



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 07  
13 November 2018



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

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### WALKER OF THE WEEK

My Walker of the Week is 19 year old Western Australian walker **Declan Tingay**. Competing in WA Interclub competition last weekend in Perth, he won the 1500m track race in a big PB time of **5:37.3**. This pushes him up the Australian All-Time ranking list to position 10 (see below) and caps off what has been a wonderful year, which included 4<sup>th</sup> place in the World U20 Championships 10,000m track walk in a new Australian U20 record of 40:49.72.



*Declan in action in the World Junior Championships in July this year (photo Terry Swan)*

Coincidentally, Declan features in the press this week with a great article - see <https://www.abc.net.au/news/2018-11-07/race-walker-declan-tingay-covers-120km-each-week-in-grind-to-top/10466604>.

1.	05:16.4	Dane Bird-Smith	QLD	15/07/1992	Brisbane, QLD	07/11/2013	U23
2.	05:19.1	David Smith	VIC	24/07/1955	Melbourne, VIC	07/02/1981	Open
3.	05:19.5	Jesse Osborne	VIC	24/01/1995	Melbourne, VIC	23/03/2014	U20
4.	05:22.1	Nathan Deakes	VIC	17/08/1977	Geelong, VIC	18/10/1997	U23
5.	05:29.0	Rhydian Cowley	VIC	04/01/1991	Melbourne, VIC	12/12/2012	U23
6.	05:30.8	Willi Sawall	VIC	07/11/1941	Melbourne, VIC	23/01/1980	Open
7.	05:32.0	Greg Robertson	TAS	23/12/1969	Hobart, TAS	04/01/1989	U20
8.	05:36.0	Chris Erickson	VIC	01/12/1981	Sydney, NSW	28/02/2009	Open
9.	05:36.6	Tim Erickson	VIC	23/11/1950	Melbourne, VIC	08/11/1980	Open
<b>10.</b>	<b>05:37.3</b>	<b>Declan Tingay</b>	<b>WA</b>	<b>06/02/1999</b>	<b>Perth, WA</b>	<b>10/11/2018</b>	<b>U20</b>
11.	05:37.5	Andrew Jachno	VIC	13/04/1962	Melbourne, VIC	06/03/1982	U20
12.	05:38.8	Dion Russell	VIC	08/05/1975	Melbourne, VIC	26/10/1992	U18
13.	05:41.9	Brad Aiton	QLD	20/06/1994	Southport, QLD	17/12/2011	U18
14.	05:42.7	Stephen Brooks	VIC		Adelaide, SA	26/03/1995	U16
15.	05:42.6	Nick Dewar	QLD	13/05/1992	Brisbane, QLD	07/11/2013	U23

16.	05:42.5	Brandon Dewar	QLD	13/05/1992	Brisbane, QLD	04/10/2010	U20
17.	05:43.8	Daniel Walters	VIC	19/12/1979	Geelong, VIC	07/03/1998	U19
18.	05:45.0	David Cash	VIC		Melbourne, VIC	08/11/1980	Open
19.	05:45.0	Simon Baker	VIC	06/02/1958	Melbourne, VIC	02/12/1983	Open
20.	05:46.2	Bill Dyer	VIC	26/03/1961	Melbourne, VIC	07/02/1981	U19

#### WHAT'S COMING UP

- **Athletics Victoria Shield competition** continues next weekend, with Round 6 on Saturday 17<sup>th</sup> November.
  - AV Shield Round 6 Program 2, White vs Blue Zones, Yarra Ranges Aths Track, **Mt Evelyn**, Saturday 17 November
  - AV Shield Round 6 Program 1, Red vs Yellow Zones, Meadowglen Aths Track, **Meadowglen** Saturday 17 November
  - AV Shield Round 6 Program 2, Ballarat Region, Llanberris Reserve, **Ballarat**, Saturday 17 November
  - AV Shield Round 6 Program 2, Geelong Region, Landy Field, **Geelong**, Saturday 17 November
  - AV Shield Round 6 Program 2, Bendigo Region, La Trobe University Track, **Bendigo**, Saturday 17 November

Remember to enter by tomorrow midday via the Athletics Victoria Portal.

- The next round of our VRWC Summer Season will be held at Middle Park on Sunday 18<sup>th</sup> November, with timetable as shown below. It's our summer roadwalk championships day so medals on offer. Sunday also sees our VRWC AGM..

Sun 18 <sup>th</sup> November 2018, VRWC Summer Championships and AGM, Middle Park		
8:00am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.30am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
9.45am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.30am	Presentations	
11.00am	Annual General Meeting	

- A reminder to all VRWC members that your **annual VRWC membership renewal is now due**. This will confirm your membership from 1<sup>st</sup> October 2018 until 30<sup>th</sup> 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/>.
- Entries for the **2018 Australian 50km Championship** meet (to be held on Sunday 2<sup>nd</sup> December at Fawkner Park, Melbourne) close tomorrow. There are also 20km, 10km, 5km races, great chance to see some top Aussie walkers compete over the distances. Come on down and support the athletes!
  - 7:00AM Australian Open 50km Road Walk Championship Men
  - 7:00AM Australian Open 50km Road Walk Championship Women
  - 8:00AM Open Invitational 20km Road Walk Men and Women
  - 8:30AM Under 20 Invitational 10km Road Walk Men and Women
  - 9:40AM Under 18 Invitational 5km Road Walk Boys and Girls

Entries via AA Portal at <https://2018racewalk.eventdesq.com/>.

#### ATHLETICS VICTORIA SHIELD, SATURDAY 10 NOVEMBER

Athletics Victoria Shield competition continued last Saturday, with 5 venues in action around the Stage, and with 79 walkers in action. Conditions were generally good, if a bit warm, so some fast walks.

#### AV Shield Round 5 Program 1, Blue vs White Zones, Knox Park Reserve, Scoresby, Saturday 10 November

First to Scoresby for our biggest walks venue, with 33 participants in the 5000m and 2000m walks. Wins to **Corey Dickson** (27:48.4) and **Nicola Mandic** (8:47.7). Good PB walks by **Charlotte Hay** (9:45.3), **Marcus Wakim** (10:46.5) and **Emily Smith** (11:43.3).

#### 5000m Walk

1.	Corey Dickson	M	KNA		27:48.4
2.	Kym Osmand	F	VMA		28:51.8
3.	Simon Evans	M	BOH	M55	29:18.3
4.	Holly Cocking	F	ANW		29:23.3

5.	Cassandra Knight	F	BOH		29:42.7	
6.	Kathleen O'Mahony	F	KNA		29:50.4	

### 2000m Walk

1.	Nicola Mandic	M	CCA		8:47.7	
2.	Mark Blackwood	M	KNA	M40	8:52.0	
3.	Charlotte Hay	F	KNA		9:45.3	PB 0:07
4.	Sandra Geisler	F	RWD	F40	10:02.7	
5.	Wendy Muldoon	F	ANW	F45	10:39.4	
6.	Marcus Wakim	M	COL		10:46.5	PB 0:07
7.	Brianna Briet	F	CCA		11:25.2	
8.	Kylie Irshad	F	MPA	F45	11:32.8	
9.	Emily Smith	F	KNA		11:43.3	PB 0:05
10.	Carlyn Rosenbrock	F	ANW	F55	11:44.3	
11.	Ralph Bennett	M	GHY	M65	11:56.5	
12.	David Sommers	M	ANW	M60	12:08.0	
13.	Anthony Doran	M	GHY	M65	13:26.6	
14.	Bernadette Holohan	F	SAN	F50	13:27.9	
15.	Jaimee-Lee Code	F	FKN		14:17.1	
16.	Bob Gardiner	M	COL	M65	14:20.4	
17.	Geoff Barrow	M	MEN	M65	14:31.2	
18.	Ebony Code	F	FKN		14:32.5	
19.	Isabella Delia	F	CCA		14:44.8	
20.	Georgia Burns	F	SCA		15:05.9	
21.	Sandra Howorth	F	GHY	F55	15:14.5	
22.	Llew Jenkins	M	GHY	M65	15:15.1	
23.	Shannon Delaney	M	MPA		16:58.5	
	Angus Hay	M	KNA		DQ	
	Albin Hess	M	VMA	M55	DQ	
	Ocean Shephard	M	MPA		DQ	
	Ian Handasyde	M	OSC	M65	DQ	

### AV Shield Round 5 Program 2, Yellow vs Red Zones, Newport Park, Newport, Saturday 10 November

Now to Newport where **Jason Kozica** (23:00.2) and **Philippa Huse** (24:38.6) led the walkers home in the 5000m. The 2000m saw a surprise first up win to **Liam Morgan** of Western Suburbs – an inaugural 10:08.2. Special commendations for **William Dynes** (26:38.1), **Madeleine Feain** (29:47.3) and **Hamish Beaumont** (11:27.6) for PBs.

### 5000m Walk

1.	Jason Kozica	M	STK		23:00.2	
2.	Philippa Huse	F	SAN		24:38.6	
3.	William Dynes	M	DIV		26:38.1	PB 1:05
4.	Heath Beveridge	M	WES	INV	27:25.5	
5.	Danny Hawksworth	M	ESS		29:25.3	
6.	Trenton Hawkins	M	PTN		29:32.5	
7.	Madeleine Feain	F	KSB		29:47.3	PB 0:05

### 2000m Walk

1.	Liam Morgan	M	WES		10:08.2	First timer?
2.	Paul Kennedy	M	KSB	M60	10:55.2	
3.	Tim Erickson	M	COB	M65	11:25.2	
4.	Hamish Beaumont	M	MUU	M40	11:27.6	PB 0:14
5.	Sebastian Weickhardt	M	KSB		12:07.7	
6.	Dennis Lazar	M	DIV	M60	12:21.1	
7.	Thomas Glover	M	WES		12:28.0	
8.	Kerryn Walshe	F	KSB	F55	12:29.3	
9.	Donna-Marie Elms	F	PTN	F55	12:30.9	
10.	Edie Bridgewater	F	PTN		12:33.3	
11.	Clyde Riddoch	M	VMA	M65	12:37.3	
12.	Maria Abfalter	F	KSB	F50	12:43.4	
13.	Ross Reid	M	COL	M60	12:46.9	
14.	Duncan Knox	M	ESS	M55	13:46.2	
15.	Phillip Dunstone	M	WES	M50	13:46.2	
16.	Janice Hodgart	F	WES	F55	13:49.8	
17.	Stephen Murphy	M	ESS	M55	13:52.5	
18.	Caitlin Sneyders	F	WES		14:06.8	
19.	Jenny-Rose Szuhai-Andrews	F	BWK	F50	15:50.5	
20.	Bbenda Cashin	F	WES	F50	16:34.1	
21.	Donna Campbell	F	PTN	F45	17:08.9	



*Start of the 5000m – Jason Kozica, Madeleine Feain, Heath Beveridge, William Dynes, Philippa Huse and Trenton Hawkins*



*Jason Kozica, Philippa Huse, Heath Beveridge, William Dynes, Paul Kennedy, Hamish Beaumont and Tim Erickson  
(all photos by Gerard Feain)*

And now to the 3 country venues. Best efforts by **Alanna Peart** (24:38.48), **Fraser Saunder** (9:42.72) and **Joel Imbriano** (8:09.99).

**AV Shield Round 5 Program 1, Ballarat Region, Llanberris Reserve, Ballarat, Saturday 10 November**

**5000m Walk**

1.	Alanna Peart	F	BYC	24:38.48
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**2000m Walk**

1.	Fraser Saunder	M	BYC	9:42.72	PB 0:04
2.	Olive Ireland	F	BWK	F55	16:25.20
3.	Abiathar Templar	F	BYC	18:29.82	
4.	Eliza Lepair	F	BYC	18:29.89	

**AV Shield Round 5 Program 1, Geelong Region, Landy Field, Geelong, Saturday 10 November****1500m Walk**

1.	Joel Imbriano	M	STK	8:09.99	PB 0:14
2.	Riannah Tatlock	F	BEL	8:40.54	
3.	Charli Walker	F	BEL	8:41.50	
4.	Kaylah Heikkila-Dubowik	F	COR	8:47.31	
5.	Elizabeth Riviere	F	BEL	9:05.70	
6.	Charli Charles	F	COR	9:06.40	
7.	I Walker	F	UNA	11:04.63	
8.	Ivan Matijas	M	WYN	11:05.21	

**AV Shield Round 5 Program 1, Bendigo Region, La Trobe University Track, Bendigo, Saturday 10 November****3000m Walk**

1.	Barbara Bryant	F	EAG	F60	18:01.53
2.	John Watson	M	BGO	M65	24:32.22

**1500m Walk**

1.	Maddison Vaughan	F	BGO		9:00.76
2.	Wendy Ennor	F	EAG	F60	12:15.35

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 7 NOVEMBER**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Heavy rain prior to meet commencing but then cleared up to mild, calm evening. Numbers down a little, possibly due to wet weather.

**800m Walk**

1.	Marie Maxted	04:48	W58
2.	James Hoare	05:39	M72
3.	Malcolm Tiggeman	05:56	M66
4.	Jan Layng	06:11	W70

**800m Club Walk**

1.	Graham Harrison	05:53	M75
2.	Roger Lowe	06:09	M75
3.	Linda Whitelaw	06:22	W64
4.	David Robertson	06:25	M85
5.	Cathie Hore	07:09	W68

**5000m Walk**

1.	Greg Metha	31:08	M54	68.16%
2.	James Hoare	40:58	M72	62.70%

**5000m Club Walk**

1.	Graham Harrison	37:51	M75	70.63%
2.	Roger Lowe	42:21	M75	63.13%

**3000m Walk**

1.	Marie Maxted	20:15	W58	69.49%
2.	Colin Hainsworth	27:39	M88	69.85%

**3000m Club Walk**

1.	David Robertson	24:53	M85	73.54%
2.	Edna Bates	27:28	W65	55.46%
3.	Linda Whitelaw	25:14	W64	59.64%
4.	Cathie Hore	27:43	W68	57.12%
5.	Dave Fallon	24:00	M66	58.53%

**ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 8 NOVEMBER**

Thanks to Robin Whyte for this week's results from Canberra. Good 10km time by **Tim Fraser (48:00)**.

**10,000m Championships**

1.	Tim Fraser	48:00
2.	Ann Staunton-Jugovic	59:13



3.	Robin Whyte	1:05:43
4.	Bryan Thomas	1:11:52
5.	Val Chesterton	1:29:48

#### 5000m Walk

1.	Hannah Manning	26:48
2.	Michael Smith	31:51
3.	Doug Fitzgerald	39:51

#### 3000m Walk

1.	Owen Toyne	17:00
2.	Laura Burns	17:01
3.	Rod Gilchrist	23:00
4.	Robert Kennelly	28:13

#### 1200m Walk

1.	Ella Baker	07:51
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### ATHLETICS WA INTERCLUB, WA ATHLETICS TRACK, PERTH, FRIDAY 9 NOVEMBER

Thanks to Terry Jones for this week's results from Western Australia. **Declan Tingay** was the standout with a 17 sec PB in the 1500m walk, his time of 5:37.3 pushing him up to 10<sup>th</sup> on my Australian All-Time rankings (see more in my Walker of the Week section).

#### 1500m Walk

1.	Declan Tingay	05:37.3	PB 0:17
2.	Alexandra Griffin	07:04.1	
3.	Hannah Ireland	08:04.0	
4.	Caitlin Gallagher	08:23.4	
5.	Ebony Gough	08:30.8	
6.	Tyla Gough	08:33.7	

Terry tells me that Athletics WA has only 6 walks on its program for this summer, of which 2 have already been held, so WARWC will complement that with 8 additional walks. Well done guys!

2018

Nov 18 Sun	7:30 20K	8.00 10K, 5K, 3K	8.40 1.5K		Wilson
Dec 2 Sun			8.00 15K, 10K, 5K, 3K	8.40 1.5K	Wilson
Dec 16 Sun	7:30 20K	8.00 10K, 5K, 3K	8.40 1.5K		Shelley

2019

Jan 6 Sun			8.00 15K, 10K, 5K, 3K	8.40 1.5K	Wilson
Jan 20 Sun			8.00 10K, 5K, 3K	8.40 1.5K	Shelley
Feb 3 Sun	7:30 20K	8.00 15K, 10K, 5K, 3K	8.40 1.5K		Wilson
Mar 3 Sun			8.00 10K, 5K, 3K	8.40 1.5K	Shelley
Mar 17 Sun			8.00 10K, 5K, 3K	8.40 1.5K	Wilson

### ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 10 NOVEMBER

Thanks to Wayne Fletcher for this week's results from Tasmania. Excellent conditions for walking. Well done to **Will Robertson** who set a Tasmanian U16 3000m Track Walk Record of 12:56.54.

#### 3000m Walk

1.	William Robertson	Old Virgilians	12:56.54	PB 0:37
2.	Alice Randall	Old virgilians	14:18.20	
3.	Anna Blackwell	Old Virgilians	15:31.16	
4.	Chloe Ahern	Old Virgilians	17:50.50	
5.	Oliver Morgan	Old Virgilians	19:38.58	
6.	Elizabeth Leitch	Tasmanian Masters	20:13.65	
7.	David Moore	Tasmanian Masters	23:35.70	

### ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 10 NOVEMBER

Thanks to **Kim Mottrom** for this week's results from Adelaide. Hot conditions (24C) so good walking. As usual, Kim led the way with a fast 21:54.46.

### 5000m Walk

1.	Kim Mottrom	M	21:54.46
2.	Victoria Upton	F	25:47.63
3.	Kristie Goznic	F	25:58.00
4.	Mathew Bruniges	M	26:44.78
5.	Alix Harlington	M	29:25.05
6.	Mia Wilks	F	32:14.97
7.	Marie Maxted	F	33:30.95
8.	Chloe Upton	F	34:04.78
9.	James Hoare	M	38:32.75
10.	Ross Hill-Brown	M	41:06.71
	Tristan Camilleri	M	DNF
	Toby Wilks	M	DNF
	Elli Pusionjic	F	DNF

### 1500m Walk

1.	Zayden Kamish	M	08:09.73
2.	Anthony Tana	M	08:22.20
3.	Hannah Wilks	F	08:31.30
4.	Seth Upton	M	08:39.39

## PAN PACIFIC MASTERS GAMES, GOLD COAST, NOV 2-11, 2018

The Pan Pacific Masters Games on the Gold Coast (<https://mastersgames.com.au/ppmg/>) were completed last weekend, after a successful 10 days of competition in a wide range of sports. The stats read impressively - just on 16,000 people from 40 countries competed in 42 sports at 45 venues. The racewalks were contested on Friday (5000m), Saturday (3000m) and Sunday (10km).

### 5000m Track Walks, Super Sports Centre, Runaway Bay, Friday 9 November

The highlight of the 5000m walks was provided by 91 year old NSW walker **Heather Lee** who scored an age graded 100.43% with her time of 42:06.13. And a special note for VRWC walker **Pramesh Prasad** who set a PB with his time of 23:50.74. Fastest times overall to **Ignacio Jimenez** (23:24.51) and **Nyle Sunderland** (29:56.43).

M40	1	Prasad, Pramesh	M44	AUS	23:50.74	79.31%	PB 0:04
M45	1	Patterson, Adam	M46	AUS	34:21.06	57.28%	
M50	1	Jimenez Solis, Ignacio	M53	AUS	23:24.51	87.59%	
	2	Baker, Peter	M54	AUS	31:07.89	65.86%	
M55	1	Snow, Gary	M59	AUS	34:32.88	61.96%	
	2	Barker, William	M57	AUS	35:51.41	59.70%	
M60	1	Bennett, Peter	M62	AUS	28:26.21	78.89%	
	2	Worsnop, Christopher	M61	AUS	43:25.54	51.66%	
M65	1	Prowse, Frank	M66	AUS	35:02.70	67.43%	
	2	Musters, John	M66	AUS	35:14.60	67.05%	
M70	1	White, George	M73	AUS	31:31.21	79.47%	
	2	Hyde, Brendon	M73	AUS	40:17.38	62.17%	
M85	1	Janes, Bert	M85	AUS	41:22.36	75.55%	
W50	1	Sunderland, Nyle	W51	AUS	29:56.43	74.53%	
W55	1	Weekes, Anne	W56	AUS	31:43.16	73.80%	
	2	Engeler, Deborah	W56	AUS	45:28.89	51.47%	
W70	1	Dwyer, Sandra	W70	AUS	51:43.83	54.48%	
W75	1	Purcell, Joan	W77	AUS	38:12.53	79.88%	
	2	McKinven, Noela	W76	AUS	41:25.07	73.69%	
W90	1	Lee, Heather	W91	AUS	42:06.13	<b>100.43%</b>	

### 3000m Track Walks, Super Sports Centre, Runaway Bay, Saturday 10 November

The walkers were back the next day for the 3000m track walks, with Heather the standout once again with a 96.16% performance. Fastest times to **Ignacio Jimenez** (13:36.70) and **Nyle Sunderland** (17:56.17).

M40	1	Prasad, Pramesh	M44	AUS	13:53.70	79.93%	
	2	Browell, Leigh	M44	AUS	21:16.84	52.19%	
M45	1	Patterson, Adam	M46	AUS	18:54.79	61.11%	
M50	1	Jimenez Solis, Ignacio	M53	AUS	13:36.95	88.48%	
	2	Baker, Peter	M54	AUS	16:49.70	71.59%	
M55	1	Snow, Gary	M59	AUS	19:22.37	64.95%	
	2	Barker, William	M57	AUS	21:03.97	59.73%	
	3	Hodgson, Damian	M58	AUS	27:48.50	45.25%	
M60	1	Bennett, Peter	M62	AUS	16:26.58	80.20%	

	2	Wyatt, Peter	M61	AUS	21:04.09	62.59%
	3	Worsnop, Christopher	M61	AUS	24:52.41	53.02%
M65	1	Prowse, Frank	M66	AUS	18:46.15	74.02%
	2	Musters, John	M66	AUS	21:47.37	63.76%
M70	1	White, George	M73	AUS	18:55.03	77.80%
	2	Hyde, Brendon	M73	AUS	24:08.61	60.96%
W50	1	Sunderland, Nyle	W51	AUS	17:56.17	72.77%
W55	1	Weekes, Anne	W56	AUS	18:17.04	74.69%
	2	Gore, Suzanne	W56	AUS	19:54.56	68.59%
W60	1	Woodward, Antoinette	W62	AUS	21:20.57	67.34%
W75	1	Purcell, Joan	W77	AUS	22:45.52	77.09%
	2	McKinven, Noela	W76	AUS	24:37.11	71.27%
W90	1	Lee, Heather	W91	AUS	24:45.29	96.16%

### 10km Roadwalks, Luke Harrop Cycle Circuit, Runaway Bay, Sunday 11 November

Finally to Sunday for the 10km roadwalk, with **Heather Lee** breaking her W90 world record of 1:25:28 with her time of 1:24:21. The performance was captured in video at <https://www.facebook.com/PanPacMasters/videos/vb.150728024961293/705386459841368>. As an appropriate addendum, just days after setting her world masters racewalking record, Heather Lee been named 2019 NSW Senior Australian Of The Year.

M30	1	Cooper, James	M30	AUS	1:10:17
M44	1	Prasad, Pramesh	M44	AUS	54:04
M45	1	Patterson, Adam	M46	AUS	1:10:14
M50	1	Jimenez Solis, Ignacio	M53	AUS	48:47
M55	1	Barker, William	M57	AUS	1:15:46
	DQ	Snow, Gary	M59	AUS	DQ
M60	1	Bennett, Peter	M63	AUS	58:16
	2	Leitch, Ken	M61	AUS	1:19:12
	3	Worsnop, Christopher	M61	AUS	1:30:40
	DQ	Leitch, Steve	M62	NZ	DQ
M65	1	Prowse, Frank	M66	AUS	1:10:58
M70	1	White, George	M73	AUS	1:05:31
	2	Hyde, Brendon	M73	AUS	1:28:57
W40	1	Gannon, Brenda	W44	AUS	1:00:34
W50	1	Sunderland, Nyle	W51	AUS	1:00:56
	2	Stanley, Janine	W54	AUS	1:30:18
W55	1	Weekes, Anne	W56	AUS	1:06:47
	2	Pimm, Lynette	W58	AUS	1:16:32
W60	1	Duncan, Sally	W60	AUS	1:13:08
W75	1	Purcell, Joan	W77	AUS	1:19:10
	2	McKinven, Noela	W76	AUS	1:26:46
W90	1	Heather, Lee	W91	AUS	1:24:21



Heather Lee sets a new W90 10km roadwalk world record (photo <https://mastersgames.com.au>)



And a finishing note on VRWC walker and Fijian record holder **Pramesh Prasad** who had a busy time indeed, winning 5 Medals: golds in the 3000m, 5000m and 10km walks, along with silvers in the 1500m run and 3000m steeplechase (and, oh, he came 4<sup>th</sup> in the 5000m run). Now that is what I call a busy week!



**92<sup>ND</sup> ENFIELD OPEN 7 MILE WALK, LEE VALLEY ATHLETIC CENTRE, SATURDAY 10 NOVEMBER**

Thanks to Ron Wallwork for the latest results from the Enfield Race Walking League in London. Wow – I see it was the 92<sup>nd</sup> staging of this iconic event. Ron reports

In pleasant autumn sunshine with a gentle breeze, **Dominic King** and **Maddy Shott** scored comfortable victories in their respective races, the former notching a record 8<sup>th</sup> triumph in the event. Sixteen year-old **George Wilkinson** also impressed. The promoting club took the team honours with 50 points ahead of Ilford AC 59 and Surrey WC 60. **Martin Fisher** with 28 British 100's behind him was the first Centurion to finish and the "Bob Clark Awards" (for the outstanding junior walkers) went to **Jacqueline Benson** and **George Williams**. The race was started by RWA President Noel Carmody, who also presented the awards.

**7 Mile Walk Men**

1.	Dominic King	M35	Colchester	52.33
2.	George Wilkinson	U17	EHAC	54.41
3.	Francisco Reis	M55	Surrey WC	60.09
4.	David Crane	M35	Surrey WC	62.15
5.	Jim Ball	M55	Steyning AC	64.59
6.	Martin Fisher ©	M55	Redcar RWC	67.51
7.	Mark Culshaw	M50	Ilford AC	67.58
8.	Stuart Bennett ©	M60	Ilford AC	68.01
9.	David Kemp	M55	Arena 80	70.51
10.	John Ralph	M60	EHAC	72.00
11.	Carlos Cobo-Corales	M35	Surrey WC	72.30
12.	Steve Allen	M60	Barnet & D AC	73.25
13.	Paul Gaston	M70	Surrey WC	73.58
14.	Dan Maskell	M70	Surrey WC	74.42
15.	Ron Penfold	M75	Steyning AC	75.12
16.	David Kates ©	M70	Ilford AC	75.35
17.	Stuart Maidment	M65	Steyning AC	76.16
18.	Amos Seddon	M75	EHAC	77.22
19.	Steve Cartwright	M60	Tol/Tend AC	77.28
20.	Tom Casserley	M75	EHAC	78.07
21.	Paul King ©	M65	Belgrave H	78.39
22.	Chris Flint ©	M70	Surrey WC	79.10
23.	Shaun Lightman	M75	Surrey WC	79.19
24.	Michael Harran	M80	Surrey WC	79.35
25.	Arthur Thomson	M80	EHAC	80.49
26.	David Hoben	M65	Surrey WC	81.19

**7 Mile Women**

1.	Maddy Shott	SW	Belgrave H	57.55
2.	Helen Middleton	W55	EHAC	68.02
3.	Melanie Peddle	W45	LoughtonAC	68.53

4.	Emma Dyos	W55	Ilford AC	69.26
5.	Jackie Benson	u20	Ashford AC	70.19
6.	Maureen Noel	W55	Belgrave H	73.38
7.	Fiona Bishop	W55	EHAC	75.41
8.	Rachel Lawless	W55	Ilford AC	76.24
9.	Lesley Morris	W55	Ilford AC	78.01
10.	Geraldine Legon	W55	Bexley	78.33
11.	Noel Blatchford	W70	Abingdon AC	DNF

Mark Easton has his usual great collection of photos at <https://markeaston.zenfolio.com/f441900425>. Some are below.



*Walkers get underway in the Enfield 7 Miles Championship*



*Maddy Shott, George Wilkinson and Dominic King (all photos by Mark Easton)*

**GRAND PRIX DE NOGENT SUR MARNE, NOGENT SUR MARNE, FRANCE, SATURDAY 10 NOVEMBER**

To say it has been a huge last few days in France would be an understatement. With the 100<sup>th</sup> anniversary of Armistice Day on Sunday, the eyes of the world were on the country as world leaders gathered there. And it was also a busy time for French walkers with races scheduled across the country. Thanks to Emmanuel Tardi for his many race reports and photos.

First to the Parisian suburb of Nogent-sur-Marne on Saturday afternoon for 20km and 10km races. Emmanuel tells me it was a trying day for officials (he was the chief judge) due to the ever present dark skies and rain. The races started at 2:30PM and were contested over a 1km lap in the parklands surrounding the local track. There was lots of roots and dead leaves on the road surface, but it was a pleasant course.

Some 60 walkers were on the start line, including international walkers **Aurélien Quinion** and **Marine Quennehen**. Marine had initially entered her name on the 10km, but after the warm up, she felt good and decided to race the 20km, only 5 minutes before the start! Aurélien walked with **Dimitri Durand** to pace him through to a good 10km mark (Dimitri won in 49:01), then he chased down **Fabian Fesselier** in the 20km race, going on to win with 1:37:43. Marine easily won the women's 20km with 1:41:29. The women's 10km was won by **Adèle Duclos** with 58:44.

#### 20km Walk

1.	Aurélien QUINION	SEM	AC St Gratien	1:37:43
2.	Fabian FESSELIER	SEM	Caen AC	1:40:43
3.	Marine QUENNEHEN (F)	SEF	CA Montreuil 93	1:41:29
4.	Jacques LELANDAIS	VEM	AS Cherbourg	1:47:04
5.	Sébastien DELECOLLE	VEM	USA de Lievin	1:51:00
6.	Bruno GRENET	VEM	USM Gagny	1:53:05
7.	Caroline OSMONT (F)	SEF	AS Tourlaville	1:55:26
8.	Ronald TINTIN	VEM	AO Charenton	2:03:00
9.	Jean-Claude DEGRYSE	VEM	EA Douchy	2:03:21
10.	David STEFANELLY	VEM	AS Mantes	2:04:04
11.	Sandrine TILLY (F)	VEF	US St Pierre des Corps	2:04:26
12.	Cléa LANGOUET (F)	ESF	Avia Club Athlétisme	2:08:35
13.	Loïc LEMOGNE	VEM	CC Taverny	2:11:06
14.	Cécile MARQUIS (F)	VEF	Avia Club Athlétisme	2:11:19
15.	Christophe PETIT	VEM	US St Pierre des Corps	2:12:02
16.	Nathalie STEINVILLE (F)	VEF	ASFI Villejuif	2:15:44
17.	Etienne VICTOR	VEM	CAG Arnouville Gonesse	2:17:33
18.	Catherine GALMICHE (F)	VEF	CAG Arnouville Gonesse	2:17:33
19.	Cloé LANGLOIS (F)	ESF	Dynamic Aulnay Club	2:25:17
20.	Jocelyne LEMOGNE (F)	VEF	CC Taverny	2:25:18
21.	Norah VERSYP (F)	VEF	AS Fontenay	2:27:55
	Maxime LECAPLAIN	SEM	USO Mondeville	DNF
	Didier ROUQUETTE	VEM	US St Pierre des Corps	DNF

#### 10km Walk

1.	Dimitri DURAND	CAM	Paris UC	49:01
2.	David BLONDIN	VEM	EA Cergy Pontoise	55:16
3.	Sadio NIAKATE	CAM	CA Montreuil 93	55:44
4.	Nicolas BOYER	VEM	US Champagne-sur-Seine	57:02
5.	Eddy DUCLOS	VEM	US Champagne-sur-Seine	58:44
6.	Adèle DUCLOS (F)	JUF	Viry-Chatillon Athlé 91	58:44
7.	Adèle ROPERS (F)	SEF	CCA Rouffach	1:00:47
8.	Françoise LAVILLE (F)	VEF	Bussy St Georges Athlé	1:01:47
9.	Laura LIARD (F)	SEF	Athlétisme Le Bourget Drancy	1:02:12
10.	Franck MARIE	VEM	EA Cergy Pontoise	1:02:16
11.	Corinne DUQUESNE (F)	SEF	CA Montreuil 93	1:03:13
12.	Livia CASTAGNA (F)	CAF	Viry-Chatillon Athlé 91	1:04:12
13.	Jocelyn TRAQUE	VEM	Bussy St Georges Athlé	1:04:43
14.	Anne DURAND (F)	VEF	Paris UC	1:05:04
15.	Elodie GOUBIER (F)	SEF	EA Cergy Pontoise	1:05:34
16.	Justine REMBIASZ (F)	SEF	EA Cergy Pontoise	1:06:01
17.	Fabrice BENUZZI	VEM	CA Montreuil 93	1:06:39
18.	Eric SOREL	VEM	Bussy St Georges Athlé	1:11:23
19.	Delphine CARLU (F)	VEF	USM Gagny	1:12:31
20.	Lina TRAQUE (F)	VEF	Bussy St Georges Athlé	1:12:31
21.	Hugo JAVOUREZ	JUM	US Torcy	1:13:26
22.	Lise LANGLOIS (F)	CAF	Dynamic Aulnay Club	1:13:26
23.	Anne-Marie REBRAY (F)	VEF	Athlétisme Le Bourget Drancy	1:14:34
24.	Nathalie BEGUIN (F)	VEF	CA Vierzon	1:15:06
25.	Sandrine BENIGNI (F)	VEF	Stade Français	1:18:07
26.	Patrick MONTIGNY	VEM	Elan Chevilly-Larue	1:25:03
27.	Lola SAUNEUF (F)	VEF	Marne et Gondoire Athlétisme	1:25:03

Judges: Emmanuel TARDI (Chief), Eric SWIDZINSKI, Alexis AUGER, Dominique LECLERCQ, Claude MAUNY, Patrick PEDAT





*Adèle Duclos, Adèle Ropers, Marine Quennehen, Aurélien Quinion and Dimitri Durand (photos Emmanuel Tardi)*

**LE GRAND PRIX DE LA VOIE SACRÉE, BAR LE DUC TO VERDUN, FRANCE, SUNDAY 11 NOVEMBER**

November 11<sup>th</sup> is a public holiday in France because it marks the end of the First World War (100<sup>th</sup> anniversary this year). Two walking races have been organised on this date for many years. The first is the Grand Prix de la voie Sacrée which is a 57.7km race between Bar le Duc and Verdun. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, it goes from Verdun to Bar le Duc.

The road used is a memorial road. It is the only road in France who don't have number, it's only named "La Voie Sacrée". It was along this road that some one million soldiers travelled to the famous Battle of Verdun in 1916. Most of them never came back. Memorial milestones, each with a soldier's helmet on it, are placed every kilometre.

Emmanuel was there to lend support and to take photos. There were 23 starters this year for the 9AM start, with the temperature around 12°C, very good for walkers. By the 10km mark, the lead group had whittled to **Florian Letourneau**, **Mathieu Olivares**, **Christer Svensson** (the 2015 winner), **Christophe Erard** (the 2016 winner) and **Gérard Guétat** (the 2017 winner). By the 21km mark, the pack had been reduced to Guétat, Olivares and Svensson, with Letourneau 500m further back. At this point, Letourneau changed gear, catching the leaders by 30km and then going on to win in 5:35:45, just over 6 minutes ahead of Gerard Guetat (5:41:36). **Zbigniew Klapa**, one of the Paris-Colmar legends with 5 victories in the 1990s, finished 6<sup>th</sup> with 6:11:37. In the women's race, **Dora Jakob-Brière** from Switzerland won easily with 6:32:41, her 5<sup>th</sup> win.

The ancillary events of 21.5km were won by **Philippe Bibet** and **Sonia Demon**. Now aged 90 years, **Robert Schouckens**, the winner of the 1977 Paris-Strasbourg, finished the race with time of 3:22, after passing the 20km mark in 3:11.

Emmanuel's photos can be seen at <https://photos.app.goo.gl/Z4mMZENN4r3DTikD9>.

Emmanuel has also documented the complete la voie Sacrée results from 1980 to 2018. Just scroll to the bottom of page <http://centurions.org.au/centranks.shtml> to check it out.

**Bar le Duc to Verdun - 57 km**

1.	LETOURNEAU Florian	AC ChÂTEAU Thierry	5:35:45
2.	GUETAT Gérard	Troyes omnisport	5:41:36
3.	OLIVARES Mathieu	Neuilly sur marne Athlé	5:48:40
4.	ERARD Christophe	ASM Bar le Duc	6:00:05
5.	SVENSSON Christer	Suède	6:01:39
6.	KLAPA Zbigniew	Pologne	6:11:37
7.	MAUREL Eric	AMB	6:21:22
8.	MARECHAL Pascal	AC ChÂTEAU Thierry	6:25:51
9.	BRIERE Dora	CM Cour Lausanne	6:32:41
10.	PFISTER William	ASM Bar le Duc	6:40:01
11.	PELLERIN Alain	AC ChÂTEAU Thierry	6:51:12
12.	JACQUEMIN Mickaël	AVEC Mirecourt	6:51:13
13.	LABARRE Bertrand	CS Provins	7:00:05
14.	VERNIER Jean Pierre	Paris	7:17:30

15. ANXIONNAT Claudine	AVEC Bruyères	7:25:55
16. AURELLE Philippe	CM Cour Lausanne	7:31:40
17. PFLIEGER Erick	Lille	7:42:11
18. LUZINAR Adeline	AC Villeneuve d :Asq	7:45:50
19. GOULAMALY Reza	Lathuille	7:51:20
20. MARTINACHE Sophie	Bourghelles	7:55:00
21. THORREZ Rosa Maria	Marcq en Bareuil	7:55:00
22. RODIER Nicole	ES Witry les Reims	7:07 for 50 km

#### Souilly to Verdun - 21 km

1. BIBET Philippe	Us Toul	1:44:45
2. RENOLLET Quentin	CMA Charleville	1:51:26
3. DEMON Sonia	EFSRA Reims	1:52:56
4. BOBAN Valérie	AVEC Mirecourt	1:57:37
5. MORASWKI Bogdan	ASPTT Bar le Duc	1:58:32
6. MONMESSIN Marie Astrid	ES Thaon	2:00:59
7. TOURNOIS Pascal	ASM Bar le Duc	2:05:03
8. BRASTEL Adeline	EFRSA Reims	2:09:25
9. RODRIGUEZ Lucie	COCAA Châlons	2:18:19
10. DEILLER Céline	ASPTT Bar le Duc	2:18:23
11. FLORENTIN Catherine		2:18:57
12. THIRIOT Louis	ASM Bar le Duc	2:19:24
13. ROLAND Louis		2:20:13
14. FLORENTIN Thierry		2:22:36
15. PIERRE Florence	ASPTT Bar le Duc	2:23:03
16. TABOURET Guy	US Toul	2:23:23
17. JACQUEMIN Joël	AVEC Mirecourt	2:23:50
18. BARTHELEMY Svetlana	ASM Bar le Duc	2:26:45
19. FRISON André	Wissembourg	2:27:55
20. CHAUMET Daniel	Hiremenil	2:30:36
21. PENKALLA Marie Geneviève	Longcart en Plaine	2:30:36
22. BORDIER Daniel	AC Château Thierry	2:34:40
23. ROCHA Fernando	Vittel	2:35:10



Left: Christophe Erard, Christer Svensson, Gérard Guetat and Florian Letourneau  
 Right: Zbigniew klapa passes one the memorials placed every kilometre along the road







*Robert Schouckens, Philippe Bibet, Sonia Demon and Dora Jakob (all photos Emmanuel Tardi)*

**ASCENSION DU MONT SAINTE ODILE, KLINGENTHAL, FRANCE, SUNDAY 11 NOVEMBER**

And that is not the only French race held each Armistice Day. Every November 11<sup>th</sup>, there is also a walking race in Klingenthal in Alsace, in the east of France. In fact, this is the oldest racewalking event in France, having been held since 1935. The goal is to climb to the summit of Mont Sainte-Odile, a peak in the Vosges Mountains, where there is a convent. The race is only 8.55km long, but it is a hard walk, with the starting altitude at 280m and the finishing altitude at 750m. The field size is restricted to 100 and there are divisions for racewalkers and for nordic walkers, with separate rankings.

This year the race was won by **Florian Mayer**, the 2018 50km national champion, in a time of 45:56. This was just outside the 1981 race record of 45:37, set by Gérard Goujon from Belgium 1981.

**Montée du Mont Ste Odile, 8.55km Racewalk**

1.	MAYER Florian	SEM/96	Avec	45:56
2.	STARCK Jean-marc	V1M/72	Entente Brives Tulle Athle	50:00
3.	STAHL Denis	V2M/68	Agathe 1 Souffle 1 Vie	54:39
4.	DEPARDAY Fabien	V1M/70	Smac78	55:26
5.	RIPP Gerard	VEM/53	Agathe 1 Souffle 1 Vie	1:00:42
6.	KLEINMANN Damien	V2M/61		1:00:48
7.	BOHIC Jean-paul	VEM/72	Agathe 1 Souffle 1 Vie	1:01:35
8.	UHLRICH Paul	V3M/54	Club Vosgien Wasselonne	1:01:38
9.	DIETZCHE Klaus (Ger)	VEM/62	S.c.onsbach	1:02:46
10.	SEIPEL Hans-georg (Ger)	VEM/58	S.c.onsbach	1:03:54
11.	MATTER Denis	V3M/51	Asl Robertsau	1:05:05
12.	FIX Gilbert	V3M/51	Traenheim	1:06:01
13.	DATIN Robert	V3M/57	Ana/fcjab	1:06:37
14.	RIVIERA Eugenio	V3M/58	Eha-uspa	1:07:07
15.	ZIEGLER Thierry	VEM/59	Le Cuisto De L'esat	1:07:25
16.	BOCH Edouard	V4M/49	Saverne	1:07:43
17.	WOHNHAAS Gerard	VEM/52	Ergersheim	1:07:45
18.	MOEHRING Hans-juergen (Ger)	VEM/50	Tv Oberrotweil	1:07:46
19.	FAUSSER Francis	VEM/52	Agathe 1 Souffle 1 Vie	1:10:02
20.	GAUDIN Michel	V3M/52	Agathe 1 Souffle 1 Vie	1:10:03
21.	BLANCK Jean-claude	VEM/53	Strasbourg	1:10:35
22.	VAUCLAIR Alain	VEM/58	Ottrot	1:10:44
23.	DENEUVILLE Dominique	VEM/56	Lingolsheim	1:10:51
24.	EVANO Jean-francois	VEM/64	Godasse Obernai	1:11:35
25.	ROHMER Marc	VEM/73	Wurth France	1:12:02
26.	BRAND Christophe	VEM/67	Gresswiller	1:12:30
27.	QUINTILIANI Daniel	VEM/44	V.c.eckwersheim	1:13:00
28.	KARCHER Bernard	VEM/64	Amicale Cycliste Thann	1:13:40
29.	OTT Christophe	V2M/66	Holtzheim	1:14:30
30.	DANNHOFF Rene	V3M/51	Ergersheim	1:15:26

31.	FRIANT Patricia	VEF/61	Scharrachbergheim	1:15:52
32.	DIDELOT Christophe	V2M/67	Eha-uspa	1:16:34
33.	HEITZ Benoit	VEM/58	A.e.r.erstein	1:21:34
34.	KIEFFER Georges	VEM/53	Obernai	1:21:34
35.	WERMUTH Jean-pierre	V5M/34	A.e.r.erstein	1:21:41
36.	LEHMANN Alain	VEM/56	Ostwald	1:39:04
37.	POIREL Jean-luc	V4M/49	Lingolsheim	1:39:06
38.	DOUTE Christian	V3M/50	Heiligenstein	1:39:07

#### Montée du Mont Ste Odile, 8.55km Nordic Walk

1.	RAMIREZ GOMEZ Alejandra	V1F/76	Sg La Wantzenau	1:00:44
2.	WOLF Pia (Ger)	SEF/95	Tb Freistett	1:03:36
3.	SCHATZ Marie-christine	V2F/65	Agathe 1 Souffle 1 Vie	1:04:18
4.	SANDER Ulrike (Ger)	VEF/76	Tb Freistett	1:04:55
5.	SCHULTZ Claire	V2F/66	Agathe 1 Souffle 1 Vie	1:08:48
6.	MILANO Marie	VEF/67	Agathe 1 Souffle 1 Vie	1:09:31
7.	WIMMER Maria	VEF/57	Agathe 1 Souffle 1 Vie	1:09:32
8.	DEMENGEL-DELORME Lydie	VEF/69	Godasse Obernai	1:10:01
9.	FASSLER Lydia	VEF/61	La Godasse Obernoise	1:10:01
10.	DIDELOT Marie-odile	V1F/70	Eha-uspa	1:10:43
11.	MAISON Sylvie	V1F/73	S2a	1:12:29
12.	HOERTER Monique	V2F/62	A.e.r.erstein	1:14:52
13.	DANNHOFF Rene	V3M/51	Ergersheim	1:15:26
14.	FRIANT Patricia	VEF/61	Scharrachbergheim	1:15:52
15.	GAUDIN Marianne	VEF/48	Agathe 1 Souffle 1 Vie	1:18:29
16.	DOBERNECKER Marianne (Ger)	VEF/53	S.c.onsbach	1:19:32



*Florian Mayer ascends the Mountain (photo from Emmanuel Tardi, from local newspaper)*

#### OUT AND ABOUT

- The IAAF has announced a change to the qualification system for the 2019 Doha World Championships. It was originally intended that the new World Rankings system would be used as the athlete qualification system for the IAAF World Championships next year but the existing process of entry standards will be used. Entry standards are to be approved at the IAAF Council meeting in Monaco on 3-4 December. See the announcement at <https://www.iaaf.org/competitions/iaaf-world-championships/news/revised-qualification-system-for-iaaf-world-a>.
- I reported in last week's newsletter on the Victorian Schools T&F Championship walks. If you want to see an amazing race finish, check out the athsvicTV coverage of the U14 3000m walks at <https://www.youtube.com/watch?v=UmWNXeotiSg>. Overall, athsvicTV coverages are as follows
  - U14 3000m walks: <https://www.youtube.com/watch?v=UmWNXeotiSg>
  - U15-U16 3000m walks: <https://www.youtube.com/watch?v=2Ft5CItk0J0>
  - U17-U18 5000m walks: [https://www.youtube.com/watch?v=\\_K\\_PXPOBDRI](https://www.youtube.com/watch?v=_K_PXPOBDRI)

- Walkers must target authorized meets to beat the 2019 IAAF World Championships qualifying standards. The IAAF keeps a list of such authorized meets. It's a bit sparse at the moment, but I expect to see lots more to be added as 2019 approaches. The latest is the International Race Walking Meeting "Zaniemysl 2019" in Zaniemysl, Poland, on Saturday 13 April (with 20km for men and women). See <https://media.aws.iaaf.org/competitioninfo/ba5327ab-95ae-44c5-81f4-4855b7938fac.pdf?fbclid=IwAR2DrBpBN6B5ASCj3tuKtmAm2NS33DV7xgs7psSYKTY4LL74yr0j83JmSZ4>.
- **Bill Purves** of the Hong Kong Racewalking Association has emailed to remind everyone of 'The First Walk 2019' which will take place in Hong Kong on 1<sup>st</sup> January 2019. He comments:  
We will be holding a day of racewalking here in Hong Kong on January 1. There will be a 50K, a 20K, a 6-hour and shorter races for juniors. Please take the opportunity to enjoy a well-organized race with good judging in what will probably be comfortable weather conditions.
  - Info sheet: [http://racewalk.hk/download/2019/2019\\_The\\_1st\\_Walk\\_RaceInfo.pdf](http://racewalk.hk/download/2019/2019_The_1st_Walk_RaceInfo.pdf)
  - Race Entries: [http://racewalk.hk/download/2019/2019\\_The\\_1st\\_Walk\\_Entry\\_Form.pdf](http://racewalk.hk/download/2019/2019_The_1st_Walk_Entry_Form.pdf)
- I have now brought our 50km ranking lists for 2018 up to date. As of 11<sup>th</sup> November, we have 113 women and 269 men who have walked 50km in proper A standard races around the world. Now that's impressive. See the full list at <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf>.

## MARCIALMONDO AND OMARCHADOR ROUNDUP

No press releases for us from Marciadalmondo this week – now that's unusual!

and omarchador has 7 press releases

- Mon 12 Nov - 25th GP Galinheiras - photographic report  
<http://omarchador.blogspot.com/2018/11/25-gp-galinheiras-reportagem.html>
- Mon 12 Nov - Kristina Saltanovic and Jaime Cañas win the 25th GP Walk of the Galinheiras, Portugal  
<http://omarchador.blogspot.com/2018/11/kristina-saltanovic-e-jaime-canas.html>
- Sun 11 Nov - Erent and Renic win Croatia championships  
<http://omarchador.blogspot.com/2018/11/erent-e-renic-vencem-campeonatos-da.html>
- Sat 10 Nov - Two hundred at the Galeneiras Walk today in Portugal  
<http://omarchador.blogspot.com/2018/11/duas-centenas-na-marcha-atletica-das.html>
- Fri 9 Nov - Indian records at the U20, U18 and U16 National Championships  
<http://omarchador.blogspot.com/2018/11/recordes-da-india-nos-campeonatos.html>
- Wed 7 Nov - Nádia Cancela and Rúben Santos win Légua de Alvaiázere 2018, Portugal  
<http://omarchador.blogspot.com/2018/11/nadia-cancela-e-ruben-santos-vencem.html>
- Tue 6 Nov - Eloise Terrec and Kyrian Vallée win 20,000m at Balmarche 2018  
<http://omarchador.blogspot.com/2018/11/eloise-terrec-e-kyrian-vallee-vencem.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

Nov 17 (Sat), 2018	AV Shield (Round 6 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 - <a href="https://melbourne2019.com.au/">https://melbourne2019.com.au/</a>

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

Apr 6 (Sat), 2019 28<sup>th</sup> 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**

Jan 1 (Tue), 2019 The First Walk 2019, Hong Kong (50km, 20km, 6 Hour)  
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 **8<sup>th</sup> World Masters Indoors T&F Championships**, Torun, Poland  
Apr 6 (Sat), 2019 Podebrady International Meet, Podebrady, CZE (20km)  
Apr 6 (Sat), 2019 28<sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal  
Apr 13 (Sat), 2018 International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km)  
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 **30<sup>th</sup> Summer Universiade**, Naples Italy  
Aug 30-Sep 7, 2019 **20<sup>th</sup> Oceania Masters T&F Championships**, Mackay, Queensland, AUS  
Sept 28 – Oct 6, 2019 **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar

May, 2020 **29<sup>th</sup> IAAF World Race Walking Team Championships**, Minsk, Belarus  
July 17-20, 2020 **18<sup>th</sup> IAAF World U20 T&F Championships**, Nairobi, Kenya  
July 24 – Aug 9, 2020 **32<sup>nd</sup> Olympic Games**, Tokyo  
July 20 – Aug 1, 2020 **23<sup>rd</sup> World Masters T&F Championships**, Toronto, Canada

Mar 2021 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
Aug 6-15, 2021 (TBC) **18<sup>th</sup> IAAF World Championships in Athletics**, Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.  
Aug 7-17, 2022 **24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden

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