Angus Hay	M	KNA		8:04.7	
2.	Marcus Wakim	M	COL		8:05.7	
3.	Joel Imbriano	M	STK		8:40.5	
4.	Emily Smith	F	KNA		9:00.8	
5.	Eddie Bridgewater	F	PTN		10:00.7	

AV Shield Round 2, White and Blue Zones, Nunawading

To Nunawading where 2018 World Junior Championships representative **Kyle Swan** was fastest with 12:53.7, ahead of Victorian 50km champion **Pramesh Prasad** (14:06.0) and **Corey Dickson** (14:19.7). In the 1500m walk, **Luke Epps** was a clear winner with 8:04.9, almost identical to Angus Hay's time in Doncaster.

3000m Walk

1.	Kyle Swan	M	ANW		12:53.7	
2.	Pramesh Prasad	M	VMA	M40	14:06.0	
3.	Corey Dickson	M	KNA		14:19.7	
4.	Kyle Bird	M	MPA		15:27.4	
5.	Wend Muldoon	F	ANW	F45	16:12.9	
6.	Holly Cocking	F	ANW		16:39.2	
7.	Sandra Geisler	F	RWD	F40	17:00.8	
8.	Kym Osmand	F	VMA		17:21.5	
9.	Cassie Knight	F	BOH		17:26.2	
10.	Simon Evans	M	BOH	M55	17:29.0	
11.	Mark Donahoo	M	ESS	M60	17:35.7	
12.	Madeleine Feain	F	KSB		17:37.7	
13.	Andrew Jamieson	M	OSC	M65	17:40.8	
14.	Ralph Bennett	M	GHY	M65	18:01.5	
15.	Donna-Marie Elms	F	PTN	F55	18:58.0	
16.	Albin Hess	M	VMA	M55	19:05.1	
17.	Rupert Van Dongen	M	MEN	M40	20:12.5	
18.	Isabella Dingli	F	SAN		20:44.5	
19.	Jessica Lillie	F	KNA		21:01.8	
20.	Tony Doran	M	GHY	M65	21:05.6	
	Geza Benke	M	OLM	M60	DQ	
	Steven Stern	M	GHY	M65	DQ	

1500m Walk

1.	Luke Epps	M	KNA		8:04.9	
2.	Zachary Matters	M	BOH		8:27.9	
3.	Brianna Briet	F	CCA		8:37.1	
4.	Alannah Dingli	F	SAN		9:22.5	

Finally, to the 3 country venues, where small fields contested the walks. Best efforts by **Jemma Peart** (14:03.7) and **Alannah Peart** (14:34.2).

AV Shield Round 2, Ballarat Region, Llamberris Reserve, Ballarat

3000m Walk

1.	Jemma Peart	F	BYC		14:03.7
2.	Alannah Peart	F	BYC	INV	14:34.2
3.	Roslyn Ireland	F	BWK		22:17.5
4.	Mark Ireland	M	BWK		24:38.6
5.	Olive Ireland	F	BWK	F55	25:20.1

1500m Walk

1.	Will Roberts	M	BHA		11:18.6
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AV Shield Round 2, Bendigo Region, La Trobe Uni Track, Bendigo

3000m Walk

1.	Barbara Bryant	F	EAG	F60	18:17.6
2.	Anette Curtis	F	SBE	F60	21:39.9

1500m Walk

1.	Wendy Ennor	F	EAG	F60	12:22.1
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AV Shield Round 2, Geelong Region, Landy Field, Geelong

1500m Walk

1.	Sebasatian Weickhardt	M	KSB		9:18.2
2.	Charli Walker	F	BEL		9:23.5

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 13 OCTOBER

Thanks to Wayne Fletcher for last weekend's results from Tasmania. Good walks by **Will Robertson** (14:15.87) and **Alice Randall** (14:38.67). Wayne commented: Beautiful day, no wind, 22C.

3000m walk Men

1.	William Robertson	Old Virgilians	14:15.87
2.	Oliver Morgan	Old Virgilians	19:11.08
3.	David Moore	Tasmanian Masters	23:07.79
	Stephen Ahern	Old Virgilians	DQ

3000m Walk Women

1.	Alice Randall	Old Virgilians	14:38.67
2.	Anna Blackwell	Old Virgilians	16:21.66
3.	Chloe Ahern	Old Virgilians	18:33.98
4.	Elizabeth Leitch	Tasmanian Masters	20:38.20

TRELOAR SHIELD, BLACKTOWN INTERNATIONAL SPORTSPARK, BLACKTOWN, SATURDAY 13 OCTOBER

And now to Sydney for the opening round of their summer season track competitions. Good wins to **Cheryl Webb** (1:55.91) and **Tyler Jones** (12:15.55)

Women 3000m Walk Open

1.	Webb, Cheryl	42	Blacktown Ci	14:55.91
2.	Bell, Bridget	16	Asics Wests	15:09.81
3.	Thomas, Emma	13	Parramatta C	15:18.12
4.	Dunne, Izabella	13	Mingara Athl	15:38.29
5.	Goodhew, Chelsea	19	Westlakes At	15:43.97
6.	Lee, Janaya	17	Nepean Distr	15:57.59
7.	Barendregt, Amanda	22	Nepean Distr	16:26.93
8.	Parker, Hannah	16	Randwick Bot	16:41.47
9.	Wang, Elaine	18	Athletics Nsw	16:50.74
10.	Pengilley, Teegan	17	Bankstown Sp	16:55.81
11.	Pitcher, Sienna	11	Mingara Athl	17:23.17
12.	Thomson, Olivia	14	Sydney Pacif	17:42.42
13.	Lamb, Chloe	11	Athletics Nsw	17:48.99

14.	Weekes, Anne	56	Illawong Rev	18:37.40
15.	Martin, Brooke	15	Nepean Distr	18:51.32
16.	Burns, Amayah	12	Nepean Distr	19:13.98
17.	Deagan, Rhianni	13	Nepean Distr	19:19.78

Men 3000m Walk Open

1.	Jones, Tyler	20	Mingara Athl	12:15.55
2.	Gibbons, Carl	22	Westlakes At	12:34.12
3.	Tebbutt, Oscar	17	Gosford Athl	12:48.09
4.	Richardson, Dylan	18	Mingara Athl	13:04.21
5.	McGinniskin, Jack	16	Athletics Nsw	13:43.18
6.	Barendregt, Travis	18	Nepean Distr	13:59.78
7.	Blaskett, Hayden	16	Sydney Strid	14:12.96
8.	Leerberg, Martin	15	U.T.S. North	14:55.48
9.	Washburn, Steven	24	Nepean Distr	15:56.69
10.	Tebbutt, Archie	14	Gosford Athl	16:41.40
11.	Bell, Darcy	12	Asics Wests	17:36.13
12.	Barrett, Doug	66	U.T.S. North	19:33.01

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 13 OCTOBER

Now to Adelaide where **Kim Mottrom** (13:13.40) and **Victoria Upton** (14:39.83) won the 3000m walks last weekend. Kim commented: 28C, quite warm. Victoria Upton was very impressive winning the women's race, looking very comfortable throughout.

3000m Walk Men

1.	Kim Mottrom	MOP	ADELAIDE HAR	13:13.40
2.	Tristan Camilleri	MU18	COASTAL DIST	13:35.96
3.	Alix Harlington	MOP	NORTHERN DIS	15:31.68
4.	Greg Metha	M35+	MASTERS	18:24.20
5.	Seth Upton	MU14	SOUTHERN	19:07.78
6.	James Hoare	M35+	PORT ADELAID	22:42.79
7.	Ross Hill-Brown	M35+	FLINDERS	25:05.56

3000m Walk Women

1.	Victoria Upton	WU16	SOUTHERN	14:39.83
2.	Kristie Goznic	WOP	PORT ADELAID	14:45.77
3.	Kiera Ross	WU14	PEMBROKE	15:22.71
4.	Rhiannon Lovegrove	WOP	PORT ADELAID	16:32.52
5.	Kitarni Upton	WU14	SOUTHERN	17:25.57
6.	Mia Wilks	WU16	ATHLETICS SA	18:53.28
7.	Chloe Upton	WU18	SOUTHERN	19:16.36

1500m Walk

1.	Kate White	W35+	ENFIELD HARR	12:13.19
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BRWC JARED TALLENT HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 14 OCTOBER

Thanks to Kerrie Peart for her report on the latest races from Ballarat, in country Victoria.

This weekend saw the 2018 edition of the Jared Tallent 1.5km handicap. Alas Jared couldn't make it to the track this year to watch the race named in his honour. If he did he would have seen a keen and speedy group of walkers putting their best foot forward. First year walker **Laura Ballinger** went out hard from the start and lead to the shadows of the post, just being caught on the line by our winner, **Jemma Peart**, who produced the fastest time of the day, closely followed by **Alanna Peart**. Great performances and quick times were the order of the day from all our walkers, with only 33 seconds separating the group in a very fast 1.5km finish.

Jared Tallent 1.5km Handicap

1.	Jemma Peart	6:48	
2.	Laura Ballinger	10:05	First one
3.	Alanna Peart	6:55	
4.	Fraser Saunder	7:20	
5.	Scott Peart	8:55	
6.	Charli Walker	8:51	



*Left: Jared Tallent Handicap winner Jemma Peart with Jason Darlow
Right: The group of young and enthusiastic BRWC walkers (photos from Kerrie Peart)*

ALICE SPRINGS MASTERS GAMES, ALICE SPRINGS, NT, 13-20 OCTOBER

The Alice Springs Masters Games (see <https://www.alicespringsmastersgames.com.au/>), which run from 13-20 October, is a regular bi-annual fixture that our more adventurous Masters walks can enjoy. Because of the very hot weather in the far inland regions of the Northern Territory, there are two sessions each day, one in the early morning and one in the mid to late afternoon.

Two of the 3 walk events have been held so far but the results have not yet been posted).

- 3000m Track Walk, Rhonda Diano Oval, Alice Springs, 3PM, Sunday 14 October
- 5km Road Walk, Alice Spings Desert Park, Larapinta Drive, Alice Springs, 6PM, Monday 15 October

The final 10km road walk will be held at 6AM at Simpsons Gap, Larapinta Drive, on Wednesday 15th October.

Hopefully I can have the full results set for next week's newsletter.

2018 WORLD YOUTH OLYMPICS, BUENOS AIRES, ARGENTINA, 6-18 OCTOBER

The 2018 Summer Youth Olympics, which is currently underwat in Buenos Aires, features 241 events in 32 sports, with Athletics one of the key sports on offer. After highly successful WYO's in Singapore (2010) and Nanjing (2014), this time it comes to the Southern Hemisphere with Argentina the host country.

Within the athletics programs, two separate 5000m walks for boys and girls were contested, the first early set early in the meet and the second set late in the meet. The same was done for other events. This is something I have not seen before and it sounds a great concept.

5000m U18 Boys, Thursday 11 October, 2:30PM

The first of the Boys' 5000m walks, held last Thursday afternoon in warm and sunny conditions, was well reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3309). Chinese walker **Wang Xin** led through the first 3000m (12:32.45) but was overwhelmed by the faster finishing **Cesar Cordova Fernandez** (MEX), **Oscar Patin** (ECU) and **Suraj Panwar** (IND). Fernandez crossed the finish line first in 20:09.90 (with an impressive last lap in 1:25.94, but was subsequently docked 30 secs for a pit lane violation. That meant the win went to Patin, Fernandez being relegated to fifth spot.

1. PATIN Oscar	ECU	1 FEB 2001	20:13.69
2. PANWAR Suraj	IND	2 APR 2001	20:23.30
3. WANG Xin	CHN	17 OCT 2001	20:28.02
4. MENJIVAR Gilberto	ESA	22 AUG 2001	20:31.53
5. CORDOVA FERNANDEZ Cesar	MEX	20 OCT 2002	20:39.90
6. FINOCCHIETTI Davide	ITA	16 OCT 2001	20:51.96
7. MOREU Jan	PUR	14 MAY 2001	21:05.25

8.	KUBIS Lubomir	SVK	19 APR 2001	21:10.94
9.	TOPSAKAL Ozgur	TUR	26 AUG 2001	21:23.99
10.	IWAKAWA Yusuke	JPN	10 MAR 2001	21:49.40
11.	KELEPOURIS Anthimos	GRE	21 MAY 2001	21:58.74
12.	KHOUFACHE Said	ALG	6 DEC 2001	22:00.00
13.	CAHUANA Kevin	PER	27 NOV 2001	22:08.21
14.	ROJAS Christian	COL	26 MAY 2002	22:18.17
15.	LEE Seongyoon	KOR	18 JAN 2002	22:20.57
16.	LORENZETT NASCIMENTO Bruno	BRA	27 AUG 2002	DQ

5000m Walk U18 Girls, Friday 12 October, 2:30PM

Once again, marciadalmondo reported the action (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3310) from the first of the two girls' 5000m walks, held last Friday. This race was much more predictable, with Chinese walker **Xi Ricuo** leading from start to finish, her winning time being 22:23.26. Second place went to **Sofia Elizabeth Ramos Rodriguez** (MEX) with 22:29.52 and third place went to **Olga Fiaska** (GRE) with 22:46.13.

1.	XI Ricuo	CHN	9 AUG 2001	22:23.26
2.	RAMOS RODRIGUEZ Sofia Elizabeth	MEX	25 AUG 2002	22:29.52
3.	FIASKA Olga	GRE	9 NOV 2001	22:46.13
4.	VILLALVA Maria	ECU	15 FEB 2001	22:48.75
5.	DEMIR Evin	TUR	16 FEB 2001	23:25.54
6.	BERTINI Simona	ITA	4 MAY 2001	23:32.30
7.	KASYAN Daryna	UKR	1 APR 2002	24:01.29
8.	PULGARIN CARDENO Ana	ESP	6 MAY 2001	24:13.77
9.	CHAVEZ URQUIZO Stephanie Eunice	BOL	16 NOV 2002	7 24:41.8
10.	MOROZOVA Kristina	KAZ	18 JAN 2001	25:11.17
11.	DONAIRES Freysi	PER	7 MAY 2002	25:13.94
12.	SWANEPOEL Marissa	RSA	22 JAN 2002	25:21.85
13.	TREJO Melany	ESA	18 DEC 2001	25:21.96
14.	MASIRE Sintayehu	ETH	29 APR 2001	25:45.77
15.	LOPEZ Carla	DOM	26 MAR 2001	25:49.24
16.	ZUBKOVA Hanna	BLR	4 JUL 2001	DQ

5000m Race Walk U18 Boys, Monday 15 October, 2:30PM

The second 5000m track walk for the boys, which was held yesterday afternoon in warm conditions, is well documented as always by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3312).

The race quickly developed into a 5 way tussle between **Wang Xin** (CHN), **Suraj Panwar** (IND), **Oscar Patin** (ECU), **Gilberto Menjivar** (ESA) and **Cesar Cordova Fernandez** (MEX), with the final outcome dramatically decided in the final laps. With 2 laps to go, Fernandez broke away, only to be pit laned with 1 lap to go. Xin, who had led for nearly the whole race, then crossed the line first with 20:34.59, only to find he had been disqualified for a lane infringement (rule 163.3b). This meant victory for Panwar (20:35.87) ahead of Patin (20: 38.17) and Peruvian walker **Jan Moreu** (20: 54.04)

1.	PANWAR Suraj	IND	2 APR 2001	20:35.87
2.	PATIN Oscar	ECU	1 FEB 2001	20:38.17
3.	MOREU Jan	PUR	14 MAY 2001	20:54.04
4.	FINOCCHIETTI Davide	ITA	16 OCT 2001	21:41.62
5.	KUBIS Lubomir	SVK	19 APR 2001	21:42.72
6.	MENJIVAR Gilberto	ESA	22 AUG 2001	22:04.63
7.	TOPSAKAL Ozgur	TUR	26 AUG 2001	22:16.98
8.	LEE Seongyoon	KOR	18 JAN 2002	22:29.41
9.	ROJAS Christian	COL	26 MAY 2002	22:30.52
10.	KELEPOURIS Anthimos	GRE	21 MAY 2001	22:42.50
11.	CAHUANA Kevin	PER	27 NOV 2001	22:44.77
12.	IWAKAWA Yusuke	JPN	10 MAR 2001	23:20.84
13.	KHOUFACHE Said	ALG	6 DEC 2001	23:39.49
14.	LORENZETT NASCIMENTO Bruno	BRA	27 AUG 2002	27:21.77
15.	CORDOVA FERNANDEZ Cesar	MEX	20 OCT 2002	DQ
16.	WANG Xin	CHN	17 OCT 2001	DQ (R163.3b)

Overall Results - 5000m Walk U18 Boys

Medals were decided from the combined times from both races. Overall victory went to Gold to **Oscar Patin** (ECU) with 40:51.86, ahead of **Suraj Panwar** (IND) with 40:59.17 and **Jan Moreu** (PUR) with 41:59.29.

1.	PATIN Oscar	ECU	20:13.69 (1)	20:38.17 (2)	40:51.86
2.	PANWAR Suraj	IND	20:23.30 (2)	20:35.87 (1)	40:59.17
3.	MOREU Jan	PUR	21:05.25 (7)	20:54.04 (3)	41:59.29
4.	FINOCCHIETTI Davide	ITA	20:51.96 (6)	21:41.62 (4)	42:33.58

5.	MENJIVAR Gilberto	ESA	20:31.53 (4)	22:04.63 (6)	42:36.16
6.	KUBIS Lubomir	SVK	21:10.94 (8)	21:42.72 (5)	42:53.66
7.	TOPSAKAL Ozgur	TUR	21:23.99 (9)	22:16.98 (7)	43:40.97
8.	KELEPOURIS Anthimos	GRE	21:58.74 (11)	22:42.50 (10)	44:41.24
9.	ROJAS Christian	COL	22:18.17 (14)	22:30.52 (9)	44:48.69
10.	LEE Seongyoon	KOR	22:20.57 (15)	22:29.41 (8)	44:49.98
11.	CAHUANA Kevin	PER	22:08.21 (13)	22:44.77 (11)	44:52.98
12.	IWAKAWA Yusuke	JPN	21:49.40 (10)	23:20.84 (12)	45:10.24
13.	KHOUFACHE Said	ALG	22:00.00 (12)	23:39.49 (13)	45:39.49
14.	WANG Xin	CHN	20:28.02 (3)	DQ	
15.	CORDOVA FERNANDEZ Cesar	MEX	20:39.90 (5)	DQ	
16.	LORENZETT NASCIMENTO Bruno	BRA	DQ	27:21.77 (14)	

The second of the 5000m walks for the U18 Girls will be held later today (Tuesday 16 October) but my newsletter will be out well before then. I will report on the final outcome for the girls in next week's newsletter.

V. RÓBERT MÁRCZ INTERNATIONAL WALKING COMPETITION, PÉCS, HUNGARY, SUNDAY 14 OCTOBER

The Hungarian walkers were out in force on Sunday with shorter distance road races in Pécs. 10km wins to **Bence Venyercsán** (43:10) and **Viktória Madarász** (47:08).

10km Men

1.	Venyercsán Bence Barnabás	1996	BHSE	43:10
2.	Erent Bruno	1990	AK "Agram"	43:44
3.	Srp Miklós Domonkos	1993	BHSE	43:57
4.	Tóth Norbert	2001	Hunyadi DSE	44:41
5.	Nyerges Balázs István	2001	Hunyadi DSE	49:49
6.	Venyercsán László	1971	BHSE	50:52
7.	Soltész Benjamin	2000	Hunyadi DSE	58:41

10km Women

1.	Madarász Viktória	1985	UTE	47:08
2.	Renic Ivana	1996	AK "Agram"	48:13
3.	Récsei Rita	1996	BHSE	49:13
4.	Rabné Récsei Petra	1990	BHSE	52:13
5.	Csörgő Dóra	2001	Hunyadi DSE	52:54
6.	Biróné dr Molnár Valéria	1977	BEAC	53:25
7.	Pevec Eli	2001	AK "Agram"	53:40
8.	Dimanopulosz Daphne	1999	BHSE	54:19
9.	Jancek Bruna	2002	AK "Agram"	57:52
10.	Komoróczy Laura Petronella	1999	BHSE	58:16

5km U18 Men

1.	Varga Máté Ferenc	2002	Hunyadi DSE	22:48
2.	Varga Dávid	2001	MVSI	24:56
3.	Gál Vencel Levente	2001	MVSI	25:08
4.	Hartl Krešimir	2002	AK "Agram"	27:28

5km U18 Women

1.	Tóth Katalin Andrea	2002	Hunyadi DSE	27:58
2.	Jezsoviczki Anna	2002	Hunyadi DSE	29:21
3.	Egyed Orsolya	2002	Hunyadi DSE	35:54

3km U16 Boys

1.	Gonda Levente	2003	BHSE	13:49
2.	Bánk Leon	2003	MVSI	14:34
3.	Konczvald Tamás	2004	MVSI	14:38
4.	Kocsis Bernát Bendegúz	2005	MVSI	15:56
5.	Koc Róbert Kasim	2005	MVSI	16:40

3km U16 Girls

1.	Spiller Tiziana Kinga	2003	BHSE	16:12
2.	Švarbic Lana	2004	AK "Agram"	16:51
3.	Tamás Dorottya	2003	MVSI	17:09
4.	Mészáros Dorottya	2004	UTE	17:14
5.	Hassan Mirjam	2005	MVSI	17:44
6.	Molnár Boglárka	2003	MVSI	17:54

7.	Zsemeri Zsófia	2004	Hunyadi DSE	17:57
8.	Kolmer Jázmin	2004	Hunyadi DSE	18:32
9.	Laczka Gréta Sára	2005	BHSE	18:55

2km U12 Boys

1.	Stefanovics Roland	2007	MVSI	11:35
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2km U12 Girls

1.	Farkas Lelle	2008	MVSI	13:54
2.	Kocsis Vanda	2008	MVSI	14:03

ERWL 5 MILES WALK, LEE VALLEY ATHLETIC CENTRE, LONDON, SATURDAY 13 OCTOBER

Thanks to Ron Wallwork for the latest results from the Enfield Race Walking League in London. Warm sunshine for the 34 starters. **Francisco Reis** led early, only to fade to third, while newcomer **David Annetts** pulled away from young **George Wilkinson** and went on to win convincingly with 40:37. The women's race went to **Penelope Cummings** (48:19).

Men 5 Miles Walk

1.	David Annetts	M50	N.Herts RR	40.37
2.	George Wilkinson	U17	EHAC	42.29
3.	Francisco Reis	M55	Thames VH	44.01
4.	Jim Ball	M55	Steyning AC	47.48
5.	Stuart Bennett	M60	Ilford AC	48.48
6.	Martin Fisher ©	M55	Redcar RWC	48.51
7.	Mark Culshaw	M50	Ilford AC	50.39
8.	John Ralph	M60	EHAC	51.57
9.	Dan Maskell	M70	Surrey WC	54.02
10.	David Kates ©	M65	Ilford AC	54.43
11.	Steve Cartwright	M60	Tol/Tend AC	55.03
12.	John Borgars ©	M70	Loughton	55.12
13.	Tom Casserley	M75	EHAC	56.49
14.	Shaun Lightman	M75	Surrey WC	57.21
15.	Sean Pender ©	M65	EHAC	57.28
16.	Arthur Thomson	M80	EHAC	58.01
17.	David Hoben	M65	Surrey WC	58.47
18.	Malcolm Blackwood	M65	Trent Park	58.55
19.	Bob Dobson ©	M75	Ilford AC	59.03
20.	Michael Harran	M80	Surrey WC	59.18
21.	Gary Smith ©	M60	EHAC	59.21
22.	Peter Hannell	M75	Surrey WC	62.52
23.	Tony Wilkinson	M55	unattachrd	68.44

Women 5 Miles Walk

1.	Penelope Cummings	W40	AFD	48.19
2.	Helen Middleton	W55	EHAC	48.54
3.	Melanie Peddle	W45	LoughtonAC	49.52
4.	Maureen Noel	W55	Belgrave H	53.02
5.	Noel Blatchford	W70	Abingdon AC	54.48
6.	Fiona Bishop	W55	EHAC	55.08
7.	Sue Barnett	W65	EMAC	55.16
8.	Rachel Lawless	W55	Ilford AC	56.03
9.	Lesley Morris	W55	Ilford AC	57.04

4 Miles Walk

1.	Andrew Cox	W65	Hillingdon AC	43.30
2.	Peter Cassidy	M75	Loughton AC	50.02

GERMAN 50KM ROADWALK CHAMPIONSHIP, ASCHERSLEBEN, GERMANY, SUNDAY 14 OCTOBER

Thanks to Udo Schaeffer and Emmanuel Tardi who both sent me the results of the German 50km Championship meet which was held last Sunday in the German city of Aschersleben. As well as featuring the German 50km Championship, the meet included the German U23 30km Men's Championship and the German Masters 10km Championships for men and women.

But the highlight definitely had to be the 50km, with 6 men and 11 women on the start line. That is just sooooo impressive! And it was fitting that the two winners - 23 year old **Jonathan Hilbert** and 25 year old **Bianca Marie Dittrich** – were both German.

For Hilbert, his time of 3:51.22 was a PB by nearly 15 minutes (previous PB of 4:05.48, Gleina, 2017). His splits (47.25, 46.05, 45.58, 45.23 and 46.31) indicate a very well judged race, with an overall negative split (1:56.24 and 1:54.58). Finnish walker **Jarkko Kinnunen** had led until the 35km mark, and, although being passed by Hilbert, still finished strongly for a second placed PB time of 3:52.40. Frenchman **Aurelien Quinion**, in his debut in the distance, was third with an excellent 3:57.05 and 48 year old German walker **Denis Franke** (5:11.26) was fourth, and second in the German championship.

The women's 50km field was much larger than the men's field, with 10 of the 11 starters from France. France's **Maeva Casale** led through the first 25km in 2:14:53, well on track for around 4:30, but she soon slowed, being passed first by **Inès Pastorino** and then by eventual winner **Bianca Marie Dittrich**. Pastorino had a 5 minute lead going into the final 10km but she slowed significantly from then on. Dittrich eventually won with a new German record of 4:42.58 (56.05, 55.46, 56.30, 57.02 and 57.35) with Pastorino second (4:43.46) and 21 year old Casale third (4:46.33), improving on her Taicang walk by nearly 5 minutes.

In the masters 10km championships, the best absolute marks were obtained by **Steffen Borsch** (M45 49.53) and **Brit Schröter** (W40 53.56). The men's U23 30km championship went to **Otto Junghannß** with 2:35:03.

See the full results (including lots of other race divisions) at <https://www.geherpokal.de/wp-content/uploads/2018/10/181014-N-A-leben-ALL.pdf>. I also found a couple of good meet reports:

<https://www.leichtathletik.de/news/news/detail/jonathan-hilbert-geht-mit-neuer-bestzeit-zum-titel/>
<http://www.yleisurheilu.fi/uutinen/kinnunen-kaveli-kauden-parhaan-50-kilometrin-kilpailun-juomahomma-toimi-nyt-hyvin>

50km Open Men

1.	Hilbert, Jonathan	LG Ohra Energie	1995	3:51:22	1 st German
2.	Kinnunen, Jarkko	Finland	1984	3:52:40	
3.	Quinion, Aurelien	France	1993	3:57:05	
4.	Franke, Denis	TV Bühlertal	1969	5:11:26	2 nd German
	Guinaudeau, Keny	France	1993	DNF	
	Smoloskis, Ruslans	Ventspils SS "SPARS"	1996	DNF	

50km Open Women

1.	Dittrich, Bianca Marie	SC Impuls Erfurt	1993	4:42:58	
2.	Pastorino, Ines	France	1992	4:43:46	
3.	Casale, Maeva	France	1997	4:46:33	
4.	Ortiz, Mylene	France	1979	4:57:38	
5.	Naze, Cecile	France	1995	4:59:08	
6.	Billa, Jeanne	France	1996	4:59:18	
7.	Marcou, Amadine	France	1992	5:05:14	
8.	Brunet, Elizabeth	France	1986	5:08:05	
9.	Ausello, Morgane	France	1992	5:25:49	
	Averous, Violaine	France	1985	DNF	
	Menuet, Emilie	France	1991	DNF	

30km U23 Men

1.	Junghannß, Otto	Erfurter LAC	2000	2:35:03	
	Richter, Niklas	SC Potsdam	1999	DQ	

10km Masters Men

M35	1	Wild, Andreas	SV Einheit 1875 Worbis	1982	1:05:49
	2	Fritzsche, Benjamin	LG Olympia Dortmund	1980	1:06:18
M45	1	Borsch, Steffen	SV Halle	1973	0:49:53
	2	Maier, Joachim	SV Breitenbrunn	1970	0:57:09
	3	Neumann, Andreas	LG Stadtwerke Munchen	1970	1:09:31
M50	1	Meyer, Steffen	SV Breitenbrunn	1966	0:52:20
	2	Daimer, Nischan	SV Breitenbrunn	1967	0:55:29
M55	1	Schroter, Uwe	LG Vogtland	1959	0:52:37
	2	Gnauck, Dick	ASV Erfurt	1963	1:02:49
	3	Papst, Ronald	SV Einheit 1875 Worbis	1962	1:04:51
M60	1	Prieler, Helmut	SpVgg Niederaichbach	1955	0:57:21
	2	Klaus, Herbert	TV Kaufbeuren	1958	0:59:56
	3	Hauger, Georg	TV Bühlertal	1957	1:00:32
	4	Tolle, Uwe	Polizei SV Berlin	1955	1:03:11
	5	Schaller, Werner	TV Grofs-Gerau	1957	1:04:38
M65	1	Albrecht, Jirgen	Apoldaer LV 90	1953	0:58:33
	2	Kiepert, Horst	MBB-SG Augsburg	1951	1:07:14
	3	Hammer, Wolfgang	Gehsportverein Regensburg	1951	1:14:22
	4	Bauer, Joachim	L TV Neukirchen	1949	1:18:47
	DQ	Ciesielski, Klaus	Postsportverein Landshut	1953	DQ
M70	1	Dr. Lorscheider, Rainer	TV Ludweiler	1947	1:05:13

	2	Holters, Bernd Ocker	Polizei SV Berlin	1946	1:09:18
	DQ	Maichin, Richard	Alemannia Aachen	1946	DQ
M75	1	Schumm, Peter	Alemannia Aachen	1942	1:05:22
	2	Maier, Felix	SV Breitenbrunn	1943	1:08:31
	3	Giese, Wolf-Dieter	Polizei SV Berlin	1943	1:09:19
	4	Damitz, Hans-Peter	LAC Langenhagen	1943	1:20:59
	5	Buck, Manfred	LGV Marathon Giefesen	1939	1:21:56
	DQ	Lersch, Heiko	SV Brake	1939	DQ
M80	1	Flassnocker, Holger	TG Harkort Wetter	1937	1:23:21
M85	DQ	Ciesielski, Gimter	Postsportverein Landshut	1926	DQ

10km Masters Women

W35	1	Golle, Constanze	LG Vogtland	1981	1:11:41
W40	1	schroter, Brit	LG Vogtland	1974	0:53:56
	2	Betto, Linda	TV Grofs-Gerau	1977	0:57:11
	3	BonneB, Yvonne	ASV Erfurt	1978	1:02:59
	4	Keller, Jana	Spfde. Neukieritzsch 21	1974	1:06:11
	5	Markgraf, Yvonne	LG Slid Berlin	1975	1:07:12
	6	Keller, Ina	Spfde. Neukieritzsch 21	1974	1:08:40
W45	1	Horl, Nicole	Diezer TSK Oranien	1971	0:59:00
	2	Heuer, Anneke	Polizei SV Berlin	1971	1:06:51
	3	Maier, Andrea	SV Breitenbrunn	1969	1:08:22
W50	1	Unterholzner, Maria	TV AltoUing	1968	1:02:31
	2	Zeidler, Brigitte	Polizei SV Berlin	1964	1:16:35
W55	1	Kohler, Antje	TV Blihlertal	1961	1:06:00
	2	Komoll, Birgit	LAC Langenhagen	1960	1:13:16
	3	Militzer, Roswitha	Spfde. Neukieritzsch 21	1959	1:21:40
W60	1	Patrzalek, Brigitte	TV Grofs-Gerau	1958	1:09:23
W70	1	Klink, Ursula	TV Grofs-Gerau	1944	1:14:15
	2	Neidel, Heidrun	TSG 1893 Leihgestern	1947	1:16:31
	3	Molter, Margarete	TV Grofs-Gerau	1947	1:18:14
W75	1	Drager, Helga	TG Esslingen	1939	1:23:52
	DQ	Herrendoerfer, Ursula	Polizei SV Berlin	1940	DQ
W80	DQ	Elbing, Leni	LGV Marathon Giefesen	1938	DQ



50km walkers Bianca Dittrich (photo Christoph Höhne), Jonathan Hilbert (photo <https://www.leichtathletik.de>) and Jarkko Kinnunen (photo <http://www.yleisurheilu.fi>)



French 50km participants - 453 Emilie Menuet, 455 Amadine Marcou, 451 Ines Pastorino, 456 Mylene Ortiz, 452 Cecile Naze, 458 Maeva Casale, 454 Violaine Averous, 450 Morgane Ausello, and 457 Jeanne Bill (photo Christoph Höhne)

OUT AND ABOUT

- VRWC walker **Gerard Feain** has produced two great little videos from our last VRWC winter season races on 9th September, so I have uploaded them to youtube. Well done Gerard. Great work as always.
 - <https://www.youtube.com/watch?v=iI0IH3row1U>
Victorian 50km Roadwalk Championship - Pramesh Prasad
 - <https://www.youtube.com/watch?v=3IWJWlb3aPc>
General footage of various walkers from the day's races
- We have a 50th anniversary coming up tomorrow. It was on 17th October 1968 that East German walker **Christoph Höhne** won the 50km walk at the '68 Olympic Games in Mexico City. Christoph is still going strong and I actually used a couple of his photos in the German 50km championship report earlier in this newsletter. You can read my profile of Christoph at <http://www.vrwc.org.au/tim-archive/articles/1968%20and%201972%20Olympic%2050km%20aces.pdf>.



Christoph Höhne wins the 1968 Olympic 50km walk almost exactly 50 years ago

- Just passing on some news from Geoff Barrow re long time VRWC walker **John Morrison**. Local members will remember that John made a brave comeback to walking after brain cancer surgery a few years ago. He has since undergone a further operation which saw him temporarily retire from walking again last year. Although he has recovered from the operation and chemotherapy treatment, he has not been able to regain his walking stability and has recently moved to Cheltenham Manor Aged care facility in Wilson St Cheltenham. John is as sharp as ever but is just not able to get around without assistance. He would welcome any visitors who wish to discuss current affairs or reminisce about race walking.

John has had a wonderful walking career dating from the 1950s. In 1958 when he was a member of the Sandringham interclub premiership winning team. Fast forward 60 years and he won the VRWC Merrifield trophy in 2015 and the Over 60 points competition in 2016.



Get well soon John Morrison!

- 1932 Olympic 50km champion **Tommy Green** has belatedly been honoured with inclusion in the Athletics England Hall of Fame. **Tom Bosworth** was on hand to present Tommy's grandchildren Cheryl Hookway and David Coakes with the induction award. See <https://www.englandathletics.org/hall-of-fame/hall-of-fame-inductees/hall-of-fame-2018-inductees>. You can also read my biography of TG at <http://www.vrwc.org.au/tim-archive/articles/wo-tommy-green.pdf>.
- **John Fitzgerald** was the AIS and Australian National walks coach from 2003 to 2004. Unfortunately, his stint in Australia was cut short by serious health issues and he was forced to return to Canada. He has recently been inducted into the Athletics Canada Hall of Fame. See <https://thestarphoenix.com/life/bridges/bridges-cover-unorthodox-coach-john-fitzgerald-inducted-into-athletics-canada-hall-of-fame>.



John (left) with Simon Baker and Jill Huxley at the Australian Roadwalking Championships in Melbourne in August 2003

- Well done to Canadian walker **Evan Dunfee** (4th in the Rio Olympic 50km) who is into the number 25 in a big way at the moment! He is currently in the midst of a fundraiser which involves walking 25km a day for 25 days to raise money for local charity KidSport. His aim is to raise \$25,000 towards the charity. He's also doing 25 school talks this fall, potentially connecting with thousands of kids! He's nearly half way through his 25 day training ordeal and going well from what I have seen. You can follow his progress and donate your \$25 via his website <https://www.dunfeewalks.com/>. You can also follow ALL his training, including his 25km for 25 days, via Strava: <https://www.strava.com/pros/edunfee>. He recently did a podcast talk about the project: <https://www.trackie.com/track-and-field/TrackieRadio/epi-101-ewan-dunfee-walks-with-cause-and-eric-bang-breaks-barriers/1232/>



- 2019 International Dates are starting to take shape. Here is what I have found so far. Let me know of any mistakes or omissions.
 - Feb 10 (Sun), 2019 Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)
 - Mar 23 (Sat), 2019 Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
 - Mar 24-30, 2019 **8th World Masters Indoors T&F Championships**, Torun, Poland
 - Apr 6 (Sat), 2019 Podebrady International Meet, Podebrady, CZE (20km)
 - Apr 6 (Sat), 2019 28th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
 - Apr 20 (Sat), 2019 Memorial Jerzy Hausleber, Monterrey, Mexico
 - Apr 13 (Sat), 2019 Naumburg International Meet, Naumburg, Germany
 - Jun 8 (Sat), 2019 XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
 - 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
- The IAAF has published news of the temporary suspension of Ukrainian walker **Alina Tsviliy**, who finished second in the European Championship 50km in Berlin. The Ukrainian athlete has apparently tested positive for trimetazidine, a substance that improves coronary circulation. If banned, the silver medal will go to Spanish walker **Julia Takacs**. See https://as.com/masdeporte/2018/10/10/atletismo/1539176212_166678.html.
- Of course it's not just walking in the news for doping violations. Kenyan marathon runner Samuel Kalalei has been banned for four years after testing positive for banned blood-boosting hormone EPO. The 23-year-old tested positive at the Rotterdam Marathon in April where he set a personal best, 2:10:44 hours, to finish seventh. He is the third Kenyan athlete to receive a doping ban this year while four further cases are still pending. It's not particular events which have drugs problems - it is particular countries, with Russia and Kenya leading the way. See <https://antidopingworld.wordpress.com/2018/10/11/samuel-kalalei-ken-has-been-four-ban-for-doping/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 7 press releases for us from Marciadalmondo this week

- Mon 15 Oct - Buenos Aires (ARG): Suraj Panwar (IND) wins the 2nd stage and Oscar Patin (ECU) wins gold http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3312
- Sun 14 Oct - Buenos Aires (ARG): Youth Olympic Games - 2nd stage preview http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3311

- Fri 12 Oct - Buenos Aires (ARG): Xi Ricuo (CHN) win the first stage of the Youth Olympic Games
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3310
- Thu 11 Oct - Buenos Aires (ARG): Oscar Patin (ECU) win the first stage of the Youth Olympic Games
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3309
- Wed 10 Oct - Alina Tsviliy (UKR) suspended by IAAF Athletics Integrity Unit
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3308
- Wed 10 Oct - Youth Olympic Games preview
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3307

and omarchador has 17 press releases

- Tue 16 Oct - Óscar Patín (Ecuador) becomes Olympic youth champion
<http://omarchador.blogspot.com/2018/10/oscar-patin-equador-sagra-se-campeao.html>
- Mon 15 Oct - Hilbert and Dittrich with 50km titles from Germany
<http://omarchador.blogspot.com/2018/10/hilbert-e-dittrich-com-titulos-de-50-km.html>
- Sun 14 Oct - Results of Italian U16 Championships in Rieti
<http://omarchador.blogspot.com/2018/10/campeonatos-de-italia-sub-16-em-rieti.html>
- Sun 14 Oct - Results of Spanish U16 Club Championships
<http://omarchador.blogspot.com/2018/10/espanha-campeonatos-de-clubes-sub-16.html>
- Sat 13 Oct - Results of the Central American Masters Championships in Costa Rica
<http://omarchador.blogspot.com/2018/10/centro-americano-de-atletismo-master-na.html>
- Sat 13 Oct - Clémence Beretta beats France's U23 1 Hour track walk record
<http://omarchador.blogspot.com/2018/10/clemence-beretta-bate-recorde-sub-23-de.html>
- Fri 12 Oct - Chinese walker Ricuo Xi dominates stage 1 of the 5,000m walk in Buenos Aires
<http://omarchador.blogspot.com/2018/10/chinesa-ricuo-xi-domina-etapa-1-dos.html>
- Fri 12 Oct - Results of the Lisse Grand Prix in France
<http://omarchador.blogspot.com/2018/10/grande-premio-de-marcha-de-lisses.html>
- Fri 12 Oct - Óscar Patín (Ecuador) takes the first stage of the Youth Olympic Games
<http://omarchador.blogspot.com/2018/10/oscar-patin-equador-impoe-se-na.html>
- Thu 11 Oct - Start list for women's 5000m walk at Youth Olympic Games
<http://omarchador.blogspot.com/2018/10/yog-buenos-aires-2018-5000-m-femininos.html>
- Thu 11 Oct - Results of the Dutch 50km Championship in Tilburg
<http://omarchador.blogspot.com/2018/10/campeonatos-da-holanda-de-50-km-em.html>
- Thu 11 Oct - Alina Tsviliy, silver in the women's 50km walk in Berlin, suspended for doping
<http://omarchador.blogspot.com/2018/10/alina-tsviliy-prata-nos-50-km-marcha-de.html>
- Wed 10 Oct - Start list for men's 5000m walk at Youth Olympic Games
<http://omarchador.blogspot.com/2018/10/yog-buenos-aires-2018-5000-m-masculinos.html>
- Wed 10 Oct - Results of the Swedish 50km championship in Eskilstuna
<http://omarchador.blogspot.com/2018/10/campeonatos-de-50-km-em-eskilstuna.html>
- Tue 9 Oct - Ribeira Brava hosts the Worlds Down Syndrome Athletics Championships
<http://omarchador.blogspot.com/2018/10/ribeira-brava-recebeu-os-mundiais-de.html>
- Tue 9 Oct - International racewalk judges for the Youth Olympic Games
<http://omarchador.blogspot.com/2018/10/oficiais-internacionais-nos-jogos.html>
- Mon 8 Oct - Results of the Austrian and Polish 50km Championships in Vienna
<http://omarchador.blogspot.com/2018/10/campeonatos-de-50-km-da-austria-e.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 – 2018

Oct 17 (Wed), 2018	VRWC Summer Season Opener, Mentone Athletics Track, Mentone, VIC
Oct 20, 2018	AV Shield (Round 3 at various venues)
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 3 – Feb 3, 2018	Supernova Walks Study Camp, AIS, Canberra
Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo
Feb 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
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
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park

2019 IAAF Race Walking Challenge Series (first few dates now published)

Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	Memorial Jerzy Hausleber, Monterrey, Mexico
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar

International Dates – 2019 and onwards

Mar 23 (Sat), 2019	Dudince International Meet, Dudince, Slovakia (20km, 50km)
Mar 24-30, 2019	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
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, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Mar 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496

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