



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2017/2018 Number 50  
11 September 2018



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### WALKER OF THE WEEK

My Walker of the Week this time around is 44 year old Collingwood Harriers and VRWC walker **Pramesh Prasad**.

Pramesh was an international representative for Fiji in the 1990s, winning gold in the 1993 Pacific Mini Games in Vanuatu and a silver medal in the 1991 Pacific Games in New Guinea. He also represented Fiji in the 1995 IAAF Racewalking World Cup in Beijing, China. This was Fiji's first participation in the World Cup and Pramesh was in their 20km team along with brothers Dip and Pradeep Chand. Pramesh retired from walking soon after those Games and returned to training and competition in March 2016. It's been a case of PB after PB since then as he has gone from strength to strength.

Last Sunday at Middle Park, he completed his first 50km roadwalk, winning the Victorian Championship (for the **Jared Tallent Trophy**) with **4:56:55**. This bettered the 19 year old Fijian record by a whopping 29 minutes. He also set a new Fijian 10km roadwalk record (49:52) earlier in the winter.

It is also timely to announce that he has won the **Norman Goble Trophy**, an AV Perpetual Trophy for the most points earned in the men's Victorian Roadwalk Championships. He competed in 4 of the 5 championships, with performances as follows

Vic 10km Roadwalk Championship	5 <sup>th</sup>	52:53
Vic 20km Roadwalk Championship	3 <sup>rd</sup>	1:49:28
Vic 30km Roadwalk Championship	2 <sup>nd</sup>	2:46:51 (1 <sup>st</sup> male)
Vic 50km Roadwalk Championship	1 <sup>st</sup>	4:56:55

Well done to Pramesh. Lots more to come there, I suspect.



*Pramesh in action during the race and as he crosses the finish line (photos Terry Swan)*

## WHAT'S COMING UP

- We can now all have a good rest until the AV Shield competition starts on Saturday 6<sup>th</sup> October. You can check out the key AV summer season dates at <http://athsvic.org.au/wp-content/uploads/Summer-Calendar-2018-19-as-170818.pdf>.
- The latest Athletics Victoria announcement re Shield (see <http://athsvic.org.au/2018/generalnews/shield-is-nearly-here/>) has not yet confirmed final program or venue detail but does confirm that
  - The 2018-19 AV Shield season will have two metro venues, one hosting program 1 and the other hosting program 2, each week. The three country venues, Geelong, Ballarat and Bendigo, will operate alternate programs. That seems to imply that there will be track walks each week. This is a big improvement on last summer when walks were only scheduled in 7 of the 12 rounds.
  - Athletes from all metro and country regions will be able to choose which venue they attend and still be eligible to score points. This sounds the same as last year.
- The VRWC Summer Season fixture is now online at <http://www.vrwc.org.au/vrwcs19.shtml>. Note 3 track walks at Mentone and 3 road walks at Middle Park. Dates are as follows:

◦ Wed 17 October 2018	VRWC Track Races	Mentone
◦ Sun 28 October 2018	VRWC Road Races	Middle Park
◦ Sun 18 November 2018	VRWC Summer Championships and AGM	Middle Park
◦ Sun 20 January 2019	VRWC Road Races	Middle Park
◦ Wed 13 February 2019	AV 5000m Teams Championship & VRWC Track Walks	Mentone
◦ Sun 17 February 2019	VMA 5000m Championships & VRWC Track Races	Mentone

## TRACKING THE 50KM

Readers of this newsletter know that much has been published in the last few years on the 50km racewalk and on the ongoing need to remove the gender discrimination barring women from this wonderful event.

It has been on my mind recently that while this information is archived in my newsletters, it is not visible and hence has been potentially forgotten, so I decided it was time to bring it all together into some new pages in my Victorian Race Walking Club website <http://www.vrwc.org.au/>. You will now see three new links on the left hand side navigation bar, reading as follows

### Supporting the 50km

- [Save the 50km](#)
- [50km Records Rankings](#)
- [2017 - Ending Gender Discrimination](#)

- The first link contains a history of all the goings on of the last few years, as well as links to important newsletters, press releases and letters. It is now a huge and ever growing information repository.
- The second link has been setup as a 50km statistics repository, with ranking lists, records, etc.
- The third is a historical page, setup in 2017 in the early days of the fight to add the women's 50km to major championships.

## IS THE 2020 OLYMPIC WOMEN'S 50KM COMING IN FROM THE COLD

Everyone will remember that in Heel & Toe issue 45, dated 7<sup>th</sup> August (see <http://www.vrwc.org.au/newsletters/heelandtoe-2018-num45.pdf>), I reproduced a letter from the President of the South American Athletics Federation to Lord Coe, expressing his concern at the omission of the women's 50km from the 2020 Olympic program.

It now seems that, as well as that letter to the IAAF, a further letter must have been written to the IOC by the President of the Ecuadorian Olympic Committee. This has been confirmed in an interview with Ecuadorian 50km walker Paola Pérez on the <https://lahora.com.ec> website from last Wednesday, which discusses the reply which has now come back from the IOC President's office. See <https://lahora.com.ec/noticia/1102183538/paola-perez-espera-que-se-sume-prueba-de-50km->. Here's how it translates:

### *Paola Pérez expects 50km walk to be added*

*Ecuadorian walker Paola Pérez has affirmed that, although the International Olympic Committee (IOC) has given nominal approval for the women's 50km walk to be included in the Olympic Games of Tokyo 2020, the matter cannot proceed until a yes comes from the International Athletics Association (IAAF).*

*Perez said that the Ecuadorian Olympic Committee (COE) recently received a communication from the IOC and insisted that "now the decision for the women's 50km walk is in the hands of the IAAF."*

*"The request has the worldwide backing of the walkers in this speciality, and there is an urgent need for the IAAF's decision, because we believe it is fair and equitable for men and women, since we have shown that we are fit for the 50 kilometres," she added.*

*Perez was fourth in the IAAF World Championships 50km last year and is one of three Ecuadorian 50km specialists, along with Joanna Ordóñez and Magali Bonilla.*

And here is the reply from the IOC to the Ecuadorian Olympic Committee president.



The women's 50km has now been added to area and national championships, to the IAAF Race Walking World Team Championships, to the IAAF World Athletics Championships and to the European Athletics Championships. Only the Olympic arena remains to be conquered.

**The ball would seem to now be well and truly back in the IAAF's court, as we always suspected. Is it too much to expect the IAAF Race Walking Committee to now change direction and work positively towards the inclusion of the women's 50km walk in the 2020 Olympics?**

#### AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 9 SEPTEMBER

The Victorian winter roadwalking season finished on Sunday morning with the Victorian 50km Championship (for the **Jared Tallent Trophy**), along with the annual VRWC 35km Club Championship (for the **Ray Smith Trophy**), both events starting at 7:30AM. The weather was good, with cool cloudy conditions and a breeze that gradually picked up but was never too demanding.

**Pramesh Prasad** produced the performance of the day, completing his first ever 50km walk with a new Fijian Record of 4:56:55. He headed off at a measured pace and, although he inevitably slowed, he never died, and was still walking strongly at the end.

The VRWC 35km Club Championship saw NZ international and VRWC member **Quentin Rew** defend his title from last year, winning with 2:49:42. **Rhydian Cowley** had walked with Quentin for most of the way, but called it quits at 30km, covered in 2:26:53. That opened the door for Pramesh whose 35km split of 3:18:42 gained him the silver. **Michelle Thompson** and **Tim Erickson** battled it out for the bronze but it was Michelle who finished the faster to claim third place with 3:55:33. **Kelly Ruddick** looked good early but was forced out just after 20km, covered in 1:44:27.

#### Victorian 50km Championship - Jared Tallent Trophy

1.	Pramesh Prasad	COL	55:24	1:51:05	2:48:40	3:50:04	4:56:55	Fijian Record
	Albin Hess	VMA	1:14:57	2:31:36	DQ			

#### VRWC 35km Club Championship - Ray Smith Trophy

1.	Quentin Rew	VRWC	49:27	1:38:51	2:25:50	2:49:39	
2.	Pramesh Prasad	VRWC	55:24	1:51:05	2:48:40	3:18:42	
3.	Michelle Thompson	VRWC	1:05:35	2:12:11	3:30:26	3:55:33	
4.	Tim Erickson	VRWC	1:04:59	2:11:17	3:21:40	3:57:57	
5.	Karyn O'Neill	VRWC	1:13:02	2:28:15	3:54:32	4:36:33	
	Rhydian Cowley	VRWC	49:27	1:38:52	2:26:53	DNF	
	Kelly Ruddick	VRWC	52:03	1:44:27	DNF		

The non-championship races saw wins to **Kyle Swan** (1:38:52), **Philippa Huse** (53:20) and **Emily Smith** (32:31). We also welcomed **Kim Mottrom** who made a flying trip from Adelaide to complete the 20km in second place, with 1:39:05. Special mentions to **Madeleine Feain** (first ever 20km 2:15:28) and **Alannah Upson** (first ever 5km 32:52) and to Emily Smith (big 5km PB).

#### VRWC Open 20km Non-Championship

1.	Kyle Swan	VRWC	49:27	1:38:52	
2.	Kim Mottrom	SARWC	47:53	1:39:05	
3.	Tracy Feiner	VRWC	57:37	2:00:04	
4.	Madeleine Feain	VRWC	1:07:47	2:15:28	First ever 20km

#### VRWC Open 10km Non-Championship

1.	Philippa Huse	VRWC	53:20
2.	Donna-Marie Elms	VRWC	1:07:15
	Heath Beveridge	VRWC	DNF

#### VRWC Open 5km Non-Championship

1.	Emily Smith	VRWC	32:21	PB 0:52
2.	Alannah Upson	VRWC	32:52	First ever 5km

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

Officials:	Terry Swan, Simon Baker, Ian Laurie, Therese Smith, Aaron McDonough, Rob Cowley, Terry Swan
Judges:	Kathleen Marsh (Chief), Peter Vysma, Gordon Loughnan, David Cash, Diane Lowden Terry O'Neill (DQ Board), Emily Smith (card collector)
Registration:	Carolyn Rosenbrock
Canteen	Donna-Marie Elms
Refreshment Table:	David Smyth, Carolyn Rosenbrock
Photos:	Terry Swan (see <a href="http://www.vrwc.org.au/piwigo/index.php?category/517">http://www.vrwc.org.au/piwigo/index.php?category/517</a> )
Video:	Gerard Feain

That completes the Victorian winter roadwalking season so it's time for a good rest before the summer season kicks off in October.



*Left: Lead group Quentin Rew, Kelly Ruddick, Rhydian Cowley and Kyle Swan*

*Right: Pramesh Prasad*



*Kim Mottrom, Madeleine Feain, Michelle Thompson and Philippa Huse*



*VRWC 35km Championship for the Ray Smith Trophy – Michelle Thompson, Quentin Rew and Pramesh Prasad*



*Emily Smith, Tracy Feiner and Alannah Upson*

**NSW COMBINED HIGH SCHOOLS CHAMPIONSHIPS, SOPAC, SYDNEY, 5-7 SEPTEMBER**

You know the summer season is just around the corner when you start to see the schools track based competitions start to kick in.

To Sydney last week for the annual NSW Combined High Schools Athletics Championships, which included senior and junior walk divisions for both boys and girls. Well done to gold medalists **Oscar Tebbutt** (12:50.53), **Alannah Pitcher** (14:20.43), **Reece Madden** (6:49.28), and **Milly Boughton** (6:55.81).

**Boys 3000m Walk 17+ & Under**

1. Oscar Tebbutt	Henry Kendall	12:50.53
2. Jack McGinniskin	West Wallsend	13:09.69
3. Hayden Blaskett	Killarney Heights	14:26.88
4. Jake Atwell	Dapto High	15:06.20
5. Elijah Harris	Girraween High	15:51.14
6. Daniel Pivetta	Normanhurst Boys	18:14.58
7. Travis Gardner	South Grafton	22:53.88

**Girls 3000m Walk 17+ & Under**

1. Allannah Pitcher	Terrigal High	14:20.43
2. Emma Blanch	Caringbah High	14:53.72
3. Hannah Bolton	Narara Valley	15:20.34
4. Bridget Bell	The Hills Sports	15:22.82
5. Sophia Dagher	Westfields Sports	17:15.13
6. Student 29	Sydney East Region	17:24.71
7. Alexandra Wicks	Quakers Hill	18:48.70
8. Bianca Gannan Sarah	Redfern	18:58.80
9. Gabrielle Marriot	Smiths Hill High	20:08.20

**Boys 1500m Walk 15 & Under**

1. Reece Madden	Kingscliff High	6:49.28
2. Joel Kemp	TL - Berkely Vale	6:58.33
3. Raven Pyda	Westfields Sports	7:19.70
4. George Davis	Epping Boys	7:43.41
5. William Mills	Cherrybrook Tech	7:46.40
6. Keegan Whitten	Figtree High	7:57.38
7. Hudson Barry	Coffs Harbour H	8:03.51
8. Liam Spamer	Cardiff High	8:12.50
9. Thomas Muir	Kingswood High	8:13.31
10. Ethan Oddy	Picton High	9:30.69

**Girls 1500m Walk 14 & Under**

1. Milly Boughton	Endeavour Sports	6:55.81
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2.	Izabella Dunne	Terrigal High	7:13.27
3.	Emma Thomas	Muirfield High	7:16.40
4.	Tara Laytham	Killarney Heights	7:26.26
5.	Casey Stanley	Cronulla High	7:37.20
6.	Marisa Stojanovic	St Johns Park	7:57.08
7.	Chloe Krklinski	Muirfield High	8:05.28
8.	Isabella Farrell	Casula High	8:12.08
9.	Charli Ryan	Warilla High	9:08.83
10.	Tiani Hogan	Mullumbimby	9:13.52
	Kaylee Reid-O'Brien	Keira High	DNF
	Payten Hogan	Mullumbimby	DQ

#### TRWC ROADWALKS, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 8 SEPTEMBER

Thanks to Wayne Fletcher for this week's results from Tasmania. Wayne reports:

On a nice sunny day to finish off the winner season, a relay was held. With a number still not well, it was an easy fun session for the 2 teams. Each member of the team had to do an 800m followed by two 400m's. The way the teams were structured, there always was a chase on. At the end, only 2 seconds separated the two teams. Everyone enjoyed the different day.

That finishes the TRWC winter season, but the masters walkers do have some upcoming track competitions to keep their fitness up.

#### Walk Relay: 1 x 800 and 2 x 400 for each competitor

1.	Team A	Steve Ahern, Dave Moore, Anna Blackwell	26.36
2.	Team B	Alice Randall, Wayne Fletcher, Chloe Ahern	26.38

#### ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 8 SEPTEMBER

Thanks to **Robin Whyte** for the latest results from Canberra. Great effort by 76 year old **Robin Whyte** to win the 4 Hour walk (33.500km). Fast 5km time by **Mitchell Baker** (22:22). ACTRWC has one final meet scheduled for next weekend.

#### 4 Hour Walk

1.	Robin Whyte	33.500 km
2.	Greg Durr	30.771 km
3.	Bryan Thomas	30.316 km
4.	Phil Essam	23.410 km

#### 2 Hour Walk

1.	Bob Parker	15.324 km
2.	Doug Fitzgerald	13.173 km

#### 5km Walk

1.	Mitchell Baker	22:22
2.	Rosemary Parker	37:26
3.	Jane Bates	38:12
4.	David Mackenzie	42:38
5.	Jack Thackray	45:35
6.	Pat Fisher	47:52

#### 1km Walk

1.	Ella Baker	06:14
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#### SAMA ROADWALKS, WEST TERRACE, ADELAIDE, SATURDAY 8 SEPTEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: *Last walk for the Winter Season, held at West Terrace, Adelaide. Turkey handicap. Cool mostly sunny arvo. Good, undulating course. Followed by Winter Presentations.*

#### 5km Club Walk

1.	Marie Maxted	34:09	W58	70.76%
2.	Gil McIntosh	36:05	M68	67.76%
3.	Raelene Schild	38:43	W53	59.28%
4.	Dave Fallon	38:44	M66	61.69%
5.	Rodger Barber	39:08	M80	73.50%
6.	Margaret McIntosh	41:23	W65	63.50%
7.	Roger Lowe	41:56	M75	63.75%
8.	Ross Hill-Brown	42:24	M63	54.55%
9.	David Robertson	46:26	M85	67.31%
10.	Colin Hainsworth	48:25	M88	68.23%
11.	Edna Bates	49:11	W65	53.43%
12.	Cathie Hore	49:11	W67	54.88%
13.	Jeff Kennett	53:07	M68	46.03%

**22<sup>ND</sup> WORLD MASTERS ATHLETICS CHAMPIONSHIPS, MALAGA, SPAIN, 4-16 SEPTEMBER**

The World Masters Championships continue this week at Malaga. They started last Tuesday, just as last week's newsletter was going to press. I had noted our participating VRWC walkers but left out Tony Doran – apologies Tony. Our VRWC contingent is **Gwen Steed, Russ Dickenson, Heather Carr, Ralph Bennett, Andrew Jamieson, Tony Doran** and **Sandra Howorth**.

Check out the championships website at [https://malaga2018.com/GO/eng\\_index.htm](https://malaga2018.com/GO/eng_index.htm). You will be able to check out results on web page <https://wmamalaga2018.com/results/>.

The 5000m track walks were held over 3 days, with each division being scheduled separately. Each day was split in two, with a morning session (good conditions early but temperature rising) and a late afternoon/evening session (the walkers unlucky enough to have their walks scheduled in the late afternoon timeslot copped the worst of of the hot and humid conditions). See reports at

<http://omarchador.blogspot.com/2018/09/wmac-malaga-5000-m-m35-55-resultados-69.html>

<http://omarchador.blogspot.com/2018/09/wmac-malaga-5000-m-w35-55-e-m60.html>

<http://omarchador.blogspot.com/2018/09/wmac-malaga-5000-m-w60-e-m65-resultados.html>

**5000m Walks, Tuesday 4 September**

Australian **Lynette Ventris** was the fastest woman on day one (26:15.58), followed by the France's **Marie Astrid Monmessin** (26:53.79) and China's **Jingjie Pan** (27:06.45), all W60. The fastest men on day one were M65 Mexican **Jose Luis Lopez Camarena** (25:34.45) and M70 British walker **Ian Richards** (25:51.34). Richards' mark set a new world record, beating his compatriot Arthur Thomson's previous record at 26:01.52, set in Birmingham in 2006.

Our VRWC reps performed well with **Ralph Bennett** (M70 2<sup>nd</sup> 31:38.26), **Gwen Steed** (W75 4<sup>th</sup> 36:50.55), **Andrew Jamieson** (M70 5<sup>th</sup> 41.88), **Russ Dickenson** (M70 14<sup>th</sup> 36:33.69) and **Tony Doran** (16<sup>th</sup> M65 35:11.57) but dreadful luck for **Heather Carr** (W65) who was forced to retire from her first race with ongoing achilles issues. This may well spell the end of Heather's championships.

My results are restricted to the first 10 in each division. To drill down further, see <https://wmamalaga2018.com/results/>.

W75, 9AM	1	Pirjo Karetie	FINLAND	35:24.84
	2	Hannele Kivisto	FINLAND	35:28.38
	3	Hildegard Vey	SOUTH AFRICA	36:07.20
	4	<b>Gwen Steed</b>	<b>AUSTRALIA</b>	<b>36:50.55</b>
	5	Gisela Theunissen	GERMANY	37:53.84
	6	<b>Joan Purcell</b>	<b>AUSTRALIA</b>	<b>38:00.86</b>
	7	Helga Drager	GERMANY	39:25.49
	8	<b>Lynne Schickert</b>	<b>AUSTRALIA</b>	<b>39:49.87</b>
	9	Larysa Lebedieva	UKRAINE	42:16.67
	10	Emilia Gusat	ROMANIA	47:30.79
W80, 9AM	1	Ana Maria Ortiz	MEXICO	42:19.62
	1	Lyusya Aleksyeyeva	UKRAINE	42:25.57
	2	Elida Fortunata Balcaza	ARGENTINA	46:21.54
	3	Erna Anritter	GERMANY	46:32.27
W85, 9AM	1	Jean Horne	CANADA	41:55.90
W90, 9AM	1	Elena Pagu	ROMANIA	46:19.48
M85, 10:10AM	1	Ivan Pushkin	UKRAINE	37:02.64
	2	Ingvar Nilsson	SWEDEN	41:06.90
	3	Guiben Sun	CHINA	44:31.92
M90, 10:10AM	1	John Starr	UNITED STATES	39:14.81
	2	Zhiyong Wang	CHINA	48:34.34
W70, 11AM	1	Elsa Meyer	SOUTH AFRICA	32:15.77
	2	Jacqueline Wilson	NEW ZEALAND	32:48.17
	3	Antonina Tyshko	UKRAINE	33:37.78
	4	Christel Schustakowitz	SPAIN	36:01.41
	5	Kathleen Frable	UNITED STATES	36:07.27
	6	Ursula Klink	GERMANY	36:41.56
	7	Suzanne Loyer	FRANCE	37:20.49
	8	Panseluta Geer	UNITED STATES	37:21.87
	9	Heidrun Neidel	GERMANY	37:51.95
	10	Darlene Backlund	UNITED STATES	38:39.78



M80, 11:45AM	1	Romolo Pelliccia	ITALY	32:00.74	
	2	Alexis Jordana	FRANCE	34:58.32	
	3	Mykola Panaseiko	UKRAINE	35:43.51	
	4	Mick Barker	GREAT BRITAIN AND N.I.	36:24.29	
	5	<b>Thomas Seymon</b>	<b>AUSTRALIA</b>	<b>38:18.86</b>	
	6	Vincenzo Menafro	ITALY	41:17.17	
	7	William Hosken	UNITED STATES	47:52.21	
W75, 5:45PM	1	Vladimir Kansky	CZECH REPUBLIC	31:31.34	
	2	<b>Ralph Bennett</b>	<b>AUSTRALIA</b>	<b>31:38.26</b>	
	3	Marcel Jobin	CANADA	32:09.03	
	4	Gianfranco De Lucia	ITALY	34:41.43	
	5	Ignacio Edmundo Olivas Gomez	MEXICO	35:10.74	
	6	Alexis de Coppet	SWITZERLAND	35:58.51	
	7	Amatore Michieletto	ITALY	36:16.66	
	8	<b>Stephen Barker</b>	<b>AUSTRALIA</b>	<b>37:45.85</b>	
	9	Pier Giorgio Andreotti	ITALY	38:36.98	
W65, 6:30PM	1	Kris Kozell	CANADA	30:19.09	
	2	Ma Orlete Mendes	PORTUGAL	30:49.39	
	3	Marianne Martino	UNITED STATES	31:31.18	
	4	Teresa Chiozza	CANADA	31:37.19	
	5	Winnie Koekemoer	SOUTH AFRICA	31:42.50	
	6	Aurora Alvarez Ordas	SPAIN	31:52.11	
	7	Edith Brochot	FRANCE	32:20.09	
	8	Maria Jose Briz	SPAIN	33:36.30	
	9	Liliana Whalen	CANADA	35:48.90	
	10	Ester Del Pilar Pastene Ardiles	CHILE	37:53.83	
	11	Maria Gaby Arias Cuellar	ARGENTINA	38:57.00	
	DNF	<b>Heather Carr</b>	<b>AUSTRALIA</b>	<b>DNF</b>	
W60, 7:15PM	1	<b>Lynette Ventris</b>	<b>AUSTRALIA</b>	<b>26:15.58</b>	
	2	Marie Astrid Monmessin	FRANCE	26:53.79	
	3	Jingjie Pan	CHINA	27:06.45	
	4	Daniela Ricciutelli	ITALY	28:35.09	
	5	Johanna Flipsen	CANADA	28:54.88	
	6	Rosmary Pelaez Cardona	COLOMBIA	30:24.76	
	7	Catherine Duhig	GREAT BRITAIN AND N.I.	30:59.49	
	8	Liliane Bonvarlet	FRANCE	31:27.48	
	9	Natalia Marcenco	ITALY	31:30.24	
	10	Nancy Patten	CANADA	31:46.84	
M65, 8PM	1	Jose Luis Lopez Camarena	MEXICO	25:34.45	
	2	Ignacio Melo Valls	SPAIN	26:13.22	
	3	Patrice Brochot	FRANCE	26:43.60	
	4	Boguslaw Seidel	POLAND	26:54.71	
	5	Mike Parker	NEW ZEALAND	27:23.69	
	6	Eric Kemsley	NEW ZEALAND	28:18.41	
	7	Michael Wiggins	UNITED STATES	28:43.24	
	8	Daniel Siegenfuhr	FRANCE	29:01.97	
	9	Manuel de Jesus Hernandez Perez	MEXICO	29:46.24	
	10	Petr Adam	CZECH REPUBLIC	31:22.75	
	12	<b>John Russell</b>	<b>AUSTRALIA</b>	<b>31:37.67</b>	
	14	<b>Dennis Williams</b>	<b>AUSTRALIA</b>	<b>32:04.44</b>	
	16	<b>Anthony Doran</b>	<b>AUSTRALIA</b>	<b>35:11.27</b>	
	M70, 8:45PM	1	Ian Richards	GREAT BRITAIN AND N.I.	25:51.34
		2	Formentin Ettorino	ITALY	27:25.84
		3	Norman Frable	UNITED STATES	29:55.54
4		Ludwig Niesselberger	AUSTRIA	30:38.95	
5		<b>Andrew Jamieson</b>	<b>AUSTRALIA</b>	<b>30:41.88</b>	
6		Bela Farago	FRANCE	30:41.94	
7		John McMullin	IRELAND	31:53.08	
8		Bernard Delayre	FRANCE	32:36.11	
9		Benito Leon Gonzalez	SPAIN	32:59.72	
10		Richard McGuire	UNITED STATES	34:19.67	
14		<b>Russ Dickenson</b>	<b>AUSTRALIA</b>	<b>36:33.69</b>	



*Lyn Ventris wins yet another World Masters gold, this time in the W60 5000m walk at Malaga*

### Wednesday 5 September, 5000m Walks

Further 5000m walk divisions were scheduled the next day, with morning and evening sessions once again. Only one male division, with Mexican **Adan Mendez Montiel** winning the M60 division (26:12.51) ahead of Australian **Colin Heywood** (27:06.38). Apart from that, there were 5 women's divisions. Fastest time overall to W40 50km walker **Erin Taylor-Talcott** (25:08.71). Next fastest was the impressive French W50 walker **Sylvie Sevellec** (25: 15.19). The remaining winners were **Maria Isabel Perez Belloch** (W35 25:31.55), **Elena Cinca** (W45, 25:39.07) and **Carole Imbert** (W55 30:28.87). Special mention to NSW walker **Anne Weekes** (W55 2<sup>nd</sup> 31:10.73) but bad luck to VRWC walker **Sandra Howorth** who was disqualified in the W55 division.

W55, 9:30AM	1	Carole Imbert	NEW CALEDONIA	30:28.87
	2	<b>Anne Weekes</b>	<b>AUSTRALIA</b>	<b>31:10.73</b>
	3	Yolanda Esparza Cornejo	MEXICO	31:48.73
	4	Nicole Begin	CANADA	32:05.03
	5	Celeste Scheepers	SOUTH AFRICA	32:29.18
	6	Catherine Pongin	FRANCE	32:29.79
	7	Sophia Francina Suzanna Coetzee	SOUTH AFRICA	33:20.58
	8	Maria Engracia Calleros Ramos	MEXICO	34:51.74
	9	Nicky Slovitt	CANADA	35:04.63
	10	Helena Rodrigues	PORTUGAL	35:23.85
	<b>DQ</b>	<b>Sandra Howorth</b>	<b>AUSTRALIA</b>	<b>DQ</b>
M60, 10:15AM	1	Adan Mendez Montiel	MEXICO	26:12.51
	2	<b>Colin Heywood</b>	<b>AUSTRALIA</b>	<b>27:06.38</b>
	3	Jesus Javier Moreno Mate	SPAIN	27:19.63
	4	Angel Ruata Martin	SPAIN	27:37.67
	5	Miroslaw Luniewski	POLAND	27:40.86
	6	?	CANADA	27:45.57
	7	Waldemar Malecki	POLAND	28:40.34
	8	Johann Coetzee	SOUTH AFRICA	28:57.62
	9	Peter Fox	NEW ZEALAND	29:06.19
	10	Ilmars Saulgriezis	LATVIA	29:13.89
W50, 11AM	1	Sylvie Sevellec	FRANCE	25:15.19
	2	Katalin Bodorkos-Horvath	HUNGARY	26:58.30
	3	Sinead Mc Connell	IRELAND	27:01.46
	4	Kathryn Grimes	UNITED STATES	28:02.53
	5	Kalliopi Gavalaki	GREECE	28:05.75
	6	Carmen Martin Pinuela	SPAIN	29:19.18
	7	Susan Brooke	CANADA	29:38.54
	8	Isabel Ruiz-Ayucar Seifert	SPAIN	30:23.47
	9	Line Falcon	CANADA	30:43.87
	10	Debra Bridges	UNITED STATES	30:48.84
	<b>DQ</b>	<b>Cheryl-Lee Dean</b>	<b>AUSTRALIA</b>	<b>DQ</b>

W45 H1, 7:15PM	1	Elena Cinca	ITALY	25:39.07
	2	Alexandra Lamas	PORTUGAL	25:56.22
	3	Violaine Bray	FRANCE	26:28.19
	4	Africa Rodriguez	SPAIN	27:19.74
	5	Lenka Borovickova	CZECH REPUBLIC	28:15.47
	6	Carmen Hernandez	SPAIN	28:50.42
	7	Ma.del Carmen Lupercio Luevano	MEXICO	28:50.97
	8	Katarzyna Sleziona	POLAND	28:57.31
	9	Mariaan Serdyn	SOUTH AFRICA	29:06.48
	10	Margaret Reid	IRELAND	29:30.53
W45 H2, 6:30PM	1	Fatima Costa	PORTUGAL	30:19.79
	2	Julie Bellfield	GREAT BRITAIN AND N.I.	30:54.28
	3	Maria Luisa Guitron Rodriguez	MEXICO	31:22.94
	4	Ursula Koivunen	FINLAND	31:38.23
	5	Jenny Acuna Leal	VENEZUELA	32:48.91
	6	Tamara Stevenson	UNITED STATES	33:01.19
	7	Marisa Suarez	ARGENTINA	33:12.09
	8	T.G.Vinitha Winifred Perera	SRI LANKA	33:16.10
	9	Ana Macedo	PORTUGAL	33:25.60
	10	Susana de Haro Ruiz	SPAIN	34:02.78
W35, 8PM	1	Maria Isabel Perez Belloch	SPAIN	25:31.55
	2	Marta Nogueira Fernandez	SPAIN	26:34.18
	3	Felicidade Rosa	PORTUGAL	27:58.65
	4	Micaela Benzi	ITALY	28:48.37
	5	Renu Saharawat	INDIA	29:54.00
	6	Veronica Espino	SPAIN	29:56.19
W40, 8PM	1	Erin Taylor-Talcott	UNITED STATES	25:08.71
	2	Valeria Pedetti	ITALY	25:19.63
	3	Brit Schroter	GERMANY	25:22.38
	4	Ronel Jolinda Viljoen	SOUTH AFRICA	26:51.96
	5	Carolyn Derbyshire	GREAT BRITAIN AND N.I.	28:40.52
	6	Iwona Grinholc	POLAND	29:56.75
	7	Vita Ormane	LATVIA	30:35.96
	8	Pet Yeng Yap	SINGAPORE	46:01.63

#### Thursday 6 September, 5000m Walks

The last 5000m walks were on Thursday 6<sup>th</sup> September, with the younger age groups providing super fast times. Kenyan M40 winner **Eric Maugo Sikuku** surprised with 20:45.08, the fastest time overall, ahead of M40 Dutchman **Rick Liesting** with 20:58.78. Of the other walk titles decided on Thursday, 3 went to Spain (M45 **Juan Antonio Porras Hidalgo** 22: 17.50, M50 **Miguel Angel Carvajal Ortega** 22: 36.21 and M55 **Miguel Perianez Garcia** 23: 10.37) and one went to Britain (M35 **Dominic King** 21:36.61).

M55 9:15AM	1	Miguel Perianez Garcia	SPAIN	23:10.37
	2	Ray Sharp	UNITED STATES	23:31.14
	3	Francisco Reis	PORTUGAL	23:40.21
	4	Leanid Semianovich	BELARUS	23:42.48
	5	Sergio Antonio Gutierrez Brenes	COSTA RICA	24:31.51
	6	Kari Laiho	FINLAND	24:46.72
	7	Uwe Schroter	GERMANY	25:08.61
	8	Jose Munoz Belmonte	SPAIN	25:31.66
	9	Yvan Bechard	CANADA	25:52.43
	10	Dave Talcott	UNITED STATES	26:10.30
M50H2 10AM	1	Andreas Ritzenhoff	GERMANY	26:51.32
	2	Guillermo Perez Alba	SPAIN	27:28.82
	3	Claudio Velando Castan	SPAIN	27:32.58
	4	Madars Breide	LATVIA	27:35.32
	5	Jose Maria Garcia	SPAIN	28:23.39
	6	Jose Domingo Gonzalez Garcia	SPAIN	28:36.12
	7	Ivan Hernandez	PUERTO RICO	28:55.73
	8	Eldho Paul	INDIA	30:24.49
	9	Bruce Logan	UNITED STATES	32:28.25
	10	Edgar Hernan Guevara Martinez	COLOMBIA	33:04.38
M50 H1 10:40	1	Miguel Angel Carvajal Ortega	SPAIN	22:36.21
	2	Philippe Bonneau	FRANCE	23:06.90

	3	Leonardo Toro Lopez	SPAIN	23:26.35
	4	Remco de Bruin	NETHERLANDS	24:12.45
	5	Steffen Meyer	GERMANY	24:47.24
	6	Jaime Arturo Gomez Sotelo	MEXICO	24:50.11
	7	Eric Neisse	FRANCE	25:11.57
	8	Josef Smola	CZECH REPUBLIC	25:20.66
	9	David Swarts	UNITED STATES	25:24.13
	10	Henrique Santos	PORTUGAL	26:25.19
M45 7PM	1	Juan Antonio Porras Hidalgo	SPAIN	22:17.50
	2	Normunds Ivzans	LATVIA	22:26.43
	3	Rafael Martin Jmenez	SPAIN	22:31.95
	4	Dmitry Babenko	CANADA	22:49.23
	5	Steffen Borsch	GERMANY	23:31.61
	6	Meftah Swaieh	FRANCE	24:41.97
	7	Biju Puduserry Sani	INDIA	25:04.86
	8	Joachim Maier	GERMANY	27:40.57
	9	Adam Sleziona	POLAND	27:45.90
	10	Dominic Chartier	CANADA	27:54.84
M40 7:45PM	1	Eric Maugo Sikuku	KENYA	20:45.08
	2	Rick Liesting	NETHERLANDS	20:58.78
	3	Stephane Poirout	FRANCE	22:17.52
	4	Juan Ruben Piñera Alvarez	SPAIN	22:35.28
	5	Alonso Sanchez Carmona	MEXICO	22:57.52
	6	Horacio Reyes Olvera	MEXICO	23:12.14
	7	Grzegorz Grinholc	POLAND	23:31.06
	8	Andris Alksnis	LATVIA	23:54.18
	9	Brian B. O Domhnaill	IRELAND	24:24.23
	10	Francisco Julio Carmona Gordillo	SPAIN	24:30.61
M35 8:30PM	1	Dominic King	GREAT BRITAIN AND N.I.	21:36.61
	2	Juan Manuel Morales Del Castillo	SPAIN	22:03.71
	3	Angel Blanco Hidalgo	SPAIN	22:28.02
	4	Marcos Monterrubio	SPAIN	23:32.80
	5	Antonio Camano Mesa	SPAIN	24:01.98
	6	Michael Bartholomew	UNITED STATES	33:29.86

### 10km Roadwalks, Monday 10<sup>th</sup> September

The 10km roadwalks were all held on Monday 19<sup>th</sup> September, with the various divisions spread out in 4 separate races as follows

8:15AM	W55-W85
9:45AM	M65-M90
11:15AM	W35-W55
6:15PM	M50-M60
7:30PM	M35-M45

Numbers were huge, with full results at <https://wmamalaga2018.com/results/>. Unfortunately, the results are not 100% correct, in that in age groups where teams races are contested, additional names from other age groups are inserted. So for instance, Ralph Bennett is down as 9<sup>th</sup> in the M70 division and 1<sup>st</sup> in the M70 division. Similarly Lyn Ventris is down as winning both W55 and W60. These are obviously incorrect! So I can't guarantee that the first 10 placings from each age group below are exactly correct.

Congratulations Lyn Ventris - W60 10K Gold and World record.... hit a bit of a wall the last 5km but still brought it home in 27.18 to finish with a world record of 53.26. A record by 31 sec. thanks coach Jim Leppik..must be very proud!!

W55, 8:15AM	<b>1</b>	<b>Lynette Ventris</b>	<b>AUSTRALIA</b>	<b>53:26</b>
	2	Johanna Flipsen	CANADA	59:21
	3	Marianne Gerhard	GERMANY	1:01:09
	4	Helen Middleton	GREAT BRITAIN AND N.I.	1:01:16
	5	Dora Briere	SWITZERLAND	1:02:11
	<b>6</b>	<b>Anne Weekes</b>	<b>AUSTRALIA</b>	<b>1:03:56</b>
	7	Nicole Begin	CANADA	1:04:21
	8	Catherine Pongin	FRANCE	1:04:48
	9	Nancy Patten	CANADA	1:05:09
	10	Rita Zuravlova	LATVIA	1:06:47
	<b>29</b>	<b>Sandra Howorth</b>	<b>AUSTRALIA</b>	<b>1:21:20</b>

W60, 8:15AM	<b>1</b>	<b>Lynette Ventris</b>	<b>AUSTRALIA</b>	<b>53:26</b>
	2	Marie Astrid Monmessin	FRANCE	54:15
	3	Jingjie Pan	CHINA	56:46
	4	Johanna Flipsen	CANADA	59:21
	5	Daniela Ricciutelli	ITALY	1:00:21
	6	Therese Cornet	FRANCE	1:01:09
	7	Andrea Zirknitzer	AUSTRIA	1:02:40
	8	Catherine Duhig	GREAT BRITAIN AND N.I.	1:03:10
	9	Josefina Lopez Serna	MEXICO	1:03:23
	10	Ann Wheeler	GREAT BRITAIN AND N.I.	1:04:18
W65, 8:15AM	1	Kris Kozell	CANADA	1:00:42
	2	Marianne Gerhard	GERMANY	1:01:09
	3	Ma Orlete Mendes	PORTUGAL	1:02:06
	4	Edith Brochot	FRANCE	1:04:10
	5	Elsa Meyer	SOUTH AFRICA	1:04:11
	6	Marianne Martino	UNITED STATES	1:04:17
	7	Aurora Alvarez Ordas	SPAIN	1:04:43
	8	Teresa Chiozza	CANADA	1:04:48
	9	Rita Zuravlova	LATVIA	1:06:47
	10	Anne de Thy	CANADA	1:08:22
	<b>21</b>	<b>Elizabeth Hancock</b>	<b>AUSTRALIA</b>	<b>1:30:17</b>
W70, 8:15AM	1	Elsa Meyer	SOUTH AFRICA	1:04:11
	2	Noel Blatchford	GREAT BRITAIN AND N.I.	1:07:51
	3	Antonina Tyshko	UKRAINE	1:10:13
	4	Ursula Klink	GERMANY	1:13:15
	5	Kathleen Frable	UNITED STATES	1:13:16
	6	Panseluta Geer	UNITED STATES	1:13:18
	7	Suzanne Loyer	FRANCE	1:14:21
	8	Darlene Backlund	UNITED STATES	1:16:06
	9	Heidrun Neidel	GERMANY	1:16:11
	10	Margarete Molter	GERMANY	1:19:17
W75, 8:15AM	1	Hildegard Vey	SOUTH AFRICA	1:10:24
	2	Hannele Kivisto	FINLAND	1:12:08
	3	Pirjo Karetie	FINLAND	1:12:59
	<b>4</b>	<b>Joan Purcell</b>	<b>AUSTRALIA</b>	<b>1:17:05</b>
	5	Gisela Theunissen	GERMANY	1:17:22
	6	Vera Grinberte	LATVIA	1:19:09
	7	Helga Drager	GERMANY	1:21:55
	<b>8</b>	<b>Lynne Schickert</b>	<b>AUSTRALIA</b>	<b>1:24:12</b>
	9	Larysa Lebedieva	UKRAINE	1:25:36
	10	Rita Pena Vazquez	MEXICO	1:32:45
W80, 8:15AM	1	Ana Maria Ortiz	MEXICO	1:22:19
	2	Paulina Alejandro Valdez	BOLIVIA	1:25:10
	3	Lyusya Aleksyeyeva	UKRAINE	1:25:37
	4	Elida Fortunata Balcaza	ARGENTINA	1:32:21
W85, 8:15AM	1	Jean Horne	CANADA	1:25:20
M65, 9:45AM	1	Ignacio Melo Valls	SPAIN	53:31
	2	Patrice Brochot	FRANCE	53:49
	3	Jose Luis Lopez Camarena	MEXICO	54:23
	4	Vincenzo Panico	FRANCE	55:44
	5	Jurgen Albrecht	GERMANY	58:07
	6	Eric Kemsley	NEW ZEALAND	58:50
	7	Patrick Colomar	FRANCE	59:02
	8	Daniel Siegenfuhr	FRANCE	59:29
	9	Peter Boszko	GREAT BRITAIN AND N.I.	59:46
	10	Michael Wiggins	UNITED STATES	1:01:22
	<b>14</b>	<b>Dennis Williams</b>	<b>AUSTRALIA</b>	<b>1:03:39</b>
<b>26</b>	<b>John Russell</b>	<b>AUSTRALIA</b>	<b>1:07:53</b>	
M70, 9:45AM	1	Ian Richards	GREAT BRITAIN AND N.I.	54:08
	2	Formentin Ettorino	ITALY	58:02
	3	Norman Frable	UNITED STATES	1:01:28

	4	Harijs Abolins	LATVIA	1:02:00
	5	Roberto Piaser	ITALY	1:02:56
	6	Fernand Rabatel	FRANCE	1:03:10
	7	Roger Michell	GREAT BRITAIN AND N.I.	1:04:02
	8	Ludwig Niestelberger	AUSTRIA	1:04:21
	9	Pasquale Palella	ITALY	1:04:58
	10	Bela Farago	FRANCE	1:05:00
	<b>29</b>	<b>Russell Dickenson</b>	<b>AUSTRALIA</b>	<b>1:15:55</b>
	<b>DNF</b>	<b>Andrew Jamieson</b>	<b>AUSTRALIA</b>	<b>DNF</b>
M75, 9:45AM	<b>1</b>	<b>Ralph Bennett</b>	<b>AUSTRALIA</b>	<b>1:04:28</b>
	2	Peter Schumm	GERMANY	1:06:17
	3	Vladimir Kansky	CZECH REPUBLIC	1:06:29
	4	Wolf-Dieter Giese	GERMANY	1:08:04
	5	Ignacio Edmundo Olivas Gomez	MEXICO	1:09:30
	6	Gianfranco De Lucia	ITALY	1:11:44
	7	Christian Lassave	FRANCE	1:12:09
	8	Amatore Michieletto	ITALY	1:13:33
	9	Raitis Lerme	LATVIA	1:13:41
	10	Zdenek Gonsiorovsky	CZECH REPUBLIC	1:14:07
M80, 9:45AM	1	Romolo Pelliccia	ITALY	1:03:12
	2	Alexis Jordana	FRANCE	1:10:37
	3	Mykola Panaseiko	UKRAINE	1:11:25
	<b>4</b>	<b>Thomas Seymon</b>	<b>AUSTRALIA</b>	<b>1:20:57</b>
	5	Claude Millard	FRANCE	1:32:42
	6	Claude Merle	FRANCE	1:32:42
M85, 9:45AM	1	Ivan Pushkin	UKRAINE	1:18:45
	<b>2</b>	<b>Colin Silcock-Delaney</b>	<b>AUSTRALIA</b>	<b>1:20:07</b>
	3	Sergio Augusto Michel Paoli	DOMINICAN REPUBLIC	1:21:15
	4	Ingvar Nilsson	SWEDEN	1:26:48
M90, 9:45AM	1	John Starr	UNITED STATES	1:20:29
	2	Sriramulu Vallabhajosyula	INDIA	1:27:24
W35, 11:15AM	1	Kathrin Schulze	AUSTRIA	54:57
	2	Marta Nogueira Fernandez	SPAIN	55:13
	3	Felicidade Rosa	PORTUGAL	58:16
	4	Nadezda Duskova	CZECH REPUBLIC	58:17
	5	Lenka Borovickova	CZECH REPUBLIC	58:41
	6	Micaela Benzi	ITALY	1:00:15
	7	Martina Netolicka	CZECH REPUBLIC	1:00:39
	8	Renu Saharawat	INDIA	1:05:08
	9	Silvia Bicocchi	ITALY	1:07:22
	10	Adela Martinez Gomez	SPAIN	1:08:00
W40 11:15AM	1	Tatiana Zucconi	ITALY	52:12
	2	Bianca Schenker	GERMANY	52:36
	3	Valeria Pedetti	ITALY	53:21
	4	Erin Taylor-Talcott	UNITED STATES	53:49
	5	Christele Jouan	FRANCE	53:55
	6	Brit Schroter	GERMANY	55:09
	7	Ronel Jolinda Viljoen	SOUTH AFRICA	59:13
	8	Nicole Horl	GERMANY	59:47
	9	Katarzyna Sleziona	POLAND	1:00:17
	10	Chik Ha Kwok	HONG KONG, CHINA	1:01:03
W45, 11:15AM	1	Elena Cinca	ITALY	53:28
	2	Sonia Demon	FRANCE	53:50
	3	Violaine Bray	FRANCE	55:06
	4	Alexandra Lamas	PORTUGAL	55:54
	5	Sinead Mc Connell	IRELAND	56:32
	6	Africa Rodriguez	SPAIN	56:49
	7	Kathryn Grimes	UNITED STATES	58:21
	8	Lenka Borovickova	CZECH REPUBLIC	58:41
	9	Carmen Hernandez	SPAIN	59:06
	10	Nicole Horl	GERMANY	59:47

W50 11:15AM	1	Valerie Boban	FRANCE	55:41
	2	Katalin Bodorkos-Horvath	HUNGARY	55:50
	3	Sinead Mc Connell	IRELAND	56:32
	4	Kathryn Grimes	UNITED STATES	58:21
	5	Manuela Lucaferro	ITALY	59:37
	6	Carmen Martin Pinuela	SPAIN	1:00:02
	7	Myriam Nicolas	BELGIUM	1:01:45
	8	Isabel Ruiz-Ayucar Seifert	SPAIN	1:02:35
	9	Valerie Bonnal	FRANCE	1:02:57
	10	Susan Brooke	CANADA	1:03:28
	<b>25</b>	<b>Cheryl-Lee Dean</b>	<b>AUSTRALIA</b>	<b>1:11:19</b>
M50 6:15PM	1	Miguel Angel Carvajal Ortega	SPAIN	47:31
	2	Philippe Bonneau	FRANCE	48:19
	3	Leonardo Toro Lopez	SPAIN	49:57
	<b>4</b>	<b>Andrew Duncan</b>	<b>AUSTRALIA</b>	<b>50:13</b>
	5	Juan Manuel De Lucas Pasalodos	SPAIN	50:50
	6	Rodrigo Moreno	COLOMBIA	50:56
	7	Francisco Reis	PORTUGAL	51:21
	8	Giancarlo Camilletti	ITALY	51:30
	9	Eric Neisse	FRANCE	51:43
	10	Steffen Meyer	GERMANY	52:33
M55, 6:15PM	1	Ray Sharp	UNITED STATES	47:49
	2	Adolfo Garcia Marin	SPAIN	50:38
	3	Sergio Antonio Gutierrez Brenes	COSTA RICA	51:00
	4	Leamid Semianovich	BELARUS	51:10
	5	Francisco Reis	PORTUGAL	51:21
	6	Adan Mendez Montiel	MEXICO	52:33
	7	Andrea Naso	ITALY	52:35
	8	Uwe Schroter	GERMANY	52:42
	9	Abel Monsivais Juarez	MEXICO	53:01
	10	Kari Laiho	FINLAND	53:07
M60 6:15PM	1	Adan Mendez Montiel	MEXICO	52:33
	2	Anatoliy Gorshkov	UKRAINE	53:21
	<b>3</b>	<b>Colin Heywood</b>	<b>AUSTRALIA</b>	<b>54:58</b>
	4	Mirosław Luniewski	POLAND	56:43
	5	Pedro Jose Aranda Fernandez	SPAIN	57:18
	6	Denis Laflamme	CANADA	57:18
	7	Angel Ruata Martin	SPAIN	57:35
	8	Peter Fox	NEW ZEALAND	58:32
	9	Jesus Javier Moreno Mate	SPAIN	59:51
	10	Ilmars Saulgriezis	LATVIA	1:00:09
M35 7:30PM	1	Dominic King	GREAT BRITAIN AND N.I.	44:40
	2	Stephane Poirout	FRANCE	45:31
	3	Andreas Janker	GERMANY	45:53
	4	Daniel King	GREAT BRITAIN AND N.I.	46:42
	5	Marcos Monterrubio	SPAIN	48:13
	6	Luis Correia	PORTUGAL	48:58
	7	Antonio Camano Mesa	SPAIN	50:41
	8	Igor Sapunov	ITALY	51:19
	9	Gabriele Ravacchioli	ITALY	52:44
	10	Baptiste Giraud	FRANCE	53:20
M40 7:30PM	1	Eric Mugo Sikuku	KENYA	43:18
	2	Claudio Erasmo Vargas Castillo	MEXICO	45:23
	3	Stephane Poirout	FRANCE	45:31
	4	Jose Manuel Gomez Garcia	SPAIN	46:52
	5	Normunds Ivzans	LATVIA	47:11
	6	Martin Nedvidek	CZECH REPUBLIC	47:16
	7	Grzegorz Grinholc	POLAND	48:17
	8	Horacio Reyes Olvera	MEXICO	48:47
	9	Francisco Parra Alvarez	SPAIN	49:13
	10	Alonso Sanchez Carmona	MEXICO	49:54

M45 7:30PM	1	Alex Florez	SWITZERLAND	46:07
	2	Normunds Ivzans	LATVIA	47:11
	3	Juan Antonio Porras Hidalgo	SPAIN	47:32
	4	Dmitry Babenko	CANADA	47:36
	5	Roberto Rodriguez Jimenez	SPAIN	48:54
	6	Steffen Borsch	GERMANY	49:08
	7	Meftah Swaieh	FRANCE	50:02
	8	David Durand Pichard	FRANCE	51:03
	9	Malte Strunk	GERMANY	51:58
	10	Manuel Jesus Ruiz Asencio	SPAIN	52:51

Thanks to Emmanuel Tardi for all the following fantastic pics. Well done mate!



*Outstanding walks by M40 Eric Maugo Sikuku, W60 Lyn Ventris, M75 Ralph Bennett and M70 Ian Richards*



*W50 Valerie Boban, W45 Elena Cinca, W40 Tatiana Zucconi and W55 Anne Weekes*





*M60 Adan Mendez Montiel, M55 Ray Sharp, M50 Miguel Angel Carvajal Ortega and M65 Ignacio Melo Valls and Patrice Brochot*



*M80 Jim Seymon, M70 Russ Dickenson (love the hat Russ!), W75 Lynne Schickert and M80 Romolo Pelliccia*

I am sure that Emmanuel will be making his Malaga photo galleries available soon for additional shots.

The 20km roadwalks will be held on Friday 14<sup>th</sup> September and the championships will end on Sunday 16<sup>th</sup> September.

**CHINESE AUTUMN ATHLETICS CHAMPIONSHIPS, DALI, CHINA, 7-9 SEPTEMBER**

Last weekend saw the Chinese Autumn Athletics Championships, taking place in the city of Dali, some 200km from Xi'an, the capital of Shaanxi Province. Well reported by [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3278](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3278). Alas, marciadalmondo only has very limited results as the full results set is in Chinese. That will have to wait for another day.

The 20km championships were held on Friday morning, starting at 7:30AM in relative pleasant conditions. Lots of spectators and huge high quality fields as usual.

**20 km men (46 finishers)**

- |    |             |         |
|----|-------------|---------|
| 1. | Yin Jiaxing | 1:21:55 |
| 2. | Su Song     | 1:22:19 |

3.	Zhaxi Yangben	1:22:19
4.	Xi Jiong	1:22:50
5.	Niu Wenchao	1:23:04
6.	Sun Shuai	1:23:10
7.	Heng	1:23:14
8.	Lu Ning	1:23:20
9.	Peng Chen	1:23:26
10.	Zhang Jun	1:23:32
11.	Zhou Yangjun	1:23:42
12.	Chen Rui	1:24:00

#### 20 km women (24 finishers)

1.	Lu Xiuzhi	1:29:06
2.	Ma Zhenxia	1:29:28
3.	Yang Lujing	1:29:31
4.	Ma Li	1:29:32
5.	Su Wenbin	1:29:48
6.	Gesang Zhuoma	1:30:29
7.	Wang Yingliu	1:30:37
8.	Wang Na	1:31:44
9.	Ni Yuanyuan	1:32:08
10.	Duan Dandan	1:32:14
11.	Liu Yu	1:34:44
12.	Yin Hang	1:35:27

U20 and U18 10km men's races were also held. Alas, only the first 3 placings known at this stage.

#### U20 10km Men (30 finishers)

1.	Cui Lihong	39:57
2.	Li Xiaobin	40:06
3.	Zhang Yao	40:19

#### U18 10km Men (44 finishers)

1.	Hu Wenchao	41:40
2.	Li Junran	41:42
3.	Li Lin	41:48

Saturday morning saw the 50km championships, starting at 7AM on a warmer day. Again, well reported by marciadalmondo ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3280](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3280)).

#### 50km men (57 starters, 23 finishers)

Not too many of the big guns in action here but imagine 57 starters in a national level 50km and you have some idea of the depth of racewalking in China.

1.	Luo Dongpo	3:57:25
2.	Biang Tongda	3:58:17
3.	Niu Wenbin	3:59:47
4.	Luo Yadong	4:02:16
5.	Wang Chao	4:02:41
6.	Meng Zhongkai	4:03:09
7.	Wei Xubao	4:03:42
8.	Pen Shiyi	4:04:19

#### 50km women (8 finishers from 11 starters)

World record holder and World Team Championships winner **Liang Rui** was back in action, as was fellow World Race Walk Team Championships team member **Li Maocuo**. As expected, these two athletes walked together for most of the race before Liang Rui forced the pace towards the end, winning with a good 4:12:25. Li Maocuo hung on well for second, just outside her Taicang mark of 4:14:57. It was then a long way back to third place. Of the eleven athletes at the start, eight completed the race. Great stuff!

1.	Liang Rui	4:12:25
2.	Li Maocuo	4:14:57
3.	Chi Meijiao	4:42:17
4.	Xia Kaili	4:43:26
5.	Zhang Yan	4:56:09
6.	Zhu Rounan	4:58:33
7.	Zhang Chunxiu	5:06:29
8.	Pu Xin	5:09:06

Finally, U20 men's 30km and U20 and U18 women's 10km. Note that of the 38 walkers in the U20 30km, many had participated the day before in the U20 10km.

**U20 30km Men (38 starters, 26 finishers)**

1.	Li Xiaobin	2:15:06
2.	Wen Yongjie	2:17:25
3.	Liu	2:17:55

**U20 10km Women (23 starters, 20 finishers)**

1.	Yang Weiwei	45:18
2.	Li Wenxiu	45:59
3.	Bai Xueying	46:12

**U18 10km Women (12 starters, 10 finishers)**

1.	Xi Recuo	47:13
2.	Zhou Wenjing	47:43
3.	Bai Xueying	47:45

**9<sup>TH</sup> ATHENS RACEWALK CAMP, MATI, GREECE, 26 AUGUST - 16 SEPTEMBER**

Zoe Gkini reports on what was another successful Greek Racewalking Camp.

Only 50 days after the great fire tragedy which caused 98 deaths in Mati, 50 km east from Athens, the 9<sup>th</sup> Athens Racewalking Camp sent a message of hope from there! For the 9<sup>th</sup> year, the camp was organised by racewalking coach Mr Napoleon Kefalopoulos, with the collaboration of the Municipality of Athens and the Deputy Mayor Mr. Vasiliou. For 3 weeks, the walkers prepared themselves for winter training, had fun, reviewed the experiences from their last competitions and, for the youngest walkers, had the opportunity to further their understanding of racewalking and do some competitions.

The feelings were very strange, because the surrounding area was badly burnt, but fortunately not the camp.

The colour of the competition was green, the color of HOPE, and with this competition the walkers, the coaches, the deputy mayor, the staff, all wanted to send the message that this area was still alive!

Friday 7<sup>th</sup> September saw the competitions and the closing ceremony. There were international, national and local judges from SEGAS to oversee the races.

Amongst the better known walkers were **George Tzatzimakis** who participated in the 2018 European U23 Championships in Tampere and **Dosica Topic** who was 8<sup>th</sup>, with a national record, in the 50km at the 2018 European 50km Championships in Berlin!

**5km men all categories**

1.	Vaitsis Ioannis	(95, GAS Ilissos)	20.52	PB
2.	Tzatzimakis George	(99, G.S.Elefterios Venizelos)	21.42	
3.	Vouyoukaas Stilianos	(03 Arisveos Mitilini)	26.26	
4.	Tolias Dionisios	(02 AE Esperos Patras)	26.41	
5.	Tsitoglou Isaias	(63 AO Pefkis)	16.42	

**3km girls U16**

1.	Antonopoulou Anastasia	(04 GAS Ilissos)	15.32
2.	Pappa Kiriaki	(03 Ikaros Nea Ionia)	17.25
3.	Tzatzimaki Vasia	(03 G.S, Elefterios Venizelos)	17.26
4.	Papadimitriou Zafiria	(03 Pindaros Thivas)	19.04

**5 km Women all categories**

1.	Topic Dosica	(SERBIA)	24.15
2.	Filtisakou Kiriaki	(00 G.S Eeferios Venizelos)	24.30
3.	Vaitsi Athanasia	(98 GAS Ilissos)	26.14
4.	Korkou Zoe	(96 GAS Ilissos)	27.14
5.	Sgouda Violeta	(02 A.O Esperos Patras)	29.02
6.	Fotiadou Eleni	(00 GAS Kilkis)	29.27
7.	Nifora Alexandra	(02 AO Esperos Patras)	23.58



Left: Camp Flyer



Right: Dosica Topic wins women's 5km



The team at the Green Racewalking camp (photos Zoe Ggini)

**109<sup>TH</sup> ITALIAN ATHLETICS CHAMPIONSHIPS, PESCARA, 7-9 SEPTEMBER 2018**

The 10km roadwalks at last weekend's Italian Athletics Championships were held last Friday on the Pescara seafont, using the same course as was used in the 2009 Mediterranean Games. See [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3279](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3279) for reports and photos.

**10km Women, 5:30PM, Friday 7 September (first 10 places)**

The women's race, which was held in wet conditions, saw a close battle between **Antonella Palmisano** and **Valentina Trapletti**. It was Palmisano who eventually won out with 45:15, ahead of Trapletti (45:33) and **Fatima Lofti** (47:01).

1.	PALMISANO Antonella	1991	G.A. FIAMME GIALLE	45:15
2.	TRAPLETTI Valentina	1985	C.S. ESERCITO BRACCO ATLETICA	45:33
3.	LOTFI Fatima	1992	NUOVA ATL. FEMM. ACQUAVIVA	47:01
4.	VITIELLO Sara	1996	G.S.SELF ATL. MONTANARI GRUZZA	49:17
5.	ZAPPAROLI Alessia	1988	C.U.S. BOLOGNA A.S.D.	49:46
6.	SANSONI Adelaide	1982	U.S. QUERCIA TRENTINGRANA	49:58
7.	GIORDANI Vittoria	2000	U.S. QUERCIA TRENTINGRANA	49:59

8.	CASIRAGHI Martina	2002	ATL. BERGAMO 1959 ORIOCENTER	50:12
9.	BERTINI Simona	2001	A.S.D. FRANCESCO FRANZIA	50:39
10.	GALLI Ilaria Camilla	1987	ATLETICA FIRENZE MARATHON S.S.	51:53

#### 10km Men, 6:30PM, Friday 7 September (first 10 places)

The men's race followed an hour later, with the rain still falling. A battle developed between **Massimo Stano** and **Gianluca Picchiottino**, but it was Stano who won with 39:19, ahead of Picchiottino (39:26) and **Francesco Fortunato** (40:03). Great depth on display.

1.	STANO Massimo	1992	G.S. FIAMME ORO PADOVA	39:19
2.	PICCHIOTTINO Gianluca	1996	G.A. FIAMME GIALLE	39:26
3.	FORTUNATO Francesco	1994	G.A. FIAMME GIALLE	40:03
4.	TONTODONATI Federico	1989	C.S. AERONAUTICA MILITARE	40:18
5.	AGRUSTI Andrea	1995	G.A. FIAMME GIALLE	41:13
6.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	41:19
7.	GRILLO Ettore	1997	ATLETICA FIRENZE MARATHON S.S.	42:21
8.	VONA Flavio	1984	ATL.BIOTEKNA MARCON	42:58
9.	MONTOLEONE Luca	1990	A.S.D. FRANCESCO FRANZIA	44:19
10.	COPPINI Niccolo'	1997	ATLETICA FIRENZE MARATHON S.S.	44:23

#### DRUSKININKAY INTERNATIONAL WALKS MEET, DRUSKININKAY, LITHUANIA, SATURDAY 8 SEPTEMBER

Thanks to omarchador for these results (see <http://omarchador.blogspot.com/2018/09/virbalyte-e-liakhovich-repetem-vitorias.html>). Also reported by marciadalmondo at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3282](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3282).

Lithuanian **Brigita Virbalyte** and Belarussian **Aliaksandr Liakhovich** retained their titles in the 26<sup>th</sup> edition of the Druskininkay International Walks meet in Lithuania last Saturday. Virbalyte, after her top performance in Berlin and on the eve of her participation in the IAAF Challenge Final in Suzhou, China, continues to show great form, setting a new meet record with her winning time of 43.02, which also secured her the Lithuanian national title. U23 walker **Živile Vaiciukeviciute**, who also competed excellently in Berlin, took second with 44.32, ahead of Kazakhstan's **Diana Aidossova** with 47.26. Liakhovich, with 40.51, won the men's race from compatriot **Dzmitry Dziubin** (50km bronze medalist in Berlin), with 41.25. Third place and Lithuanian national title went to **Artur Mastianica** with 41.29. Overall, it was a big meet, with over 100 walkers from Lithuania, Belarus, Kazakhstan and Poland.

#### 10km Women

1.	Brigita Virbalyte	1985	LTU	43.02
2.	Živile Vaiciukeviciute	1996	LTU	44.32
3.	Diana Aidossova	1995	KAZ	47.26
4.	Nadzeya Darazhuk	1990	BLR	49.27
5.	Austeja Kavaliauskaite	2000	LTU	50.44
6.	Ieva Šukeviciute	1996	LTU	56.10

#### 10km Men

1.	Aliaksandr Liakhovich	1989	BLR	40.51
2.	Dzmitry Dziubin	1990	BLR	41.25
3.	Artur Mastianica	1992	LTU	41.29
4.	Anatoli Homeleu	1996	BLR	42.09
5.	Tadas Šuškevicius	1985	LTU	42.12
6.	Vitalij Teriochin	1996	KAZ	44.32
7.	Darius Jazepcikas	1980	LTU	45.41
8.	Lukasz Niedzialek	2000	POL	48.16 (U20)
9.	Paulius Juozaitis	2000	LTU	48.40 (U20)
10.	Deividas Balevicius	1999	LTU	50.12 (U20)

#### OUT AND ABOUT

- A couple of important World Masters Championships dates have now been announced
  - Mar 2021 9<sup>th</sup> WMA Indoor Championships, Edmonton, Canada
  - Aug 7-17, 2022 24<sup>th</sup> WMA Athletics Championships, Gothenburg Sweden
- And talking Masters, check out website <http://www.mastershistory.org/history/resultsworld.html> for full results from all World Masters T&F Championships from 1975 to 2013. What a resource!
- Zooming back a week to the Victorian Half Marathon Championships at Burnley, special mentions to **Rhydian Cowley** (7<sup>th</sup> with 1:07:26) and **Kyle Swan** (92<sup>nd</sup> with 1:17:33). That is great running by two of our top walkers.

- And talking of walkers who also do the occasional run, I wrote an article way back in 2009, titled “*Crossing to the Dark Side*”. I have dusted it off to add in Rhydian, along with a couple of other walkers who have good walk/run doubles. Check it out at <http://www.vrwc.org.au/tim-archive/articles/wg-Crossing-to-the-Dark-Side.pdf>.
- **Paul DeMeester**'s latest 2018 50km ranking list is now available at <http://www.vrwc.org.au/50km-stats.shtml>. Thanks Paul!

## MARCIALMONDO AND OMARCHADOR ROUNDUP

There are 6 press release for us from Marciadalmondo this week

- Mon 10 Sep - Druskininkai (LTU): Victories of Brigita Virbalyte-Dimsiene (LTU) and Alexander Liakhovic (BLR) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3282](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3282)
- Sun 9 Sep - News from the 9th Athens Walks Camp in Mati, Greece [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3281](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3281)
- Sat 8 Sep - Xi'an (CHN): Luo Dongpo and Liang Rui win 50km at Chinese Autumn Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3280](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3280)
- Sat 8 Sep - Pescara (ITA) - Antonella Palmisano and Massimo Stano win Italian Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3279](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3279)
- Fri 7 Sep - Xi'an (CHN): Yin Jiaying and Lu Xiuzhi win the autumn China Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3278](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3278)
- Tue 4 Sep - Preview of Italian Championships in Pescara [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3277](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3277)

and omarchador has 11 press releases

- Mon 10 Sep - Results of Chinese Autumn Championships in Dali <http://omarchador.blogspot.com/2018/09/recordista-mundial-dos-50-km-marcha.html>
- Mon 10 Sep - Virbalyte and Liakhovich win at the 26th Druskininkay International Walks meet in Lithuania <http://omarchador.blogspot.com/2018/09/virbalyte-e-liakhovich-repetem-vitorias.html>
- Sun 9 Sep - British walker Ian Richards sets new M70 track world records for 3000m and 5000m <http://omarchador.blogspot.com/2018/09/britanico-ian-richards-bate-recordes.html>
- Sat 8 Sep - Lebanese walker Sandy Karam competes in Chiasso <http://omarchador.blogspot.com/2018/09/sandy-karam-uma-marchadora-libanesa-em.html>
- Sat 8 Sep - Úradník and Czaková perform well in the Slovakian Club Championships <http://omarchador.blogspot.com/2018/09/uradnik-e-czakova-evidenciam-se-nos.html>
- Fri 7 Sep - WMA Champs in Malaga - Results of M35-M55 5,000m races <http://omarchador.blogspot.com/2018/09/wmac-malaga-5000-m-m35-55-resultados-69.html>
- Fri 7 Sep - Jonathan Hobbs and Jayne Farquhar win British 50km Champs <http://omarchador.blogspot.com/2018/09/jonathan-hobbs-e-jayne-farquhar-sagram.html>
- Thu 6 Sep - WMA Champs in Malaga - Results of W35-M60 5,000m races <http://omarchador.blogspot.com/2018/09/wmac-malaga-5000-m-w35-55-e-m60.html>
- Wed 5 Sep - Results of Swiss 20km in Chiasso <http://omarchador.blogspot.com/2018/09/chiasso-in-marcia-suica-resultados.html>
- Wed 5 Sep - WMA Champs in Malaga - Results of W60+ and M65+ 5,000m races <http://omarchador.blogspot.com/2018/09/wmac-malaga-5000-m-w60-e-m65-resultados.html>
- Tue 4 Sep - President of the Republic decorates Inês Henriques <http://omarchador.blogspot.com/2018/09/presidente-da-republica-condecorou-ines.html>

## NEW AUSTRALIAN SPORTING SITES AND LINKS

- I was sent a link to the newly created **Australian Institute of Sport (AIS) Athletics Program website** designed by Greg Blood, Australian sports historian and Australian Sports Commission staff alumni. Setup under the auspices of the Clearinghouse for Sport, it tracks every AIS athletics coach and athlete from the 32 years in which the athletics program operated (1981-2013). See [https://www.clearinghouseforsport.gov.au/people/ais\\_alumni/athletics](https://www.clearinghouseforsport.gov.au/people/ais_alumni/athletics).



I follow Greg Blood on twitter (@gregblood) and recommend that you should also.

- Sadly, the AIS quietly closed down its athletics scholarship program at the start of 2013. Since then, further sports have left the venerable institution and it now seems by preference to cater for school groups and minor sporting teams. It is a sad echo of its past glory. A number of people have recently taken aim at the AIS, claiming the government funded organisation has lost sight of its goals. See for instance jodo fighter Duke Didier (<http://www.fightnewsaustralia.com/judoka-mma-fighter-duke-didier-criticises-ais-structure/>) and former marathon champion and former AIS director Rob De Castella (<https://www.smh.com.au/sport/the-ais-is-dead-it-s-a-sham-rob-robot-de-castella-fears-for-future-20180730-p4zuec.html>).

ALP Parliamentarian Andrew Leigh has set up a petition calling on the Federal Government to stop the job cuts and get to work on a strategic plan for positioning the Australian Institute of Sport back to its rightful place at the heart of Australia's national sporting strategy. I have signed it as I think it is a necessary thing to do. Decide for yourself - see <http://www.andrewleigh.com/aispetition>.



You can track the AIS and its history at [https://en.wikipedia.org/wiki/Australian\\_Institute\\_of\\_Sport](https://en.wikipedia.org/wiki/Australian_Institute_of_Sport).

- Talking of superb website links, check out <http://athhistory.sportstg.com/almanac/index.htm>. This has links to every Athletics Australia Almanac from 1952 to 2017. I have a number of these in hard copy format but not all, so this is a wonderful new initiative. The yearly Almanacs list the World and Australian records at that time, the yearly ranking lists and the results of the various Australian Championships. The almanacs have become more comprehensive over the years. They are no longer produced in hard copy so this digital archive is essential.



Wow, more and more web resources are coming online day by day.

## YOU TAKE SPORTING SUPPLEMENTS AT YOUR OWN RISK

USADA has produced a superb web page, warning athletes and coaches of the issues involved in taking supplements. See <https://www.usada.org/substances/supplement-411/recognize-risk-when-see-it/>. Here are the titles of each of the 14 points discussed. Moral of the story – you take them at your own risk.

1. Avoid supplements that list prohibited substances on their label.
2. Avoid products made by any company that sells products containing substances prohibited in sport.
3. Avoid muscle-building, weight-loss, sexual enhancement, and “energy” supplements.
4. Watch out for companies that market products in any of the above categories.
5. Watch out for ingredients ending in -ol – diol or –stene, or ingredients that contain a lot of numbers.
6. Avoid supplements that claim to treat or prevent a disease.
7. Watch out for claims like “newest scientific breakthrough” or statements like “secret formula,” “money back guarantee,” “quick fix,” “used for thousands of years,” or “what the experts don’t want you to know”, or the use of impressive sounding scientific jargon.
8. Watch out for claims that a product is an “alternative to prescription medication.”
9. Be very skeptical of “clinical studies” or advertisements with lots of images of doctors, etc.
10. Watch out for herbals, and the term “all natural.”
11. Avoid complicated products with tons of ingredients or ingredients that you don’t recognize.
12. Beware of products that have not been tested by a qualified third-party.
13. Beware of “Proprietary Blends.”
14. Beware of products that have a lot of adverse events associated with them.

## ATHLETICS VICTORIA PERPETUAL TROPHY WINNERS

Each winter season, VRWC works with Athletics Victoria to award 6 perpetual trophies, all racewalking related. I am pleased to confirm this year's winners:

NORM GOBLE TROPHY	Most points earned in Men’s AV Championships	<b>Pramesh Prasad</b>
BETTY NEWMAN TROPHY	Women’s Walking Team Champions	<b>Athletics Nunawading</b>
AVIS REDMAN TROPHY	Best Under 16 Girl Walker	<b>Alanna Peart</b>
TOM DAINTRY TROPHY	Best Under 14 Girl Walker	<b>Darcey Roberts</b>
BOB GARDINER SHIELD	Best U16/U14 Boy Walker	<b>Heath Beveridge</b>
SIMON BAKER SHIELD	Best U18 Boy Walker	<b>Corey Dickson</b>

Check out these, as well as our VRWC awards, at <http://www.vrwc.org.au/documents/VRWC%20AND%20AV%20TROPHIES.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

Oct 5-6, 2018	AV Shield commences (Round 1 at various venues)
Oct 13-20, 2018	Alice Springs Masters Games - <a href="http://www.alicespringmastersgames.com.au/">www.alicespringmastersgames.com.au/</a>
Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - <a href="https://mastersgames.com.au/ppmg/">https://mastersgames.com.au/ppmg/</a>
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
Feb 3 (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

### International Dates – 2018 and onwards

Sept 4-16, 2018	<b>22<sup>nd</sup> World Masters Athletics T&amp;F Championships</b> , Malaga, Spain
Sept 24-26, 2018	Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B) See <a href="http://www.wzdrs.com/">http://www.wzdrs.com/</a> .
Mar 24-30, 2019	<b>8<sup>th</sup> World Masters Indoors T&amp;F Championships</b> , Torun, Poland



July 3-14, 2019      **30<sup>th</sup> Summer Universiade**, Naples Italy  
Aug 30-Sep 7, 2019      **20<sup>th</sup> Oceania Masters T&F Championships**, Mackay, Queensland, AUS  
Sept 28 – Oct 6, 2019      **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar

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

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

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

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