



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 06
6 November 2018



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WALKER OF THE WEEK

My Walker of the Week is 15 year old Melbourne walker **Nikola Mandic**. This is his fourth time on page 1 of this newsletter, following on from previous WOW awards in 2014, 2015 and 2017.

He was the winner of the Victorian All-Schools U16 3000m walk on Sunday morning, in a time of **13:36.36**. This 'part time' summer season walker continues to clock up great performances each year, even though we rarely if ever see him during any of our winter season walks. He comes back each summer as fit as ever and puts quickly the times on the board. As of now, his PBs read impressively – 6:14 (1500m), 8:43 (2000m) and 13:35 (3000m). I keep thinking what he could do with a full year's work!



Nikola in action on Sunday at Lakeside Stadium in Melbourne (photo Athletics Victoria)

WHAT'S COMING UP

- **Athletics Victoria Shield competition** continues next weekend, with Round 5 on Saturday 10th November.
 - AV Shield Round 5 Program 1, Blue vs White Zones, Knox Park Reserve, **Scoresby**, Saturday 10 November
 - AV Shield Round 5 Program 2, Yellow vs Red Zones, Newport Park, **Newport**, Saturday 10 November
 - AV Shield Round 5 Program 1, Ballarat Region, Llanberris Reserve, **Ballarat**, Saturday 10 November
 - AV Shield Round 5 Program 1, Geelong Region, Landy Field, **Geelong**, Saturday 10 November
 - AV Shield Round 5 Program 1, Bendigo Region, La Trobe University Track, **Bendigo**, Saturday 10 November

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

- The next round of our VRWC Summer Season will be held at Middle Park on Sunday 18th November, with timetable as at <http://www.vrwc.org.au/vrwc19.shtml>. That day sees us hosting our Summer Roadwalk Championships and AGM..

- A reminder to all VRWC members that your **annual VRWC membership renewal is now due**. This will confirm your membership from 1st October 2018 until 30th September 2019. Download the membership renewal form from <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>. Members can also join or re-register by filling in the form online on the VRWC Website at <http://vrwc.org.au/wp1/vrwc-financial-membership/>.
- The **Pan Pacific Masters Games** (<https://mastersgames.com.au/ppmg>) are currently underway at the Runaway Bay Super Centre on the Gold Coast, Queensland. The walks are on Friday (5000m track walks), Saturday (3000m track walks) and Sunday (10km roadwalks).
Live results will be at http://liveresults.qldathletics.org.au/2018/181109_2018PanPacs/index.htm.

VICTORIAN ALL-SCHOOL T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 2-4 NOVEMBER

The Victorian All-Schools Athletics Championships were held last weekend at the Lakeside Stadium in Albert Park in inner Melbourne. The U17 and U20 5000m walks were on Friday evening, contested on a hot and windy evening. The best performance was by **Corey Dickson** with 24:46.81 for the U20 5000m Walk.

U17 Boys 5000m Walk

1. Dynes, William	Parade Colle	27:41.42
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U17 Girls 5000m Walk

1. Cocking, Holly	Luther College	30:24.89
2. O'Mahony, Kathleen	Mater Christ	31:00.54
3. Powierski, Rebekah	Glen Waverle	31:52.66
4. Dingli, Isabella	Killester College	35:04.14

U20 Boys 5000m Walk

1. Dickson, Corey	Tintern Gram	24:46.81
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U20 Girls 5000m Walk

1. Jia Lin, Koong	Bukit Jalil (Malaysia)	27:41.78
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The 3000m walks were contested on Sunday morning, with bigger fields in evidence. The better conditions saw lots of big PBs as the young walkers strove for that little extra. The U14 Boys 3000m saw a nail biting finish, with **Marcus Wakim** (16:02.42) just outlasting **Luke Epps** by 0.43 sec. **Darcey Roberts** surprised us all by fronting for and winning the U14 Girls 3000m with 17:02.88. The U16 walks saw some excellent times, with **Nikola Mandic** just 1 sec outside his PB with 13:36.36, **Alanna Peart** (13:57.69) and **Heath Beveridge** (a huge PB of 14:24.21). Finally to the U15 where **Fraser Saunder** (14:48.96) and **Brianna Briet** (17:48.77) took the honours.

3000m U14 Boys

1. Wakim, Marcus	Carey Baptis	16:02.42	PB 1:03
2. Epps, Luke	Rowville Pri	16:02.85	
3. Delaney, Shannon	Carrum Prima	18:33.27	First one
4. Weickhardt, Sebastian	Seabrook Pri	18:42.11	
Hutchins, Liam	St Bernadett	DQ	
Matters, Zachary	Camberwell G	DQ	

3000m U14 Girls

1. Roberts, Darcey	Billanook Pr	17:02.88	
2. Upson, Alannah	Rowellyn Par	17:25.18	PB 1:21
3. Heikkila-Dubowik, Kaylah	Matthew Flin	17:36.62	PB 0:36
4. Smith, Emily	St Joseph's	17:42.41	PB 1:18
5. Tatlock, Riannah	Leopold Prim	17:57.04	PB 1:00
6. Ballinger, Laura	Loreto Colle	21:14.72	
7. Darlow, Mia	Ballarat High Sc	22:35.06	
Paul, Claudia	Kardinia Int	DQ	

3000m U15 Boys

1. Saunder, Fraser	Ballarat Gra	14:48.96	
2. Costin, Owen	Kardinia Int	16:08.35	PB 0:47
3. Chiam, Benjamin	St Kevin's College	21:36.45	

3000m U15 Girls

1. Briet, Brianna	Berwick Seco	17:48.77
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3000m U16 Boys

1. Mandic, Nikola	Nossal High School	13:36.36	
2. Beveridge, Heath	Overnewton A	14:24.21	PB 0:35

3.	Collis, Bede Hay, Angus	Parade Colle Brentwood Se	15:25.86 DQ	PB 1:52
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3000m U16 Girls

1.	Peart, Alanna	Ballarat High Sc	13:57.69	PB 0:01
2.	Hay, Charlotte	Brentwood Se	15:51.70	
3.	Young, Grace	Northcote Hi	16:11.25	PB 1:09
4.	Holmes, Charlotte	St Helena Se	17:27.94	PB 0:15
5.	Louey, Grace	Avila College	18:28.25	
6.	Dingli, Alannah	Killester College	18:51.35	PB 0:22
7.	Walker, Charli	Oberon High School	19:17.66	



AV Schools winners Nikola Mandic, Darcey Roberts and Corey Dickson (photos Athletics Victoria)

QMA T&F MEET, SAF, BRISBANE, WEDNESDAY 31 OCTOBER

Alas, only two walkers in action in the latest Queensland Masters event in Brisbane.

30 Minutes Walk

1.	Mark Carlile	M45	Brisbane	5140m
2.	Brenda Gannon	W44	Brisbane	4052m

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 31 OCTOBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Hot day and evening. Turn-out improving. Good to see **Jack Russell** back from WAMA Championships in Spain.

1500m Walk

1.	Richard Everson	07:18	M55	84.54%
2.	Jack Russell	08:52	M66	77.71%
3.	Marie Maxted	09:19	W58	72.92%
4.	George White	09:30	M73	78.89%
5.	Kevin Finn	10:07	M67	68.89%
6.	James Hoare	10:56	M72	67.68%
7.	Liz Downs	11:01	W63	64.91%
8.	Richard Moyle	11:03	M62	59.74%
9.	David Robertson	12:18	M85	72.75%

1500m Club Walk

1.	Graham Harrison	11:04	M75	69.53%
2.	Roger Lowe	11:35	M75	66.43%
3.	Dave Fallon	11:36	M66	59.4%

4.	Margaret McIntosh	12:03	W65	60.68%
5.	John Hore	13:04	M70	55.25%
6.	Cathie Hore	13:23	W68	56.62%

2000m Walk

1.	Richard Everson	10:08	M55	78.74%
2.	George White	12:14	M73	79.22%
3.	Jack Russell	12:17	M66	72.53%
4.	Mark Worthing	12:33	M56	64.16%
5.	Marie Maxted	13:08	W58	67.69%
6.	Kevin Finn	13:13	M67	68.17%
7.	James Hoare	14:36	M72	65.54%
8.	Richard Moyle	15:00	M62	56.90%
9.	David Robertson	17:16	M85	67.11%

2000m Club Walk

1.	Dave Fallon	14:57	M66	59.59%
2.	Graham Harrison	14:59	M75	66.42%
3.	Roger Lowe	15:47	M75	63.05%
4.	Margaret McIntosh	15:56	W65	60.25%
5.	Linda Whitelaw	16:21	W64	58.02%
6.	Gill White	17:14	W70	59.37%
7.	John Hore	17:40	M70	52.83%
8.	Edna Bates	18:19	W65	52.41%
9.	Cathie Hore	18:20	W68	54.35%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, ACT, THURSDAY 1 NOVEMBER

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

2000m Handicap

1.	Doug Fitzgerald	15:14
2.	Jack Thackray	17:07
3.	Bryan Thomas	13:45
4.	Michael Smith	11:26
5.	Peter Baker	10:43
6.	Val Chesterton	17:14
7.	Laura Burns	11:10
8.	Ella Baker	13:51
9.	Lorna England	17:01
10.	Robin Whyte	12:47
11.	Sheryl Greatehead	16:15
12.	Robert Kennelly	18:55
13.	Fran Harris	20:39

800m Walk

1.	Jim White	06:09
2.	Craig Wurtz	06:18

2018 1500 METRE CLASSIC, QSAC, BRISBANE, THURSDAY 1 NOVEMBER

The 1500m Track Classic in Brisbane is always a great meet, with a big participation rate and lots of exciting races, all of them over the 1500m distance. For the last few years, the meet has included a combined 1500m walk as the opening event, and we have seen some fantastic performances from the likes of Dane Bird-Smith and Clara Smith. This year, the big guns were missing from the walks, but that gave the young walkers a chance to shine. Wins this year to **Nelson McCutcheon** (6:23.19) and **Caitlin Hannigan** (6:32.93). Special mentions to 13 year old **Jayda Anderson** (:39:06) and 12 year old **Ashanti Heap** (6:52.16).

Women 1500m Walk Open

1.	Hannigan, Caitlin	16	Uqac	6:32.93	PB 0:01
2.	Anderson, Jayda	13	Gold Coast C	6:39.06	PB 0:03
3.	Heap, Ashanti	12	Gold Coast C	6:52.16	PB 0:36
4.	Clarke, Anika	13	Redlands	7:32.55	
5.	Rowbotham, Miller	17	QA	7:43.50	
6.	Clarke, Makenna	9	Redlands	8:05.98	
7.	Millard, Summer	13	Queensland R	8:08.00	
8.	Pearson, Jade	17	Queensland R	8:14.95	

9. McRoberts, Jasmine-Rose 16 Queensland R 8:20.98

Men 1500m Walk Open

1. McCutcheon, Nelson 16 Qeii Track Club 6:23.19
 2. Wearne, Jonathan 14 Queensland R 6:49.25 PB 0:06
 3. McCure, Sam 12 Gold Coast Victory 7:56.05

We do not get many opportunities to race over 1500m in the older age groups, but I do try to keep my ranking lists up to date. For interest, here are my unofficial 1500m all-time lists. Many of the performances hark from the era when we used to race over the 1500m distance in our summer interclub season. Of course, top walkers like Jared Tallent or Nathan Deakes would have blown these lists apart if they had bothered to race seriously over 1500m during their international careers but they had bigger fish to fry!

Australian All-Tim Rankings – 1500m Walk Women

1.	5.48.34	Katie Hayward	QLD	23-07-2000	Brisbane	03/11/2016	16
2.	5.50.41	Kerry Saxby-Junna	NSW	02-06-1961	Sydney	20/01/1991	Open
3.	5.59.15	Renee McAskill	NSW	11/03/1982	Sydney	25/02/1996	U16
4.	6.09.31	Michelle French	NSW	10/04/1982	Sydney	14/02/1998	U16
5.	6.09.74	Clara Smith	QLD	09/03/1998	Brisbane	02/11/2017	U20
6.	6.10.78	Natalie Saville	NSW	07/09/1978	Hobart	27/03/1994	U16
7.	6.10.80	Sue Cook	VIC	23/04/1958	Canberra	21/01/1984	Open
8.	6.14.30	Jane Saville	NSW	05/11/1974	Sydney	20/01/1991	U18
9.	6.17.08	Jessica Pickles	QLD	09/02/1994	Brisbane	07/11/2013	U20
10.	6.20.20	Gabrielle Blythe	VIC	09/03/1969	Geelong	08/02/1986	U17
11.	6.22.43	Linda Coffee	NSW	31/07/1977	Sydney	21/03/1993	U16
12.	6.23.43	Cheryl Webb	NSW	03/10/1976		'92 Aust Titles	U16
13.	6.25.75	Papadopoulos, Christina	QLD	05/09/1996	Brisbane	02/11/2017	Open
14.	6.31.45	Kate Connolly	NSW		Perth	/03/99 Aust Titles	U16
15.	6.31.67	Jillian Hosking	ACT	12/02/1987	Hobart	08/12/2002	U16
16.	6.31.70	Jemima Montag	VIC	15/02/1998	Melbourne	02/02/2013	U15
17.	6.32.60	Anne Miller	VIC	26/02/1963	Melbourne	05/02/1978	U15
18.	6.32.93	Caitlin Hannigan	QLD	27/07/2002	Brisbane	02/11/2018	U18
19.	6.33.38	Amber Lawrence	NSW		Sydney	21/03/1993	U16
20.	6.33.44	Maureen O'Brien	WA		Sydney	21/03/1993	U16
21.	6.35.3	Shannon Jennings	NSW		Sydney	19/03/2006	U16
22.	6.36.0	Zoe Hunt	ACT	04/12/1997	Canberra	05/03/2015	U18
23.	6.36.17	Marcia Lomas	WA			1991 Aust Titles	U16
24.	6.36.33	Alanna Peart	VIC	06/09/2003	Melbourne	22/10/2018	U16
25.	6.36.73	Nyssa Cobby	WA		Perth	/03/99 Aust Titles	U16
26.	6.37.03	Kellie Wapshott	VIC	23/03/1991	Sydney	09/12/1995	U16
27.	6.38.13	Laura Johnson	NSW	31./08/1984	Sydney	/12/1999	U16
28.	6.38.7	Eliza Clarke	VIC	29/02/2000	Doncaster	10/12/2015	U16
29.	6.39.18	Lisa McIlvenie	NSW		Sydney	13/10/1996	U14
30.	6.39.20	Tanya Holliday	SA	21/09/1988	Hobart	08/12/2002	U16

Australian All-Tim Rankings – 1500m Walk Men

1.	05:16.4	Dane Bird-Smith	QLD	15/07/1992	Brisbane	07/11/2013	U23
2.	05:19.1	David Smith	VIC	24/07/1955	Melbourne	07/02/1981	Open
3.	05:19.5	Jesse Osborne	VIC	24/01/1995	Melbourne	23/03/2014	U20
4.	05:22.1	Nathan Deakes	VIC	17/08/1977	Geelong	18/10/1997	U23
5.	05:29.0	Rhydian Cowley	VIC	04/01/1991	Melbourne	12/12/2012	U23
6.	05:30.8	Willi Sawall	VIC	07/11/1941	Melbourne	23/01/1980	Open
7.	5.32.0	Greg Robertson	TAS	23/12/1969	Hobart	04/01/1989	U20
8.	05:36.0	Chris Erickson	VIC	01/12/1981	Sydney	28/02/2009	Open
9.	05:36.6	Tim Erickson	VIC	23/11/1950	Melbourne	08/11/1980	Open
10.	05:37.5	Andrew Jachno	VIC	13/04/1962	Melbourne	06/03/1982	U20
11.	05:38.8	Dion Russell	VIC	08/.05/1975	Melbourne	26/10/1992	U18
12.	05:41.9	Brad Aiton	QLD	20/06/1994	Southport	17/12/2011	U18
13.	05:42.7	Stephen Brooks	VIC		Adelaide	26/03/1995	U16
14.	05:42.6	Nick Dewar	QLD	13/05/1992	Brisbane	07/11/2013	U23
15.	05:42.5	Brandon Dewar	QLD	13/05/1992	Brisbane	04/10/2010	U20
16.	05:43.8	Daniel Walters	VIC	19/12/1979	Geelong	07/03/1998	U19
17.	05:45.0	David Cash	VIC		Melbourne	08/11/1980	Open
18.	05:45.0	Simon Baker	VIC	06/02/1958	Melbourne	02/12/1983	Open
19.	05:46.2	Bill Dyer	VIC	26/03/1961	Melbourne	07/02/1981	U19
20.	05:47.7	Wayne McEwan	ACT		Hobart	27/03/1994	U16
21.	05:48.6	Nick A'Hern	NSW	06/01/1969	Sydney	05/11/1986	U18
22.	05:50.2	Steve Beecroft	VIC	14/03/1971	Melbourne	25/10/1988	U18
23.	05:50.7	Connor Frew	ACT	21/10/2000	Canberra	24/03/2018	17

24.	05:51.5	Nathan Brill	VIC	24/05/1996	Melbourne	23/10/2012	U17
25.	05:52.0	Tim Fraser	ACT	22/02/2000	Canberra	15/02/2018	17
26.	05:52.0	Barry Birchenell	VIC		Melbourne	04/12/1980	U20
27.	05:52.8	Mitchell Baker	ACT	06/07/2001	Canberra	24/03/2018	16
28.	05:53.0	Brendon Reading	ACT	26/01/1989	Canberra	01/12/2016	27
29.	05:54.3	Luke McCutcheon	QLD	24/06/1998	Brisbane	02/11/2017	18
30.	05:54.4	Declan Tingay	WA	06/02/1999	Perth	21/03/2015	16

You can check out my extended ranking lists at <http://www.vrwc.org.au/arankings.shtml>.

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 3 NOVEMBER

Thanks to **Kim Mottrom** for this week's results from Adelaide. Kim comments: Excellent turnout, with great conditions: 18C and still. Great times overall.

3000m Walk

1.	Kim Mottrom	12:50.46
2.	Tristan Camilleri	13:19.30
3.	Victoria Upton	14:38.12
4.	Mathew Bruniges	14:53.69
5.	Olivia Sandery	14:57.17
6.	Kiera Ross	15:34.87
7.	Samantha Findlay	15:35.40
8.	Aix Harlington	15:40.80
9.	Kitarni Upton	16:45.97
10.	Elli Pusonjic	18:10.87
11.	Mia Wilks	18:22.63
12.	Greg Metha	18:23.97
13.	Chloe Upton	18:51.82
14.	Seth Upton	19:00.38
15.	Zayden Kamish	19:00.41
16.	Meshach Begg	19:13.56
17.	James Hoare	22:33.87

1500m Walk

1.	Jye Muldoon	11:25.69
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ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 3 NOVEMBER

Thanks to **Wayne Fletcher** for this week's results from Hobart. I note that Wayne had his usual battle with **David Moore** – two older masters still toing the line. Well done to them both. Good also to see **Ron Foster** out there and walking after a number of health scares of late.

1500m Walk

1.	Joshua Walker	Old Virgilians	8.24.45
2.	Oliver Morgan	Old Virgilians	9.10.40
3.	Wayne Fletcher	Northern Suburbs	10.50.88
4.	David Moore	Tasmanian Masters	10.53.35
5.	Ron Foster	Tasmanian Masters	11.46.00
1.	Anna Blackwell	Old Virgilians	7.12.12
2.	Chloe Ahern	Old Virgilians	7.57.81
3.	Elizabeth Leitch	Tasmanian Masters	9.55.08

NSW TRELOAR SHIELD, CAMPBELLTOWN ATHLETICS TRACK, CAMPBELLTOWN, SATURDAY 3 NOVEMBER

Surprisingly small fields for the walks in the latest round of the NSW Treloar Shield in Sydney.

5000m Walk

1.	Barendregt, Travis	18	Athletics Nsw	25:56.72
2.	Bell, Bridget	16	Asics Wests	27:47.64
3.	Barendregt, Amanda	22	Nepean Distr	28:32.61
4.	Thomas, Emma	13	Parramatta C	28:48.07
5.	Martin, Brooke	15	Nepean Distr	33:32.81
6.	Pengilley, Teegan	17	Bankstown Sp	DNF

1500m Walk

1.	Bell, Darcy	12	Asics Wests	8:37.62
2.	Stojanovic, Marisa	12	Bankstown Sp	9:07.44
3.	Burns, Amayah	12	Nepean Distr	9:54.14

WA ALL-SCHOOLS CHAMPIONSHIPS, WA ATHLETICS CENTRE, PERTH, 2-4 NOVEMBER

The Western Australian All_Schools Athletics Championships, which were held last weekend in Perth, saw the 3000m walks contested on Friday afternoon and the 5000m walks contested on Sunday. Best efforts to **Alexandra Griffin** (14:37.20) and **Cooper Anderton** (26:02.86).

Girls 3000 Metre Walk Under 14

1.	Alexandra Griffin	13	UNIVERSITY	14:37.20
2.	Brooke Mortimore	13	ATHLETICS WA	15:54.70
3.	Lataya Lawrence	12	ROCKINGHAM	18:29.20

Girls 3000 Metre Walk Under 16

1.	Richelle Morales	15	ATHLETICS WA	17:05.10
2.	Hannah Ireland	15	ROCKINGHAM	17:48.80
3.	Maddison Gray	14	COCKBURN	19:34.20
4.	Ebony Gough	15	JOONDALUP AC	19:37.80

Boys 3000 Metre Walk Under 16

1.	Mitchell Bostock	15	ATHLETICS WA	20:10.00
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Boys 5000 Metre Walk Under 18

1.	Cooper Anderton	16	BUNBURY	26:02.86
2.	Thomas Millard	17	ROCKINGHAM	28:37.67
3.	Calum Murphy	16	ATHLETICS WA	31:19.90
	Benjamin Reid	17	ATHLETICS WA	DQ

Girls 5000 Metre Walk Under 18

1.	Richelle Morales	15	ATHLETICS WA	32:38.82
2.	Caitlin Gallagher	16	RIDGEWOOD	32:49.88
3.	Ebony Gough	15	JOONDALUP AC	36:07.79

MEETING BALMARCHÉ, BALMA, FRANCE, SUNDAY 4 NOVEMBER
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Thanks to Emmanuel Tardi for the results of what was a big walks meet on Sunday in Balma, a suburb of Toulouse. All the races were track based, with the 20,000m at 8:45AM, the 5000m at 9AM and the 10,000m at 11AM, along with shorter distance walks. It was one of the last opportunities to qualify for the 2019 National Championships (another race is schedule next Saturday). Emmanuel tells me the weather was fresh and that there was fog early on.

In the women's 20,000m race, **Eloise Terrec** won with a PB of 1:39:27.92, while the men's 20,000m race saw a photo finish, with **Kyrian Valee** (1:35:14.54) getting the final nod ahead of **Jean Blancheteau** (1:35:14.750). Tunisian walker **Chahineze Nasri** was the fastest of the 5000m walkers with a good 23:29.00 while **Alexis Robichon** was the fastest of the 10,000m walkers with 46:28.12

20,000m Walk Men

1.	VALLEE Kyrian	SEM/94	Ca Balma	1:35:14.54
2.	BLANCHETEAU Jean	SEM/96	Ca Balma	1:35:14.75
3.	RICHARD Dorian	SEM/91	Acj Nerac	1:39:03.18
4.	ESCOFFIER Adrien	ESM/97	Sa Toulouse Uc	1:43:24.57
5.	ADAM Dorian	ESM/97	Bordeaux Athle	1:45:55.32
6.	PRADINES Eric	M35M/79	Ecla Albi	2:03:37.84

20,000m Walk Women

1.	TERREC Eloise	ESF/98	Ac Roche-sur-yon	1:39:27.92
2.	CHAPILLON Roseline	F50F/68	Ca Balma	1:52:48.47
3.	CARDEILLAC Elisabeth	F45F/69	Stadoceste Tarbes	2:07:21.47
4.	BONNAL Valerie	F50F/66	Ecla Albi	2:08:52.33

10,000m Walk Men

1.	ROBICHON Alexis	JUM/00	Ac Roche-sur-yon	46:28.12
2.	RAMON Fabrice	M45M/70	Grand Angouleme Athletisme	47:44.95
3.	MARON Thibault	JUM/00	Ca Balma	47:47.99
4.	GIORDANO Marco (Ita)	SEM/95	Atletica Fanfulla Lodigiana	48:41.62

5.	DURAND-PICHARD David	M45M/72	Athletisme Metz Metropole	48:51.95
6.	GIORDANO Manuel (Ita)	SEM/95	Atletica Fanfulla Lodigiana	49:57.00
7.	KISSA Mael	CAM/02	As Saint-junien	51:40.06
8.	GIMENEZ Mathys	CAM/03	Es Bruges	52:43.40
9.	WROBLEWSKI Matthieu	CAM/02	Us Talence	54:12.00
10.	DAGOSTIN Ludovic	M45M/71	Csm La Seyne	54:43.07
11.	PANICO Vincenzo (ITA)	M65M/51	Blagnac Sc	54:57.57
12.	COLOMAR Patrick	M65M/53	Us Bazas	57:06.99
13.	LACHE Cyrille	M50M/65	Blagnac Sc	57:15.87
14.	FARAGO Bela	M70M/48	Ecla Albi	1:02:56.21
15.	SEN Gerard	M70M/48	Us Bazas	1:08:52.52
16.	RUBIANO Thierry	M45M/68	Tarbes Pyrenees Athletisme	1:13:00.06
	PICARD Pascal	M55M/62	Us Bazas	DNF
	SOUK Rodrigue	M45M/72	Us Bazas	DNF

10,000m Walk Women

1.	CINCA Elena (Ita)	F45F/70	Atletica Brugnera Friuli	55:16.58
2.	GRATIAN Zoe	JUF/00	Sa Toulouse Uc	1:00:21.60
3.	LATAPIE Myriam	F40F/74	Stadoceste Tarbes	1:04:35.51
4.	CECILLON Eliette	F55F/63	Us Bazas	1:06:41.21
5.	DOUMERG Alexandra	SEF/93	Sa Toulouse Uc	1:07:35.02
6.	ROBINET Marie-helene	F50F/67	Ac Auch	1:07:50.15
7.	SEN Lucie	F65F/50	Us Bazas	1:11:04.75

5000m Walk Men

1.	CRETON David	M35M/80	Ca Balma	28:29.07
2.	VISSEQ Adrien	CAM/03	Luc Primaube Athletic	30:23.52
3.	RICHARD Kelian	CAM/02	Acj Nerac	30:41.14
4.	TERRAS Francois	M35M/79	Stadoceste Tarbes	31:02.91
5.	SEGAS Florian	CAM/02	Us Bazas	33:22.51
6.	AZEMA Ugo	CAM/03	Athle 632 Js	36:25.16
	GAUFFRE Yves	M60M/58	Athletic Club Montpellier	DQ
	MEAU Gilles	M60M/57	Montauban Athletisme	DQ

5000m Walk Women

1.	NASRI Chahineze (Tun)	SEF/96	Ca Balma	23:29.00
2.	BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	25:45.44
3.	CASALE Maeva	ESF/97	Ca Balma	25:56.54
4.	RICAUD Emilie	JUF/01	Lauragais Athle	29:28.30
5.	LANASPEZE Christel	F45F/70	Athle 632 Tour	29:33.18
6.	BROCHOT Edith	F65F/52	Tarbes Pyrenees Athletisme	31:15.34
7.	ADAM Magdalena	JUF/01	Ua Gujan-mestras	33:17.63
8.	LOSEILLE Elise	CAF/02	Ca Perigueux	33:30.27
9.	DELAUNAY Manon	CAF/02	Us Bazas	34:09.90
10.	COLOMB Lucie	CAF/03	Us Bazas	34:28.84

3000m Walk Men

1.	SAINT-MARC Adrien	JUM/00	Us Bazas	13:46.16
2.	LANDRAS Adrien	CAM/03	Ca Balma	14:43.74
3.	ROUCH Antony	M40M/76	Ca Balma	18:20.67
4.	DEDIEU-FOURTET Sylvain	MIM/05	Muret Ac	19:18.66
5.	CHIPEAUX Jean-pierre	M60M/58	Ac Narbonne Méditerranée	19:27.19
6.	ANDREOTTI Piergiorgio (Ita)	M75M/40	Atletica Lonato	22:44.00
7.	ABRIAL Gael	MIM/04	Blagnac Sc	22:54.28
8.	DE ALMEIDA RIBEIRO Thomas	BEM/06	Blagnac Sc	23:22.99
	DEDIEU Robert	M65M/50	Muret Ac	DQ
	PENOLAZZI Claudio (Ita)	M60M/55	Atletica Lonato	DQ

3000m Walk Women

1.	DELAHAIE Ana	MIF/04	Bergerac Athletique Club	17:20.00
2.	TOCON Armelle	F50F/67	Castres Athle	18:57.79
3.	CORSINI Maria (Ita)	ESF/98	Atletica Fanfulla Lodigiana	19:21.82
4.	ANDRY Perrine	CAF/03	Palluau Acc	19:53.98
5.	BEAUPUY Eva	CAF/02	Ca Perigueux	20:00.19
6.	COLOMAR Christine	F50F/64	Us Bazas	20:51.48
7.	MAZOUÉ Julie	JUF/00	Us Bazas	21:30.55
8.	RIVIERRE Zoe	MIF/04	Us Bazas	21:29.77
9.	KOCH Lucy-lou	MIF/05	Blagnac Sc	26:01.20

2000m Walk Men

1.	DELBOS Remi	BEM/06	Us Bazas	11:51.78
2.	SARRAT Nicola	BEM/06	Union Perpignan	11:58.19
3.	BENECH Lilian	BEM/06	Blagnac Sc	12:43.82
4.	LENNE Valentin	BEM/07	Sa Toulouse Uc	13:28.16
5.	OKONGWU Kene	MIM/04	Blagnac Sc	14:10.55
6.	SALLY Baptiste	MIM/05	Blagnac Sc	14:21.46
7.	MONDET Theo	BEM/07	Blagnac Sc	14:39.94

2000m Walk Women

1.	ROUCH Astrid	BEF/06	Ca Balma	12:58.52
2.	MARQUER-ETIENNE Soeiz	BEF/07	Tarbes Pyrenees Athletisme	13:24.39
3.	MARMET Lila	MIF/05	Sa Toulouse Uc	14:07.00
4.	MARMET Chiara	BEF/07	Sa Toulouse Uc	14:26.09
5.	RIEUGNIE Ambre	MIF/04	Blagnac Sc	14:27.70
6.	NICETAS Tiffany	MIF/04	Blagnac Sc	14:28.06
7.	FOURTINE Zoe	BEF/07	Blagnac Sc	14:42.66
8.	MONTAGUT-FRELICOT Romy	BEF/07	Blagnac Sc	14:44.84
9.	MOREL Ambre	BEF/07	Blagnac Sc	14:50.08
10.	PALLAS Carla	BEF/07	Blagnac Sc	14:54.00

See André Casale's meet photo gallery at <https://tinyurl.com/ych4znm>.



20km podium - Dorian Richard Kyrian Vallee and Jean Blancheteau (photo from Emmanuel Tardi)

CROATIAN ROADWALK CHAMPIONSHIPS, ZAGREB, CROATIA, SATURDAY 3 NOVEMBER

Bruno Erent (1:44:10) and **Ivana Renic** (52:12) won the Senior races at the Croatian roadwalk championships in Zagreb last Saturday. **Jurica Stanko** (59:51) and **Hartl Kresimir** (59:50) won the U20 10km walks. To see the shorter distance championship results, check out http://has.hr/images/stories/HAS/domaca/2018/pojedinacna/PH18_20181103_Zagreb_cestovno_hodanje.pdf.

20km Open Men

1.	BRUNO ERENT	1990	AK AGRAM, ZAGREB	1:44:10
2.	IVAN GRABEREC	1964	AK SVETICE, ZAGREB	2:02:40
3.	MARKO DIMITRIJEVIC	1998	AK DINAMO-ZRINJEVAC	2:04:56
4.	DALIBOR KOKIC	1982	AK AGRAM, ZAGREB	2:06:03
5.	BERISLAV DEVCIC	1966	MK VELIKA GORICA	2:06:39
	MARIO GRABEREC	1996	AK SVETICE, ZAGREB	DNF

10km Open Women

1.	IVANA RENIC	1996	AK AGRAM, ZAGREB	52:12
2.	PETRA ŠTEFANOVIĆ	2000	AK AGRAM, ZAGREB	1:01:53
3.	MATEJA ERCEG	1997	AK DINAMO-ZRINJEVAC	1:02:58

4. ANA JURETA 1973 AK DINAMO-ZRINJEVAC 1:04:53

10km U20 Men

1. JURICA STANKO 1999 AK AGRAM, ZAGREB 59:51
ZLATKO KOŽUHAR 1999 AK AGRAM, ZAGREB DNF
LUKA DUBAJIC 2002 AK AGRAM, ZAGREB DNF
FILIP GRGURIC 2001 AK AGRAM, ZAGREB DNF

10km U20 Women

1. KREŠIMIR HARTL 2002 AK AGRAM, ZAGREB 59:50
TOMISLAV MIKIC 2001 AK AGRAM, ZAGREB DQ
KLAUDIO STRAHONIJA 2002 AK AGRAM, ZAGREB DNF

OUT AND ABOUT

- In another positive move forward with regard to the women's 50km, top Italian walkers **Antonella Palmisano** and **Eleonora Giorgi** are targeting 50km in 2019. See <https://atleticanotizie.myblog.it/2018/10/30/marcia-palmisano-e-giorgi-a-gennaio-gareggeranno-sui-35-km/>.
- Canadian Olympic 50km walker Evan **Dunfee** is obviously not a bad runner, having just won the Fall Classic half marathon in Vancouver, with a very impressive 1:09:55. Well done Evan! See <https://vancouver.sun.com/news/community-blogs/dunfee-pulls-off-fast-fall-feat-with-classic-half-marathon-win-at-ubc>.
- The World Anti-Doping Agency was accused last Wednesday evening of failing clean athletes, being soft on Russian doping and "bullying and disheartening" those arguing for reform in an extraordinary emergency summit at the White House. The event, which was attended by athletes, sports ministers and multiple national anti-doping organisations, also condemned Wada for its decision to lift the suspension on the Russian Anti-Doping Agency in September. And, in a significant development, the US – a country that provides \$4.5m towards Wada's annual budget of \$34m – said "nothing was off the table" if the organisation did not reform. See <https://antidopingworld.wordpress.com/2018/11/01/wada-accused-of-being-soft-on-doping-at-emergency-white-house-summit/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 2 press releases for us from Marciadalmondo this week

- Thu 1 Nov - Marcia dal Mondo: Female athlete of the year 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3327
- Wed 31 Oct - Marcia dal Mondo: Male athlete of the year 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3326

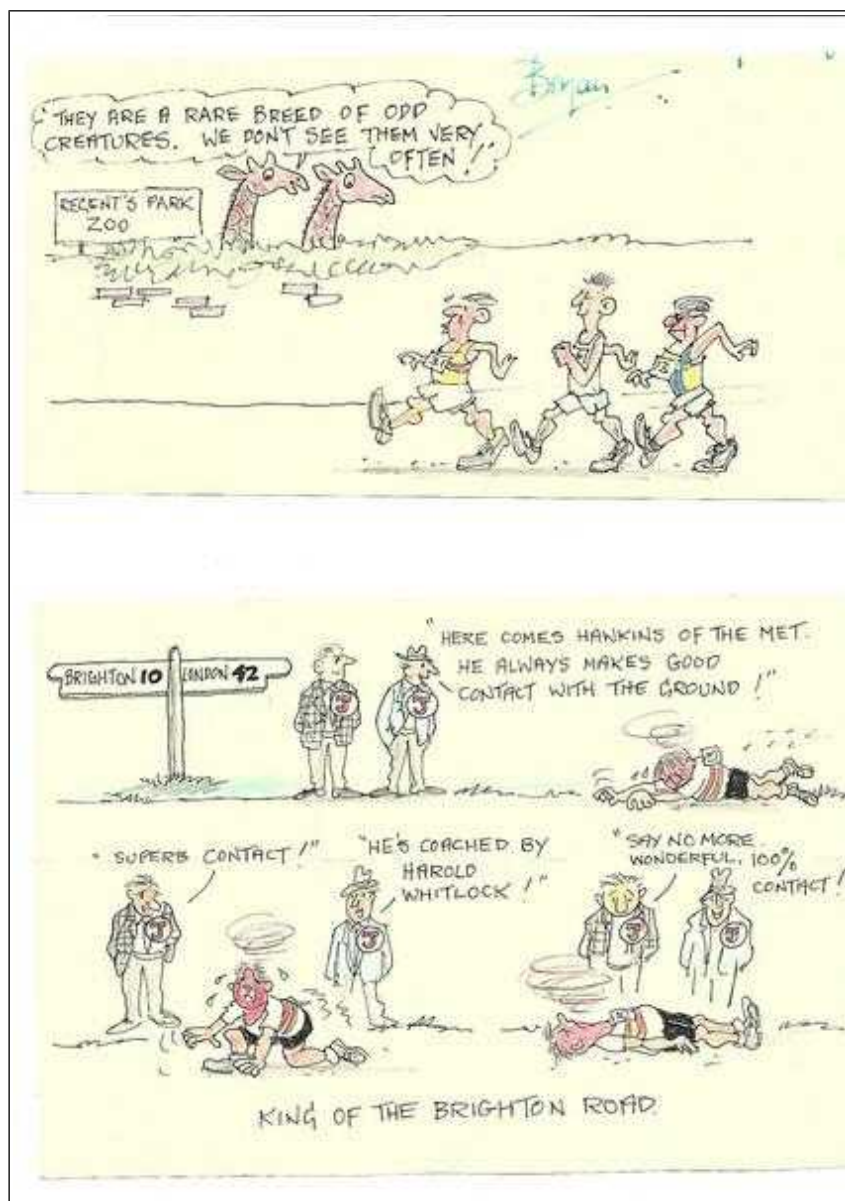
and omarchador has 10 press releases

- Mon 5 Nov - Portuguese Olympic walkers Pedro Martins and Daniela Cardoso swap to new clubs
<http://omarchador.blogspot.com/2018/11/olimpicos-pedro-martins-e-daniela.html>
- Sun 4 Nov - Results of National Criteria of 50 km in Corcieux, France
<http://omarchador.blogspot.com/2018/11/criterio-nacional-de-50-km-em-corcieux.html>
- Sat 3 Nov - Results of 1 hour walk in Greenville, SC, USA
<http://omarchador.blogspot.com/2018/11/1-hora-marcha-em-greenville-sc-eu.html>
- Fri 2 Nov - Preview of Légua de Marcha Atlética da vila beiroa de Alvaiázere, Portugal
<http://omarchador.blogspot.com/2018/11/marcha-atletica-em-alvaiazere-sabado-311.html>
- Fri 2 Nov - IAAF Race Walk Judging Exams this weekend in London
<http://omarchador.blogspot.com/2018/11/juizes-internacionais-de-marcha-em.html>
- Thu 1 Nov - Felicidade Rosa honored in Loures
<http://omarchador.blogspot.com/2018/11/felicidade-rosa-homenageada-em-loures.html>
- Thu 1 Nov - Results of 50km Men's Championships in Bucharest, Romania
<http://omarchador.blogspot.com/2018/11/campeonatos-de-50-km-masculinos-em.html>
- Wed 31 Oct - Results of Sth African 50km in Cape Town
<http://omarchador.blogspot.com/2018/10/campeonatos-de-50-km-da-africa-do-sul.html>

- Wed 30 Oct - Results of Japanese 20km walk in Takahata
<http://omarchador.blogspot.com/2018/10/os-20-km-marcha-de-takahata-no-japao.html>
- Wed 30 Oct - U20 walkers win in Loures, Portugal
http://omarchador.blogspot.com/2018/10/juniores-sub-20-do-sporting-cp-triunfam_30.html

TIME FOR A CARTOON

Most readers are probably familiar with VRWC webpage <http://www.vrwc.org.au/vrwccartoons.shtml>, in which I have collected a large number of racewalking related cartoons. I am very pleased to add another couple, compliments of NUTS statistician Bob Phillips.



These two fine cartoons are by English walker **Bryan Hawkins**. Hawkins, who died recently, was a fine walker, (5th in the European Championships 10,000m track walk in 1954), and he led an amazingly varied life. He wrote about it for the journal "Track Stats" that Bob edits – check out that article at <http://www.vrwc.org.au/tim-archive/articles/wo-bryan-hawkins.pdf>. He was also a fine cartoonist, as you can see above.

Here's a photo of Bryan winning the seven miles walk for Middlesex at the Inter-Counties' Championships and British Games at the White City Stadium, London, on 23rd May 1953.



Bob comments: Bryan's time was 54:02.2, with **George Coleman** (Bedfordshire) 2nd in 54:54.8 and **Fred Barrett** (Kent) 3rd in 55:00. **Bill Leveridge** (Essex) was 4th, **Brian Shepherd** (Surrey) 5th and **Alf Poole** (Worcestershire) 6th. No times were recorded for any of these last three, and athlete No.52 in the photo wasn't identified, but judging by his number - the counties were numbered according to their order in the alphabet - I would guess this is Alf Poole.

THE FIRST OLYMPIC WALK

A surprising amount has been written about the racewalks at the 1908 Olympics. This is perhaps not surprising, as this was the first Olympics that had included walking events, with a 3500m track walk held on Thursday 14th July (as 3 heats and a final) and a 10 Miles track walk held on 16-17 July (with 2 heats on the 16th and the final on 17th). These are discussed at length in the following 2 links

https://en.wikipedia.org/wiki/Athletics_at_the_1908_Summer_Olympics_%E2%80%93_Men%27s_3500_metres_walk
https://en.wikipedia.org/wiki/Athletics_at_the_1908_Summer_Olympics_%E2%80%93_Men%27s_10_miles_walk

Here is how that first Olympic walk, over 3500m, panned out.

Heat 1 saw an easy win to English walker **George Larnar** who led from start to finish, with New Zealander Harry Kerr (representing Australasia) next to finish, thirty seconds in arrears.

1.	George Larnar	Great Britain	15:32.0
2.	Harry Kerr	Australasia	16:02.2
3.	William Palmer	Great Britain	16:33.0
4.	Paul Gunia	Germany	16:38.0
5.	Sydney Sarel	Great Britain	17:06.0
6.	Arne Højme	Denmark	17:23.4
7.	o Goetzee	Netherlands	17:37.8
	Bill Brown	Great Britain	DQ
	Alfred Yeoumans	Great Britain	DQ
	Piet Soudyn	Netherlands	DQ

Heat 2 saw Larnar's English teammate **Ernie Webb** also winning easily, by nearly 2 minutes.

1.	Ernest Webb	Great Britain	15:17.2
2.	Charles Vestergaard	Denmark	17:07.0
3.	Einar Rothman	Sweden	17:40.2
4.	Willem Winkelman	Netherlands	17:57.6
5.	István Drubina	Hungary	18:44.6
6.	Piet Ruimers	Netherlands	18:44.6
	Richard Quinn	Great Britain	DQ
	John J. Reid	Great Britain	DQ

As in the other two heats, the winner led from the start but, unlike the other heats, Canadian George Goulding was hard pressed by English walker Ralph Harrison. Goulding finished strongly to fend off Harrison, winning by 10 seconds.

1.	George Goulding	Canada	15:54.0
2.	Ralph Harrison	Great Britain	16:04.4
3.	Arthur Rowland	Australasia	16:08.6
4.	Ernest Larner	Great Britain	16:10.0
5.	John Butler	Great Britain	16:17.0
6.	Richard Wilhelm	Germany	17:33.8
7.	Jan Huijgen	Netherlands	17:37.8

In the final, Webb, Goulding, and Harrison were the early leaders but they were soon caught by Larner. Soon after this, Harrison was disqualified and, by the end of the first mile, the top four spots had sorted themselves into the final positions. Larner had passed the field, bumping Webb to second place, while Kerr had managed to overtake Goulding for bronze.

1.	George Larner	Great Britain	14:55.0
2.	Ernest Webb	Great Britain	15:07.4
3.	Harry Kerr	Australasia	15:43.4
4.	George Goulding	Canada	15:49.8
5.	Arthur Rowland	Australasia	16:07.0
6.	Charles Vestergaard	Denmark	17:21.8
7.	Einar Rothman	Sweden	17:50.0
	William Palmer	Great Britain	DNF
	Ralph Harrison	Great Britain	DQ

Larner and Webb came back two days later, winning further gold and silver in the 10 Mile walk.



Larner leads Webb in the 3500m Olympic walk



Webb and Larner shake hands after their battle

I have written or captured significant articles on the first 5 finishers in this 3500m final

Gold and Silver medallists **George Larner** and **Ernie Webb** <http://www.vrwc.org.au/tim-archive/articles/wo-george-larner.pdf>

Bronze medallist **Harry Kerr** (NZ) <http://www.vrwc.org.au/tim-archive/articles/wo-harry-kerr.pdf>

Fourth placed **George Goulding** (Canada) <http://www.vrwc.org.au/tim-archive/articles/wo-george-goulding.pdf>

Fifth placed **Albert Rowland** (NZ) <http://www.vrwc.org.au/tim-archive/articles/wo-albert-rowland.pdf>

These were but 5 of the 25 walkers who contested the 3 heats (2 from Australasia, 1 from Canada, 2 from Denmark, 2 from Germany, 11 from Great Britain, 1 from Hungary, 5 from Netherlands and 1 from Sweden.)

I am excited to include an article on English walker **Sydney Sarel**, who finished fifth in heat 1, thus failing to progress to the final. I am indebted to NUTS statistician Bob Phillips for the article which tells us of a life well lived. Alas, I have not been able to find a photo so you will have to paint your own picture of this multi faceted man.

**Sydney Sarel, the Olympic race-walking missionary of London's East End
By Bob Phillips**

Sydney Sarel's Olympic accomplishments were not of the highest order of distinction, it has to be said. For the 3500 metres track walk at the 1908 London Games he was one of the 12 Britons selected, as allowed under the existing rules, and he was eliminated in his heat, finishing in 5th place more than half-a-minute away from qualifying for the final. In his defence it should be pointed out that it remains a mystery as to why he was nominated for this event at all and not for the 10 miles walk, for which he would have been much better suited. Three months previously he had placed a commendable 6th in the AAA seven miles walk and had been 4th in the same event in both 1906 and 1907, and so had more obvious credentials for the longer distance than half of those chosen.

Yet there was very much more to his life than some respectable race-walking achievements and a single obscure Olympic appearance. In his obituary in "The Times" he was described as "a great East End character ... even when into his 70s he could still be seen trotting round Victoria Park with shorts to his knees and wearing his Olympic cap". In an interview late in his life with a London local newspaper, the "Hackney Gazette", he said, "I was myself a very fortunate third-class man who has been able to be of use by being on the spot sometimes when wanted".

This self-appraisal was too modest by far. He died on 23 December 1950 at the age of 78, having given more than a half-century of dedicated service to the impoverished people of the East End of London in his capacity as an Anglican priest. In the late 19th Century and early 20th Century, some of the worst slums in London were to be found in Bethnal Green, and Jack the Ripper carried out his crimes in the western end of the borough and in neighbouring Whitechapel.

Sydney Lancaster Sarel was born in favourable circumstances in Kensington on 18 June 1872. He was the youngest son of Thomas Sarel, who was employed by a leading firm of bankers, Cox & King's, and the youngster clearly had a privileged upbringing even though he was only five years old when his father died. For his education Sydney Sarel was sent to Tonbridge, which was longer-established than five of the nine schools designated by the Public Schools' Act of 1868 and was to be listed among the 25 in the Public Schools' Yearbook of 1889.

The name "Sarel" originates from Normandy, having been brought to England by followers of William the Conqueror in the 11th Century, and among half-a-dozen or so variations the most common is "Searle". There is another sporting connection, as there was a Major William Sarel, who was secretary of Sussex Country Cricket Club from 1919 to 1922 and remarkably made a century on his first-class debut against Oxford University in 1919 at the age of 44. He was the son of a General and his four brothers included a Colonel and a Rear-Admiral, but there is no obvious relationship with Sydney Sarel's family.

After leaving school Sydney Sarel went to Oxford University to study for a degree in natural science at Keble College. Tonbridge had already produced an athlete of real note in John Le Fleming, who won the Inter-Varsity 120 yards hurdles for Cambridge against Oxford in 1887 and 1888 and in the first of those years was also AAA champion in the highly commendable time for that era of 16 1/5. His younger brother, Henry, again educated at Tonbridge, was to win the same event for Cambridge in 1891 and 1892. Another former Tonbridge pupil with the splendidly Dickensian name of Horatio Booty had won the Inter-Varsity 100 yards in 1885.

All of the published references to Sydney Sarel's sporting interests claim incorrectly that he narrowly failed to qualify to represent Oxford against Cambridge at 880 yards. Even the most authoritative of the UK's National Union of Track Statisticians sources states this as fact, but this could not possibly have been true for the simple reason that there was no 880 yards in the Inter-Varsity match until 1899, and Sarel had graduated with an MA degree five years before. There is no doubt that Sarel was an enthusiastic track-runner during the 1890s, but he seems to have done most of his racing for London Athletic Club after his graduation, winning their mile handicap event in 1894 and 1895. As his ability improved so the advantage which he was given at the start was reduced – from 130 yards in 1894 to 105 yards in 1895 and 65 yards in 1896.

In the 1894 race Sarel had just managed to hold off William Lutyens, one of the very finest milers of the era who won that event for Cambridge at the Inter-Varsity match for four successive years, 1892 to 1895. Sarel was timed in 4:22 3/5 and so ran the equivalent of between 4:40 and 4:42 for the full distance. The Inter-Varsity winners in the two years preceding Lutyens had both been from Oxford, and as William Pollock-Hill – who was also an undergraduate at Keble College – ran 4:21 3/5 in 1890 and B.C. Allen 4:26 3/5 in 1891 it would not seem likely that Sarel was ever a serious contender for an Oxford place at this distance. Pollock-Hill also won the Inter-Varsity cross-country race in 1888 and 1889 and three others from Keble took part in that event during the years 1890 to 1892 – but not Sarel.

Pollock-Hill would have provided an inspiring role model for the likes of Sarel as he set the Inter-Varsity mile record at 4:19 4/5 in 1894 at a time when the best time ever by an amateur was only two seconds faster, and Harold Abrahams was later to write of him, "I have no doubt he is to be numbered among the all-time greats". Pollock-Hill, also to become a vicar, was a most distinctive runner to watch as he was completely bald by the age of 20.

The best of Sarel's LAC one-mile handicap performances seems to have been on 22 June 1895 at Stamford Bridge when he was timed in 4:23 3/5, winning by half-a-yard from W.W. Crowhurst, who was off 150 yards, with C.S. Sydenham, off 30 yards, only another half-a-yard behind in 3rd place. Sarel's time was worth about 4:38 for a full mile.

The Olympic Games of 1896 passes largely unnoticed

The 1896 LAC meeting took place on the day after the athletics events at the inaugural Modern Olympic Games in Athens had been completed, and other winners included Charles Bradley, who beat Alf Downer at 75 yards, and Fred Bacon, who won at four miles. All three were among the leading athletes of the age and may well have been Olympic champions had they gone to Athens. Very few people in Britain were even aware that the Olympics were taking place, though it is intriguing to speculate that Sydney Sarel might just conceivably have been one of those in the know. An Oxford University contemporary of his, George Stuart Robertson, whose favoured event was the hammer throw, which he won at the Inter-Varsity matches of 1893-94-95, did go to the Games, having been alerted by chance when he spotted an advertisement in the window of the Thomas Cook's travel agency in London.

Sarel's theological ideas had been strongly influenced by Arthur Winnington-Ingram, who was the principal of the Oxford House Settlement in Bethnal Green (and would be Bishop of London from 1901 to 1939). Undergraduates at the university were encouraged to stay at the Settlement and give their time to help in the work of supporting the poor and dispossessed in that disadvantaged district of London. After graduation Sarel had taught science at Borlase School (now St William Borlase's Grammar School) in Marlow, in Buckinghamshire, for a year or so, but he then went to stay at the Settlement during 1896-97 and spent a year at Cuddesdon Theological College, near Oxford, before being ordained as a priest in December 1898.

Throughout this decisive period of his life he continued to compete at various track distances, including 880 yards, $\frac{3}{4}$ -mile, $1\frac{1}{2}$ miles and three miles, and was to do so until at least 1904. He was also a member of both the Lea Harriers and Thames Hare & Hounds clubs and ran cross-country for them, winning the latter's "Fowler-Dixon Challenge Bowl" in 1906 over a distance of $7\frac{1}{2}$ miles at Roehampton in a time of 40:39. The Inter-Varsity race was also run over a course of the same length at Roehampton from 1896 to 1925, but as the fastest time recorded in those years (in 1922) was 50 seconds slower than Sarel's it seems unlikely that the undergraduates covered an identical route.

Sarel's first attempt at race-walking would appear to be in the London AC seven miles challenge cup event at Stamford Bridge on 16 September 1903, but it certainly gave no suggestion of natural talent. The winner was R.H. Watson in 56:13 $\frac{2}{5}$ from Frederick Thompson, who would have a fine record in the AAA seven miles event, placing 2nd in 1905 and 1906 and winning in 1907. Sarel was a very distant 3rd in 1:03:25 $\frac{2}{5}$, and yet within three years he had progressed out of all recognition and was not far off the very front rank of race-walking in Britain.

The 1906 AAA seven miles walk, held at Stamford Bridge on 7 April, was won by Frank Carter, of Queen's Park Harriers, in 53:20 $\frac{1}{5}$, and "The Times" said of him that he "walked from start to finish in really beautiful form", with the reporter further noting, "The next best style was shown by the Reverend S.L. Sarel. He finished 4th in much faster time than he has ever before accomplished". Rev. Sarel clocked 54:35, and a further point was made in the article that he was believed to be the first competitor in the AAA walks from Oxford or Cambridge Universities since John Chambers, who had been the inaugural national race-walking champion, winning the seven miles event held under the auspices of the Amateur Athletic Club in 1866. Chambers was aptly described by Peter Lovesey in his centenary history of the AAA as "one of those rugged Victorians who excelled in any sport he tried" and was also commended for his administrative skills as "the architect of modern athletics".

The Reverend's fastest walk yet as he is again 4th in the AAA race.

Rev. Sarel had by now been curate at St Saviour's, Hoxton, in the East End of London, for eight years, and he continued to mature as a race-walker – maybe divine guidance ? He was 4th again in the 1907 AAA seven miles, held at Fallowfield, Manchester, on 13 April, but in a much faster time of 53:01, only a quarter-of-a-minute behind the winner, Frederick Thompson. A week later the margin between the two was much the same in a three-mile event organised by London AC at Stamford Bridge: Thompson 1st in 21:51, Sarel 2nd in 22:01.

In March of 1908 Rev. Sarel was appointed vicar of St Thomas's, Bethnal Green, and maybe his new duties restricted his training, which he often did at 11 o'clock at night, stop-watch in hand, because he was more than two minutes slower than the previous year in the AAA seven miles walk the following month, though still finishing 6th as Ernie Webb, of Herne Hill Harriers, won from Frank Carter. The first five only were selected for the 10 miles walk at the Olympics, but as the others among the dozen nominated included George Lerner, the Brighton policeman who was to win both Olympic walks, and Edward Spencer, of Polytechnic Harriers, whose speciality was the London-to-Brighton event and who took the bronze medal at the longer Olympic walk, the selectors no doubt felt fully justified in their decision.

Though that was the end of his major competitive career, Rev. Sarel went on racing for many more years to come, and when he placed 3rd, for instance, at the 1923 London AC three miles walk at the age of 50 he was commended by "The Times", together with J.H. Kempton in 2nd place, as "two veterans, both of whom did well in the circumstances". Having been appointed rector of St Matthew's, Bethnal Green, and Rural Dean in 1916, Rev. Sarel took over another parish in 1923 and four years later became a Prebendary (senior member of the clergy) responsible for the Mapesbury area of North-West London, covering part of Kilburn and Cricklewood. He was a member of the London Diocesan Conference and served on the council of Oxford House. Then, as if these ecclesiastical duties were not enough to occupy his time, he was elected as a local councillor for Bethnal Green South and in 1928 received the fourth highest vote of the nine successful Progressive Party candidates to the exclusion of the nine representatives each of the Labour and Communist Parties.

Retaining his involvement with athletics, he was president of London AC in 1928, chairman at the celebratory dinner after the Inter-Varsity cross-country race of 1930, and assisted at the funeral services for Sir Harry Barclay, the AAA honorary secretary, in 1933

and for an Olympic race-walking team-mate, Edgar Hammond, who still held the 24-hour record from 37 years before, in 1946. Rev. Sarel was also an active vice-president of Victoria Park Harriers, which had been founded in 1926.

He retained traditional views and was one of 23 Rural Deans who put their names to a letter to “The Times” in 1932 protesting at the decision to allow cinemas to open at 3.30 p.m. on a Sunday instead of 6 p.m. “We regard it as a menace to the Christian character of our people and a blow to all that we hold most dear in English life”, the clerics thundered. The Reverend Sarel married in 1938 at the advanced age of 66. A photograph of him is to be found in the National Portrait Gallery in London. In the last year of his life, 1950, his best time for the seven miles walk achieved 43 years previously would still have been good enough for 3rd place in the AAA event.

Sydney Sarel died at Bethnal Green, in London, on 23 December 1950, aged 78, and was praised as a legendary figure for his work in helping the poor.

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2018

Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - https://mastersgames.com.au/ppmg/
Nov 10 (Sat), 2018	AV Shield (Round 5 at various venues)
Nov 18 (Sun), 2018	VRWC Summer Championships and AGM, Middle Park
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC
Dec 7-9, 2018	Australian All Schools T&F Championships, Cairns, QLD

Australian/Victorian Key Dates – 2019

Jan 3 – Feb 3, 2018	Supernova Walks Study Camp, AIS, Canberra
Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo
Feb 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	Victorian Masters T&F Championships, Albert Park
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/

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

Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	Memorial Jerzy Hausleber, Monterrey, Mexico
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar

International Dates – 2019 and onwards

Feb 10 (Sun), 2019	Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)
Mar 17 (Sun), 2019	Lugano Trophy Walks Meet, Lugano, SWI
Mar 23 (Sat), 2019	Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
Mar 24-30, 2019	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	Memorial Jerzy Hausleber, Monterrey, Mexico
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Mar 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden

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