



HEEL AND TOE ONLINE

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

My Walkers of the Week are the recipients of our 2018 VRWC Winter Season Runners World Awards:

- SENIOR MEN: **Ralph Bennett** JUNIOR MEN: **Kyle Swan**
- SENIOR WOMEN: **Kelly Ruddick** JUNIOR WOMEN: **Charlotte Hay**

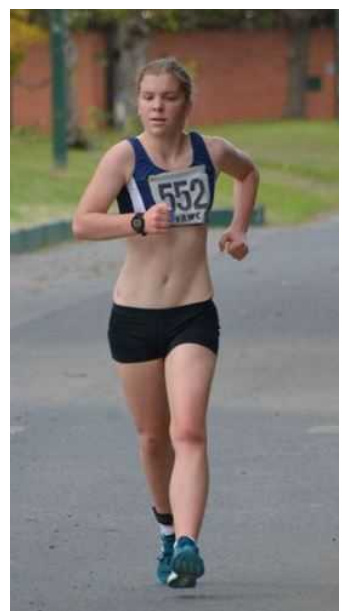
All four walkers have had great seasons. Here are the nomination screeds for each of them.

Ralph Bennett enjoyed a winter season which culminated in M75 World Masters 10km roadwalk gold (1:04:28), and M75 World Masters 5000m trackwalk silver (31:38). Ralph sacrificed weekly racing during the winter season, his official responsibilities with VRWC taking precedence over his own preparation for the World Masters Championships, but his athletic abilities held him in good stead and he still stood on the podium in September in Malaga, Spain.

As usual, **Kelly Ruddick** was streets ahead of the field in every race she contested this season. The highlight would have been her time of 2.37.36 in winning the AV 30km title. She also set five new club records (most of them either Australian and/or Victorian records) over varying distances in the W45 division. Ballarat based and a mother of four, with the attendant limits on training and travel time, Kelly continues to be a yardstick of achievement in sport for men and women of all ages.

Two top-10 international results, both in PB times - 10th in the IAAF World Team Champs in Taicang (41.44) and 6th in the IAAF World U20 Champs in Tampere (41.24) - saw 19 year old **Kyle Swan** stamp himself as a world class performer. Choosing his club races carefully early on, while training for the World Junior Championships in Tampere, Kyle dominated the junior age group.

A very successful season for 14 year old **Charlotte Hay** who competed in almost all of the VRWC winter season events, demonstrating strength and speed by winning most of them. She also recorded a number of PBs during the season. A talented young racewalker.



WHAT'S COMING UP

- The 2018 **Victorian All Schools Track & Field Championships** will be held next weekend at Lakeside Stadium in Albert Park. Good luck to all our young walkers. See <http://athsvic.org.au/event/2018-victorian-all-schools-track-field-championships/> for timetables and final meet details.
- **Athletics Victoria Shield competition** continues a week later with Round 5 on Saturday 10th November.
- The next round of our VRWC Summer Season will be held at Middle Park on Sunday 18th November, with timetable as at <http://www.vrwc.org.au/vrwc19.shtml>. That day sees us hosting our Summer Roadwalk Championships and AGM..
- 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/>.
- Finally, the **Pan Pacific Masters Games** (<https://mastersgames.com.au/ppmg>) kick off on Friday and will run till 11th November on the Gold Coast in Queensland. I will be reporting on the first of the walking races in my next newsletter.

TIME FOR AN UPDATE – 2018 WOMEN'S 50KM RANKING LIST

In the month since **Paul DeMeester** and I last updated our 2018 50km ranking lists, we have seen a lot of 50km races in countries such as USA, Poland, Austria, Holland, Germany, Ukraine, South Africa, China and Japan. The 2018 women's 50km list has now grown to 179 walkers. These 179 women represent 31 member federations from all six Areas. It is great to see 17 women under 4:20:00 and 38 women walking 4:40:00 or faster. The standard continues to build. Here's how it now looks:

2018 Women's 50km Performances up until 28 October

Note: B-Standard Judging where indicated; t indicates track performance

1.	Rui Liang	CHN	4:04:36	Taicang 5/5/18
2.	Hang Ying	CHN	4:09:09	Taicang 5/5/18
3.	Ines Henriques	POR	4:09:21	Berlin 8/7/18
4.	Claire Tallent	AUS	4:09:33	Taicang 5/5/18
5.	Alina Tsiviliy	UKR	4:12:44	Berlin 8/7/18
6.	Paola Viviana Perez	ECU	4:12:56	Taicang 5/5/18
7.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
8.	Maocuo Li	CHN	4:13:04	Chinfeng 7/1/18
9.	Faying Ma	CHN	4:13:28	Taicang 5/5/18
10.	Maria Czakova	SVK	4:14:25	Dudince 3/24/18
11.	Johana Edelmira Ordonez Lucero	ECU	4:14:28	Taicang 5/5/18
12.	Klavdiya AFANASYEVA	RUS	4:14:46	Cheboksary 09/06/2018
13.	Nastassia Yatsevich	BLR	4:18:00	Taicang 5/5/18
14.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5/5/18
15.	Valentya Myronchuk	BLR	4:18:50	Ivano-Frankivsk 21/10/18
16.	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
17.	Magaly Beatriz Bonilla Solis	ECU	4:19:04	Taicang 5/5/18
18.	Erika Jazmine Morales Cruz	MEX	4:20:36	Hauppauge 21/10/18
19.	Khrystina Yudkina	UKR	4:20:46	Berlin
20.	Aleksandra BUSHKOVA	RUS	4:22:36	Cheboksary 09/06/2018
21.	Vasylyna Vitovshchyyk	UKR	4:23:15	Berlin 8/7/18
22.	Olga SHARGINA	RUS	4:27:13	Cheboksary 09/06/2018
23.	Mayra Perez	GUA	4:28:30	Taicang 5/5/18
24.	Mar Juarez Gallardo	ESP	4:28:58	Berlin 8/7/18
25.	Serena Sonoda	JPN	4:29:45	Takahata, 28/10/18
26.	Dusica Topic	SRB	4:30:43	Berlin 8/7/18
27.	Mariavittoria Becchetti	ITA	4:31:41	Berlin 8/7/18
28.	Tiia Kuikka	FIN	4:32:43	Taicang 5/5/18
29.	Agnieszka Ellward	POL	4:32:47	Dudince 3/24/18
30.	Tiantian Bai	CHN	4:32:47	Chinfeng 7/1/18
31.	Qiuye Li	CHN	4:34:16	Chinfeng 7/1/18
32.	Ivana Renic	CRO	4:35:39	Berlin 8/7/18
33.	Maria Larios Lopez	ESP	4:37:43	Taicang 5/5/18
34.	Lyudmyla Shelest	UKR	4:37:43	Taicang 5/5/18
35.	Ksenya Radko	UKR	4:38:23	Taicang 5/5/18
36.	Nair da Rosa	BRA	4:38:48	Sucua 3/10/18
37.	Nami Kumagai	JPN	4:39:01	Wajima 4/15/18

38.	Aleksandra OVSYANNIKOVA	RUS	4:40:00	Cheboksary 09/06/2018
39.	Viviane Santana Lyra	BRA	4:41:39	Braganca Paulista 9/15/18
40.	Nikolitsa Andreopoulou	GRE	4:41:44	Dudince 3/24/18
41.	Meijiao CHI	CHN	4:42:17	Xi'an 08/09/2018
42.	Yocy Caballero Huaman	PER	4:42:37	Sucua 3/10/18
43.	Bianca Marie Dittrich	GER	4:42:58	Aschersleben 14/10/18
44.	Yuki Yoshizumi	JPN	4:43:03	Takahata, 28/10/18
45.	Kaili XIA	CHN	4:43:26	Xi'an 08/09/2018
46.	Ines Pastorino	FRA	4:43:46	Aschersleben 14/10/18
47.	Joanna Bemowska	POL	4:43:48	Dudince 3/24/18
48.	Han Xiao	CHN	4:43:48	Chinfeng 7/1/18
49.	Natsuma Kuramara	JPN	4:44:45	Wajima 4/15/18
50.	Pengqin Jiang	CHN	4:45:51	Chinfeng 7/1/18
51.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
52.	Maeva Casale	FRA	4:46:33	Aschersleben 14/10/18
53.	Katie Burnett	USA	4:47:50	Santee 1/20/18
54.	Natalie Le Roux	RSA	4:48:00	Taicang 5/5/18
55.	Lucie Barritault	FRA	4:48:08	Taicang 5/5/18
56.	Chiaki Yamato	JPN	4:48:46	Wajima 4/15/18
57.	Nadezhda MOKEYEVA	RUS	4:49:33	Cheboksary 09/06/2018
58.	Beatrice Foresti	ITA	4:52:07	Reggio Emilia 21/10/18
59.	Shuqing Yang	CHN	4:53:02	Chinfeng 7/1/18
60.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
61.	Akane Tamaki	JPN	4:53:50	Wajima 4/15/18
62.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
63.	Miriam de Jesus Gutierrez Arichavala	ECU	4:54:54	Sucua 3/10/18
64.	Angeliki Makri	GRE	4:56:00	Marathon 1/14/18
65.	Yan ZHANG	CHN	4:56:09	Xi'an 08/09/2018
66.	Mylene Ortiz	FRA	4:57:38	Aschersleben 14/10/18
67.	Ruonan ZHU	CHN	4:58:33	Xi'an 08/09/2018
68.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
69.	Cecile Naze	FRA	4:59:08	Aschersleben 14/10/18
70.	Jeanne Billa	FRA	4:59:18	Aschersleben 14/10/18
71.	Liliya STEPANOVA	RUS	4:59:44	Cheboksary 09/06/2018
72.	Anett Torma	HUN	4:59:55	Santee 1/20/18
73.	Danica Gogov	SRB	5:01:02	Reggio Emilia 21/10/18
74.	Tijana Savicevic	SRB	5:01:49	Ivano-Frankivsk 21/10/18
75.	Myriam Cartagena Bonilla	ECU	5:02:51	Sucua 3/10/18
76.	Amadine Marcou	FRA	5:05:14	Aschersleben 14/10/18
77.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
78.	Mari Takeuchi	JPN	5:06:18	Wajima 4/15/18
79.	Chunxiu ZHANG	CHN	5:06:29	Xi'an 08/09/2018
80.	Elizabeth Brunet	FRA	5:08:05	Aschersleben 14/10/18
81.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
82.	Lydia McGranahan	USA	5:08:16	Owego 30/9/18
83.	Molly Jade Davey	GBR	5:08:17	Dudince 3/24/18
84.	Miyabi Kurihara	JPN	5:08:53	Wajima 4/15/18
85.	Xin PU	CHN	5:09:06	Xi'an 08/09/2018
86.	Hannah Hunter	GBR	5:11:06B	IOM 4/15/18
87.	Susan Randall	USA	5:12:07	Taicang 5/5/18
88.	Elianay Santana Barbosa	BRA	5:12:40	Braganca Paulista 9/15/18
89.	Yuliya KUSHKA	UKR	5:13:20	Ivano-Frankivsk 20/10/2018
90.	Hirori Yokoyama	JPN	5:16:49	Takahata, 28/10/18
91.	Chiho Tahira	JPN	5:17:05	Wajima 4/15/18
92.	Morgane Ausello	FRA	5:18:07	Merignac 3/18/18
93.	Michelle Turner	GBR	5:23:21B	IOM 4/15/18
94.	Yelena VOROBYEVA	RUS	5:27:05	Cheboksary 09/06/2018
95.	Karen Chiarello	GBR	5:28:41B	IOM 4/15/18
96.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
97.	Efstathia Kourkoutsaki	GRE	5:34:21	Marathon 1/14/18
98.	Zoe Korkou	GRE	5:34:29	Marathon 1/14/18
99.	Langford-Kehler Lisa	GBR	5:40:38	Reggio Emilia 21/10/18
100.	Sophie Dvorakova	GBR	5:41:39B	IOM 4/15/18
101.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
102.	Elisabeth Cardeillac	FRA	5:44:43	Merignac 3/18/18
103.	Aura Libertad Morales Alvarez	MEX	5:46:47	Monterrey 2/25/18
104.	Jayne Farquhar	GBR	5:48:34	IOM 2/9/18
105.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18

106. Karen Lawrie	GBR	5:59:17B	IOM 4/15/18
107. Maureen Moffatt	GBR	6:01:18B	IOM 4/15/18
108. Louise Hollings	GBR	6:06:02	IOM 2/9/18
109. Sandra Brown	GBR	6:12:08Bt	Douglas 8/18/18
110. Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
111. Adele Ropers	FRA	6:17:02	Merignac 3/18/18
112. Christine David	FRA	6:21:15B	Charly-sur-Marne 2/4/18
113. Blignaut, Frieda	RSA	6:22:02	Cape Town 27/10/18
114. Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
115. Emilie Bizard Planchot	FRA	6:24:39B	Charly-sur-Marne 2/4/18
116. Florence Barbier	FRA	6:25:50B	Charly-sur-Marne 2/4/18
117. Claudine Anxionnat	FRA	6:26:35	Merignac 3/18/18
118. Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
119. Raven, Nicola	GBR	6:29:27	IOM 2/9/18
120. Claudie Bizard	FRA	6:30:40B	Charly-sur-Marne 2/4/18
121. Greatbatch, Rebecca	GBR	6:39:50	IOM 2/9/18
122. Janna Kelly	GBR	6:39:56B	IOM 4/15/18
123. Emma Nation	GBR	6:43:28B	IOM 4/15/18
124. Annic Deman	BEL	6:45:39Bt	Douglas 8/18/18
125. Rachael Hamilton	GBR	6:48:02B	IOM 4/15/18
126. Kathryn Prince	GBR	6:49:12B	IOM 4/15/18
127. Bryony Greasley	GBR	6:51:56B	IOM 4/15/18
128. Hannah Miller	GBR	6:51:57B	IOM 4/15/18
129. Jayne Adams	GBR	6:54:26B	IOM 4/15/18
130. Paige Kelly	GBR	6:55:31B	IOM 4/15/18
131. Nicole Rodier	FRA	6:56:35B	Charly-sur-Marne 2/4/18
132. Sarah Cain	GBR	6:56:40B	IOM 4/15/18
133. Francoise Arnault	FRA	7:00:46B	Charly-sur-Marne 2/4/18
134. Abbie Cooke	GBR	7:03:15B	IOM 4/15/18
135. Tiffany Bell	GBR	7:08:11B	IOM 4/15/18
136. Emma Bell	GBR	7:08:14B	IOM 4/15/18
137. Angela Corkish	GBR	7:08:15B	IOM 4/15/18
138. Anita Parnell	GBR	7:09:42B	IOM 4/15/18
139. Miriam Garlick	GBR	7:09:43B	IOM 4/15/18
140. Darlene Backlund	USA	7:09:44	Santee 1/20/18
141. Pauline Taylor	GBR	7:10:33B	IOM 4/15/18
142. Carole Kelly	GBR	7:10:35B	IOM 4/15/18
143. Lucy McDowell	GBR	7:13:25B	IOM 4/15/18
144. Sharon Page	GBR	7:13:25B	IOM 4/15/18
145. Amy Dunne	GBR	7:15:31B	IOM 4/15/18
146. Ewelina Majewska	GBR	7:15:31B	IOM 4/15/18
147. Jane Oates	GBR	7:15:32B	IOM 4/15/18
148. Chris Phillips	GBR	7:17:33B	IOM 4/15/18
149. Kate Condon	GBR	7:17:33B	IOM 4/15/18
150. Barbara Watt	GBR	7:17:50B	IOM 4/15/18
151. Chrissy Lewis	GBR	7:18:34B	IOM 4/15/18
152. Nadine Cowin	GBR	7:18:34B	IOM 4/15/18
153. Jamie Fiddler	USA	7:22:47	Santee 1/20/18
154. Louise Kneen	GBR	7:25:13B	IOM 4/15/18
155. Bethany Kaneen	GBR	7:28:16B	IOM 4/15/18
156. Siobhan Golding	GBR	7:31:24B	IOM 4/15/28
157. Lydia Barbara	GBR	7:31:33B	IOM 4/15/18
158. Catherine Healy	GBR	7:31:46B	IOM 4/15/18
159. Nucharee Burridge	GBR	7:33:11B	IOM 4/15/18
160. Anne Dudley	GBR	7:36:37B	IOM 4/15/18
161. Anee Du Toit	GBR	7:44:32B	IOM 4/15/18
162. Liz Moore	GBR	7:44:33B	IOM 4/15/18
163. Kate Teare	GBR	7:44:46B	IOM 4/15/18
164. Diana Obermeyer	GER	7:45:21B	Schiedam 5/19/18
165. Mandy Hewes	GBR	7:45:40B	IOM 4/15/18
166. Magalie Lavergne	FRA	7:48:33B	Charly-sur-Marne 2/4/18
167. Audrey Regardebas	FRA	7:48:34B	Charly-sur-Marne 2/4/18
168. Catherine Jackson	GBR	7:49:22B	IOM 4/25/18
169. Aishling Creer	GBR	7:49:38B	IOM 4/15/18
170. Thenral Anand	GBR	7:51:17B	IOM 4/15/18
171. Joke Barendrecht	NED	7:52:30B	Schiedam 5/19/18
172. Irene Tholenaars	NED	7:52:30B	Schiedam 5/19/18
173. Vicki Black-Leigh	GBR	7:52:54B	IOM 4/15/18

174. Chloe Makin	GBR	7:57:21B	IOM 4/15/18
175. Verity Almond	GBR	7:57:22B	IOM 4/15/18
176. Anita Bakker	NED	8:19:11B	Schiedam 5/19/18
177. Carla Lukken	NED	8:29:47B	Schiedam 5/19/18
178. Monique Barner-Vet	NED	8:29:47B	Schiedam 5/19/18
179. Annette van de Meiracker	NED	8:39:28B	Schiedam 5/19/18

Is the 50km discipline finished? Is there no future for the women's 50km? I think you can decide the answers to these questions for yourself.

Finally, I would point you to article <https://www.elcomercio.com/deportes/marchistas-tokio-2020-inclusion-ilusion.html> in which Ecuadorian walkers **Johana Ordóñez**, **Paola Pérez** and **Magaly Bonilla** are campaigning for the inclusion of the women's 50km in the 2020 Olympic Games in Tokyo. Isn't it about time the IAAF Race Walking Committee got off their collective backsides and supported us!

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 27 OCTOBER

Saturday saw another round of the Athletics Victoria Shield competition, with 77 walkers in action across Victoria. Conditions were perfect and we saw a lot of very competitive racing.

AV Shield Round 4, Program 2, Red and Yellow Zones, Doncaster

First to Doncaster where we saw 31 walkers, spread across 5000m and 2000m. **Trenton Hawkins** won the 5000m with 27:58.1, while **Heath Beveridge** did a big PB to win the 2000m with 9:40.7. It was great to see M80 legend Bob **Gardiner** out for his first walk in quite some time (a sedate 14:37.9). M60 **Paul Kennedy** also showed excellent speed with his 9:47.9.

5000m Walk

1.	Trenton Hawkins	M	PTN		27:58.2
2.	Kym Osmand	F	VMA		28:26.8
3.	Holly Cocking	F	ANW		28:37.9
4.	Simon Evans	M	BOH	M55	29:42.8
5.	Madeleine Feain	F	KSB		30:01.5
6.	Rebekah Powierski	F	ANW		31:18.3

2000m Walk

1.	Heath Beveridge	M	WES		9:40.7	PB 0:15
2.	Paul Kennedy	M	KSB	M60	9:47.9	
3.	Liam McLennan	M	DAC		10:56.3	
4.	Mark Donahoo	M	ESS	M60	10:57.3	
5.	Marcus Wakim	M	COL		11:00.2	
6.	Bernie Keirl	M	DIV	M55	11:27.3	
7.	Philip Dunstone	M	WES	M50	11:41.9	
8.	Julian Boland	M	MEN	M55	11:52.9	
9.	Donna-Marie Elms	F	PTN	F55	11:53.7	
10.	Nikolaj Djordjevic	M	MEN		11:54.8	
11.	Laura McLennan	F	DAC	F40	11:56.3	
12.	Dennis Lazar	M	DIV	M60	12:24.8	
13.	Hamish Beaumont	M	MUU	M40	12:31.4	
14.	Clyde Riddoch	M	VMA	M65	12:34.0	
15.	Ross Reid	M	COL	M60	12:43.2	
16.	Janice Hodgart	F	WES	F55	13:38.6	
17.	Rupert Van Dongen	M	MEN	M40	13:41.8	
18.	Ian Handasyne	M	OSC	M65	13:46.5	
19.	Bob Gardiner	M	COL	M65	14:37.9	
20.	Steven Murphy	M	ESS	M55	14:45.2	
21.	Jenny-Rose Szuhai-Andrews	F	BWK	F50	15:42.0	
22.	Brenda Cashin	F	WES	F50	16:13.4	
23.	Jo Francken	F	WES	F45	16:47.2	
24.	Donna Campbell	F	PTN	F45	17:54.4	
	Glenys Schubert	F	DIV	F55	DQ	

Thanks to Gerard Feain for the following great photos



Liam McLennan, Mark Donahoo, Bernie Keirl, Trenton Hawkins and Heath Beveridge



Rupert Van Dongen, Simon Evans and Bob Gardiner (all photos Gerard Feain)

AV Shield Round 4, Program 1, White and Blue Zones, Ringwood

We also saw lots of walkers at Ringwood (33 of them), with some excellent performances. **Kyle Swan** (21:23.9), **Jemima Montag** (22:36.4) and **Rebecca Henderson** (24:21.8) dominated the 5000m while **Corey Dickson** (8:52.3), **Pramesh Prasad** (8:54.4) and **Mark Blackwood** (9:02.7) were the dominant 2000m walkers. Lots of PBs!

5000m Walk

1.	Kyle Swan	M	ANW		21:23.9
2.	Jemima Montag	F	MUU		22:36.4
3.	Rebecca Henderson	F	MEN		24:21.8
4.	Andrew Jamieson	M	OSC	M65	29:20.6
5.	Cassie Knight	F	BOH		29:53.0
6.	Kathleen O'Mahony	F	KNA		30:41.0
7.	Isabella Dingli	F	SAN		34:26.8

2000m Walk

1.	Corey Dickson	M	KNA		8:52.3	PB 0:05
2.	Pramesh Prasad	M	VMA	M40	8:54.4	PB 0:02

3.	Mark Blackwood	M	KNA	M40	9:02.7	
4.	Charlotte Hay	F	KNA		10:01.1	
5.	Sandra Geisler	F	RWD	F40	10:13.1	
6.	Joel Imbriano	M	STK		10:31.0	
7.	Wendy Muldoon	F	ANW	F45	10:37.3	
8.	Grace Louey	F	KNA		11:16.6	
9.	Zachary Matters	M	BOH		11:28.0	PB 0:20
10.	Kylie Irshad	F	MPA	F45	11:29.1	
11.	Abigail Newman	F	GHY		11:40.8	
12.	Alannah Upson	F	MPA		11:42.7	PB 0:17
13.	Albin Hess	M	VMA	M55	11:58.5	PB 0:16
14.	Emily Smith	F	KNA		12:02.2	
15.	David Sommers	M	ANW	M60	12:04.4	
16.	Ralph Bennett	M	GHY	M65	12:24.8	
17.	Alannah Dingli	F	SAN		12:28.1	
18.	Tony Doran	M	GHY	M65	13:31.9	
19.	Russ Dickenson	M	VMA	M65	13:40.6	
20.	Shannon Delaney	M	MPA		13:44.2	
21.	Janice Marston	F	AWA	F50	13:47.0	
22.	Bernadette Holohan	F	SAN	F50	13:55.4	
23.	Geoff Barrow	M	MEN	M65	14:05.1	
24.	Sandra Howorth	F	GHY	F55	15:00.3	
25.	Huw Warrillow	M	STK		15:10.0	
	Angus Hay	M	KNA		DQ	

The 3 country venues had smaller numbers of walkers, with the best performances coming from **Peter Curtis** (10:39.31) and **Barb Bryant** (11:46.58) in Bendigo. It was great to see 82 year old **Geoff Major** in action in Bendigo and finishing the 2000m walk with 17:20.85. What a legend!

AV Shield Round 4, Program 2, Ballarat Region, Llamberris Reserve, Ballarat

3000m Walk

1.	Roslyn Ireland	F	BWK		22:30.91	
2.	Olive Ireland	F	BWK	F55	24:57.81	

1500m Walk

	William Roberts	M	BHA		DQ	
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AV Shield Round 4, Program 2, Geelong Region, Landy Field, Geelong

2000m Walk

1.	Charli Walker	F	BEL		12:15.5	
2.	Kaylah Heikkila-Dubowik	F	COR		13:06.7	
3.	Claudia Paul	F	CHI		15:06.7	

AV Shield Round 4, Program 2, Bendigo Region, La Trobe Uni Track, Bendigo

2000m Walk

1.	Peter Curtis	M	SBE		10:39.31	
2.	Barb Bryant	F	EAG	F60	11:46.58	
3.	Jennie Payne	F	SBE	F60	12:47.66	
4.	Maddison Vaughan	F	BGO		13:01.74	
5.	Anette Curtis	F	SBE	F60	14:19.55	
6.	Wendy Ennor	F	EAG	F60	16:42.12	
7.	Geoff Major	M	EAG	M65	17:20.85	

VRWC ROADWALKS, MIDDLE PARK, SUNDAY 28 OCTOBER

Many of the Victorian walkers who were in action in the Athletics Victoria Shield competition on Saturday afternoon were back in action at Middle Park on Sunday morning for the next round of the VRWC Summer Season. Conditions were good, with sunny weather and temperatures in low twenties. 22 walkers in total participated. Unfortunately, I could not be there as I was away in the country so thanks to club president Stuart Cooper for collating and forwarding the results to me.

Best effort by **Corey Dickson** (5km 24:09), and well done to **Madeleine Feain** and **Havana Ali** on their PBs. It was also good to see **Philippa Huse** chipping away at her 10km times (51:58) as she regains fitness as her study year comes to an end. Finally, we also welcomed Tasmanian walker **David Moore** who did the 5km walk.

20km Walk

1.	Madeleine Feain	Open	2:15:11.0	PB 0:17
1.	Rhydian Cowley	Open	1:38:15.8	
2.	Quentin Rew	Open	1:38:16.0	
3.	Kyle Swan	Open	1:39:33.8	
4.	Pramesh Prasad	40-59	1:46:58.8	

10km Walk

1.	Philippa Huse	Open	51:58.3	
2.	Kylie Irshad	40-59	1:04:31.4	
3.	Donna-Marie Elms	40-59	1:09:13.3	
4.	Karyn O'Neill	60+	1:10:35.9	

5km Walk

1.	Corey Dickson	Open	24:09.7	
2.	Heath Beveridge	Open	26:43.8	
3.	Ralph Bennett	60+	31:35.1	
4.	David Moore (TRWC)	60+	39:35.4	

3km Walk

1.	Sandra Howorth	40-59	22:34.9	
2.	Pam Mews	60+	34:03.2	
1.	Kevin Cassidy	40-59	16:06.7	
2.	Marcus Wakim	U14	17:11.2	
3.	Simon Evans	40-59	17:31.1	
4.	Anthony Doran	60+	21:56.7	

2km Walk

1.	Ela Uzun	U10	13:37.6	
2.	Havana Ali	U10	15:30.2	PB 0:15
1.	Aiden Smith	U12	14:46.8	

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

Officials: Ralph Bennett, Terry Swan, Bill Carr, Heather Carr

Judges: Stuart Cooper, Shane Dickson, Gordon Loughnan, Terry O'Neill, Russ Dickenson

Canteen: Donna-Marie Elms

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/520>)

Lapsplits: (<http://vrwc.org.au/wp1/race-splits-laps/>)



Pramesh Prasad, Donna-Marie Elms, Quentin Rew, Karyn O'Neill, Rhydian Cowley, Kyle Swan and Corey Dickson



Marcus Wakim, Philippa Huse, Madeleine Feain, Heath Beveridge and Havana Ali (all photos Terry Swan)

BRWC FOUNDERS CUP, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUNDAY 28 OCTOBER

Thanks to Kerrie Peart for the results of the Ballarat Race Walking Club Founders Cup 3km Handicap, held last Sunday morning at Lake Wendouree in Ballarat. Blue skies, sunshine and a gentle breeze provided the ideal conditions for the walker to put their best foot forward and claim the last trophy on offer for this year.

Top juniors **Alanna Peart**, **Jemma Peart** and **Fraser Saunder** led out early in the sealed handicap race, with fine performances on show from all the walkers. With little separating the top 3 finishing positions on handicaps, **Mia Darlow** eventually won, followed closely by **Jorja Tallent** and **Charli Walker**. Special mentions to **Scott Peart**, **Sarah Brennan** and founding member **Daryl Biggin** who enjoyed their last race of the season.

Daryl Biggin & Sharon Schnyder Founder Cup 3km Handicap

- | | | |
|----|----------------|-------|
| 1. | Mia Darlow | 21:18 |
| 2. | Jorja Tallent | 22:22 |
| 3. | Charli Walker | 18:31 |
| 4. | Scott Peart | 18:25 |
| 5. | Fraser Saunder | 15:13 |
| 6. | Sarah Brennan | 17:11 |
| 7. | Alanna Peart | 14:32 |
| 8. | Daryl Biggin | 22:23 |

2km Walk

- | | | |
|----|-------------|------|
| 1. | Jemma Peart | 9:55 |
|----|-------------|------|

The 2018 BRWC End of Season Awards were also announced and presented.

Aggregate Winner	Fraser Saunder
Aggregate Runner up	Alanna Peart
Aggregate Third	Scott Peart
Encouragement Award	Charli Walker
Style Award	Laura Ballinger
Best Club Person Award	The Bicknell Family



*Left: BRWC founder Daryl Biggin might have led the field out from the gun but he did not manage to maintain his lead!
Right: Daryl with winner Mia Farrow*



Award winners Charlie Walker, Scott Peart, Alanna Peart, Fraser Saunderson and the Bicknells (all photos Kerrie Peart)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 24 OCTOBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He reported: Weather conditions much better this week. M73 **George White** was the dominant walker, as usual!

1000m Walk

1.	Richard Everson	07:58	M55	50.20%
2.	David Robertson	08:05	M85	71.63%
3.	Kevin Finn	06:56	M67	65.14%
4.	Marie Maxted	06:03	W58	73.15%
5.	James Hoare	07:24	M72	64.79%
6.	George White	06:02	M73	80.48%

1000m Club Walk

1.	Roger Lowe	07:47	M75	64.04%
2.	Linda Whitelaw	07:48	W64	60.21%
3.	Graham Harrison	07:28	M75	66.76%

3000m Walk

1.	Liz Downs	22:32	W63	65.99%
2.	David Robertson	25:40	M85	71.29%
3.	Greg Metha	18:27	M54	67.59%
4.	Marie Maxted	19:57	W58	70.53%
5.	James Hoare	22:26	M72	67.27%
6.	Kevin Finn	20:03	M67	70.86%
7.	George White	18:46	M73	81.45%

3000m Club Walk

1.	Graham Harrison	22:32	M75	69.66%
2.	Edna Bates	27:44	W65	54.93%
3.	Cathie Hore	27:45	W68	57.06%
4.	Roger Lowe	25:08	M75	62.46%
5.	Linda Whitelaw	25:10	W64	59.80%
6.	Gill White	26:31	W70	61.37%

ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 25 OCTOBER
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Thanks to Robin Whyte for this week's results from the ACT Racewalkers Club in Canberra.

3000m Walk

1.	Peter Baker	17:01
2.	Laura Burns	17:15
3.	Sidney Shaw	17:19
4.	Owen Toyne	17:53
5.	Robin Whyte	19:37
6.	Bryan Thomas	20:48
7.	Ewen Thompson	21:22
8.	Ruth Baussmann	21:24
9.	Doug Fitzgerald	24:23
10.	Geoff Barker	25:54
11.	Jack Thackray	25:58
12.	Val Chesterton	26:21

5000m Walk

1.	Hannah Manning	27:35
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1000m Walk

1.	Ella Baker	06:19
2.	Andrew Camp-Liddiard	06:24
3.	Georgia Frew	06:32
4.	Fran Harris	10:38

TASMANIAN ROUNDUP

We have a couple of meets on which to report from Tasmania, thanks to Wayne Fletcher.

Athletics Tasmania Interclub, Domain Athletics Track, Hobart, Thursday 25 October

First to Hobart on Thursday (which was a public holiday) for the weekly Athletics Tasmania Interclub competition. Conditions were perfect with sunny mild conditions.

3000m Walk

1.	Alice Randall	Old Virgilians	14:12.07
2.	Anna Blackwell	Old Virgilians	15:59.30
3.	Elizabeth Leitch	Tasmanian Masters	20:10.73
4.	Ron Foster	Tasmanian Masters	23:29.61

Tasmanian All-Schools T&F Championships, Domain Athletic Track, Hobart, 27-28 October

What a difference a couple of days makes, with rain and hail across the weekend for the Tasmanian All-Schools championships.

U18 5000m Walk

1.	Anna Blackwell	27.48.80
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Open Invitation 5000m Walk

1.	Alice Randall	24.20.75
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U14 3000m Walk

1.	Chloe Ahern	17.48.70
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2.	Demmi Petterwood	20.08.00
1.	Will Bottle	16.07.83
2.	Bryce Lawes	16.34.93

U16 3000m Walk

1.	Will Robertson	14.14.62
1.	Chloe Ahern	18.00.09

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, ADELAIDE, SATURDAY 27 OCTOBER

Thanks to **Kim Mottrom** for the latest results from Adelaide. Fast 5000m walks by Kim (22:13.9) and **Tristan Camilleri** (23:25.4).

1500m Walk

1.	Kitarni Upton	WU14	SOUTHERN	7:46.9
2.	Elli Pusonjic	WU14	ENFIELD HARR	8:48.4
3.	Zayden Kamish	MU14	SOUTHERN	8:19.6
4.	Seth Upton	MU14	SOUTHERN	9:05.9

5000m Walk

1.	Kim Mottrom	MOP	ADELAIDE HAR	22:13.9
2.	Tristan Camilleri	MU18	COASTAL DIST	23:25.4
3.	Mathew Bruniges	MU18	SOUTHERN	25:47.7
4.	Victoria Upton	WU16	SOUTHERN	26:01.5
5.	Alix Harlington	MOP	NORTHERN DIS	27:58.7
6.	Rhiannon Lovegrove	WOP	PORT ADELAID	28:42.8
7.	Greg Metha	M35+	MASTERS	32:15.7
8.	James Hoare	M35+	PORT ADELAID	38:20.6
9.	Ross Hill-Brown	M35+	FLINDERS	41:34.6
	Mia Wilks	WU16	PEMBROKE	DNF
	Toby Wilks	MU14	PEMBROKE	DNF

NSW ROUNDUP

We had two athletics meets in NSW last weekend, with the Athletics NSW Southern Region at Barden Ridge and the Northern Region at Mingara, with **Tyler Jones** (21:35.60), **Carl Gibbon** (22:30.95), **Dylan Richardson** (22:34.93) and **Oscar Tebbutt** (22:57.59) the standouts.

South Region All-Comers meet, The Ridge Athletics Track , Barden Ridge, NSW, Saturday 27 October

5000m Walk Women

1.	Robertson, Brittany	16	St. George D	31:01.51
2.	Parker, Hannah	16	Randwick Bot	31:20.40
3.	DeCelis, Ellie	14	Illawong Rev	31:36.11

1500m Walk Women

1.	Blanch, Emma	15	St. George D	7:18.90
2.	Parker, Carmel	53	U.T.S. North	9:20.59

North Region All-Comers Meet, Mingara Regional Athletic Centre, Mingara, Saturday 27 October

5000m Walk

1.	Jones, Tyler	20	Mingara Athl	21:35.60
2.	Gibbons, Carl	21	Westlakes At	22:30.95
3.	Richardson, Dylan	17	Mingara Athl	22:34.93
4.	Tebbutt, Oscar	15	Gosford Athl	22:57.49
5.	Barendregt, Travis	18	Athletics Nsw	25:55.04

1.	Barendregt, Amanda	20	Nepean Distr	28:59.05
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3000m Walk

1.	Ashby, Myles	11	Athletics Nsw	17:12.77
2.	Tebbutt, Archie	14	Gosford Athl	17:58.25

1.	Bolton, Hannah	15	Mingara Athl	15:18.35
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2.	Goodhew, Chelsea	18	Westlakes At	15:41.40
3.	Dunne, Izabella	13	Mingara Athl	16:10.11
4.	Walker, Amy	15	Mingara Athl	16:42.25
5.	Pitcher, Sienna	11	Mingara Athl	17:01.08
6.	McLoughlin, Chloe	14	Mingara Athl	17:22.04

STRIVE T&F COMPETITION, WA ATHLETICS STADIUM, PERTH, SUNDAY 28 OCTOBER

The Western Australian summer season kicked off in Perth last weekend, with 10,000m walks included on the interclub program.

10,000m Walk

1.	Duncan, Andrew	53	Athletics WA	51:29.7
2.	Reid, Benjamin	17	Athletics WA	52:37.6
3.	Mann, Bradley	19	Ridgewood	54:28.1

QUEENSLAND SCHOOL SPORT STATE CHAMPIONSHIPS, QSAC, BRISBANE, 25-28 OCTOBER

The racewalks at the Queensland Schools T&F Championships were held on Saturday morning, with events from U14 upwards. Well done to **Jayda Anderson** (U14 14:25.11), **Kris Hayward** (U15 13:59.84) and **Jonathon Wearne** (U15 14:17.47) who all broke meet records.

U14 Girls 3000m

1.	Anderson, Jayda	13	14:25.11#
2.	Clarke, Anika	13	15:52.94
3.	Millard, Summer	13	16:32.74
4.	Guse, Sabrina	13	17:28.40
5.	Brady, Korey	13	18:23.24
6.	Sentance, Charlotte	13	18:34.47
7.	Fisher, Torryn	13	19:53.09

U16 Girls 3000m

1.	Novinetz, Camryn	15	14:31.78
2.	Vickers, Larissa	15	17:02.15
3.	Schofield, Amelia	15	17:27.01

U17 Girls 5000m

1.	Hannigan, Caitlin	16	25:48.84
2.	McRoberts, Jasmin-Rose	16	32:57.30

U14 Boys 3000m

1.	Norton, Kai	13	15:42.37
2.	Wasson, Seth	13	18:40.57

U17 Boys 5000m

1.	McCutcheon, Nelson	16	23:11.08
2.	Stewart, Ryan	16	30:13.19

U15 Girls 3000m

1.	Sullivan, Bridie	14	16:07.54
2.	Ofield, Mackenzie	14	16:52.18
3.	Chopping, Miranda	14	19:59.58

U18 Girls 5000m

1.	Rowbotham, Milla	17	29:32.59
2.	Hamann, Sophie	17	30:51.68
3.	Pearson, Jade	17	30:52.12

U15 Boys 3000m

1.	Hayward, Kris	14	13:59.84#
2.	Wearne, Jonathon	14	14:27.47#

U18 Boys 5000m

1.	Jayden Little	17	30:15.00
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CRITERIUM NATIONAL, CORCIEUX, FRANCE, SUNDAY 28 OCTOBER

Emmanuel Tardi was chief judge at the Criterion National in Corcieux in the East of France on Sunday. Events included 20km and 50km, with small fields in attendance for the 8AM start. The weather was terrible: 0°C, lots of wind, rain for the first 3 hours then melted snow!!!! It was a big change from the hot summer weather of only a week ago.

The 20km walk saw a win to **Philippe Bibet** in his first attempt over this distance. In the 50km, **Christophe Erard** and **Gerard Guetat** walked together for the first 35km before Erard slowed, allowing Guetat to take the win iwth 5:14:59. Sadly, only 3 walkers were allowed to finish, due to an unexpected change of agreed rules by the local authority. Even though a time limit of 7 hours had been agreed, the local authority announced at 12:30PM that there would now be a 5:30 time limit and that all walkers would have to stop at that stage. Although the organising committee tried to argue for reason, their remonstrations were unsuccessful and the road was opened for traffic at 1:40PM and the remaining walkers had to be stopped. It was very tough for all the remaining walkers, especially for **Alexis Jordana** who had travelled over 1000km from Toulouse to try to better the the M80 50km world best (6h41).

Emmanuel advises photo gallery at <https://tinyurl.com/yao4w8dx>.

20km Walk

1.	BIBET Philippe	VEM/67	Us Toul Athletisme	1:44:36
2.	BOBAN Valerie	VEF/68	Athle Vosges Pays de Bruyères	1:57:50
3.	SIEGENFUHR Daniel	VEM/50	Es Thaon	2:04:16
4.	GUILLARD Caroline	VEF/71	Saran Loiret Athletic Club	2:05:29

5.	FLORENTIN Catherine	VEF/67	Athle Vosges Pays de Bruyères	2:12:02
6.	RODRIGUEZ Lucie	SEF/84	Co Champagne Aa	2:16:31

50km Walk

1.	GUETAT Gerard	VEM/62	Troyes Omnisports	5:14:59
2.	ERARD Christophe	VEM/70	Asm Bar-le-duc	5:21:43
3.	KERLAU Yves-michel	VEM/61	Racing Club Nantais	5:42:48
4.	GROS Gildas	VEM/67	Cis Anould	48km/5:40:07
5.	TOURNOIS Pascal	VEM/54	Asm Bar-le-duc	47km/5:40:07
6.	JORDANA Alexis	VEM/37	Blagnac Sc	44km/5:40:32
7.	ANXIONNAT Claudine	VEF/51	Avec Pays De Bruyères	44km/5:43:40



Valerie Boban, Christophe Erard, Gerard Guetat and Philippe Bibet (photos Emmanuel Tardi)

ROMANIAN ROADWALK CHAMPIONSHIPS, BUCHAREST, ROMANIA, SATURDAY 27 OCTOBER

The Romanian roadwalk championships, which were held last Saturday on a course around the National Arena in Bucharest, featured the Men's 50m and the women's 20km races, along with underage walks. The weather was perfect for the 21 walkers in attendance. Full results at <http://www.fra.ro/rezultate/101540645238.pdf>. **Andreea Arsine** (49:04) won the women's 10km while **Florin Stirbu** (4:0841) won the men's 50km.

10km Women

1.	Arsine, Andreea	88	Csu Galati	49:04
2.	Acatrinei, Mihaela	95	Csu Resita,CS Unirea Alba	50:23
3.	Molnar, Carmen Bianca	96	Csu Resita,CS Unirea Alba	51:10
4.	Puscasu, Mihaela Valentina	95	Csu Resita	53:03
5.	Caruceri, Elena Lacramioara	97	Csu Resita	53:14
6.	Angelescu, Diana Georgiana	00	Csm Suceava	55:35
7.	Lataretu, Elena Lucia	99	Csm Craiova	58:16
8.	Arvatu, Adriana Neli	93	Csm Craiova	58:16
9.	Jid, Georgiana Cornelia	00	Lps Alba Iulia,CS Unirea A	59:31
10.	Cocos, Loredana	99	Csu Resita	1:00:53
11.	Batila, Alina Ionela	95	Csm Craiova	1:05:52
	Pan?a, Roxana	99	CS Stiinta Bacau	DNF

50km Men

1.	Stirbu, Florin Alin	92	Csu Resita,CS Muscelul CL	4:08:41
2.	Cocioran, Marius Iulian	83	Csu Resita,Csm Resita	4:18:37
3.	Gafita, Andrei	96	Csm Suceava	4:30:02
4.	Dogaru, Victoras Ionut	97	Csu Resita T,Csm Resita	4:44:46
5.	Plesu, Ionut Vasilica	98	Csu Resita T	4:51:48
6.	Balog, Atila Zoltan	81	Csu Resita,Csm Resita	4:55:49
7.	Radoi, Pavel Remus	98	Csu Resita T	4:55:49

Mihaila, Narcis Stefan	87	Csu Resita,Csm Resita	DNF
Berdei, Gheorghe	67	Csm Suceava	DNF

USATF 1 HOUR CHAMPIONSHIP, FURMAN UNIVERSITY, GREENVILLE, SC, SUNDAY 28 OCTOBER

Conditions were described as sunny and dry, with a temperature of 55F, for the USATF 1 Hour Track Walk Championships, held in Greenville on Sunday. Well done to Open winners **Ray Sharp** (12.023km) and **Jesi Heisser-Whatley** (10.615). Heisser-Whatley only just pipped her sister **Tori Heiser-Whatley** who finished just 4m behind her. The highlight of the day was a new USA M90 record to **Jack Starr** (6,809m). Apparently, once he got the record, he stopped, and did not feel the need to keep going any further.

USA Women 1 Hour Championship

1.	Jesi Heiser-Whatley	SC	10,615m
2.	Tori Heiser-Whatley	SC	10,611m
3.	Janelle Branch	GA	10,187m
4.	Caelin Sloan	SC	9,324m
5.	Leslie Latterman	TN	8,578m
6.	Joyce Prohaska	OH	7,630m

USA Men 1 Hour Championship

1.	Ray Sharp	MI	12,023m
2.	Pablo Gomez	IL	11,467m
3.	Ian Whatley	SC	11,365m
4.	Dave Swarts	MI	11,275m
5.	Jim Scott	IL	10,278m
6.	Andy Smith	NC	8,991m

USA Women U20 1 Hour Championship

1.	Jesi Heiser-Whatley	SC	10,615m
2.	Tori Heiser-Whatley	SC	10,611m
3.	Caelin Sloan	SC	9,324m
4.	Katie Haffner	GA	7,950m
5.	Brittany Sloan	SC	7,552m
6.	Emily Kania	NC	4,800m

USA Masters 1 Hour Track Championships

Open	1	KJ McRae	GA	7,948m
M40	1	Matthew Holtry	NC	7,666m
W45	1	Pablo Gomez	IL	11,467m
	2	Kelly Grayson	NC	6,872m
M50	1	Dave Swarts	MI	11,275m
	DQ	Albert Maspons	NC	DQ
W55	1	Lou Kaelin	TN	7,882m
	2	Sue Michos	OH	7,721m
	3	Patricia Clemmons	NC	7,507m
	4	Debbie Sammons	SC	7,507m
M55	1	Ray Sharp	MI	12,023m
	2	Ian Whatley	SC	11,365m
	3	Byron Kaelin	TN	8,624m
	4	Joe Horne	SC	6,206m
W60	1	Leslie Latterman	TN	8,578m
	2	Trenice Mullins Dubow	GA	8,231m
	3	Jennie Cirillo	SC	8,131m
M60	1	Jim Scott	IL	10,278m
	2	Edward Collins	NC	2,800m
W65	1	Joyce Prohaska	OH	8,243m
M65	1	Andrew Smith	NC	8,991m
	2	Art Klien	VA	8,463m
	3	Thomas Augustine	VA	7,979m
W70	1	Alice Harrington	FL	7,630m
M70	1	Alan Moore	GA	8,452m
	2	Robert Fowler	GA	8,053m
	3	John Morrison	MD	7,762m
	DQ	Larry Woods	GA	DQ
M75	1	Joel Dubow	GA	8,448m
M90	1	John Starr	PA	6,809m

ASA 50KM & INTERPROVINCIAL CHAMPS: GEEN POINT ATHLETICS STADIUM, CAPE TOWN, SAT 27 OCT

Last Saturday saw the Athletics South Africa 50km championships, run in conjunction with the ASA Interprovincial walk championships in Cape Town. It was very big meet with events including age division races for 3km U14, 5km U16, U18 5km/10km, U20 and Masters 10km, Open and Masters 20km and Open 50km, along with a 1km Developmental walk. 50km titles were won by **Natalie Le Roux** (4:55:20) and **Mthunzi Nnisi** (4:46:42), along with 20km wins to **Lebogang Shange** (1:31:01) and **Anel Oosthuizen** (1:41:53). Full report at <https://athletics.org.za/pre-race-favourites-retain-asa-50km-and-20-km-interprovincial-race-walking-crowns/>. Full results at <https://drive.google.com/file/d/1wY1ImQHZnk8oIUci9NYxqUOBRx81fZ6y/edit>. A selection below:

50km Open and Masters Women

1.	Le Roux, Natalie	RSA	36	4:55:20
2.	Blignaut, Frieda	RSA	68	6:22:02

50km Open and Masters Men

1.	Mnisi, Mthunzi	RSA	28	4:46:42
2.	Mahlangu, Aaron	RSA	31	4:52:05
3.	Qhanqiso, Themobile	RSA	51	5:03:58
4.	Pheagane, Jeffrey	RSA	29	5:16:59
5.	Hlongwa, Wiseman	RSA	31	5:26:57
6.	Brink, Gustav	RSA	51	5:37:59
	Sim, Edmund	Singapore	35	DQ
	Ingram, Dave	RSA	57	DQ
	Scott, Wayne	RSA	54	DQ

20km Open Men

1.	Shange, Lebogang	RSA	28	1:31:01
2.	Ndebele, Sizwe	RSA	22	1:32:40
3.	Pule, Edwin Tumisang	RSA	20	1:34:42
4.	Mavundla, Mzwakhe	RSA	21	1:42:33
5.	Sehemo, Dannyboy	RSA	23	1:50:27
	Mashimbyi, Tebatso	RSA	23	DNF
	Sithole, Jabulani	RSA	23	DNF

20km Open Women

1.	Oosthuizen, Anel	RSA	23	1:41:53
2.	Schultz, Zelda	RSA	26	1:50:47
3.	Mokhele, Nthatisi	RSA	25	2:00:25
4.	Matseba, Whitney	RSA	21	2:33:05
5.	Vidima, Cebile	RSA	32	2:36:07
	Nchabeng, Rethabile	RSA	22	DNF

10km U20 Men

1.	Farmer, Antonio	RSA	17	48:17
2.	Sesana, William	RSA	19	51:54
3.	Kalane, Sylvester	RSA	18	55:32
4.	Mekuur, Wentsley	RSA	18	56:31

10km U20 Women

1.	Sithole, Nothando	RSA	16	1:18:59
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20km Masters Men

M40	1	Cillie, Gideon	41	1:54:40
	2	Mashigo, Johannes	43	2:02:44
M45	1	Eykenduynd, Ronaldo	49	2:21:10
M50	1	Phillips, Kevin	54	1:59:49
	2	Kavai, Blessing	50	2:13:50
M55	1	Railo, Simon	58	2:10:52
	2	Msimango, Stephen	55	2:12:08
M60	1	Willemse, Jaap	62	2:11:08
		Mohlakane, Kgethisi Benjamin	63	2:27:15

20km Masters Women

W45	1	Serdyn, Mariaan	47	2:16:14
	2	Lendrun, Bronwyn	45	2:17:13
	3	Nyathi, Assalina	48	2:35:53
W50	1	Memela, Khethiwe	52	2:50:45
	2	Dunn, Chandra-Jay	51	2:40:39

	DQ	Nkosi, Linah	54	DQ
W55	1	Steenkamp, Sandra	58	2:10:27
	2	Goosen, Jaqueline	56	2:13:13
	3	Scheepers, Celeste	58	2:23:27
W60	1	Willemse, Lucia	63	2:37:48
W65	2	Jacobs, Loritha	67	2:23:18
W70	1	Meyer, Elsa	72	2:14:57
W75	DQ	Macartney, Diedre	77	DQ
	DQ	Brennan, Megan	75	DQ

57TH ALL-JAPANESE 50KM CHAMPIONSHIPS, TAKAHATA, JAPAN, SUNDAY 28 SUNDAY

The All-Japanese 50km Championship meet is always a big one and this year was no exception. The 50km races kicked off at 8AM and the 20km races started at 8:05AM and 8:30AM. At one point, there were more that 200 people on the narrow circuit but it all ticked along with Japanese efficiency. The excellent conditions lead to fast times, with new Japanese 50km records for men and women - yet neither walker walked in the 50km in Taicang earlier this year!

The meet is well reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3322). The article states that the circuit was 2km (1km go & back) in the city centre of Takahata and that it was a sunny day with the temperature ranging between 12°C and 18°C and a humidity rate that gradually dropped from 75% to 55%. As usual for the Japanese walkers, this is one of the three selection races (together with Kobe and Wajima) for the 2019 World Championships in Doha.

The men's 50km was missing outright star Iroki Arai but, with their depth, what is one walker less, even if it is Arai. It was interesting to see 20km specialist **Isamu Fujisawa** in the lead group which passed 10km in 44:25. At that stage, **Tomohiro Noda** took control, with only **Katsuya Ishii** able or willing to go with him. By the halfway mark (1:49:29), Noda was on his own and on sub-3:40 pace. The pace was maintained as he powered to victory with a new national record of 3:39:47. **Kai Kobayashi** was second with 3:46:26 and **Masatora Kawano** (born 23.10.1998 and just turned 20) was third with 3:47:30. Isamu Fujisawa, sixth with 3:58:49, was the last to better 4 hours.

In the women's 50km, three of the four walkers headed out together but by the half way mark (2:12:40) it was down to a race between **Serena Sonoda** and **Nami Kumagai**. Soon after this, Sonoda got away, going on to win with a new national record of 4:29:45. Kumagai faded to finish second with 4:40:39, ahead of **Yuki Yoshizumi** with 4:43:03 and **Hirori Yokoyama** with 5:16:49.

The men's 20km saw the return of 20km world record holder **Yusuke Suzuki** after a long run of injuries that struck him soon after his 2015 record walk (1:16:36). Since then, Suzuki had not raced over 20km and, in 2018, had only twice tested himself in 10,000m track walks (39:24.49 and 39:05.19) and once in a 5,000m track walk (20:06.49). Suzuki led them through 5km (19:51) and 10km (40:06) but **Daisuke Matsunaga** had caught and passed him by 15km (1:00:13) after a blistering third 5km split of 19:47. The last 5km see Matsunaga chip in with a 20:23 split win with 1:20:36. Suzuki held on for second with 1:21:14, ahead of **Yuta Koga** (1:21:54)

the women's 20km saw **Kaori Kawazoe** lead the field through to 10km (47:00) but from then on, it was all **Nanako Fujii** who stormed home with a faster second half to finish with 1:33:27. Kawazoe held on for second with 1:35:26, ahead of **Ai Michiguchi** with 1:37:04.

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/29102018561Takahata2018Oct28.pdf>.

50km Men

1.	Tomohiro NODA	44:25	1:27:59	2:11:06	2:54:28	3:39:47
2.	Kai KOBAYASHI	44:41	1:28:38	2:11:45	2:56:00	3:46:26
3.	Masatora KAWANO	45:52	1:31:30	2:16:44	3:00:52	3:47:30
4.	Takayuki TANII	45:11	1:31:06	2:17:31	3:04:13	3:51:54
5.	Shuto GOTO	45:52	1:31:31	2:17:30	3:04:13	3:52:17
6.	Isamu FUJISAWA	44:24	1:28:20	2:12:16	3:01:27	3:58:49
7.	Yuya SUGANAMI	49:38	1:39:17	2:27:37	3:15:13	4:03:42
8.	Katsuya ISHII	44:25	1:27:59	2:13:58	3:05:22	4:05:41
9.	Hitoshi WARITA	49:09	1:36:19	2:21:52	3:11:25	4:07:27
10.	Tatsuya TANAKA	49:39	1:38:54	2:27:44	3:17:08	4:07:57
11.	Yuki ITO	45:52	1:31:37	2:18:29	3:10:47	4:14:08
12.	Takahito OTSUBO	51:27	1:42:28	2:33:49	3:26:32	4:21:57
13.	Takeshi OKUMA J	48:26	1:36:17	2:26:32	3:24:11	4:22:12
14.	Yamato NAKAZIMA	49:54	1:39:13	2:28:36	3:22:43	4:22:14
15.	Naohiro KOYAMA	52:02	1:43:35	2:35:31	3:27:52	4:22:18
16.	Kyohei DAIRAKU	49:53	1:39:13	2:28:12	3:19:36	4:23:00
17.	Kosuke SHIOIRI	50:09	1:40:24	2:32:32	3:33:00	4:32:11
18.	Kazuya ONISHI	52:07	1:43:36	2:38:39	3:36:04	4:38:46
19.	Taiga OGASAWARA	54:47	1:49:27	2:43:02	3:40:22	4:39:06
20.	Taiji INOMOTO	50:09	1:40:24	2:31:14	3:33:59	4:40:38
21.	Yutaro INOUE	50:10	1:40:24	2:37:23	3:38:52	4:42:08

22.	Kota YAMADA	54:02	1:46:49	2:38:59	3:35:24	4:43:46
23.	Kazuya NAKAGAMI	52:05	1:44:36	2:40:40	3:42:23	4:46:13
24.	Arata SAITO NW	55:58	1:55:51	2:53:52	3:51:04	4:48:52
25.	Naoya MATSUO	49:53	1:39:13	2:35:36	3:43:13	4:49:48
26.	Kazuma KAMITATARAA	54:47	1:49:27	2:44:25	3:48:10	4:50:52
27.	Yusuke TAKEUCHI	50:10	1:40:29	2:38:09	3:43:26	4:56:33
28.	Yuito YAMAMOTO	54:31	1:48:35	2:42:19	3:38:57	4:57:07
29.	Huminori KUMAZAKI	54:47	1:49:34	2:47:47	3:51:07	4:57:38
30.	Makoto NAKANO	55:05	1:51:28	2:51:27	3:54:57	5:11:27

50km Women

1.	Serena SONODA	54:01	1:46:48	2:38:59	3:33:00	4:29:45
2.	Nami KUMAGAI	54:02	1:46:48	2:39:27	3:39:16	4:40:39
3.	Yuki YOSHIZUMI	54:02	1:46:57	2:42:19	3:40:03	4:43:03
4.	Hirori YOKOYAMA	57:07	1:54:39	2:54:10	4:06:41	5:16:49

20km Men (first 30)

1.	Daisuke MATSUNAGA	40:26	1:20:36			
2.	Yusuke SUZUKI	40:06	1:21:14			
3.	Yuta KOGA	40:40	1:21:54			
4.	Kohei TOYAMA	40:40	1:22:58			
5.	Ryosuke KONDO	40:55	1:23:50			
6.	Katuzi SUZUKI	41:09	1:24:09			
7.	Motofumi SUWA NW	41:38	1:24:30			
8.	Kosuke TANEOKA	42:33	1:24:52			
9.	Kazuki TAKAHASHI	41:54	1:25:14			
10.	Yutaro MURAYAMA	42:38	1:25:27			
11.	YakuRo TERADA	42:38	1:25:54			
12.	Yuji OKAHATA	42:33	1:26:37			
13.	Taiki NARUOKA	43:18	1:26:47			
14.	Yu TAKEUCHI	42:12	1:26:49			
15.	Hideto NAGAHARA	41:38	1:27:20			
16.	Hiroto ZYUSYO	42:38	1:27:36			
17.	Hayata YAMAMOTO	44:03	1:28:43			
18.	Taiti KENMOTO	44:50	1:29:08			
19.	Teru YOSHIKAWA	44:50	1:29:14			
20.	Jumpei GOTO	44:03	1:29:34			
21.	Yuto YANAGIKAWA	43:05	1:29:46			
22.	Subaru ISHIDA	44:51	1:29:47			
23.	Naoya KAWAHATA	44:51	1:29:54			
24.	Yuki MURAO	41:58	1:30:24			
25.	Kazuhiro TATEIWA	45:02	1:30:47			
26.	Yuta TAKAHASHI	43:21	1:30:50			
27.	Sou YOSHIDA	44:50	1:31:20			
28.	Takuto SUGAI	44:50	1:31:26			
29.	Tatsuki KONO	45:11	1:31:48			
30.	Kazuki TODORI	45:34	1:31:58			

20km Women

1.	Nanako FUJII	47:02	1:33:27			
2.	Kaori KAWAZOE	47:00	1:35:26			
3.	Ai MICHIGUCHI	47:56	1:37:04			
4.	Masumi FUCHISE	47:57	1:37:23			
5.	Maika YAGI	48:53	1:37:37			
6.	Tomoka SUGIYAMA	50:46	1:41:26			
7.	Mao TATSUMI	50:37	1:42:13			
8.	Sayori MATUMOTO	50:15	1:43:01			
9.	Riho FUKAMIZU	51:45	1:43:38			
10.	Keiko ADACHI	51:20	1:44:31			
11.	Kaede YAGIWARA	52:16	1:45:35			
12.	Shion HONMA	51:53	1:48:34			
13.	Yumi TACHIBANA	53:43	1:49:11			
14.	Nanako OTANI	52:00	1:49:20			
15.	Sakiko TUBOHIRA	53:40	1:49:44			
16.	Ayane YABUKI	54:31	1:52:14			
17.	Nao IWATA	53:26	1:52:57			
18.	Mahiro AOKI	54:43	1:54:36			
19.	Yukako HAYASHI	55:25	1:54:43			

20.	Megumi MAKITA	55:25	1:57:12
21.	Souka HAHIKAMI	57:55	1:58:18

10km U20 Men (first 5)

1.	Masatoshi HIRAOKA	44:36
2.	Taiju INOUE	46:36
3.	Kenta NAKAYA	46:43
4.	Daisuke UKITA	46:58
5.	Shuuta KITAMURA	47:09

10km U20 Women (first 5)

1.	Nami HAYASI	49:14
2.	Miyabi KURIHARA	49:41
3.	Natuki ONAI	49:59
4.	Asaki SHISHIDA	50:26
5.	Nao TAKENAKA	51:45

And talking of Japanese walking, 2015 World Championship 50km bronze medallist **Takayuki Tanii** has announced that his last race will be on February 17, 2019, in Kobe. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3325

OUT AND ABOUT

- Well done to **Colin Heywood** who cleaned up big time at Sunday night's Northern Territory Athletics awards. He won the Masters Male Athlete for the 4th year and the Male Athlete of the Year for the 2nd year. It is great to see a racewalker doing so well. Congrats Col!
- The website for the 2019 Australian Masters T&F Championships in Melbourne has now been unveiled. See <https://melbourne2019.com.au/>
- I saw a fantastic facebook video last night of **Jared Tallent** walking with his little son Harvey. Talk about move over mum and dad. See <https://www.facebook.com/jared.tallent.31/posts/10160924956250012>.
- I was shocked on Saturday to read of the sudden death of former AIS walks coach **John Fitzgerald** in Canada. John, who coached here from May 2003 to June 2004, had recently been honoured with induction in the Athletics Canada Hall of Fame. Our thoughts are with his family.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 7 press releases for us from Marciadalmondo this week

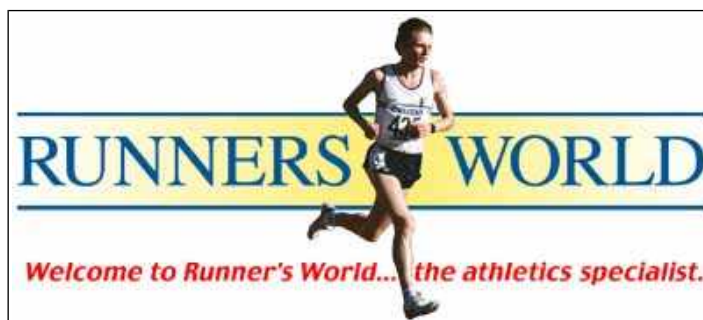
- Tue 30 Oct - Takayuki Tanii (JPN) announces his last race
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3325
- Mon 29 Oct - Tomohiro Noda (JPN) and Valentyna Myronchuk (UKR) best athletes of October 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3324
- Sun 28 Oct - Grottoammare (ITA): U18 victories of Daniele Breda and Martina Casiraghi
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3323
- Sun 28 Oct - Takahata (JPN): Tomohiro Noda wins the 50km in 3:39:47 new Japanese record
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3322
- Wed 24 Oct - Grottoammare (ITA): Sunday October 28 the last 2018 race walking competition in Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3321
- Thu 25 Oct - Updates in the section History
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3320
- Tue 23 Oct - Ivano-Frankivsk (UKR): Dmytro Sobchuk and Valentina Myronchuk win 50km Ukrainian Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3319

and omarchador has 11 press releases

- Mon 29 Oct - New Japanese 50km records in Takahata
<http://omarchador.blogspot.com/2018/10/recordes-nacionais-de-50-km-do-japao-em.html>

- Sun 28 Oct - Results of walks meet in Bayonne, France
<http://omarchador.blogspot.com/2018/10/jornada-de-marcha-atletica-em-bayonne.html>
- Sat 27 Oct - Preview of Japanese 50km walks tomorrow
<http://omarchador.blogspot.com/2018/10/campeonatos-do-japao-de-50-km-marcha.html>
- Fri 26 Oct - Preview of League walks in St. António dos Cavaleiros / Loures (Portugal)
<http://omarchador.blogspot.com/2018/10/st-antonio-dos-cavaleirosloures-com.html>
- Fri 26 Oct - Portuguese walker Sérgio Vieira sponsors "Nazaré a Marchar" walks
<http://omarchador.blogspot.com/2018/10/sergio-vieira-apadrinhou-nazare-marchar.html>
- Thu 25 Oct - Results of VRWC track meet in Mentone
<http://omarchador.blogspot.com/2018/10/vrwc-provas-de-pista-em-mentone.html>
- Thu 25 Oct - Preview of walks at Santo António dos Cavaleiros / Loures, Alvaiázere and Galinheiras
<http://omarchador.blogspot.com/2018/10/arranque-da-marcha-atletica-em-santo.html>
- Wed 24 Oct - Results of USA 30km and Masters Champs in Hauppauge
<http://omarchador.blogspot.com/2018/10/eu-america-30-km-abertosveteranos-em.html>
- Wed 24 Oct - Antonio La Torre is new Technical Director of FIDAL (Italy)
<http://omarchador.blogspot.com/2018/10/antonio-la-torre-novo-diretor-tecnico.html>
- Tue 23 Oct - Results of 20 km, 15 km and other events in Reggio Emilia, Italy
<http://omarchador.blogspot.com/2018/10/20-km-15-km-e-outras-provas-em-reggio.html>
- Tue 23 Oct - Leonardo Dei Tos and Beatrice Foresti feature in the Italian 50km championships
<http://omarchador.blogspot.com/2018/10/leonardo-dei-tos-e-beatrice-foresti-em.html>

RUNNERS WORLD WINTER SEASON AWARDS NOW FINALISED



Neil Ryan of Runners World Kew (<http://www.runnersworld.com.au/>) approached VRWC early in the 2009 winter season with an offer of club sponsorship. While we had our Points and Handicap awards, the awards were not necessarily won by our BEST walkers as they were influenced by participation rates. So, after various discussions, it was decided to institute Runners World Winter and Summer Season Awards.

Ten years later, Neil is still supporting our club via these generous awards. The committee has just finished voting on a short list of nominees and we are pleased to announce the winners of the 2018 Winter Season Runners World Awards:

- SENIOR MEN: **Ralph Bennett**
- SENIOR WOMEN: **Kelly Ruddick**
- JUNIOR MEN: **Kyle Swan**
- JUNIOR WOMEN: **Charlotte Hay**

Ralph and Kelly will each receive a \$500 Runners World Gift Voucher, along with \$500 in cash. Kyle and Charlotte will each receive a \$500 Runners World Gift Voucher. We hope to make the presentations at our VRWC Summer Championships day on Sunday 18th November.

Thanks to Stuart Cooper and Heather Carr for their work in researching the nominations and coordinating the voting.

You can read all about the awards criteria and the previous winners at <http://www.vrwc.org.au/vrwcrunners-world.shtml>.

And remember to shop with Neil for all your sporting goods needs - RUNNERS WORLD, 598 High Street, East Kew, Victoria.

AUSTRALIA'S RACEWALKING NATIONAL EVENT COACHES

With the death this week of former AIS walks coach John Fitzgerald (see comments earlier in the newsletter), it is timely to look back on the more recent history of racewalk coaching in Australia. Now I don't guarantee to have everything exactly correct but these recollections are pretty factual. Apologies in advance for any errors.

The Australian Track & Field Coaches Association (AT&FCA) was founded in 1974 as an association to which all interested in coaching track and field athletics could belong. Much has flowered from this humble beginning.

The idea of National Coaches / National Squads came out of a report on the future development of athletics in Australia, written by members of the AT&FCA Victorian Branch (including Norm Osborne, Fred Graf, John Boas, Dot Walke and Henri Schubert) and adopted in principle by the Australian Amateur Athletic Union (AAAU) at its Hobart Conference in March 1977.

The seed had been planted but it was not until Alan McDonald and Rick Pannell took over as President and Secretary of the AAAU in March 1978 that the particulars began to take shape. Dr Jean Roberts was appointed as the inaugural AAAU Coaching and Technical Director in March 1979 with the specific mandate to develop a comprehensive national coaching structure.

Her first step was to facilitate the creation of the AAU Alcoa National Squad as a long range program for improving Australia's athletic performance. A two year sponsorship by Alcoa was announced in June 1979 and over the next two years, the sport and the level of professional coaching blossomed in Australia. There were Alcoa Challenge Series track meets, coaching camps and an eventual extension of the AAU Alcoa National Squad to include leading junior athletes.

The appointment of National Event Coaches (NECs) was the result of a second report, this time by the Executive of AT&FCA (Jean Roberts, Marlene Mathews and John Daly), adopted in late 1979. Applications were called for new NEC positions, with most being announced at the 1980 National T&F Championships. The position of NEC for Walks, along with a number of other NEC positions, was not filled at that time. In particular, it was felt that none of the NEC Walks applicants had sufficient background understanding of the physiological aspects of the discipline to warrant appointment.

With an inaugural Alcoa Squad walks camp to be scheduled in late 1980, **John Boas**, the Long Jump NEC who coached Gary Honey and Ian Campbell, was asked by Jean Roberts to run it and take on the job as acting NEC (Walks). John was a multi-discipline coach, specialising in the horizontal jumps but equally adept coaching athletes in disciplines as diverse as pole vaulting, distance running and walking (he was also my coach throughout my walking career).

The first Alcoa walks camp was held at the CAE in Ballarat and introduced us to John's scientific approach to the physiological basis of training and its integration with program planning and peaking. John subsequently led our 1981 Lugano/Eschborn Cup Australian team as Manager/Coach and ran a number of other successful walks camps.

Without wishing to insult the walks coaches of that era, most came at it from a technique/judging perspective and followed training recipes rather than designing training programs from an understanding of what was going on physiologically. Certainly, at the camps and at seminars, I hammered the importance of the physiology, which I like to think opened a lot of people's eyes.



*John Boas discusses metabolic fitness testing results with Tim Erickson at the October 1980 camp in Melbourne
Note the Alcoa National Squad tshirt*

Part of his remit as acting NEC walks was to find/develop someone who could take over as NEC. By late 1981, John had found his man and recommended to Jean that **Stan Malbut** take over as NEC (Walks). Around that same time, **Bruce Cook** became a part-time walks coach at the newly opened Australian Institute of Sport (AIS) in Canberra. He held this position until **Craig Hilliard** took over, but more of that later.

Although John didn't have NEC (Walks) responsibilities after 1981, he continued to run sessions for walks coaches as part of the AT&FCA Level 2 course and had responsibility for the walkers at the 1984 Olympics and at the 1986 Commonwealth Games.

Stan Malbut, based in Adelaide and the coach of Peter Fullager, take over from John in 1981 and held the NEC (Walks) position for 4 years. Stan was an enthusiastic and gregarious NEC who travelled to all championships and who ran training camps in all States. When approached by any walker, he freely gave his time and expertise and, although lacking any proper funding, he badgered and cajoled AAU and AT&FCA for money to run camps and perform the role properly.



Tim Erickson with Stan and Shiela Malbut at the LBG Carnival in Canberra, June 2012

A former hurdler, **Craig Hilliard** had been appointed as an athletics coach with the Australian Institute of Sport in 1982. He was soon asked to take over the coaching of the AIS scholarship walkers and was subsequently appointed as NEC (Walks), taking over from Stan in 1985. Finally, racewalking in Australia had a properly funded and fully professional NEC. The list of Craig's walkers over the next 10 years reads impressively: Sue Cook, Kerry Saxby, David Smith, Simon Baker, Andrew Jachno, Nathan Deakes and Nick A'Hern, to name a few of the better known ones.



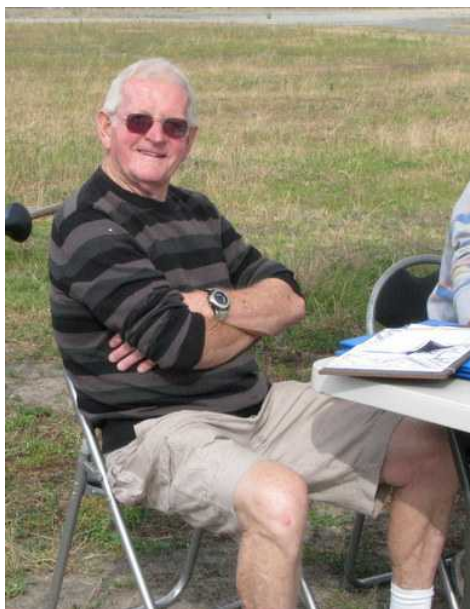
August 2010 – Craig Hilliard at the Australian Roadwalk Championships in Melbourne, talking with former international rep Craig Brill (he is still involved coaching walks after a coaching career of some 30 years)

By the late eighties, the NEC role had evolved to include responsibility for both coach education and athlete development. In the latter role, although they were not expected to be necessarily coaching the top performers, NECs were expected to be working with the coaches who were as part of the National Program.

Craig was so involved on the AIS front with his own scholarship athletes that the role of NEC (Walks) was passed to **Harry Summers**. Harry organised and led a number of yearly trips to Europe for developing walkers, ran a number of successful camps and was heavily involved in both AT&FCA and the wider walking community. When reflecting on his demanding time in the NEC role, Harry commented to me

I found it a frustrating job as there was no funding or assistance available. I was able to list all the Walks coaches from each state and did try to communicate with them. Craig Hilliard came to the rescue and I was able to organise a couple of camps at the AIS with their funding.

It was yet another case of a good concept on paper but a poorly designed one, done on a shoestring budget.



January 2011 – Harry Summers officiating at Middle Park – still going strong after nearly 60 years in the sport

In the mid nineties, Athletics Australia announced the separation of coach education and athlete performance roles. Coach education would be left to AT&FCA while high performance coaching was to be handled by salaried coaches. From now on, the NEC (Walks) would devolve by default to the AIS Walks Coach. Harry's days as NEC (Walks) were over. Craig now stepped back into the role as a stopgap, with Simon Baker as the assistant AIS walks coach.

In 1997, two interesting appointments were announced.

Firstly, former East German coach Ekkart Arbeit was announced as Athletics Australia head coach. Arbeit's appointment brought widespread criticism because of his role in administering performance-enhancing drugs to athletes in East Germany in the 1980s. The general public, sports people and Olympic officials alike, condemned Athletics Australia's decision to hire the former East German coach. Following this public outcry and the concern that his drug-stained past would reflect on our nation's athletes, the Federal Government reviewed his controversial appointment and it was recommended to Athletics Australia that Arbeit should go.

Secondly, and less controversially, former East German walker **Ron Weigel** was announced as the new AIS walks coach, taking over from Craig Hilliard who was now moving into a more senior role within the AIS coaching structure. Ron had wonderful credentials, with dual Olympic silver medals and both gold and silver at World Championship level.

Harry Summers now took on a new role as the National Walks Coach - Educational, working alongside Ron who took over the mantle as AIS Walks Coach.

Ron inherited a strong walks squad that included Nathan Deakes, Jane Saville, Luke Adams, Kerry Saxby, Dion Russell and Brent Vallance. He was an inspirational coach who regularly pushed his charges beyond their comfort zones, yet who inspired their confidence and commitment and produced the goods in terms of results.



Training in St Moritz in 1999 – Nathan Deakes, Ron Weigel (coach), Jane Saville and Dion Russell

It came as a surprise when Ron announced his resignation in early 2002, to return to Germany to take over from his previous trainer, Hans-Joachim Pathus, as the German national racewalks coach. He remains in that position as I write.

After Ron left, there was a significant period without a senior walks coach until eventually Canadian **John Fitzgerald** was appointed as the new AIS walks coach and took up residency in Canberra in May 2003. Former AIS scholarship holder and Australian international walker **Brent Vallance** also came on board as an AIS scholarship coach in June 2003.

Alas, John only filled his role for just over 12 months before suffering a life threatening health scare on 28th June 2004. He was in the weight room working with Jared Tallent when his aorta ruptured and he collapsed. He woke up in hospital 14 days later. His coaching days at an end, he returned home.

Sadly and unexpectedly, John passed away at his home in Canada on Saturday 27th October 2018, only a few weeks after being inducted into the Athletics Canada Hall of Fame.



August 2003 – John Fitzgerald with Simon Baker and Jill Huxley at the Australian roadwalk champs in Melbourne

Following John's departure, Brent took over full responsibility for the AIS walks program, coaching Nathan Deakes, Jared Tallent, Michael McCagh and Adam Rutter amongst others. It was under his guidance that Nathan won his bronze medal in the 2004 Olympic

20km final in Athens and Jared subsequently went on to become our greatest ever walker. Brent had been quickly thrown in the deep end and was the official 2004 Olympics Team Coach for racewalking.

In early 2005, Brent was formally confirmed in the ongoing role as AIS Athletics Coach - Race Walks. His job description read

To provide coaching to AIS Race Walkers, and to contribute to the overall development of the AIS Athletics program, which includes high quality training, support services, pastoral care and competition opportunities for scholarship holders.

In 2006, Brent took on the additional role of Athletics Australia Development Coordinator for the walking program, subsequently taking the Australian walks program to new heights. Taking teams overseas every year, organizing January training camps at the AIS or in Thredbo, taking on the training of or simply inviting our up and coming walkers to come to Canberra for a weekend or a week to train with 'the big boys', his enthusiasm and commitment never ceased to amaze me. He was highly sought after, both locally and overseas, as a presenter. And of course, he continued to coach our elite scholarship walkers Jared and Claire Tallent, Chris Erickson, Regan Lamble, Beki Lee, Rachel Tallent and Blake Steele, to name a few.



Brent Vallance with Jared Tallent at the 2009 LBG Carnival in Canberra

All through this period, Craig Hilliard, although no longer formally in the walks program, continued to coach a small number of elite walkers. In particular, he took over the role as Nathan Deakes' coach in 2005, a role that he fulfilled until Nathan retired after the 2012 Olympics.

Alas, it sometimes all seemed too good to be true and so it turned out, when the *Australia's Winning Edge* strategy was published by the Australian Sports Commission (ASC) in 2012. The aim of this ambitious 10-year program was to restore Australia's sporting stature (apart from racewalking, our medal count had been slowly diminishing since 2000). One of its recommendations was a drastic restructuring of the AIS, a move that, for athletics, meant the end of what had been a wonderfully successful scholarship program.

The AIS scholarship program was wound down over the second half of 2012 and eventually terminated on 30th April 2013. Of course, by that stage, the AIS had already been emptied, with athletes and coaches thrown to the winds. Brent Vallance had already relocated to Melbourne to take up a position as the High Performance Manager at the Maribyrnong Sports Academy, Jared and Claire Tallent had already relocated to Adelaide, Chris Erickson had relocated to Melbourne, Nathan Deakes had retired and we were without a walks national coach. Indeed it was worse than that – we had completely lost any semblance of a walks program. Walkers were on their own once again, just like the good old 'amateur' days.

In all these comings and goings, Craig Hilliard proved himself the ultimate survivor. In 2013, he was appointed Athletics Australia Senior Athletics Coach and Mentor and, in December 2013, AA asked him to broaden his portfolio even further and take on a national coordination role for the walks program. In April 2015, he was appointed Australian Athletics Head Coach and had to step back from even this part time walks support.

Brent Vallance was one person who refused to quietly accept the dismantling of the walks program. From his base in Melbourne, he continued to coach a bevy of high level internationals, both from Australia and from overseas, and he continued to lobby Athletics Australia for more specific support of the walks program.

Eventually, his remonstrations bore fruit, he was able to re-institute the AIS summer camps of old, under the new Supernova badge and he was given a mandate as Australian Junior Coach (Walks).

It's a lot harder now for an Australian walker to become internationally competitive but at least people like Brent and Craig continue to work for that goal.

Overall, where do we stand on the world scene nowadays with regard to coaching structure and athlete support? Perhaps a score of 5 out of 10. Oh for the good old days!

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

Nov 2-4, 2018	2018 Victorian All Schools Track & Field Championships, Albert Park
Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - https://mastersgames.com.au/ppmg/
Nov 10 (Sat), 2018	AV Shield (Round 5 at various venues)
Nov 18 (Sun), 2018	VRWC Summer Championships and AGM, Middle 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 - https://melbourne2019.com.au/

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

Feb 10 (Sun), 2019	Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)
Mar 17 (Sun), 2019	Lugano Trophy Walks Meet, Lugano, SWI
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	28 th 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

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

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