



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 08
20 November 2018



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WALKER OF THE WEEK

My Walker of the Week is 16 year old Melbourne walker **Corey Dickson**. Last Saturday, he won the Athletics Victoria Shield 3000m walk at Yarra Ranges in a PB **13:32.9**. The week before, he won the AV Shield 5000m walk at Knox in **23:34.0**. It has been a great year for Corey who regularly broke his PBs during the winter season and who has continued that form into our summer. He won the Lake Burley Griffin U16 3km walk in June and will be one of the walkers to watch in the Australian Schools Championships in Queensland in early December. A young man in a hurry!



Corey in action on Sunday at Middle Park

WHAT'S COMING UP

No walks for us Melbournians next weekend, as the next round of Athletics Victoria Shield is not scheduled until Saturday 1st December. The following day (**Sunday 2nd December**), the **Australian 50km Championship meet** is to be held at **Fawkner Park in Melbourne**, on what is generally regarded as Australia's best road course. As Fawkner Park entries have now closed, I can show you the entries, along with PB. It is good to see 7 entrants in the 50km championships, along with strong fields in the Open 20km non-championship events. It should be a very exciting meet.

50km Men Australian Championship

Bonfim, Caio	Brazil	27	3:47:02
Duncan, Andrew	WA	53	1:39:58 (20km)
Tallent, Jared	SA	34	3:36:53

50km Women Australian Championship

Feiner, Tracy	VIC	41	2:54:21 (30km)
Renic, Ivana	Croatia	22	4:35:09
Ruddick, Kelly	VIC	45	2:37:56 (30km)
Tallent, Claire	SA	37	4:09:33

20km Men

Cowley, Rhydian	VIC	27	1:22:07
Garganis, Adam	VIC	21	1:26:20
Gibbons, Carl	NSW	22	1:32:07
Hess, Albin	VIC	58	2:24:04
Jones, Tyler	NSW	20	1:26:44
Kozica, Jason	VIC	32	1:33:54
Mottrom, Kim	SA	34	1:31:14
Prasad, Pramesh	VIC	44	1:45:02
Reading, Brendon	ACT	29	1:24:37
Richardson, Dylan	NSW	18	1:38:30
Swan, Kyle	VIC	19	1:38:52
Tingay, Declan	WA	19	1:28:10

U20 10km Men

Corey Dickson	VIC	16	48:44
Fraser, Timothy	ACT	18	44:31
Frew, Connor	ACT	18	46:16
McGinniskin, Jack	NSW	15	48:08
Tebbutt, Oscar	NSW	17	45:32

U18 5km Boys

None

20km Women

Montag, Jemima	VIC	20	1:31:26
Ventris, Lynette	WA	62	1:39:51

U20 10km Women

Goodhew, Chelsea	NSW	19	52:56
Hill, Gabriella	QLD	15	27:40 (5km)
Peart, Alanna	VIC	15	23:39 (5km)

U18 5km Girls

Hay, Charlotte	VIC	15	25:50
Peart, Jemma	VIC	17	24:12

See more at the event page: <http://athletics.com.au/Compete/Events/2018-australian-50km-race-walking-championships>.

ATHLETICS VICTORIA SHIELD, SATURDAY 17 NOVEMBER

Before I start my report of last weekend's Athletics Victoria Shield, I need to let everyone know about some incorrect results from the previous weekend. The 5000m walks at Knox should have shown **Corey Dickson** winning with a PB 23:34.0. AV has now fixed. For completeness, here they are:

AV Shield Round 5 Program 1, Blue vs White Zones, Knox Park Reserve, Scoresby, Saturday 10 November
5000m Walk

1.	Corey Dickson	M	KNA	23:34.0	PB 0:06
2.	Kym Osmand	F	VMA	27:48.4	
3.	Simon Evans	M	BOH	M55	28:51.8
4.	Holly Cocking	F	ANW		29:18.3
5.	Cassandra Knight	F	BOH		29:23.3
6.	Kathleen O'Mahony	F	KNA		29:42.7

And now onto last Saturday's races, where conditions were warm and sunny for the 61 walkers who tested themselves out across Victoria. With round 6 now completed, we are at the halfway mark for the season.

AV Shield Round 6 Program 1, Red vs Yellow Zones, Meadowglen Aths Track, Meadowglen

First to Meadowglen, where 16 year old **William Dynes** won the 3000m (15:54.5) and 15 year old **Heath Beveridge** won the 1500m (7:35.6).

3000m Walk

1.	William Dynes	M	DIV	15:54.5	
2.	Trenton Hawkins	M	PTN	16:01.7	
3.	Mark Donahoo	M	ESS	M60	16:56.8
4.	Madeleine Feain	F	KSB		16:59.1
5.	Tim Erickson	M	COB	M65	17:18.4
6.	Paul Kennedy	M	KSB	M60	18:29.3
7.	Bernie Keirl	M	DIV	M55	18:37.1
8.	Dennis Lazar	M	DIV	M60	18:38.7
9.	Donna-Marie Elms	F	PTN	F55	18:45.4
10.	Phillip Dunstone	M	WES	M50	19:06.6
11.	Caitlyn Rudston-Brown	F	UNA		20:07.7
12.	Joanna Margiolis	F	ESS		23:54.0
13.	Brian Anderson	M	ESS	M60	24:06.1
14.	Brenda Cashin	F	WES	F50	24:55.5
15.	Tess Rickard	F	BWK		25:37.2
	James Flinn	M	STK	M45	DQ

1500m Walk

1.	Heath Beveridge	M	WES		7:35.6
2.	Eddie Bridgewater	F	PTN		9:22.3
3.	Alex Linke	M	COL		11:49.0

AV Shield Round 6 Program 2, White vs Blue Zones, Yarra Ranges Aths Track, Mt Evelyn

Now to Yarra Ranges, where 16 year old **Corey Dickson** won the 3000m with a PB 13:32.9 and 12 year old **Joel Imbriano** won the 1500m with 7:25.8. It was good to see 72 year old **Andrew Jamieson** getting back to some solid form with 16:52.6.

3000m Walk

1.	Corey Dickson	M	KNA		13:32.9	PB 0:02
2.	Philippa Huse	F	SAN		14:38.1	
3.	Charlotte Hay	F	KNA		15:06.1	
4.	Sandra Geisler	F	RWD	F40	16:35.7	
5.	Cassandra Knight	F	BOH		16:51.4	
6.	Andrew Jamieson	M	OSC	M65	16:52.6	
7.	Simon Evans	M	BOH	M55	16:53.5	
8.	Ralph Bennett	M	GHY	M65	18:08.6	
9.	Brianna Briet	F	CCA		18:12.2	
10.	Albin Hess	M	VMA	M55	18:14.1	
11.	Kathleen O'Mahony	F	KNA		18:20.0	
12.	David Sommers	M	ANW	M60	18:43.2	
13.	Andrew Egginton	M	BOH	M55	19:18.7	
14.	Isabella Dingli	F	SAN		19:58.1	
15.	Bernadette Holohan	F	SAN	F50	20:07.3	
16.	Lee Taylor	F	YRA		20:58.1	
17.	Russell Dickenson	M	VMA	M65	21:03.8	
18.	Anthony Doran	M	GHY	M65	21:42.5	
19.	Anna Ross	F	GHY		24:38.8	
	Llew Jenkins	M	GHY	M65	DQ	

1500m Walk

1.	Joel Imbriano	M	STK		7:25.8
2.	Luke Epps	M	KNA		7:26.5
3.	Angus Hay	M	KNA		7:55.7
4.	Emily Smith	F	KNA		8:32.0
5.	Alannah Dingli	F	SAN		8:41.4
6.	Jaimee-Lee Code	F	FKN		10:47.7
7.	Ebony Code	F	FKN		11:20.9

Now to the 3 country based venues, where fields were smaller. Best performance by 14 year old **Fraser Saunder** (7:09.41).

AV Shield Round 6 Program 2, Ballarat Region, Llanberris Reserve, Ballarat**1500m Walk**

1.	Fraser Saunder	M	BYC		7:09.41
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AV Shield Round 6 Program 2, Geelong Region, Landy Field, Geelong**1500m Walk**

1.	Elizabeth Riviere	F	BEL		10:21.04
2.	Ivan Matijas	M	WYN		10:25.50
3.	Francis Panakkal	M	WYN		12:06.45
4.	Travis Maleko	M	WYN		12:06.67

AV Shield Round 6 Program 2, Bendigo Region, La Trobe University Track, Bendigo**3000m Walk**

1.	Barbara Bryant	F	EAG	F60	18:02.06
2.	Maddison Vaughan	F	BGO		19:17.13
3.	John Watson	M	BGO	M65	23:39.95
4.	John Carter	M	SBE	M65	23:41.35

1500m Walk

1.	Kate Wilson	F	SBE		9:09.09
2.	Andrea Smith	F	BEU	F40	9:10.12
3.	Courtney Campbell	F	SBE		10:32.33
4.	Trudy Haines	F	SBE	F45	10:40.49

5.	Destiney Seymour	F	BGO	12:09.24
6.	Wendy Ennor	F	EAG F60	12:24.22

VRWC SUMMER CHAMPIONSHIPS AND AGM, MIDDLE PARK, SUNDAY 18 NOVEMBER

Our VRWC Summer Season roadwalking championships were held at Middle Park last Sunday, with 26 competitors competing on a warm, sunny and very windy Melbourne morning. We welcomed **Kim Mottrom** from South Australia and **Erika Woodward** from Queensland and both walked well. Kim fought out the Gus Theobald Trophy with **Rhydian Cowley**, going down 1:35:19 to 1:35:00, while Erika won the Heather Carr Trophy over 10km. No PBs for the day, perhaps a reflection of the tough conditions, mixed with the fact that nearly all the competitors had walked the day before in the Athletics Victoria Shield competition. Well done to those who medalled in our club championships.

VRWC 20km Championship Men - Gus Theobald Trophy

1.	Rhydian Cowley	M	47:52	1:35:00
2.	Kim Mottrom	M	47:29	1:35:19
3.	Pramesh Prasad	M	51:57	1:51:29
	Adam Garganis	M	52:49	DNF

VRWC Open 20km

1.	Michelle Thompson	F	1:03:50	2:10:11
2.	Madeleine Feain	F	1:04:16	2:10:22 PB 4:51

VRWC 10km Championship Masters Women - Heather Carr Trophy

1.	Erika Woodward	F	1:02:58
2.	Donna-Marie Elms	F	1:08:24
3.	Karyn O'Neill	F	1:09:47

VRWC Open 10km

1.	Corey Dickson	M	50:38
2.	Philippa Huse	F	52:22
3.	Jemma Peart	F	57:05
4.	Charlotte Hay	F	59:35
5.	David Smyth	M	1:01:48
6.	Claire Samanna	F	1:03:06
7.	Terry O'Neill	M	1:06:46
	Mark Donahoo	M	DNF

VRWC 5km Championship U20

1.	Alanna Peart	F	24:40
1.	Heath Beveridge	M	27:44

VRWC Open 5km

1.	Simon Evans	M	28:59
2.	Ralph Bennett	M	31:55
3.	Russ Dickenson	M	37:07

VRWC 3km Championship U15

1.	Emily Smith	F	18:22
1.	Marcus Wakim	M	17:40

VRWC Open 3km

1.	Pam Mews	F	33:22
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VRWC 1.5km Championship U9

1.	Ela Uzun	F	10:08
2.	Havana Ali	F	10:45

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

Officials: Ralph Bennett, Mark Donahoo, Tim Erickson, Bill Carr, Heather Carr, Adam Garganis, Kevin Cassidy

Setup: Stuart Cooper, Shane Dickson, Donna Dickson, Tim Erickson, Peter Vysma, Wayne Peart

Judges: Peter Vysma (chief), Gordon Loughnan, Stuart Cooper, Terry O'Neill, Shane Dickson

Canteen: Wendy Cooper, Donna-Marie Elms

Photos: Donna Dickson (see <http://www.vrwc.org.au/piwigo/index.php?category/521>)

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



Rhydian Cowley, Kim Mottrom, Michelle Thompson and Erika Woodward



Ela Uzun, Marcus Wakim, Emily Smith and Heath Beveridge (photos Donna Dickson)



Runners World winners Ralph Bennett, Kelly Ruddick and Charlotte Hay with Runners World Kew proprietor Neil Ryan, along with Avis Redman (Best AV U16 Girl) winner Alanna Peart (photos Bill Carr)

VRWC AGM

The VRWC Annual General Meeting followed the races and presentations on Sunday morning. The good news is that our hard working committee all signed for another 12 months – thanks to them all for their continuing support. You can read the annual report at http://www.vrwc.org.au/documents/VRWC_Annual_Report_2018.pdf.

ALLAN MINTER – THE NEWEST VRWC LIFE MEMBER

The highlight of the AGM was the granting of Life Membership to **Allan Minter**. Allan was a club powerhouse from the late 1960s to the mid 1980s, active in fundraising, club management and race administration. Recognition via life membership is long overdue and his many years of unstinting service to the club have now been formally recognised. I enclose a bio of Allan, so that everyone can truly appreciate his many years of work.



Allan Minter joined Collingwood Harriers in October 1962, thus starting a long career, first as an athlete and then as an administrator.

Soon after this, he joined the Victorian Amateur Walkers' Club and started competing in our races at Albert Park. I remember walking against Allan many times in my younger days, including the 1968 Melbourne to Frankston 25 Mile Classic, when we were both off first in the handicap start. By memory, I stopped at 15 miles but Allan went on to finish.

Allan joined the VAWC Social Committee in 1967 and soon became an enthusiastic fund raiser for the club. He was one of the main forces behind the mini-Tatts tickets which raised a lot of money in the late sixties.

In 1976, Allan (as Secretary) and Ray Smith (as President) took over the club leadership after the death of Alf Robinson and, together, they guided the club into its most successful era ever. The weekly race fields grew larger and their depth became the envy of other States. More women started to race at Albert Park and Victoria dominated the national scene with the likes of Ross Haywood, Willi Sawall, David Smith, Tim Erickson, Sue Cook (Orr), Sally Pierson, Lorraine Jachno (Young), Andrew Jachno, Michael Harvey, John Sheard and Bill Dyer all coming to the fore and representing Australia.

Allan took on the burden of a massive club workload on top of regularly working two jobs (with his career as an insurance assessor with Eagle Insurance and with his taxi driving). His energy seemed limitless and somehow he was able to keep up with it all and manage to still bring up his family of young children.

The annual trips to Canberra saw Allan organising a bus and hotel accommodation, making sure that the strongest possible VAWC team represented the club. Then in Canberra, he spent the Sunday looking after everyone in the various races. These trips are still remembered with great fondness by all those who participated.

His old station wagon was a regular sight at Albert Park. Allan used to park it at the start/finish line in front of the clubrooms and use it as his base as lapscorer and race marshall. Like Alf Robinson, he was able to manage a large sheet of walkers and never miss a lap time. And there was always Vin Meade who was so deaf that Allan had to write his time on a chalk board and hold it up for him as he walked past. On many occasions, Allan was the sole official but he was never one to complain or fold under the pressure. Within a few minutes of race finish, the full race results would be pinned up on the club notice board with handicap and fastest times placings already completed.



Allan timekeeping in the 1977 Victorian 50km Championship as Willi Sawall passes

With Allan as Secretary, the annual report was a large document which minutely detailed the club's activities for the previous 12 months. And in those days, it was not a simple job with a computer and photocopier. It all had to be typed on the club typewriter and then duplicated with an ink based gestetner copier.

Allan was a great fundraiser for the club. The telephone book deliveries were a huge organizational effort in the mid seventies. Allan would meticulously plan the street deliveries and a mass of cars and vans would converge at the clubrooms and sally forth armed with maps and delivery instructions.

1979 saw the first ever Australian team sent to the Lugano Cup and Allan was involved once again in raising money to support the walkers who had been selected (most of them were VAWC members).

His contribution to the club as an official extended from 1966 to 1984 – a period of 19 years.

1966-67	Costume Steward
1967-68	Social Committee, Costume Steward
1968-69	Social Committee, Costume Steward
1969-70	Social Committee
1970-71	Social Committee
1972-73	Social Committee
1973-74	Chairman, Social Committee
1975-76	Assistant Secretary/Treasurer, General Committee member
1976-77	Secretary, Selector
1977-78	Secretary, Selector
1978-79	Secretary, Selector
1979-80	Secretary
1980-81	Secretary
1981-82	Secretary
1982-83	Secretary
1983-84	Secretary

In 1984, Allan moved on from the club, with a young and growing family and with ever increasing work commitments.

But his commitment to Collingwood Harriers continued. Over the years he served as President for 7 years, as Vice President for 7 years and as canteen officer for 19 years, along with other key club positions. He was awarded Life Membership of that club in May 1982.

He also continued his long association with Athletics Victoria, serving as an AV official for many years. His work was recognized when he was amongst the Athletic Victoria Merit Award recipients in 1998.

Now retired, Allan and Suzanne live in Armstrong Creek, just south of Geelong.

At the 2018 VRWC Annual General Meeting, Allan was awarded life membership, a fitting and long overdue recognition of his many years of service to our club.



Allan is congratulated by VRWC President Stuart Cooper on the occasion of his VRWC Life Membership on 18th November 2018

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 14 NOVEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Weather cool/warm, calm. Congratulations to **Richard Everson** for setting a new SAMA Club record for 1000m.

1000m Walk

1.	Richard Everson	04:38	M55	86.31%
2.	Marie Maxted	05:54	W58	75.01%
3.	George White	06:07	M73	79.38%
4.	Gil McIntosh	06:36	M68	69.21%

1000m Club Walk

1.	Rodger Barber	07:16	M80	73.60%
2.	Roger Lowe	07:22	M75	67.67%
3.	Dave Fallon	07:23	M66	60.48%
4.	David Robertson	07:58	M85	72.68%
5.	Margaret McIntosh	07:59	W65	59.46%
6.	John Hore	08:19	M70	56.25%
7.	Marg Clark	09:13	W67	52.68%
8.	Des Clark	09:14	M80	57.92%

3000m Walk

1.	Richard Everson	15:39	M55	80.40%
2.	George White	18:16	M73	83.68%
3.	Mark Worthing	19:38	M56	64.67%
4.	Marie Maxted	20:20	W58	69.20%
5.	Gil McIntosh	21:07	M68	68.06%
6.	Colin Hainsworth	27:32	M88	70.14%

3000m Club Walk

1.	Graham Harrison	22:25	M75	70.03%
2.	Dave Fallon	22:41	M66	61.92%
3.	Rodger Barber	22:48	M80	74.00%
4.	Ross Hill-Brown	23:47	M63	57.18%
5.	Roger Lowe	24:22	M75	64.42%
6.	Margaret McIntosh	24:24	W65	62.43%
7.	David Robertson	24:37	M85	74.34%
8.	Linda Whitelaw	25:10	W64	59.80%
9.	Gill White	26:16	W70	61.95%
10.	Edna Bates	27:47	W65	54.83%
11.	Cathie Hore	27:48	W68	56.95%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 15 NOVEMBER

Thanks to Robin Whyte for this week's results from Canberra.

2000m Walk

1.	Owen Toyne	10:37
2.	Ann Staunton-Jugovic	10:50
3.	Laura Burns	10:50
4.	Michael Smith	11:35
5.	Kate Black	12:50
6.	Bryan Thomas	14:12
7.	Rod Gilchrist	14:46
8.	Jennifer Gilchrist	14:49
9.	Ruth Baussmann	14:50
10.	Doug Fitzgerald	14:53
11.	Geoff Barker	16:27
12.	Lorna England	16:33
13.	Robert Kennelly	18:54

800m Walk

1.	Bob Banens	05:57
2.	Craig Wurtz	06:09
3.	Val Chesterton	06:26
4.	Jack Thackray	06:38

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

Thanks to **Kim Mottrom** for the latest results from Adelaide. Kim had fastest time with 12:59.96, then flew to Melbourne and raced in our VRWC 20km the next day, for a very good double. Another big PB for **Mathew Bruniges** after finishing his year 12 exams this week. Kim tells me it was warm with the temperature at 23C.

3000m Walk

1.	Kim Mottrom	M	12:59.96
2.	Tristan Camilleri	M	14:16.39
3.	Toby Wilks	M	14:27.96
4.	Mathew Bruniges	M	14:28.13
5.	Victoria Upton	F	14:36.16
6.	Rhiannon Lovegrove	F	15:53.25
7.	Kitarni Upton	F	17:12.41
8.	Mia Wilks	F	18:12.20
9.	Chloe Upton	F	18:51.04
10.	Greg Metha	M	19:02.14
11.	Seth Upton	M	19:55.08
12.	Zayden Kamish	M	19:55.21
13.	Meshach Begg	M	20:19.34
14.	James Hoare	M	22:40.47
15.	Ross Hill-Brown	M	23:53.10

QMA T&F MEET, SAF, BRISBANE, SATURDAY 17 NOVEMBER

Only a few Masters walkers in action in Brisbane last weekend. I can only go with what the results say but the times do not look right to me.

3000m Walk

1.	Bennett, Peter	M63	Qma Brisbane	21:22.23	61.71%
2.	Jimenez, Ignacio	M53	Qma Brisbane	22:02.95	54.64%
3.	Carlile, Mark	M45	Qma Brisbane	24:06.43	47.94%
4.	McKinven, Noela	W76	Qma Brisbane	24:09.49	72.63%

AACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 17 NOVEMBER

And only one walker in action in Canberra on Saturday. Most chose to do the ACTRWC annual Christmas relay and winter season presentations on Sunday morning.

1500m Walk

1.	Camp-Liddiard, Andrew	M12	NCG	9:10.07
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ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 17 NOVEMBER

Will Robertson was the best of the 3000m walkers in Hobart on Saturday.

3000m Walk

1.	William Robertson	Old Virgilians	15:16.97
2.	Anna Blackwell	Old Virgilians	16:08.27
3.	Ron Foster	Tasmanian Masters	20:05.38
4.	Elizabeth Leitch	Tasmanian Masters	20:22.31
5.	David Moore	Tasmanian Masters	22:57.76
6.	Bayley Cambell	Old Virgilians	DNF

WARWC ROAD WALKS, WILSON, PERTH, SUNDAY 18 NOVEMBER

Thanks to Terry Jones for the latest results from the Western Australian Race Walking Club in Perth. **Declan Tingay** stretched out with 1:36:26 for 30km.

20km Walk

1.	Declan Tingay	1:36:26
2.	Andrew Duncan	1:45:43

10km Walk

1.	Bradley Mann	55:43
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3km Walk

1.	Xavier Bernard	18:45
2.	Karyn Tolardo	18:50

1.5km Walk

1.	Xavier Bernard	8:40
2.	Ashlyn Spence	8:42
3.	Kaytee Bogaers	9:02
4.	Jasmine Williams	9:51
5.	Asha Freeman	10:25
6.	Ellis Freeman	11:02
7.	Emily Bogaers	11:55
8.	Karyn Tolardo	12:09

SURREY WALKING CLUB CHRISTMAS CUP & OPEN 5KM, TONBRIDGE, ENGLAND, SUNDAY 18 NOVEMBER

Peter Hannell reports on the Surrey Walking Club Christmas Cup and Open 5km, held at the Tonbridge Track in Tonbridge. Surrey Walking Club is England's oldest walking club.

Although a little early for Christmas, the Surrey Walking Club race attracted 33 finishers with many family supporters as half of the field were youngsters or under 20/23s. It was sunny but quite cold due to a strong Easterly breeze. The main race included the SWC championship won by **Francisco Reis** and handicap for the Cup which was won narrowly by **Ian Statter**. The overall winner was unsurprisingly **Guy Thomas** (Tonbridge U23), walking comfortably for 21 to lap the field at least twice. Francisco, almost 40 years older, had a fair race to hold off **David Crane**, also at his expected speed, by less than half a minute. **Jacqueline Benson** (Ashford) had the best performance although unable to hold Blackheath's **Isabelle Bridge**. These two filled the women's frame behind a clear, three minute, win by Abigail **Jennings** (AFD). SWC themselves filled 9 of the 33 results which was a good turnout to welcome the large number of visitors. It was good to see **Martin Malcolm** and Ian Statter turning out after a considerable time out for injuries. In addition to the main event the younger racers were able to complete 1, 2 or 3km and among several good times were **Katie Brash's** (B&B) win in the 3km.

This was an enjoyable, well organised event with good racing, many family members supporting and plenty of friendly conversation.

Men 5km

1.	G.Thomas	Ton	U23 M	21:26
2.	F.Reis	Sy WC	M55	25:12
3.	D.Crane	Sy WC	M40	25:37
4.	M.Martin	Sy WC	M60	29:51
5.	C.Cobo-Corrales	Sy WC	M35	30:10
6.	M.Culshaw	Ilf	M50	30:15
7.	D.Kemp	Arena	M55	30:49
8.	D.Maskell	Sy WC	M70	32:28
9.	R.Penfold	Steyn	M75	32:54
10.	I.Statter	Sy WC	M60	33:10
11.	C.Flint	Sy WC	M70	34:36
12.	S.Cartwright	Col H	M60	34:40
13.	M.Harran	Sy WC	M80	34:49
14.	D.Hoben	Sy WC	M65	37:00

Women 5km

1.	A.Jennings	AFD	U20W	26:10
2.	I.Bridge	B&B	U20W	29:00
3.	J.Benson	Ashf	U20W	29:17
4.	L.Carty	AFD	U17G	29:17
5.	A.Smith	B&B	U15G	30:54
6.	S.Davies	AFD	W50	31:56
7.	R.Lawless	Unatt	W55	32:54
8.	G.Legon	Bexley	W60	34:18
9.	A.Hinchcliffe	AFD	U20W	35:20

1km

1.	C.Perry	Lewes	U11B	6:36
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Mixed 2km

1.	K.Stringer	M&M	U15G	11:24
2.	H.Perry	Lewes	U13B	14:15

Mixed 3km

1.	K.Brash	B&B	U15G	17:08
2.	D.Nova	Ashf	U15G	17:59
3.	M.Morris	M&M	U17G	18:16
4.	C.Wallis	AFD	U15G	18:26
5.	R.Harding	Ashf	U17G	18:43
6.	G.Heaton	H'field	M55	22:36

3. E.Cooper Ashf U13G 16:15

OUT AND ABOUT

- Great article just published on the IAAF website regarding Australian 20km/50km walker **Claire Tallent** - see <https://www.iaaf.org/news/series/claire-tallent-australia-race-walk>.
- Congratulations to **Rhydian Cowley** and **Amelia Aslanides** who have just announced their engagement. Big news for us all at the walkers club and a wonderfully exciting time for Rhydian and Amelia! And talking of Rhydian, he ran last Thursday evening in the Victorian 5000m Track Championship, coming in just outside the medals, as the 4th Victorian, with a PB time of 14:27.20.
- WADA's recent decision to reinstate Russia following the largest cheating scandal in the history of sport is a betrayal of clean athletes, writes the organisation's former lead investigator Jack Robertson. A compelling and revealing article about an organisation that has lost its way. See <https://www.itv.com/news/2018-11-14/russia-doping-scandal-wada-world-anti-doping-agency-athletics-olympics-reedie/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Still no press releases for us from Marciadalmondo this week. Enjoy your break, everyone!

Omarchador has 10 press releases

- Mon 19 Nov - Matej Tóth awarded Athlete of the Year in Slovakia
<http://omarchador.blogspot.com/2018/11/matej-toth-eleito-atleta-do-ano-na.html>
- Sun 18 Nov - Dominic King and Madeline Shott win 7 miles in Lee Valley
<http://omarchador.blogspot.com/2018/11/dominic-king-e-madeline-shott-vencem-7.html>
- Sat 17 Nov - Heather Lee breaks her own W90 10km roadwalk world record at Pan Pacific Masters Games
<http://omarchador.blogspot.com/2018/11/heather-lee-bate-recorde-do-mundo-w90.html>
- Fri 16 Nov - Inês Henriques awarded Medal of Sports Excellence by the Portuguese Olympic Committee
<http://omarchador.blogspot.com/2018/11/ines-henriques-galardoada-pelo-comite.html>
- Thu 15 Nov - Results of La Voie Sacrée 2018, Bar-le-Duc to Verdun
<http://omarchador.blogspot.com/2018/11/la-voie-sacree-2018-de-bar-le-duc.html>
- Thu 15 Nov - Dudince, Podebrady and Naumburg named as European Athletics Permit Meets
<http://omarchador.blogspot.com/2018/11/dudince-podebrady-e-naumburg-no.html>
- Wed 14 Nov - Results of the University Games of Brazil in Maringá
<http://omarchador.blogspot.com/2018/11/jogos-universitarios-do-brasil-em.html>
- Wed 14 Nov - IAAF 2019 Racewalk Challenge events named
<http://omarchador.blogspot.com/2018/11/challenge-mundial-de-marcha-2019-datas.html>
- Tue 13 Nov - Results of the Autumnal Walks in Nogent-sur-Marne, France
<http://omarchador.blogspot.com/2018/11/meeting-de-outono-em-nogent-sur-marne.html>
- Tue 13 Nov - IAAF revises its qualifying criteria for the 2019 Doha World Championships
<http://omarchador.blogspot.com/2018/11/iaaf-reve-posicao-na-qualificacao-para.html>

50KM RANKING LIST UPDATE – 3 PER COUNTRY

I have done a bit of work on the 2018 50km Ranking Lists that Paul DeMeester and I maintain, noting the first 3 from each country as a separate listing. Using that restricted criteria, the 30th woman comes in with **4:38:48** and the 50th man comes in with **4:00:45**. With the IAAF having allocated 80 places for the 50km (30 for women and 50 for men) in the 2019 World Championships, that may well be around the required mark, unless our standard continues to improve (let's hope that is the case).

See <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf>.

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

Dec 1 (Sat), 2018 AV Shield Round 7 (at various venues)
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 28th 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 **8th World Masters Indoors T&F Championships**, Torun, Poland
Apr 6 (Sat), 2019 Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019 28th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 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 **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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)