



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 44
31 July 2018



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WALKERS OF THE WEEK

My Walkers of the Week this time around are two outstanding Ballarat walkers in 45 year old **Kelly Ruddick** and 14 year old **Alanna Peart**. Competing in the Victorian Roadwalk Championships last Sunday in Melbourne, they were the standout performers on a cold and very windy day.

- Kelly won the Victorian Open 30km Championship in a time of **2:37:36**, with a very impressively even paced walk (splits of 52:04, 53:29 and 52:03). It was her first outing over the 30km distance and she set new Australian and Victorian Masters W45 best times, as well as setting a new VRWC club record. She also set a couple of interesting firsts – the first woman ever to win this championship, as well as the first walker to get 3 votes from EVERY judge (6 in total) in our VRWC style award competition. If she decides to tackle the Australian 50km in December, it will be very interesting to see what sort of time she can knock out. I think she is capable of a big result!
- Alanna won the U16 5km walk in a big PB time of 23:39. She powered through the first 2km in 9:08 and it was only the very strong winds that prevented an even faster finish time. As it was, it was still a 54 second PB. Coming after her win in the LBG Carnival U16 3km (14:02) last month, and after 2nd place finishes in the Australian T&F Championships U16 3000m and U17 5000m back in March, she is an in-form walker and one of the brightest of a very talented Australia wide pool of young walkers.



Kelly and Alanna in action on Sunday at Middle Park (photos Terry Swan)

WHAT'S COMING UP

- Next Sunday sees another round of the VRWC winter season at Middle Park, with points races on offer as shown below. Entries for the various VRWC races can be done on the day or, more preferably, via our online panel at <http://vrwc.org.au/wp1/race-entries-2/>. Note that the fixture shows that we had a club coaching session scheduled for next Saturday. As club coach Mark Donahoo can't be there now, this is cancelled. So **NO CLUB COACHING SESSION NEXT SATURDAY!**

Saturday 4th August 2018, Middle Park

VRWC EVENTS: Entries close for all events at 1.45pm sharp.

2.15pm	12km Points Race	Open
2.15pm	10km Points Race	Open
2.15pm	5km Points Race	Open
2.30pm	3km Points Race	Open
2.30pm	1.5km Points Race	Open

- Next Sunday sees the **2018 Australian Masters 20km Championships** in Adelaide. The 20km races will be held on Sunday morning in the South Adelaide Parklands. Good luck to all our walkers.
- Next Tuesday 7th August sees the start of the much anticipated **European Athletics Championships** in Berlin, Germany. This big event will run for 6 days, from 7th to 12th August (see <https://www.berlin2018.info/en/>). The walks are scheduled as follows (with the qualifying standards also shown)

Tue 7 Aug	8:35AM	50km Walk Men	4:08:00
	8:35AM	50km Walk Women	4:50:00 (or 1:39:00 for 20km)
Sat 11 Aug	9:05AM	20km Walk Women	1:37:00
	10:55AM	20km Walk Men	1:25:00

Although entry lists have not yet been published, there are ranking lists for all events, including the walks. Check them out at <http://www.european-athletics.org/competitions/european-athletics-championships/qualreference/index.html>. More later in the newsletter.

- Finally, entries close next **Monday 6th August (at 5PM)** for the **Australian Roadwalk Championships** which will be held on **Sunday 26th August** in **Kawanna Waters, Sunshine Coast, Queensland**. This is a combined meet between Athletics Australia and RWA, with AA medals for individual places and RWA medals for winning teams, along with RWA Handicap trophies (just like in the LBG carnival in Canberra). All entries must be made via the AA online panel at <https://winterwalks.eventdesq.com/>. Cost \$30 per event. This is the last reminder I will be able to give about entering.

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 29 JULY 2018

It was cold and very windy at Middle Park on Sunday morning for our AV and VRWC roadwalking championships, but it did not daunt the 47 hardy souls who turned out to race.

The first events to start were the 30km, 3 Hour and 20km walks, with **Kelly Ruddick** providing the highlight with her 30km winning time of 2:37:36. Both Kelly and third placed **Tracy Feiner** (2:54:21) set new Victorian Masters 30km records in what was the first time over the distance for them both. **Pramesh Prasad** took second place in the event with a 5 min PB time of 2:46:51, setting a new Fijian national record. So well done to all three walkers on top performances. **Kevin Cassidy** also walked well to win the VRWC 20km race with 1:49:22.

Victorian Open 30km Roadwalk Championship

1.	Ruddick, Kelly	BHA	52:04	1:45:33	2:37:36	W45 VIC, VRWC record
2.	Prasad, Pramesh	COL	53:01	1:47:55	2:46:51	Fijian national record, PB 4:47
3.	Feiner, Tracy	KNA	56:03	1:54:08	2:54:21	W40 VIC, VRWC record

VRWC 3 Hour Non-Championship Walk

1.	O'Neill, Karyn	VRWC	1:11:12	2:26:41	24.323 km
	Hess, Albin	VRWC	1:14:14	2:30:59	23.820 km (DQ)

VRWC 20km Non-Championship Walk

1.	Cassidy, Kevin	VRWC	54:42	1:49:22
	Jamieson, Andrew	VRWC	DNF	
	Dickenson, Russ	VRWC	DNF	



AV 30km medallists Kelly Ruddick, Pramesh Prasad and Tracy Feiner (photos Terry Swan)

The shorter distance Victorian roadwalk championships started later in the morning, with small fields but plenty of good performances. The standout walk was by 14 year old Alanna Peart whose 5km time of 23:39 was a new VRWC U15 record. Others to put in good walks included **Corey Dickson, Will Thompson, Jemma Peart, Fraser Saunder, Luke Epps** and **Darcey Roberts**.

Victorian U20 10km Roadwalk Championship

- | | | | |
|----|--------------------|-----|---------|
| 1. | O'Mahony, Kathleen | KNA | 1:03:28 |
|----|--------------------|-----|---------|

Victorian U18 10km Roadwalk Championship Men

- | | | | | |
|----|----------------|-----|-------|---------|
| 1. | Dickson, Corey | KNA | 49:40 | |
| 2. | Thompson, Will | CCA | 51:20 | PB 1:25 |

Victorian U18 5km Roadwalk Championship Women

- | | | | |
|----|----------------|-----|-------|
| 1. | Peart, Jemma | BYC | 24:39 |
| 2. | Cocking, Holly | ANW | 29:01 |

Victorian U16 5km Roadwalk Championship

- | | | | | |
|----|----------------|-----|-------|--------------------------|
| 1. | Peart, Alanna | BYC | 23:39 | VRWC U15 Record, PB 0:54 |
| 2. | Hay, Charlotte | KNA | 26:59 | |
| 3. | Walker, Charli | BEL | 33:30 | |

- | | | | | |
|----|------------------|-----|-------|-----------|
| 1. | Saunder, Fraser | BYC | 25:47 | First one |
| 2. | Beveridge, Heath | WES | 28:59 | |
| 3. | Costin, Owen | CHI | 31:17 | First one |
| | Hay, Angus | KNA | DQ | |

Victorian U14 3km Roadwalk Championship

- | | | | | |
|----|--------------------------|-----|-------|---------|
| 1. | Roberts, Darcey | KNA | 17:16 | PB 0:07 |
| 2. | Heikkila-Dubowik, Kaylah | COR | 18:12 | PB 0:08 |
| 3. | Tatlock, Riannah | VRW | 20:23 | |
| | Langelaan, Tahlia | | DNS | |

- | | | | |
|----|----------------|-----|-------|
| 1. | Epps, Luke | KNA | 16:55 |
| 2. | Imbriano, Joel | STK | 17:29 |
| | Wakim, Marcus | COL | DNS |



Alanna Peart, Corey Dickson, Fraser Saunder and Will Thompson



Luke Epps, Jemma Peart and Darcey Roberts

A variety of VRWC championship and non-championship races were also contested. Again, lots of good performances. Special mentions to **Hamish Blackwood, Zahlia Heikkila-Dubowik, Ela Uzun and Alannah Upson.**

VRWC Open 10km Championship Women - Mabel Robinson Trophy

- | | | | |
|----|---------------------|------|---------|
| 1. | Rosenbrock, Carolyn | VRWC | 1:04:01 |
| 2. | Elms, Donna-Marie | VRWC | 1:05:26 |

VRWC U12 2km Roadwalk Championship

- | | | | | |
|----|------------------|---|-------|---------|
| 1. | Upson, Alannah | F | 11:59 | PB 0:15 |
| 2. | Smith, Emily | F | 12:26 | PB 0:08 |
| 3. | Cunningham, Ella | F | 13:46 | PB 0:21 |
| 1. | Epps, Luke | M | 11:02 | |
| 2. | Peart, Scott | M | 12:04 | |
| 3. | Smith, Aiden | M | 15:00 | |

VRWC U10 2km Roadwalk Championship

1.	Heikkila-Dubowik, Zahlia	F	12:37	PB 0:18
2.	Lennon, Harli	F	13:25	First time over this distance
3.	Uzun, Ela	F	13:35	VRWC U9 Club Record, PB 0:06
4.	Paulke, Addison	F	14:52	
5.	Ali, Havana	F	16:10	
1.	Blackwood, Hamish	M	11:13	
2.	Tatlock, Heath	M	19:55	PB 0:18

VRWC 5km Non-Championship Walk

1.	Smyth, David	M	28:35
2.	Louey, Grace	F	30:58
3.	Bennett, Ralph	M	31:36
4.	Steed, Gwen	F	35:21
5.	Barrow, Geoff	M	35:32
6.	Howorth, Sandra	F	39:03

VRWC 2km Non-Championship Walk

1.	Dingli, Isabella	F	13:06
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Scott Peart, Alannah Upson, Addison Paulke, Harli Lennon, Zahlia Heikkila-Dubowik and Hamish Blackwood

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

Setup:	Peter Vysma, Tim Erickson, Terry Swan, Shane Dickson, Donna Dickson, Stuart Cooper, Mark O'Mahony
Registration:	Mark Donahoo, Ralph Bennett
Lapscoreing:	Tim Erickson, Mark Donahoo, Ralph Bennett, Mark Roberts, Simon Baker
Judges:	Suzanne Callaway (chief), David Cash, Kathleen Marsh, Gordon Loughnan, Stu Cooper, Brenda Felton, Shane Dickson, Terry O'Neill (Board), Peter Vysma (bike)
Canteen:	Kate Suich, Kate Suich, Donna Elms
Photos:	Terry Swan (see http://www.vrwc.org.au/piwigo/index.php?category/480)
Lapsplits:	http://vrwc.org.au/wp1/race-splits-laps/

Corey Dickson and Kelly Ruddick scooped the pool with their stylish walking. With only a couple of rounds to go in our Points competitions, Corey leads, along with Paige de Lisen. Progressive points at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

Style Award Points Men

Corey Dickson	15
Heath Beveridge	5
Will Thompson	4
Pramesh Prasad	4
Luke Epps	4
Hamish Blackwood	3
Fraser Saunder	1

Style Award Points Women

Kelly Ruddick	18
Alanna Peart	6
Tracy Feiner	4
Riannah Tatlock	2
Holly Cocking	2
Kathleen O'Mahony	2

TASMANIAN ROADWALK CHAMPIONSHIPS, TUNBRIDGE, HOBART, SATURDAY 28 JULY

Thanks to Wayne Fletcher for the results of the Tasmanian Roadwalk champs in Hobart. Thanks to David Moore for this report.

A perfect, fine, windless sunny winter's day greeted this year's Athletics Tasmania Road Walk Titles held at Tunbridge and some fine performances were well and truly on the cards.

The standout performance of the day was **Will Robertson's** 23.38 in the U/16 5km Championship which puts him in the upper echelon of his age group peers at the National level. Will has an exceptionally good base fitness as demonstrated by his cross-sport abilities in swimming and cross country and this is really starting to show.

Some serious racing took place in the younger age groups. A battle royal took place in the 3km event between the winner of the U/14 Boys event **Bryce Lawes** and U/14 Girls winner **Chloe Ahern**. These two youngsters were neck and neck for most of the race with Bryce drawing away from Chloe in the last 150 metres to finish in 17.24 with Chloe a mere six seconds behind in 17.31. Finishing 2nd to Chloe in the Girls race was **Demi Petterwood** who finished in an encouraging 20.02.

The youngest of competitors were in the U/12 2km Championship with **Macie Petterwood** winning the Girls event and **Oliver Morgan** winning the Boys event. Both impressed the Walk Judges and onlookers with their concentration on good walking technique and style.

The longest event of the day was a 10km event. Competitors at this distance were **Anna Blackwell** for the U/20 Women Championship and **Steve Ahern, Wayne Fletcher** and **Ron Foster** for the O/40 Championship. Anna set off at a solid pace and established an early lead which she maintained throughout the event finishing in 57.49. Anna is eligible to compete in the U/18 age group but has shown she is more than comfortable with the longer event. Anna was another athlete on the day who also impressed with solid technique and style.

In the O/40 event Steve Ahern hung onto the coattails of Anna Blackwell for as long as he could and won the O/40 Championship in 61.25. Steve is hoping to crack the 60 minute barrier and is getting close to achieving it. Wayne Fletcher was next to finish in a Season Best 80.53. Wayne is having a great season and is enjoying his lifetime journey in athletics as much as ever. Ron Foster took the bronze in 88.41, Ron has been sick over the last few weeks, and we look forward to when he bounces back to his more formidable form.

A notable absentee from these Championships was Alice Randall who is trekking the wilderness of the Overland track, but Alice will join with many of those who competed at Tunbridge to put their best feet forward in the Walk Championships and Federation events on the Gold Coast in August.

40+ 10km Walk

1.	Steve Ahern	OVA	29.50	61.25
2.	Wayne Fletcher	NS	38.51	80.53
3.	Ron Foster	TMA	43.23	88.41

U20 10km Walk

1.	Anna Blackwell	OVA	57.49
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U18 W 5km Walk

1.	Anna Blackwell	OVA	28.33
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U16 5km Walk Men

1.	Will Robertson	OVA	23.38
1.	Chloe Ahern	OVA	30.36

U14 M 3km Walk

1.	Bryce Lawes	NH	17.24
1.	Chloe Ahern	OVA	17.31
2.	Demi Petterwood	NH	20.02

U12 M 2km Walk

1.	Oliver Morgan	OVA	12.32
1.	Macie Petterwood	NH	15.32

ACTRWC ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 28 JULY

Thanks to Robin Whyte for the latest results from Canberra. Huge PB walk by 18 year old **Tim Fraser** (44:31). We have so many fantastic juniors around Australia at the moment!

10km Walk

1.	Tim Fraser	44:31	PB 1:08
2.	Callum Burns	57:44	
3.	Greg Durr	59:25	
4.	Ann Staunton-Jugovic	1:00:21	
5.	Robin Whyte	1:06:26	
6.	Val Chesterton	1:29:55	

5km Walk

1.	Hannah Manning	26:17
2.	Kate Black	33:13
3.	Fran Black	1:00:20

4km Walk

1.	Helena Bialecki	31:48
2.	Jack Thackray	36:19
3.	Pat Fisher	39:09
4.	Raine Thompson	38:32

8km Walk

1.	Mitchell Baker	37:39
2.	Monika Short	1:07:59
3.	Connor Frew	DNF

3km Walk

1.	Sidney Shaw	17:30
2.	Pierce Brennan	19:32

2km Walk

1.	Owen Toyne	10:46
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SAMA ROADWALKS, FELIXSTOWE, ADELAIDE, SATURDAY 28 JULY

Thanks to Colin Hainsworth for the latest from the South Australian Masters in Adelaide. Colin commented: Cool, sunny arvo. Hilly course. Good to see Kevin Finn out again.

8km Walk

1.	George White	49:32	M73	85.76%
2.	Marie Maxted	54:36	W58	72.97%
3.	Kevin Finn	55:27	M66	70.29%
4.	Gil McIntosh	1:01:08	M68	65.24%
5.	David Robertson	1:08:56	M85	74.36%

8km Club Walk

1.	Rodger Barber	1:02:43	M80	75.03%
2.	Margaret McIntosh	1:08:02	W65	63.97%
3.	Gill White	1:10:14	W69	65.67%
4.	Edna Bates	1:15:07	W65	57.94%

4km Walk

1.	Colin Hainsworth	37:50	M88	69.16%
2.	Jeff Kennett	40:23	M68	48.09%

4km Club Walk

1.	Roger Lowe	32:35	M75	65.13%
2.	Linda Whitelaw	32:41	W64	62.63%
3.	Cathie Hore	36:37	W67	58.10%

QRWC ROADWALKS, SKIPPY PARK, QUEENSLAND, SUNDAY 29 JULY

Thanks to Robyn Wales for the latest results from Queensland. She commented: We ventured up to the Sunshine Coast today but several young walkers were involved in a schools touch footy comp. It was, however, a great course and beautiful day.

B Grade 5km

1.	Jonathan Wearne	25.37
2.	Keith Heness	36.00
3.	Mark Carlile	38.13
4.	Mackenzie Ofield	30.59

A Grade 10km

1.	Ignacio Jimenez	49.25
2.	Peter Bennett	58.39
3.	Noela McKinven	83.29

D Grade 2km

1.	Amber Tofful	15.13
2.	Robyn Wales	17.46

C Grade 3km

1.	Sam McCure	17.19
2.	Kai Norton	17.57
3.	Seth Wasson	18.08
4.	Anika Clarke	16.44
5.	Torryn Fisher	18.35

E Grade 2km		
1.	Myles Callaghan	10.46

F Grade 1km		
1.	Makenna Clarke	6.02
2.	Siaan Fisher	6.44

6.	Amber Norton	18.42
7.	Jasmine McRoberts	18.55
8.	Korey Brady	18.57
9.	Summer Millard	19.11



Anika Clarke and Jonathan Wearne in action last Sunday (photos Molly Atkin)

NSW LONG WALKS CHAMPIONSHIPS, CHIPPING NORTON, SUNDAY 29 JULY
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A good turnout of 41 walkers for the NSW Long Walks Championships in Chipping Norton last Sunday.

Open 30km Men

1.	Gibbons, Carl	22	Westlakes At	2:30:39
	Richardson, Dylan	18	Mingara Athl	DNF

Open 20km Women

1.	Dighton, Jasmine	22	Bankstown Sp	1:58:40
2.	Goodhew, Chelsea	19	Westlakes At	2:01:34
3.	Weekes, Anne	56	Sutherland D	2:10:16

Masters 15km Walk

1.	Williams, Dennis	70	Hills Distri	1:40:29
1.	Purcell, Joan	77	Nepean Distr	1:55:33

U20 20km Walk Men

1.	Tebbutt, Oscar	17	Gosford Athl	1:45:43	Inaugural
2.	Barendregt, Travis	18	Nepean Distr	1:55:23	
3.	Thomson, Ryan	18	Nepean Distr	1:57:54	
4.	Bedford, Kyle	18	Nepean Distr	2:01:34	

U20 15km Walk Women

1.	Wang, Elaine	18	Adamstown Ne	1:31:02
2.	O'Neill, Molly	18	Adamstown Ne	1:33:37

U18 8km Walk

1.	McGinniskin, Jack	16	Mingara Athl	40:14
2.	Blaskett, Hayden	16	Sydney Strid	41:22
1.	Mison, Hannah	17	Kooringal -W	47:19
2.	Bell, Bridget	16	Asics Wests	47:41

3.	Parker, Hannah	16	Randwick Bot	47:53
4.	Pengilly, Teegan	17	Bankstown Sp	48:21
5.	Lee, Janaya	17	Nepean Distr	49:35

U16 5km Walk

1.	Pyda, Raven	14	Westfields A	29:36
2.	Pospischil, Brendan	13	Hills Distri	31:10
1.	Pitcher, Allannah	15	Mingara Athl	25:05
2.	Blanch, Emma	15	St George	26:39
3.	Dunne, Izabella	13	Mingara Athl	28:11
4.	Thomas, Emma	13	Parramatta C	28:11
5.	Krkliniski, Chloe	12	Parramatta C	29:03
6.	Thomson, Olivia	14	Sydney Pacific At	29:35
7.	McLoughlin, Chloe	14	Mingara Athl	29:59
8.	Thomson, Jada	14	Nepean Distr	30:06
	Bolton, Hannah	15	Mingara Athl	DNF
	Byatt, Laelia	12	Girraween Athlet	DNF

U12 2km Walk

1.	Byatt, Joel	11	Unattached	11:02
2.	Varga-Strike, Thomas	10	Quakers Hill	11:49
3.	Ryan, Dylan	10	Jamieson	13:05
1.	Pitcher, Sienna	11	Mingara Athl	10:40
2.	Lamb, Chloe	11	Sydney Pacific At	10:59
3.	Blackley, Rudi	10	Randwick Bot	11:14
4.	Flahey, Natasha	9	Cherrybrook	11:49
5.	Bektas, Jessey	11	Athletics Nsw	12:37
6.	Bektas, Abbey	11	Athletics Nsw	12:41

ATHLETICS WA WINTER WALKS CHAMPIONSHIPS, SHELLEY FORESHORE, PERTH, SUNDAY 29 JULY

Thanks to Terry Jones for the results of the Western Australian Roadwalk Championships. Good 10km walks by **Bradley Mann** (51:47) and **Ben Reid** (50:01).

Open Men 20km

1.	Andrew Duncan	1:46:55
2.	Wayne Byram	DQ

U16 Women 5km

1.	Richelle Morales	29:55
2.	Hannah Ireland	30:23
3.	Maddison Gray	31:23

Open Women 20km

1.	Wendy Farrow	2:17:34
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U14 Men 3km

1.	Declan Somers	18:54
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U20 Men 10km

1.	Bradley Mann	51:47
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U14 Women 3km

1.	Alexandra Griffiths	15:12
2.	Brooke Mortimor	17:04
3.	Lataya Lawrence	17:45
4.	Amber Richards	21:10

U18 Men 10km

1.	Ben Reid	50:01
2.	Cooper Anderton	56:45

U14 Men Non-Championship 1.5km Walk

1.	Xavier Bernard	8:44
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UKCAU INTER COUNTIES & ENGLAND ATHLETICS SENIOR T&F CHAMPS, MANCHESTER, 28-29 JULY

Thanks to Mark Wall for the latest championship results from England. Mark tells me it was raining and conditions were not conducive to fast times. Good wins to **Erika Kelly** (14:37.76) and **Daniel King** (12:56.14).

3000m Walk Women

1.	Erika KELLY	Northern (Isle of Man) AC	14:37.76
2.	Jasmine NICHOLLS	Leicester Walking Club	15:03.26
3.	Madeline SHOTT	Belgrave Harriers	15:05.79
4.	Natalie MYERS	City of Sheffield & Dearne AC	15:55.46

3000m Walk Men

1.	Daniel KING	Colchester Harriers AC	12:56.14
2.	Tom PARTINGTON	Manx Harriers	13:12.53
3.	Mark WILLIAMS	Birchfield Harriers	15:58.30
4.	Harry SPEERS	Annadale Striders (Northern Ireland)	18:59.76

3RD AFRICAN YOUTH GAMES, ALGIERS, ALGERIA, 24-27 JULY 2018

There were two track walks held as part of the African Youth Games in Algiers last week - 5000m for girls and 10,000m for boys. Well reported by omarchador (see <http://omarchador.blogspot.com/2018/07/sul-africana-marissa-swanepoel-vence.html> and <http://omarchador.blogspot.com/2018/07/said-khoufache-obtem-ouro-para-argelia.html>).

Walk fields were surprisingly small (4 girls and 2 boys). South African **Marissa Swanepoel** won the girls' 5000m walk with a PB of 26.06.50 and **Said Khoufache** of Algeria won the boys' 10,000m with 49:05.11.

Girls U18 5000m racewalk, Wednesday 25 July

1.	Marissa Swanepoel	RSA	26:06.50
2.	Sintayehu Masir Teshager	ETH	26:09.03
3.	Melissa Touloum	ALG	26:35.29
4.	Munzenza Ladisa	COD	29:30.81

Boys U18 10000m racewalk, Friday 27 July

1.	Said Khoufache	ALG	49:05.11
2.	Osama Hassan	EGY	49:21.86

IRISH LIFE HEALTH NATIONAL SENIOR CHAMPIONSHIPS, MORTON STADIUM, SANTEE, IRELAND, 27-07-2018

Wins to **Kate Veale** (22:19.22) and **Cian McMenamon** (42:12.43) in the Irish T&F Championships in Santee last weekend. 35 year old Mauritian walker **Jerome Caprice**, who came second in the men's walk, set a new Mauritian record with his time of 44:12.43, his fourth record so far this year.

5000m Walk Women

1.	Kate VEALE	West Waterford A.C.	22:19.22
2.	Sarah GLENNON	Mullingar Harriers A.C.	25:16.94
3.	Maeve CURLEY	Craughwell A.C.	26:11.30
4.	Veronica BURKE	Ballinasloe & District	26:29.63
5.	Rachel GLENNON	Mullingar Harriers A.C.	26:54.25
6.	Ruth HEERY	Waterford A.C.	28:27.41
	Orla O'CONNOR	Waterford A.C.	DQ

10,000m Walk Men

1.	Cian MCMANAMON	Westport A.C.	42:21.92
2.	Jerome CAPRICE	Dundrum South Dublin A.C.	44:12.43
3.	David KENNY	Farranfore Maine Valley A.C.	45:56.73
4.	Joseph MOONEY	Adamstown A.C.	49:12.87
5.	Ross ALEXANDER	Coolquill A.C.	54:07.56

SPORTS TOTO CLUBS WALKING LEAGUE 2ND STAGE FINAL, CORUM, TURKEY, SATURDAY 28 JULY

To Turkey for their Club Walking League walks, with 10km for senior men and women and 5km for U20 men and women.

Open 10km Men (first 10)

1.	SAHIN SENODUNCU	24.04.1994	43:35
2.	SALIH KORKMAZ	1.01.1997	44:04
3.	SERKAN DOGAN	1.01.1992	44:23
4.	SELMAN ILHAN	7.01.2000	46:04
5.	ÖZGÜR TOPSKAL	26.08.2001	49:12
6.	SINAN ASLAN	5.02.1998	51:01
7.	TARIK KARABULUT	11.01.1986	51:58
8.	HANIFI ÇOBANOGLU	24.10.1984	52:53
9.	MEHMET GÜNES	9.03.2001	54:55
10.	ISA ARSLAN	28.06.2002	55:22

Open 10km Women (first 10)

1.	SEMIHA ÖZDEMİR	15.03.1987	50:34
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2.	ELIF KOÇ	02.02.1993	55:17
3.	ESRA SAGLAM	15.03.1996	56:40
4.	IKRANUR ULUKAYA	07.09.2002	1:03:33
5.	FATMA TEMEL	10.05.1976	1:03:41
6.	YILDIZ SENER	07.01.2002	1:04:38
7.	HATICE AKGÜL	12.11.1999	1:09:34
8.	MERYEMA AKÜREN	07.05.1955	1:13:43
9.	SIBEL KORKMAZ	13.07.2002	1:16:37
10.	SÜKRAN AKÜREN	20.11.1998	1:05:32

U20 5km Men

1.	ABDULSELAM IMUK	10.10.1999	21:44
2.	ABDULAZIZ DANIS	01.01.1999	24:44
3.	HAKAN ÖZNACAR	07.10.2000	27:52
4.	SAMET ÜRGEN	10.12.2002	30:12
5.	MEHMET SAHIN	15.02.2000	31:26
6.	EMIR YÜCETAS	03.04.2002	34:44

U20 5km Women

1.	AYSE TEKDAL	28.10.1999	23:28
2.	KADER DOST	01.01.2000	25:02
3.	EVIN DEMIR	16.02.2001	25:46
4.	BEDRIYE TEKIN	11.07.2001	26:16
5.	AYSE KILIÇ	03.04.2001	26:39
6.	MERVE ÇETIN	07.12.2000	29:23
7.	SONGUL KOÇER	01.01.2002	29:49
8.	ASLI SAGLAM	01.01.2001	30:41
9.	ESRA YILDIZ	11.06.2002	32:41
10.	HEVAL CAN SAHIN	18.08.2001	34:02
11.	DUYGU ÖZDEMİR	13.05.2001	35:51

USATF MASTERS OUTDOOR CHAMPIONSHIPS, SPOKANE, WA, 26-29 JULY

The USATF Masters Outdoors T&F Championships were completed last weekend in Spokane. The meet included 5000m track walks last Friday and 10km roadwalks last Sunday.

- Friday 8:00 AM Men 5000m Track Walk 80-89
- Friday 8:00 AM Women 5000m Track Walk 40-79
- Friday 9:00 AM Men 5000m Track Walk 35-79
- Sunday 6:30 AM Women 10km Road Walk 35-79
- Sunday 6:30 AM Men 10km Road Walk 30-89

I would like to have shown the results, but the dreadful layout (<http://live.finishtiming.com/#/results/meet/201800203>) meant I would have had to spend a long time cutting and pasting and reformatting. So I leave it to readers to check for themselves if interested.

SWEDISH MASTERS T&F CHAMPIONSHIPS, VÄXJÖ, SWEDEN, 28-29 JULY

Thanks to Birger Fält's excellent website www.gang.se for the results of the Swedish Masters T&F Championships, held last weekend. Track walks were held on Saturday 28 July and roadwalks were held on Sunday 29 July. Conditions were hot. Best performances to **Fredrik and Christer Svensson, Birger Fält** and **Monica Svensson**.

5000m Walk, M35-65, Saturday 28 July

M45	1	Fredrik Svensson	Växjö AIS	24.40,0
	2	Christer Svensson	Växjö AIS	25.42,0
M50	1	Birger Fält	Mälarhöjdens IK	25.06,0
	2	Ulf-Peter Sjöholm	Växjö AIS	30.47,0
M60	1	Peer Jensen	Phönix/VI39 Kapgang	30.50,0
M65	1	Sören Pettersson	IFK Västerås	35.17,0

3000m, W35-85, M70+, Saturday 28 July

W40	1	Monica Svensson	Växjö AIS	14.30,7
W50	1	Ellinor Hogrell	Enhörna IF	17.12,0
	2	Diana Forsgren Ottosson	IFK Sala	17.59,9
W55	1	Celeste Scheepers	Växjö AIS/Sydafrika	19.24,4
W70	1	Brita Malmström	Växjö AIS	26.06,6

M70	1	Thage Davidsson	GK Blixten	21.18,0
	2	Leif Kjellgren	Äppelbo AIK	23.14,0
	3	Arne Lundblad	Växjö AIS	26.20,1
M75	1	Per-Åke Lindqvist	BF Billingen	23.01,1
M85	1	Ingvar Nilsson	Växjö AIS	23.31,1

10km Walk Men, Sunday 29 July

M45	1	Fredrik Svensson	Växjö AIS	51.51
	2	Christer Svensson	Växjö AIS	52.48
M50	1	Birger Fält	Mälarhöjdens IK	58.26
	2	Ulf-Peter Sjöholm	Växjö AIS	63.37
M60	1	Peer Jensen	Phönix/VI39 Kapgang	67.11

5km Walk Women, Sunday 29 July

W40	1	Monica Svensson	Växjö AIS	24.46
W50	1	Ellinor Hogrell	Enhörna IF	30.38
W55	1	Celeste Scheepers	Växjö AIS/Sydafrika	33.15
W70	1	Brita Malmström	Växjö AIS	44.31
W70	1	Arne Lundblad	Växjö AIS	44.45
W75	1	Per-Åke Lindqvist	BF Billingen	41.55

ENFIELD LEAGUE/LICC 5KM, ALLIANZ STADIUM, HENDON, SATURDAY 28 JULY

Thanks to Ron Wallwork for the results of the latest Enfield race, held within the London Inter-Club's Challenge at Allianz Park. He reports:

The 31 competitors appreciated the overnight drop in temperature from 34c to 21c and slightly faster times than recorded at the previous meeting for many of them was the result. The race was "bossed" by U23 **Luc Legon** who lapped the field with the exception of U17 **George Wilkinson**. Current League leader **David Crane** got the better of past international **Mark Easton** in a last lap sprint, whilst W40 **Penelope Cummings** had little trouble in the ladies section of the race.

ERWC/LICC 5000m Track Walk

1.	Luc Legon	U23	Bexley	22.49.22
2.	George Wilkinson	U17	EHAC	24.33.59
3.	Francisco Reis	M55	TVH	25.00.42
4.	David Crane	M40	Surrey WC	26.01.53
5.	Mark Easton	M55	Surrey WC	26.10.61
6.	Penelope Cummings (W)	W40	AFD	28.27.12
7.	Stefano Zennaro	M45	Belgrave H	28.41.85
8.	Mark Culshaw	M50	Ilford AC	28.46.28
9.	John Hall	M65	Belgrave H	29.28.00
10.	Stuart Bennett ©	M55	Ilford AC	29.46.98
11.	Helen Middleton (W)	W55	EHAC	29.47.98
12.	Emma Dyos (W)	W40	Ilford AC	29.55.89
13.	John Ralph	M60	EHAC	30.08.88
14.	Maureen Noel (W)	W50	Belgrave H	31.19.20
15.	John Borgars ©	M70	Loughton AC	31.35.84
16.	David Kates ©	M65	Ilford AC	32.28.61
17.	Noel Blatchford (W)	W70	Abingdon AC	32.40.77
18.	Monica Harrington (W)	W45	Highgate H	32.58.29
19.	Fiona Bishop (W)	W55	EHAC	33.05.99
20.	Susan Barnett (W)	W65	EMAC	33.33.20
21.	Steve Cartwright	M60	Col/Tendring	33.35.91
22.	Sean Pender ©	M65	EHAC	34.19.92
23.	Tom Casserley	M75	EHAC	34.41.02
24.	Michael Harran	M80	Surrey WC	34.42.25
25.	Arthur Thomson	M80	EHAC	34.48.89
26.	Geraldine Legon (W)	W55	Bexley	35.00.33
27.	David Hoben	M65	Surrey WC	35.37.25
28.	Tony Wilkinson	M55	unattached	35.52.92
	Rachel Lawless	W55	Ilford AC	DNF

Young Athletes 1000m Walk

1.	Abigail Smith	U15	Bl'heath/Brom	5.06
2.	Sebastian Alexandru	U13	Havering	5.06

LES 4 HEURES DE LA MAILLERAYE, LA MAILLERAYE, FRANCE, SATURDAY 28 JULY

Last Saturday, Emmanuel Tardi was in La Mailleraye, a small village on the banks of the Seine some 150km west of Paris, where the local walking team had organised a racewalking event on the rarely contested distance of 4 hours. There was also an ancillary event of 10km for shorter distance walkers. Both races started at 2PM, with walkers negotiating a 1.685km lap, with a long hill to climb (500m) and a very hard downhill.

There were no surprise in the Men's 4 Hour event, with three times French 100km champion **Eddy Roze** winning, but the women's race was an unusual one in that **Anne-Gaelle Retout** (1h36 in 2010), who is preparing for her first 50km and who had planned to walk only 35km, reached that mark in 3:20, only 10 secs behind Roze, then stopped and removed her bib. After discussions with various people, she restarted, finally finishing the race with 2 additional laps. The 10km race was won by **Alain Dequin** with 54:30.

Les 4 heures de La Mailleraye

1.	ROZE Eddy	UC Amiens	40.440 km	3:51:59	V1H 1
2.	RETOU Anne Gaelle	UC Amiens	38.755 km	3:46:38	SEF 1
3.	LAVOINE Gilles	CM Verescence	33.700 km	3:56:10	V2H 1
4.	BOUFFLERT Eric	GA Basse seine	33.700 km	3:57:08	V2H 2
5.	THOUMELIN Laurent	ASL72	32.015 km	3:48:54	V1H 2
6.	GRASSI Alain	Dives sur mer	32.015 km	3:54:57	V2H 3
7.	MAGNIER Roger	Verescence	30.330 km	3:46:08	V3H 1
8.	ADELIN Frederique	Treport	30.330 km	3:47:02	V2F 1
9.	MOUGENOT Patrick	MEGA	30.330 km	3:51:17	V2H 4
10.	PANNIER Josiane	HAC	30.330 km	3:52:47	V3F 1
11.	BEGIN Jean Pierre	CAQC 76	30.330 km	3:53:36	V3H 2
12.	THOUMELIN Robin	Sarthe	30.330 km	3:53:45	JUH 1
13.	THOUMELIN Celine	ASL72	28.645 km	3:54:21	V1F 1
14.	MAGNIER Genevieve	Verescence	28.645 km	3:55:47	V3F 2
15.	BOILAY Olivier	AYA	28.645 km	3:57:12	V2H 5
16.	SAINT LEGER Alain	Petit Quevilly	26.960 km	3:47:08	V3H 3
17.	VANOVERBERGUE Stephane		26.960 km	3:53:28	V2H 6
18.	CLAVREUL Jean Francois	Sarthe	26.960 km	3:53:58	V2H 7
19.	HONORE Michel	CMM	26.960 km	3:54:45	V3H 4
20.	CAVELIER Guy	AJ Bastia	26.960 km	4:01:13	V4H 1
21.	RASSE Sebastien	Nibas	25.275 km	3:47:38	V1H 3
22.	LEMOINE Daniel	Domont	25.275 km	3:49:34	V3H 5
23.	CHICOT Norbert	Bois Guillaume	25.275 km	3:51:18	V3H 6
24.	MAUNY CLAUDE	Neuilly/Marne Athle	25.275 km	3:53:19	V3H 7
25.	BERNAGE Cyrille	CMM	23.590 km	3:48:23	V1H 4
26.	GUESDON Brigitte	Maromme	23.590 km	3:51:15	V2F 2
27.	BERNAGE Claudine	CMM	23.590 km	3:54:43	V3F 3
28.	CARPENTIER Aurelie	CMM	20.220 km	3:51:24	SEF 2
29.	LAHOUARY Ghelatti		20.220 km	4:01:12	TCH 1
	BECQUERELLE Maxime	Stade Dieppois	23.590 km	2:34:10	SEH
	OLIVARES Mathieu	Neuilly/Marne Athle	18.535 km	2:03:12	V1H

10km Walk

1.	DEQUIN Alain	ULAC Fouesnant	10.000 km	54:30	V2H 1
2.	BEGIN Maxence	CAQC 76	10.000 km	1:00:10	SEH 1
3.	BOUCQUET Gerard	stade dieppois	10.000 km	1:01:19	V3H 1
4.	CAVELIER Jacques	Montivilliers	10.000 km	1:09:33	V2H 2
5.	OUTREQUIN Florian	RCPH Dockers	10.000 km	1:14:34	SEH 2
6.	DENOUN Richard	le treport	10.000 km	1:14:40	V3H 2
7.	LESVEN Jose	AYA	10.000 km	1:15:09	V3H 3
8.	PREVOST Jean Claude	PSN Preaux	10.000 km	1:17:59	V3H 4
9.	TARDI Emmanuel	LP Longjumeau	10.000 km	1:21:07	V2H 3
10.	BERNIERE Michel	RCS76	10.000 km	1:22:53	V4H 1
11.	RIQUET Severine	CMM	10.000 km	1:23:24	V1F 1
12.	SLIMANI Achour	saint etienne du rouvray	10.000 km	1:26:09	V3H 5
13.	HAMDI Farid	Louviers	10.000 km	1:26:23	V1H 1
14.	AUTHOUART Claude	AYA	10.000 km	1:28:49	V4H 2
15.	GOUPIL Isabelle	ROUEN	10.000 km	1:31:33	V2F 1
16.	LEFEUVRE Jean Claude	RCS76	10.000 km	1:31:35	V4H 3
17.	LECOMTE Jean pierre	conflans ste honorine	10.000 km	1:32:35	V4H 4
18.	ELIOT Deborah	Barentin	10.000 km	1:36:57	SEF 1
19.	DELAHAYE Francoise	CMM	10.000 km	1:44:42	V3F 1
20.	DELAHAYE Dominique	CMM	10.000 km	1:44:43	V3H 6
21.	VASSE Catherine	St Aubin Routot	10.000 km	1:49:13	V3F 2

22. BAISNEY Frederique
POSMYSZ Anna

10.000 km
3.260 km

1:50:05
30:21

V2F 2
SEF

Thanks to Emmanuel for the wonderful photos.



The Start



Eddy Roze



The Hill



Anne Gaelle Retout



Alain Dequin

OUT AND ABOUT

- 7 walkers are amongst the 107 young athletes announced today by Athletics Australia as part of the Under 17 and Under 18 talent recognition list for 2018. They are

Alanna Peart (VIC)
Caitlin Hannigan (QLD)
Emma Blanch (NSW)
Jemma Peart (VIC)
Rebecca Henderson (VIC)

Mitchell Baker (ACT)
Nelson McCutcheon (QLD)
Oscar Tebbutt (NSW)

See the A.A. announcement at <http://www.athletics.com.au/News/under-17-and-under-18-talent-recognition-list>. For more information about the program, see <http://www.athletics.com.au/High-Performance/Able-Bodied/Junior-High-Performance>.

- Former world champion race walker **Robert Heffernan** has retired from athletics. The five-time Olympian took bronze in the 50km Race Walk at London 2012 before winning over the same distance at the 2013 World Championships. As part of his retirement, Heffernan, 40, will take up a new consultancy role with Athletics Ireland. The end of a wonderful career. See <https://www.irishtimes.com/sport/other-sports/rob-heffernan-announces-retirement-from-race-walking-1.3577109>.
- British Athletics has named a 102-strong team for the European Championships in Berlin. It is set to be the biggest team the nation has sent to a major championships in the modern era. Congratulations to the five 20km walkers named in the team: **Tom Bosworth, Callum Wilkinson, Gemma Bridge, Bethan Davies** and **Heather Lewis**. Alas, no 50km walkers selected. Read more at <http://www.athleticsweekly.com/news/british-team-named-for-european-championships-102416#0lvFHHqwEQWCD3iK.99>.
- Kenya has been ranked the top most country likely to dope according to the IAAF. This negative ranking has come in the wake of high ranking athletes testing positive for various banned substances. This is not a surprise to me! You could add Russia in as well. See <https://antidopingworld.wordpress.com/2018/07/28/kenya-on-iaafs-most-at-risk-of-doping-list/>.
- Ukrainian walkers **Nazar Kovalenko** and **Igor Glavan** join fellow Ukrainian walker **Ruslan Dmytrenko** with suspensions for alleged doping practices. See <http://omarchador.blogspot.com/2018/07/kovalenko-e-glavan-suspensos-por.html>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

There are 5 press releases for us from Marcialmondo this week

- Mon 30 Jul - The way to Berlin 2018: 20km men
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3248
- Sat 28 Jul - The way to Berlin 2018: 20km and 50km women
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3247
- Thu 26 Jul - Lublin (POL): Polish titles to Dawid Tomala and Paulina Buziak
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3246
- Tue 24 Jul - Sport and technology: towards a "new electronic eye" for race walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3245
- Mon 23 Jul - Jyvaskyla (FIN): Veli-Matti Partanen and Elisa Neuvonen Finnish Champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3244

and omarchador has 16 press releases

- Mon 30 Jul - Results of the Portuguese National U23 Championships in Guimarães
<http://omarchador.blogspot.com/2018/07/campeonatos-nacionais-de-sub-23-em.html>
- Mon 30 Jul - Profile of Ecuadorian walker David Hurtado, silver medallist in the 2018 World Junior Championships
<http://omarchador.blogspot.com/2018/07/david-hurtado-da-desilusao-ao-sonho.html>
- Sun 29 Jul - Partanen and Neuvonen, champions of Finland in Jyväskylä
<http://omarchador.blogspot.com/2018/07/partanen-e-neuvonen-campeoes-da.html>
- Sun 29 Jul - Caprice stands out in the Premier League in Ireland
<http://omarchador.blogspot.com/2018/07/caprice-destaca-se-na-premier-league-na.html>
- Sat 28 Jul - Said Khoufache obtains gold for Algeria at the African Youth Games
<http://omarchador.blogspot.com/2018/07/said-khoufache-obtem-ouro-para-argelia.html>
- Sat 28 Jul - Guimarães hosts the U23 Portuguese Championships this weekend
<http://omarchador.blogspot.com/2018/07/guimaraes-recebe-os-campeonatos-de.html>
- Fri 27 Jul - Results of the Poland Track and Field Championships in Liublin
<http://omarchador.blogspot.com/2018/07/campeonatos-da-polonia-de-pista-em.html>
- Fri 27 Jul - Results of the French U18 Championships in Bondoufle
<http://omarchador.blogspot.com/2018/07/campeonatos-de-franca-sub-18-tambem-em.html>
- Thu 26 Jul - Kovalenko and Glavan suspended for alleged doping practices
<http://omarchador.blogspot.com/2018/07/kovalenko-e-glavan-suspensos-por.html>
- Thu 26 Jul - South African Marissa Swanepoel wins African Youth Games

<http://omarchador.blogspot.com/2018/07/sul-africana-marissa-swanepoel-vence.html>

- Thu 26 Jul - Results of the French U20 Championships in Bondoufle
<http://omarchador.blogspot.com/2018/07/campeonatos-de-franca-sub-20-em.html>
- Wed 25 Jul - Results of the National Cup of Athletics in Barranco, Peru
<http://omarchador.blogspot.com/2018/07/copa-nacional-de-atletismo-em-barranco.htm> 1
- Wed 25 Jul - Raquel González and Álvaro Martín are crowned champions of Spain in Getafe
<http://omarchador.blogspot.com/2018/07/em-getafe-raquel-gonzalez-e-alvaro.html>
- Tue 24 Jul - Third Division: walkers from Juv. Ilha Verde and CF Oliveira do Douro win in Braga, Portugal
<http://omarchador.blogspot.com/2018/07/iii-divisao-marchadores-da-juv-ilha.html>
- Tue 24 Jul - María José Poves receives belated silver from Saransk 2012 in Getafe
<http://omarchador.blogspot.com/2018/07/maria-jose-poves-recebeu-prata-de.html>
- Tues 24 Jul - II Division: walkers from NA Cucujães and Maia AC win in Braga, Portugal
<http://omarchador.blogspot.com/2018/07/ii-divisao-marcha-com-vitorias-dos.html>

CONGRATULATIONS TO NEIL RYAN ON HIS ATHLETICS VICTORIA LIFE MEMBERSHIP

Congratulations to **Neil Ryan** who was elected to Life Membership in the Athletics Victoria AGM last Wednesday evening. It is a well deserved recognition for someone who has spent well over 50 years in our sport of athletics, first as a runner and then as an administrator, supporter and sponsor. Of course, Neil is also well known to us as our major club sponsor, looking after our top walkers now for nearly 10 years with his **VRWC Runners World Kew Awards** (see <http://www.vrwc.org.au/vrwcrunners-world.shtml>). Well done Neil!

Here is the nomination that was presented at the AV AGM.

Life Membership – Neil Ryan

Neil Ryan has been involved in athletics since 1962 when as a 16 year old he began running with the East Melbourne Harriers. In 1964 Neil joined Richmond Harriers and from 1967 was also an active member of the Victorian Marathon Club (VMC) as both an athlete and club administrator.

A member of Richmond Harriers for 54 years, Neil has been involved in most areas of club activity including as a competitive athlete, club record holder, club champion, athletics captain and leading coach and has served on the committee as Treasurer and Public Officer for the past 27 years.

Neil has been a member of Athletics Victoria since 1962, and has also served as President and Treasurer of the Victorian Marathon Club multiple times over his 20-year period on the committee, and is a Trustee of the Fred Lester Distance Running Scholarship Fund.

A Life Member of both Richmond Harriers and the Victorian Marathon Club, Neil has also been a significant club man helping to organise races including the many years that Richmond Harriers hosted the Burnley Half Marathon on behalf of Athletics Victoria.

In 1976 Neil opened “Runners World” in Melbourne providing a specialised athletics gear store covering the full range of Track and Field footwear and is renowned for his generous support of athletes through sponsorship, gift vouchers, discounts and advice.

Neil’s generosity and commitment to the sport, continues through Runners World, as Neil has also sponsored countless events. A major partner of Athletics Victoria for 25 years, Runners World provides significant sponsorship as the official bib partner for which the sport and Athletics Victoria is extremely grateful.

As a competitor, Neil showed talent as a distance runner from an early age and went on to regularly place in Australian and Victorian Marathon Championships in the 1960’s as well as placing in multiple international races over various distances, including placing second to Ron Clarke in the 1968 Emil Zatopek 10,000m race, second in the 1969 Australian Marathon Championships in 2:24:08 and setting a marathon personal best of 2:17:59 in 1974 in New Zealand.

This is but a small example of Neil’s achievements and career highlights provided in support of Neil’s nomination.



Neil at Middle Park in May with Jemima Montag and Kyle Swan, the latest Runners World Kew award winners

CLUB MEMBERS STUART COOPER AND JEMIMA MONTAG TAKE FRONT STAGE

And talking of well deserved recognitions, a couple of club members are to the fore at the moment.

- VRWC President **Stuart Cooper** has been recognised for his many years of service as a Primary School teacher at Richmond Primary School. Anyone who can survive as a teacher for 45 years and still have a sense of humour and balance is a legend in my book. See more at <https://www.facebook.com/LoveRichmond3121/posts/2162832600641023>. You can read more about Stu in my profile at <http://centurions.org.au/centprofiles/05%20stuart%20cooper.pdf>.
- And it is great to see 2018 Commonwealth Games gold medallist **Jemima Montag** on the front cover of the Athletics Victoria 2017/2018 Annual report, published this week. Aged just 20, Jemima has entered Senior ranks with a bang, going straight to the top.

You can read the AV Annual Report at <http://athsvic.org.au/wp-content/uploads/AV-%E2%80%93-Annual-Report-17-18.pdf>. As always, Athletics Victoria is to be commended for the fantastic job it does managing T&F in our home Stage. And a reminder that the AV Summer fixture has been published, with AV Shield set to start on the weekend of 5-7 October. The program of events for Shield is yet to be published but lots of other info is already out. See <http://athsvic.org.au/events/competitions/avcompetitions/av-shield/>.



*Left: Stuart with Heather Carr on the occasion of her VRWC life membership last November
Right: Jemima on the front cover of the Athletics Victoria Annual Report*

EUROPEAN CHAMPIONSHIPS – RANKINGS FOR WOMEN’S 50KM

Although entry lists for the 2018 European Championships have not yet been published, there are ranking lists for all events. Check them out at <http://www.european-athletics.org/competitions/european-athletics-championships/qualification/index.html>.

The graphic below shows the top ranking walkers who have qualified for the European Championships Women’s 50km Walk. The colours are as follows

- Green Qualified athletes, top three for each country.
- Yellow Additional qualified athletes from the previous listed countries (as marked in green).
- Magenta Athletes qualified through Wildcard (eg World Champion)

Of course, this list won’t be of any interest to the **IAAF Race Walking Committee** who have clearly stated over and over again that there is no future for the 50km and we should be replacing it by mickey mouse events like 4x5km relays. Yeh sure!

50km Race Walk

	Mark	Athlete	Nationality	Competition	Venue	Date
2	4:05:56	Inês Henriques	POR	WC	London	13 Aug 2017
3	4:13:04	Julia Takács	ESP	NC	Valencia	25 Feb 2018
4	4:14:25	Mária Czaková	SVK		Dudince	24 Mar 2018
5	4:18:00	Nastassia Yatskevich	BLR	WTC	Taicang	05 May 2018
6	4:18:31	Nadzeya Darazhuk	BLR	WTC	Taicang	05 May 2018
7	4:18:56	Ainhoa Pinedo	ESP	NC	Valencia	25 Feb 2018
8	4:22:15	Khrystyna Yudkina	UKR	WTC	Taicang	05 May 2018
9	4:24:08	Vasylyna Vitovshchuk	UKR	WTC	Taicang	05 May 2018
10	4:28:49	Alina Tsvilly	UKR	WTC	Taicang	05 May 2018
11	4:30:30	Mar Juárez	ESP	WTC	Taicang	05 May 2018
12	4:32:43	Tiia Kuikka	FIN	WTC	Taicang	05 May 2018
13	4:32:47	Agnieszka Ellward	POL		Dudince	24 Mar 2018
-	4:34:49	Kseniya Radko	UKR	NC	Ivano-Frankivsk	15 Oct 2017
-	4:37:43	Lyudmyla Shelest	UKR	WTC	Taicang	05 May 2018
-	4:37:43	Maria Larios	ESP	WTC	Taicang	05 May 2018
17	4:40:15	Mariavittoria Becchetti	ITA	WTC	Taicang	05 May 2018
18	4:41:44	Nikolitsa Andreopoulou	GRE		Dudince	24 Mar 2018
19	4:41:55	Dusica Topić	SRB	NC	Ivano-Frankivsk	15 Oct 2017
20	4:43:48	Joanna Bemowska	POL		Dudince	24 Mar 2018
21	4:46:27	Ivana Renić	CRO		Dudince	24 Mar 2018
22	4:48:08	Lucie Barritault	FRA	WTC	Taicang	05 May 2018
-	4:48:26	Maria Dolores Marcos	ESP		Naumburg	23 Apr 2017
-	4:51:13	Maeva Casale	FRA	WTC	Taicang	05 May 2018
-	4:56:00	Aggeliki Makri	GRE	NC	Marathónas	14 Jan 2018
-	4:59:55	Anett Iorma	HUN		San Diego CA	30 Jan 2018
-	5:00:37	Viktoriya Pchelintseva	UKR	NC	Ivano-Frankivsk	15 Oct 2017
-	5:06:13	Olga Cabrera	ESP	NC	Valencia	25 Feb 2018

2018 50KM WORLD RANKINGS LIST UPDATES

Following on from the European ranking list above, thanks to **Paul DeMeester** who has updated and forwarded to us his World 50km ranking lists for 2018. Of course, there will be lots more names added to the lists after the European Championships 50km walks in Berlin next Tuesday. Is the 50km dead? I don't think so!!!

Women's 50km Performances 2018 through July 1, 2018 - Note: B-Standard Judging where indicated

What progress in a year: five women met the London 4:30 standard one year ago. Seventeen have done so this year alone (16 would qualify as China has four walkers under 4:30). And if you add the women who walked under 4:30 last year but not this year, the list expands to 21 (including five Chinese walkers); a 420% increase, despite all the abolition talk from officialdom.

1.	Rui Liang	CHN	4:04:36	Taicang 5/5/18
2.	Hang Ying	CHN	4:09:09	Taicang 5/5/18
3.	Claire Tallent	AUS	4:09:33	Taicang 5/5/18
4.	Paola Viviana Perez	ECU	4:12:56	Taicang 5/5/18
5.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
6.	Maocuo Li	CHN	4:13:04	Chinfeng 7/1/18
7.	Faying Ma	CHN	4:13:28	Taicang 5/5/18
8.	Maria Czakova	SVK	4:14:25	Dudince 3/24/18
9.	Johana Edelmira Ordonez Lucero	ECU	4:14:28	Taicang 5/5/18
10.	Nastassia Yatsevich	BLR	4:18:00	Taicang 5/5/18
11.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5/5/18
12.	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
13.	Magaly Beatriz Bonilla Solis	ECU	4:19:04	Taicang 5/5/18
14.	Khrystina Yudkina	UKR	4:22:15	Taicang 5/5/18
15.	Vasylyna Vitovshchuk	UKR	4:24:08	Taicang 5/5/18
16.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5/5/18
17.	Alina Tsvilii	UKR	4:28:49	Taicang 5/5/18
18.	Mar Juarez	ESP	4:30:30	Taicang 5/5/18
19.	Serena Sonoda	JPN	4:31:52	Wajima 4/15/18
20.	Tiia Kuikka	FIN	4:32:43	Taicang 5/5/18
21.	Agnieszka Ellward	POL	4:32:47	Dudince 3/24/18
22.	Tiantian Bai	CHN	4:32:47	Chinfeng 7/1/18
23.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
24.	Qiuye Li	CHN	4:34:16	Chinfeng 7/1/18
25.	Maria Larios	ESP	4:37:43	Taicang 5/5/18
26.	Lyudmyla Shelest	UKR	4:37:43	Taicang 5/5/18
27.	Ksenya Radko	UKR	4:38:23	Taicang 5/5/18
28.	Nair da Rosa	BRA	4:38:48	Sucua 3/10/18
29.	Nami Kumagai	JPN	4:39:01	Wajima 4/15/18
30.	Mariavittoria Becchetti	ITA	4:40:15	Taicang 5/5/18
31.	Nikolitsa Andreopoulou	GRE	4:41:44	Dudince 3/24/18
32.	Yocy Caballero Huaman	PER	4:42:37	Sucua 3/10/18
33.	Joanna Bemowska	POL	4:43:48	Dudince 3/24/18
34.	Han Xiao	CHN	4:43:48	Chinfeng 7/1/18
35.	Natsuma Kuramara	JPN	4:44:45	Wajima 4/15/18
36.	Pengqin Jiang	CHN	4:45:51	Chinfeng 7/1/18
37.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
38.	Ivana Renic	CRO	4:46:27	Dudince 3/24/18
39.	Katie Burnett	USA	4:47:50	Santee 1/20/18
40.	Natalie Le Roux	RSA	4:48:00	Taicang 5/5/18
41.	Lucie Barritault	FRA	4:48:08	Taicang 5/5/18
42.	Chiaki Yamato	JPN	4:48:46	Wajima 4/15/18
43.	Maeva Casale	FRA	4:51:13	Taicang 5/5/18
44.	Shuqing Yang	CHN	4:53:02	Chinfeng 7/1/18
45.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
46.	Akane Tamaki	JPN	4:53:50	Wajima 4/15/18
47.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
48.	Miriam de Jesus Gutierrez Arichavala	ECU	4:54:54	Sucua 3/10/18
49.	Angeliki Makri	GRE	4:56:00	Marathon 1/14/18
50.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
51.	Anett Torma	HUN	4:59:55	Santee 1/20/18
52.	Myriam Cartagena Bonilla	ECU	5:02:51	Sucua 3/10/18
53.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
54.	Mari Takeuchi	JPN	5:06:18	Wajima 4/15/18
55.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18

56.	Molly Jade Davey	GBR	5:08:17	Dudince 3/24/18
57.	Miyabi Kurihara	JPN	5:08:53	Wajima 4/15/18
58.	Hannah Hunter	GBR	5:11:06B	IOM 4/15/18
59.	Susan Randall	USA	5:12:07	Taicang 5/5/18
60.	Chiho Tahira	JPN	5:17:05	Wajima 4/15/18
61.	Morgane Ausello	FRA	5:18:07	Merignac 3/18/18
62.	Michelle Turner	GBR	5:23:21B	IOM 4/15/18
63.	Karen Chiarello	GBR	5:28:41B	IOM 4/15/18
64.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
65.	Efstathia Kourkoutsaki	GRE	5:34:21	Marathon 1/14/18
66.	Zoe Korkou	GRE	5:34:29	Marathon 1/14/18
67.	Sophie Dvorakova	GBR	5:41:39B	IOM 4/15/18
68.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
69.	Elisabeth Cardeillac	FRA	5:44:43	Merignac 3/18/18
70.	Aura Libertad Morales Alvarez	MEX	5:46:47	Monterrey 2/25/18
71.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
72.	Karen Lawrie	GBR	5:59:17B	IOM 4/15/18
73.	Maureen Moffatt	GBR	6:01:18B	IOM 4/15/18
74.	Jayne Farquhar	GBR	6:08:29B	IOM 4/15/18
75.	Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
76.	Adele Ropers	FRA	6:17:02	Merignac 3/18/18
77.	Christine David	FRA	6:21:15B	Charly-sur-Marne 2/4/18
78.	Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
79.	Emilie Bizard Planchot	FRA	6:24:39B	Charly-sur-Marne 2/4/18
80.	Florence Barbier	FRA	6:25:50B	Charly-sur-Marne 2/4/18
81.	Claudine Anxionnat	FRA	6:26:35	Merignac 3/18/18
82.	Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
83.	Louise Hollings	GBR	6:29:22B	IOM 4/15/18
84.	Claudie Bizard	FRA	6:30:40B	Charly-sur-Marne 2/4/18
85.	Janna Kelly	GBR	6:39:56B	IOM 4/15/18
86.	Emma Nation	GBR	6:43:28B	IOM 4/15/18
87.	Rachael Hamilton	GBR	6:48:02B	IOM 4/15/18
88.	Kathryn Prince	GBR	6:49:12B	IOM 4/15/18
89.	Bryony Greasley	GBR	6:51:56B	IOM 4/15/18
90.	Hannah Miller	GBR	6:51:57B	IOM 4/15/18
91.	Jayne Adams	GBR	6:54:26B	IOM 4/15/18
92.	Paige Kelly	GBR	6:55:31B	IOM 4/15/18
93.	Nicole Rodier	FRA	6:56:35B	Charly-sur-Marne 2/4/18
94.	Sarah Cain	GBR	6:56:40B	IOM 4/15/18
95.	Francoise Arnault	FRA	7:00:46B	Charly-sur-Marne 2/4/18
96.	Abbie Cooke	GBR	7:03:15B	IOM 4/15/18
97.	Tiffany Bell	GBR	7:08:11B	IOM 4/15/18
98.	Emma Bell	GBR	7:08:14B	IOM 4/15/18
99.	Angela Corkish	GBR	7:08:15B	IOM 4/15/18
100.	Anita Parnell	GBR	7:09:42B	IOM 4/15/18
101.	Miriam Garlick	GBR	7:09:43B	IOM 4/15/18
102.	Darlene Backlund	USA	7:09:44	Santee 1/20/18
103.	Pauline Taylor	GBR	7:10:33B	IOM 4/15/18
104.	Carole Kelly	GBR	7:10:35B	IOM 4/15/18
105.	Lucy McDowell	GBR	7:13:25B	IOM 4/15/18
106.	Sharon Page	GBR	7:13:25B	IOM 4/15/18
107.	Amy Dunne	GBR	7:15:31B	IOM 4/15/18
108.	Ewelina Majewska	GBR	7:15:31B	IOM 4/15/18
109.	Jane Oates	GBR	7:15:32B	IOM 4/15/18
110.	Chris Phillips	GBR	7:17:33B	IOM 4/15/18
111.	Kate Condon	GBR	7:17:33B	IOM 4/15/18
112.	Barbara Watt	GBR	7:17:50B	IOM 4/15/18
113.	Chrissy Lewis	GBR	7:18:34B	IOM 4/15/18
114.	Nadine Cowin	GBR	7:18:34B	IOM 4/15/18
115.	Jamie Fiddler	USA	7:22:47	Santee 1/20/18
116.	Louise Kneen	GBR	7:25:13B	IOM 4/15/18
117.	Bethany Kaneen	GBR	7:28:16B	IOM 4/15/18
118.	Siobhan Golding	GBR	7:31:24B	IOM 4/15/28
119.	Lydia Barbara	GBR	7:31:33B	IOM 4/15/18
120.	Catherine Healy	GBR	7:31:46B	IOM 4/15/18
121.	Nucharee Burr ridge	GBR	7:33:11B	IOM 4/15/18
122.	Anne Dudley	GBR	7:36:37B	IOM 4/15/18
123.	Anee Du Toit	GBR	7:44:32B	IOM 4/15/18

124. Liz Moore	GBR	7:44:33B	IOM 4/15/18
125. Kate Teare	GBR	7:44:46B	IOM 4/15/18
126. Diana Obermeyer	GER	7:45:21B	Schiedam 5/19/18
127. Mandy Hewes	GBR	7:45:40B	IOM 4/15/18
128. Magalie Lavergne	FRA	7:48:33B	Charly-sur-Marne 2/4/18
129. Audrey Regardebas	FRA	7:48:34B	Charly-sur-Marne 2/4/18
130. Catherine Jackson	GBR	7:49:22B	IOM 4/25/18
131. Aishling Creer	GBR	7:49:38B	IOM 4/15/18
132. Thenral Anand	GBR	7:51:17B	IOM 4/15/18
133. Joke Barendrecht	NED	7:52:30B	Schiedam 5/19/18
134. Irene Tholenaars	NED	7:52:30B	Schiedam 5/19/18
135. Vicki Black-Leigh	GBR	7:52:54B	IOM 4/15/18
136. Chloe Makin	GBR	7:57:21B	IOM 4/15/18
137. Verity Almond	GBR	7:57:22B	IOM 4/15/18
138. Anita Bakker	NED	8:19:11B	Schiedam 5/19/18
139. Carla Lukken	NED	8:29:47B	Schiedam 5/19/18
140. Monique Barner-Vet	NED	8:29:47B	Schiedam 5/19/18
141. Annette van de Meiracker	NED	8:39:28B	Schiedam 5/19/18

These 141 walkers represent 28 member federations from all six Areas.

NOTE: Charly-sur-Marne results are official 50K splits during an 8-Hour race.

Men's 50km Performances 2018 as of July 1, 2018 - Note: B-Standard Judging where indicated

The men's 50km standard is very impressive – 40 walkers under 4 hours and 76 walkers under 4:10:00.

1. Matej Toth	SVK	3:42:46	Dudince 3/24/18
2. Hirooki Arai	JPN	3:44:25	Taicang 5/5/18
3. Hayato Katsuki	JPN	3:44:31	Taicang 5/5/18
4. Veli-Matti Partanen	FIN	3:44:43	Dudince 3/24/18
5. Satoshi Maruo	JPN	3:44:52	Taicang 5/5/18
6. Marian Zakalnytstyj	UKR	3:44:59	Taicang 5/5/18
7. Qin Wang	CHN	3:45:29	Taicang 5/5/18
8. Tomohiro Noda	JPN	3:45:56	Wajima 4/15/18
9. Rui Wang	CHN	3:48:01	Taicang 5/5/18
10. Rafal Augustyn	POL	3:48:22	Taicang 5/5/18
11. Perseus Karlstrom	SWE	3:48:54	Taicang 5/5/18
12. Quentin Rew	NZL	3:48:58	Taicang 5/5/18
13. Ivan Banzeruk	UKR	3:49:17	Taicang 5/5/18
14. Rafal Sikora	POL	3:49:54	Taicang 5/5/18
15. Evan Dunfee	CAN	3:50:18	Taicang 5/5/18
16. Cristian Andres Choco Leon	ECU	3:50:27	Monterrey 2/25/18
17. Dzimtry Dziubin	BLR	3:52:25	Taicang 5/5/18
18. Takayuki Tanii	JPN	3:52:33	Wajima 4/15/18
19. Michele Antonelli	ITA	3:53:00	Taicang 5/5/18
20. Valeriy Litanyuk	UKR	3:53:05	Taicang 5/5/18
21. Bernardo Uriel Barrondo Garcia	GUA	3:53:10	Taicang 5/5/18
22. Brendan Boyce	IRL	3:53:32	Taicang 5/5/18
23. Jose Leyver Ojedo Blas	MEX	3:53:37	Monterrey 2/25/18
24. Jesus Angel Garcia Bravado	ESP	3:53:48	Taicang 5/5/18
25. Jarkko Kinnunen	FIN	3:54:26	Dudince 3/24/18
26. Adrian Blocki	POL	3:54:31	Taicang 5/5/18
27. Nathaniel Seiler	GER	3:54:54	Taicang 5/5/18
28. Claudio Paulino Villanueva Flores	ECU	3:55:04	Taicang 5/5/18
29. Andrea Agrusti	ITA	3:55:09	Taicang 5/5/18
30. Jose Leonardo Montana	COL	3:55:48	Dudince 3/24/18
31. Carl Dohmann	GER	3:55:58	Taicang 5/5/18
32. Marc Tur Pico	ESP	3:56:05	Burjassot 2/25/18
33. Benjamin Sanchez Bermejo	ESP	3:56:37	Taicang 5/5/18
34. Sandeep Kumar	IND	3:56:39	New Delhi 2/17/18
35. Omar Zepeda	MEX	3:57:31	Monterrey 2/25/18
36. Jijiang Han	CHN	3:57:33	Taicang 5/5/18
37. Shuto Goto	JPN	3:57:57	Wajima 4/15/18
38. Artur Mastianica	LTU	3:58:33	Burjassot 2/25/18
39. Jitendra Singh Rathore	IND	3:58:55	New Delhi 2/17/18
40. Andriy Hrechkovskiy	UKR	3:59:32	Taicang 5/5/18
41. Arnis Rumbenieks	LAT	4:00:06	Dudince 3/24/18
42. S Damen Singh	IND	4:00:35	New Delhi 2/17/18

43.	Tadas Suskevicius	LTU	4:00:40	Dudince 3/24/18
44.	David Christian Berdeja Villalobos	MEX	4:00:45	Monterrey 2/25/18
45.	Chandan Singh	IND	4:00:58	New Delhi 2/17/18
46.	Jose Ignacio Diaz	ESP	4:01:06	Taicang 5/5/18
47.	Dusan Majdan	SVK	4:01:15	Dudince 3/24/18
48.	Dongpo Luo	CHN	4:01:18	Chinfeng 7/1/18
49.	Luis Amauri Bustamante Franco	MEX	4:01:24	Monterrey 2/25/18
50.	Hao Wang	CHN	4:02:01	Chinfeng 7/1/18
51.	Horacio Nava Reza	MEX	4:02:28	Monterrey 2/25/18
52.	Karl Junghannss	GER	4:02:36	Taicang 5/5/18
53.	Hyunmyeong Joo	KOR	4:02:38	Taicang 5/5/18
54.	Yuki Yamazaki	JPN	4:03:09	Wajima 4/15/18
55.	Chao Wang	CHN	4:03:14	Chinfeng 7/1/18
56.	Lukas Gdula	CZE	4:03:39	Dudince 3/24/18
57.	James Aurelio Rendon Villegas	COL	4:03:42	Sucua 3/10/18
58.	Denghua Xiong	CHN	4:03:53	Chinfeng 7/1/18
59.	Mathieu Bilodeau	CAN	4:05:02	Taicang 5/5/18
60.	Hugo Andrieu	FRA	4:05:15	Taicang 5/5/18
61.	Pablo Oliva Requena	ESP	4:05:43	Burjassot 2/25/18
62.	Katsuya Ishii	JPN	4:05:46	Wajima 4/15/18
63.	Bence Barnabas Venyercsan	HUN	4:05:54	Dudince 3/24/18
64.	Yuki Ito	JPN	4:06:20	Taicang 5/5/18
65.	Anatole Ibanez	SWE	4:06:27	Taicang 5/5/18
66.	Tomofumi Kanno	JPN	4:06:32	Wajima 4/15/18
67.	Dominic King	GBR	4:06:34	Dudince 3/24/18
68.	Wenbin Niu	CHN	4:06:46	Chinfeng 7/1/18
69.	Ihor Saharuk	UKR	4:06:50	Taicang 5/5/18
70.	Mingkai Zhang	CHN	4:07:40	Chinfeng 7/1/18
71.	David Gerardo Velasquez Caiza	ECU	4:07:47	Sucua 3/10/18
72.	Daniel King	GBR	4:08:16	Dudince 3/24/18
73.	Tongda Bian	CHN	4:08:20	Chinfeng 7/1/18
74.	Tatsuya Tanaka	JPN	4:09:22	Wajima 4/15/18
75.	Nick Christie	USA	4:09:32	Santee 1/20/18
76.	Jyoti Tawtya	IND	4:09:43	New Delhi 2/17/18
77.	Wei-Lin Chang	CHN	4:10:13	Taicang 5/5/18
78.	Qingsheng Zeng	CHN	4:10:57	Chinfeng 7/1/18
79.	Takafumi Higuma	JPN	4:11:03	Wajima 4/15/18
80.	Israel Aymar Celi	ECU	4:11:04	Burjassot 2/25/18
81.	Stefano Chiesa	ITA	4:11:07	Taicang 5/5/18
82.	Jorge Alejandro Martinez Baez	MEX	4:11:10	Monterrey 2/25/18
83.	Pedro Isidro	POR	4:11:25	Porto de Mos 1/7/18
84.	Matthew Forgues	USA	4:11:43	Monterrey 2/25/18
85.	Jurgen Everhard Grave Chavez	GUA	4:11:50	Campo de Marte 2/10/18
86.	Bruno Erent	CRO	4:12:22	Dudince 3/24/18
87.	Jiayu Luo	CHN	4:12:31	Huangshan 3/4/18
88.	Anders Hansson	SWE	4:12:47	Taicang 5/5/18
89.	Darwin Fernando Leon Tenesaca	ECU	4:13:12	Sucua 3/10/18
90.	Xuejing Hou	CHN	4:13:13	Chinfeng 7/1/18
91.	Hongzhen Fang	CHN	4:14:00	Chinfeng 7/1/18
92.	Rongjiang Shan	CHN	4:15:28	Taicang 5/5/18
93.	Takane Sato	JPN	4:15:57	Wajima 4/15/18
94.	Diego Flores Espinoza	MEX	4:16:19	Monterrey 2/25/18
95.	Jiayu Zhang	CHN	4:16:19	Chinfeng 7/1/18
96.	Anthony Joseph Gruttadauro	USA	4:16:23	Taicang 5/5/18
97.	Jian Liu	CHN	4:16:26	Chinfeng 7/1/18
98.	Fanglong Gong	CHN	4:16:26	Chinfeng 7/1/18
99.	Luis Campos Cruz	PER	4:17:04	Sucua 3/10/18
100.	Helder dos Santos	POR	4:17:34	Dudince 3/24/18
101.	Naoya Matsuo	JPN	4:17:57	Wajima 4/15/18
102.	Erwin Ernesto Morales Paau	GUA	4:18:07	Campo de Marte 2/10/18
103.	Rodrigo Javier Zeballos Pena	BOL	4:18:25	Sucua 3/10/18
104.	Wenxing Liu	CHN	4:20:28	Chinfeng 7/1/18
105.	Hiroyoshi Murakami	JPN	4:20:44	Wajima 4/15/18
106.	Florian Mayer	FRA	4:21:02	Merignac 3/18/18
107.	David Tokodi	HUN	4:21:14	Dudince 3/24/18
108.	Liangshan Ma	CHN	4:21:16	Huangshan 3/4/18
109.	Francisco Arcilla Aller	ESP	4:22:48	Burjassot 2/25/18
110.	Hideaki Miyajima	JPN	4:23:08	Wajima 4/15/18

111. Xavier Alexander Mena Jara	ECU	4:23:25	Sucua 3/10/18
112. Yutaka Maniwa	JPN	4:23:30	Wajima 4/15/18
113. Mario Alfonso Bran Granillo	GUA	4:24:50	Campo de Marte 2/10/18
114. Konstantinos Alexandros Ntentopoulos	GRE	4:24:57	Marathon 1/14/18
115. Youngjun Byun	KOR	4:25:30	Taicang 5/5/18
116. Sergio Daniel Sacul Caal	GUA	4:25:51	Campo de Marte 2/10/18
117. Dimitris Tsiordas	GRE	4:26:36	Marathon 1/14/18
118. Guowen Zhu	CHN	4:26:58	Chinfeng 7/1/18
119. Ronald Rey Quispe Misme	BOL	4:27:33	Sucua 3/10/18
120. Jay Prakash Singh	IND	4:28:32	New Delhi 2/17/18
121. Guichao Cui	CHN	4:28:45	Huangshan 3/4/18
122. Takahito Otsubo	JPN	4:29:58	Wajima 4/15/18
123. Yadong Luo	CHN	4:30:51	Chinfeng 7/1/18
124. Sagar S. Joshi	IND	4:31:52	New Delhi 2/17/18
125. Anjani Kumar Singh	IND	4:32:07	New Delhi 2/17/18
126. Kostas Stamelos	GRE	4:35:18	Marathon 1/14/18
127. Hironari Tomatsu	JPN	4:35:23	Wajima 4/15/18
128. Rafael Ballesteros Garcia	ESP	4:35:54	Burjassot 2/25/18
129. Cunming Jia	CHN	4:36:21	Chinfeng 7/1/18
130. Naohiro Koyama	JPN	4:36:31	Wajima 4/15/18
131. Jean Blancheteau	FRA	4:37:01	Merignac 3/18/18
132. Jonathan Hobbs	GBR	4:37:42	Merignac 3/18/18
133. Jefferson Santiago Imbacuan Paucar	ECU	4:38:32	Sucua 3/10/18
134. Yongcai Yu	CHN	4:39:27	Chinfeng 7/1/18
135. Cristiano Antonio	POR	4:39:56	Porto de Mos 1/7/18
136. Jean-Franck Vanoosthuysse	FRA	4:40:04	Merignac 3/18/18
137. Maxime Faiteau	FRA	4:40:34	Merignac 3/18/18
138. Luis Angel Sanchez Perez	GUA	4:41:12	Campo de Marte 2/10/18
139. Jose Manuel Gomez Garcia	ESP	4:42:08	Burjassot 2/25/18
140. Som Kumar	IND	4:42:16	New Delhi 2/17/18
141. David Mapp	GBR	4:43:45B	IOM 4/15/18
142. Luis Silva	POR	4:44:11	Porto de Mos 1/7/18
143. Jian Huang	CHN	4:44:41	Chinfeng 7/1/18
144. Krishna Bind	IND	4:44:49	New Delhi 2/17/18
145. David Pueyo Ministral	ESP	4:47:42	Burjassot 2/25/18
146. Ryota Kuroki	JPN	4:48:02	Wajima 4/15/18
147. Marc Guerrero Plaza	ESP	4:49:00	Burjassot 2/25/18
148. Tenmaru Hirota	JPN	4:52:46	Wajima 4/15/18
149. Richard Gerrard	GBR	4:52:46B	IOM 4/15/18
150. Fabio Urday Salazar	PER	4:52:47	Sucua 3/10/18
151. Arata Saitou	JPN	4:54:29	Wajima 4/15/18
152. Maxime Cottevieille	FRA	4:54:54	Merignac 3/18/18
153. Pablo Gomez	USA	4:56:19	Santee 1/20/18
154. Gerard Guetat	FRA	4:57:28	Merignac 3/18/18
155. Henrique Santos	POR	4:57:29	Porto de Mos 1/7/18
156. Peter Tichy	SVK	4:57:38	Dudince 3/24/18
157. Dominique Van Hille	FRA	5:00:54	Merignac 3/18/18
158. Daniel Foudjem Ganno	CMR	5:03:21	Merignac 3/18/18
159. Antonio Gonzalez Arrabal	ESP	5:04:11	Burjassot 2/25/18
160. Christophe Erard	FRA	5:14:22	Merignac 3/18/18
161. Marc Legentil	FRA	5:15:42	Merignac 3/18/18
162. Pete Miller	GBR	5:22:01B	IOM 4/15/18
163. Philippe Gilles	FRA	5:24:42B	Charly-sur-Marne 2/4/18
164. Dave Talcott	USA	5:28:40	Santee 1/20/18
165. Philippe Morel	FRA	5:29:17B	Charly-sur-Marne 2/4/18
166. Adam Cowin	GBR	5:30:10B	IOM 4/15/18
167. Dale Farquhar	GBR	5:31:45B	IOM 4/15/18
168. Michael Bonney	GBR	5:32:31B	IOM 4/15/18
169. Dimitri Hugon	FRA	5:32:41	Merignac 3/18/18
170. David Vandercoilden	FRA	5:38:32B	Charly-sur-Marne 2/4/18
171. Robbie Callister	GBR	5:38:55B	IOM 4/15/18
172. Adam Killip	GBR	5:39:25B	IOM 4/15/18
173. Tony Mackintosh	GBR	5:41:02B	IOM 4/15/18
174. Cedric Varain	FRA	5:42:50B	Charly-sur-Marne 2/4/18
175. Hans Drijvers	NED	5:44:59B	Schiedam 5/19/18
176. Paul Sayle	GBR	5:45:46B	IOM 4/15/18
177. Ray Pitts	GBR	5:46:07B	IOM 4/15/18
178. Emmanuelle Lassalle	FRA	5:46:20B	Charly-sur-Marne 2/4/18

179. Alain Malfondet	FRA	5:47:51B	Charly-sur-Marne 2/4/18
180. Jacques Arnault	FRA	5:51:46B	Charly-sur-Marne 2/4/18
181. David Walker	GBR	5:54:23B	IOM 4/15/18
182. Peter James Back	SGP	5:54:26	Hong Kong 1/1/18
183. Mickael Jacquemin	FRA	5:55:59B	Charly-sur-Marne 2/4/18
184. Alain Pellerin	FRA	5:56:32B	Charly-sur-Marne 2/4/18
185. Steve Harper	USA	5:57:12	Santee 1/20/18
186. Tony Edwards	GBR	5:57:35B	IOM 4/15/18
187. Bertrand Labarre	FRA	5:58:57B	Charly-sur-Marne 2/4/18
188. Ray Beattie	GBR	6:00:24B	IOM 4/15/18
189. Walker Wong	HKG	6:03:50	Hong Kong 1/1/18
190. Eric Toutain	FRA	6:06:35B	Charly-sur-Marne 2/4/18
191. Frans Leijtens	NED	6:06:45B	Charly-sur-Marne 2/4/18
192. Denis Giraudeau	FRA	6:08:10B	Charly-sur-Marne 2/4/18
193. Tristan Shields	GBR	6:08:11B	IOM 4/15/18
194. Pierre Coulombel	FRA	6:08:13B	Charly-sur-Marne 2/4/18
195. Will Moffatt	GBR	6:10:08B	IOM 4/15/18
196. Gilles Letessier	FRA	6:10:32B	Charly-sur-Marne 2/4/18
197. Eric Boufflert	FRA	6:12:36B	Charly-sur-Marne 2/4/18
198. Alan Teare	GBR	6:13:11B	IOM 4/15/18
199. Alan Cowin	GBR	6:13:12B	IOM 4/15/18
200. Pascal Thevenin	FRA	6:13:15B	Charly-sur-Marne 2/4/18
201. Stephane Grados	FRA	6:15:15B	Charly-sur-Marne 2/4/18
202. Alain Hiernard	FRA	6:15:17B	Charly-sur-Marne 2/4/18
203. Andrew Dawson	GBR	6:18:49B	IOM 4/15/18
204. Johann Balland	FRA	6:20:15B	Charly-sur-Marne 2/4/18
205. Dominique Delange	FRA	6:21:08B	Charly-sur-Marne 2/4/18
206. Daniel Dien	FRA	6:22:31B	Charly-sur-Marne 2/4/18
207. Luke McKinlay	GBR	6:23:01B	IOM 4/15/18
208. Adrian Zamudio	USA	6:28:14	Santee 1/20/18
209. Jean-Claude Bruneaux	FRA	6:28:20B	Charly-sur-Marne 2/4/18
210. Dominique Chatillon	FRA	6:29:39B	Charly-sur-Marne 2/4/18
211. Dominique Buisson	FRA	6:30:41B	Charly-sur-Marne 2/4/18
212. Mike Callister	GBR	6:33:20B	IOM 4/15/18
213. Denis Heller	FRA	6:34:17B	Charly-sur-Marne 2/4/18
214. Luca Papi	ITA	6:35:23B	Charly-sur-Marne 2/4/18
215. Cedric Piot	FRA	6:35:24B	Charly-sur-Marne 2/4/18
216. Laurent Bovin	FRA	6:35:51B	Charly-sur-Marne 2/4/18
217. Serge Seynaeve	BEL	6:37:03B	Charly-sur-Marne 2/4/18
218. Daniel Chauviteau	FRA	6:38:44B	Charly-sur-Marne 2/4/18
219. Chan Wai-on	HKG	6:39:01	Hong Kong 1/1/18
220. Ryan Neild	GBR	6:39:10B	IOM 4/15/18
221. Remi Michelot	FRA	6:40:24B	Charly-sur-Marne 2/4/18
222. Gilles Huart	FRA	6:41:17B	Charly-sur-Marne 2/4/18
223. Jimmy Corkish	GBR	6:41:30B	IOM 4/15/18
224. Cristian Fillieux	BEL	6:42:29B	Charly-sur-Marne 2/4/18
225. Nick Wallinger	GBR	6:43:33B	IOM 4/15/18
226. Andy Baxendale	GBR	6:43:33B	IOM 4/15/18
227. Martin Kennaugh	GBR	6:44:34B	IOM 4/15/18
228. Trevor Newton	GBR	6:47:19B	IOM 4/15/18
229. Patrick Mougenot	FRA	6:48:04B	Charly-sur-Marne 2/4/18
230. John J. Cooper	GBR	6:49:09B	IOM 4/15/18
231. Paul Holmes	GBR	6:49:59B	IOM 4/15/18
232. Greg Nation	GBR	6:51:13B	IOM 4/15/18
233. Frank Feeney	GBR	6:51:57B	IOM 4/15/18
234. Hugues Thevenin	FRA	6:55:35B	Charly-sur-Marne 2/4/18
235. James Jones	GBR	6:55:54B	IOM 4/15/18
236. Chris Till	GBR	6:59:06B	IOM 4/15/18
237. Scott St. John	GBR	6:59:12B	IOM 4/15/18
238. Steven Welsh	GBR	6:59:24B	IOM 4/15/18
239. Paul Terbrack	USA	7:02:04	Santee 1/20/18
240. Robert Daloz	FRA	7:06:07B	Charly-sur-Marne 2/4/18
241. Michael Gillen	GBR	7:07:35B	IOM 4/15/18
242. Colin S. Moore	GBR	7:08:41B	IOM 4/15/18
243. Mark Cain	GBR	7:12:22B	IOM 4/15/18
244. David Hoben	GBR	7:18:12B	Schiedam 5/19/18
245. Bela Farago	FRA	7:18:54B	Charly-sur-Marne 2/4/18
246. Ludovic Garcia	FRA	7:18:55B	Charly-sur-Marne 2/4/18

247. Gordon Erskine	GBR	7:31:33B	IOM 4/15/18
248. Daniel Bordier	FRA	7:34:41B	Charly-sur-Marne 2/4/18
249. Dermot O'Toole	GBR	7:36:37B	IOM 4/15/18
250. Eric Haghebaert	FRA	7:44:04B	Charly-sur-Marne 2/4/18
251. Paul Quayle	GBR	7:51:19B	IOM 4/15/18
252. Mike Horne	GBR	7:51:20B	IOM 4/15/18
253. Tim Perry	GBR	7:52:18B	IOM 4/15/18
254. Philippe Emoniere	FRA	7:52:59B	Charly-sur-Marne 2/4/18
255. Steve Curtis	GBR	8:21:17B	IOM 4/15/18
256. Sebastiaan Ram	NED	8:22:40B	Schiedam 5/19/18
257. Ton Vogelaar	NED	8:39:29B	Schiedam 5/19/18

These 257 walkers represent 37 member federations from all six Areas.

NOTE: Charly-sur-Marne results are official 50K splits during an 8-Hour race.

FROM THE ARCHIVES - THE GLOVER SHIELD, AUSTRALIAN WALKING'S OLDEST SHIELD

With entries closing next Monday for the Australian Winter Roadwalking Championships, it is timely to review the teams event associated with the Open Men's 20km Championship race in that meet. This is called the Glover Shield and it is our oldest and most historical perpetual trophy. Here goes!

There had been a number of specialist racewalking clubs in existence for some time in the early 1900's and Australia's first Olympic walker Bill Murray (1912) had been a member of the Victorian Walkers and Field Games Club, formed in 1911. The Sydney Amateur Walkers Club had also been formed in 1911 and racewalking was also strong in South Australia and Queensland.

The First World War put everything on the backburners with the Melbourne based walking club actually ceasing activities in 1915 as all of its Executive had enlisted. It was not until 1921 that the Victorians reformed, now calling themselves the Victorian Amateur Walkers' Club (VAWC).

Late in 1921, officials from the NSW and Victorian walking clubs met with a view to instigating an interstate walking race. There had been 1 Mile and 3 Miles track races which were held annually as part of the Australian Track and Field Championships, but no longer walks were officially sanctioned.

An offer was made by Footscray jewellers *Mr T. Glover and Son* (the son was a sprinter with the Footscray Harriers) to donate a Shield, to be known as the *Glover Shield*. The proposed championship date was October 1922 and N.S.W. requested A.A.U. to hold a postal vote amongst member States to validate the championship.

Whilst the majority of States voted in favour of the concept, a number of V.A.A.A. officers were opposed to the event and voted against the motion. Thus it did not win the day. With the A.A.U. refusing to sanction the event, the walking clubs continued with their own planning, targeting a date of 14th July 1923 and billing the event as the *Australasian 7 Mile Walk Championship*.

That first Australasian 7 Mile Walk Championship is discussed in <http://www.vrwc.org.au/documents/1923%20Australasian%207%20Mile%20Championship.pdf>.

Nine 'Australian 7 Mile Championships' were held between the years of 1923 and 1937, with Glover Shield winners as follows

1923	VAWC	E. Drayton (Capt), V. Dowling, N. Asker, E. Sunderland, H. Gardiner, W. Murray, R. Merrick, F. O'Rourke, E. Winstanley
1924	NSW	A. Kitchen (Capt), G. Parker, E. Smith, J. Parker, W. Pitt, J. Heathwood, L. Brown, R. Fostger, J. Batger
1925	VAWC	E. Drayton (Capt), H. Gardiner, J. Mulcahy, R. Osborne, G. Isbister, H. Wilson, V. Dowling, L. Moroney, E. Winstanley
1926	VAWC	H. Gardiner (Capt), E. Sunderland, W. Morse, R. Osborne, J. Mulcahy, J. Merrifield, J. Allen, E. Winstanley, A. Davies
1927	NSW	E. Austin (Capt), G. Parker, H. Latham, R. Foster, E. Chapman, T. Daintry, J. Richmond, C. Laughton, J. Stancell
1929	SA	P. McCavanagh (Capt), H. Wilson, R., Campbell, A. Miller, J. Larner, P. Campbell, V. Cocks, W. Jennings, J. McCormack

1931	VAWC	J. Cummins (Capt), J. Cummins, G. Isbister, J. Coffey, B. Oke, J. Pretty, F. Scully, F. McGuire, W. Marston
1933	VAWC	J. Cummins (Capt), J. O'Farrell, W. Marston, J. Gaylor B. Oke, L. Guy, K. McCluskey, L. Bransglove, A. Stafford
1937	VAWC	J. Cummins (Capt), A. Reid, R. Rogers, J. McCluskey, J. Gaylor, L. Bransgrove

The following photo was taken at the presentations for the 1926 Australian 7 Mile Championship which was held in Melbourne.



From left to right are Ted Drayton (Vic), Snowy McCavanagh (SA), unknown, Bill Dickinson (Sec. VAAA), Rex Merrick (Vic Judge), Bill Billsborrow (VAAA Official), Jim Cole (SA), Frank O'Rourke (Judge), Bert Gardiner (Vic Capt), Harry Fitzgerald (SA Judge), Bob Osborne (Vic).

In 1939, the distance was changed from 7 miles to 10,000m, with VAWC winning the shield.

1939	VAWC	J. Cummins (Capt), G Knott, J. McCluskey, I. McDougall, B. Blakey, A. Reid, A. Philpotts, C. Lowe, G. Stanley
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The Second World War intervened after this one 10,000m championship and the race was not held again until 1946. In 1946, the race was resurrected but in a new format with Senior and Junior sections being contested. Teams results are as shown below.

1946	VAWC	Senior: A. Reid, A. Philpotts, E. Allsopp, H. Munro, VAWC Junior: E. Allsopp, W. Medcalf, S. Wisby
1947	NSW VAWC	Senior: S. Sheedy, R. Tarte, G. McCabe, G. Kenyon Junior: E. Allsop, R. Smith, J. Pettigrove
1949	NSW VAWC	Senior: A. Stubbs, G. Kenyon, B. Brew, R. Tarte Junior: R. Southee, J. Freeman, G. Williams
1951	VAWC VAWC	Senior: E. Allsopp, H. Malpass, R. Smith, G. Williams Junior: R. Gratton, G. Doak, G. Hall
1954	VAWC NSW	Senior: G. Nevitt, K. Guyot, R. Field, P. Alsop Junior: L. Irwin, K. Keogh, W. McAllister

1956	NSW VAWC	Senior: K.Keogh, C. Walker, E. Edwards, W.Kirby Junior: H, Summers, R. Gardiner, N. Freeman
1958	NSW NSW	Senior: K. Keogh, W. Kirby, T, Cichanowski, E. Edwards Junior: E. Cichanowski, R. Nixon, J. Raleigh

After 1958, major changes were made by the newly formed Australian Federation of Amateur Walking Clubs. The Glover Shield became once again a senior event under the auspices of AFAWC and a separate Federation shield (the Robinson Shield) was contested for juniors, also over 10 km. The Glover Shield was now alternated bi-annually with the Alexander Cup which was contested over a 50 km distance. The winning teams continued as documented below.

1960	VAWC	N. Freeman, E. Allsopp, G. Breen, J. Henderson
1962	NSW	F. Clark, C. Kirby, L. Irwin, L. Waddell
1965	NSW	F. Clark, P. Waddell, J. Croft, L. Irwin
1966	NSW	K. Keogh, C. Walker, E. Edwards, W. Kirby
1967	VAWC	H. Summers, R. Wood, V. Newmark, G. Nicholls
1968	VAWC	H. Summers, R. Haywood, R. Steadman
1972	VAWC	R. Wood, V. Newmark, A. Lucas
1974	SA	P. Fullager, D, Faux, D. Bryson
1976	QLD	B. Cook, C. Kirby, J. Tormey, J. Harris
1978	VAWC	W. Sawall, D. Smith, T.Erickson
1980	VAWC	D. Smith, J. Sheard, B. Cook
1982	NSW	M. Woods, K. Knox, R. Huxley
1984	VRWC	D. Knox, D. Cash, S Richardson, H. Summers
1986	NSW	C. Barnett, J. Smith, B. Cullen
1988	VRWC	A. Jachno, P. Copeland, M. Harvey
1990	VRWC	A. Jachno, S. Baker, M. Harvey
1991	VRWC	A. Jachno, M. Donahoo, W. Sawall

Over time, the Shield outgrew its design and a second tier was added in the background, to enable further results to be added.



After 1991, the Alexander Cup (now held over 20 km) was retired and the Glover Shield was changed to the 20 km distance. Since then, the event has been contested annually over the distance of 20 km.

1992	VRWC	C. Jeffrey, M. Donahoo, D. McGrath
1993	Provincial	F. Bertei, M. Harvey, P. Copeland, J. Jardine, M. Kuppler
1994	QLD	D. Smith, S. Pearsonn, I Jiminez, A. Ludwig, P. Bennett
1995	VRWC	D. Cousins, D. McGrath, M. Thomas, D. Knox
1997	VRWC	N. Deakes, D Cousins, D. McGrath
1998	VRWC	B. Malcolm, M. Dwyer, T. Hawkins
2000	Regal	L. Adams, C. Bone, T. Sundstrom

2001	WARWC	S. Holloway, J. Mison, J. Back
2002	VRWC	F. Bertei, C. Erickson, M. Donahoo
2003	VRWC	F. Bertei, C. Erickson, T. Erickson
2004	QRWC	S. Pearson, K. Rose, A. Ludwig
2005	REGAL	T. Sundstrom, M. Smith, T. Elms
2006	VRWC	T. Erickson, T. Barnes, A. Jamieson
2007	SAAWC	D. Bown, J. Hoare, B. Starr
2008	VRWC	T. Barnes, S. Kollmorgen, A. Jamieson
2008	SARWC	P. Crump, K. Mottrom, D. Bown
2010	VRWC	C. Erickson, R. Cowley, D. Payne
2011	VRWC	C. Erickson, R. Cowley, A. Jamieson
2012	QRWC	D. Bird-Smith, B. Dewar, N. Dewar
2013	QRWC	D. Bird-Smith, B. Dewar, N. Dewar
2014	Not awarded	
2015	RWV	R. Cowley, N. Brill, J. Kozica
2016	Not awarded	
2017	Not awarded	

The original shield was eventually filled again, and was officially replaced with a new simpler design. The original shield is held by the Victorian Race Walking Club and is proudly displayed in our clubrooms at Middle Park. Check it out next time you are there.

This Shield remains the oldest and historically most valuable item of walking history in Australia. We are so lucky that former walking officials had the foresight to institute it and keep it going. During the last 85 years, it has undergone many changes but still remains a relevant and highly coveted teams race.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

Australian/Victorian Key Dates – 2018

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

Australian/Victorian Key Dates – 2019

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

International Dates – 2018 and onwards

Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Sept 23-26, 2018	Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B)
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belaruss
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.

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