



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 34
22 May 2018



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: http://www.runnersworld.com.au
Facebook: http://www.facebook.com/pages/Runners-World/235649459888840

WALKER OF THE WEEK

My Walker of the Week this time around is 80 year old Margaret Beaumont. Since turning 80 in February, Margaret has been breaking new ground and has set two VRWC W80 records:

Table with 6 columns: Name, Gender, Distance, Time, Event, Date. Rows: Margaret Beaumont W W80 5000m Track Walk 46:14.0 VMA 5000m Track Championship, Mentone 18/02/2017; Margaret Beaumont W W80 5km Road Walk 46:07 VRWC Races, Middle Park 12/05.2017

Of course, this is just the proverbial tip of the iceberg for Margaret. She has the rest of the winter season ahead of her to gradually tick off records for the other distances.

I asked Margaret about when she and husband Ian started racewalking: Here is what she had to say:

We started walking at Mentone in 1995. Neither of us had any background in Athletics, but I had retired, and was looking for new interests. A friend suggested we walk the Milford Track in N.Z., so after some serious training along the bayside tracks with bricks in our backpacks, we did that. We didn't want to lose this newfound fitness, and by chance, at a Christmas Eve church service, met Pam Mews whom I had worked with earlier at Bentleigh High School. She suggested that we come to Mentone Athletics Club, assuring us that we would not have to run!

We loved it at Mentone - still do - but were unable to pluck up the courage to come to VRWC till April 1999. We both started that day, and in my diary I wrote: "First time and we were very nervous. I came second last, and Ian last, but we did our best." - Nothing has changed much!

Tim, this is all very trivial, but we are constantly grateful for the wonderful times we have had, and are still having with our favourite sport!



Margaret in action on Saturday at Middle Park (photo collage by Gerard Feain)

Margaret is not the only older walker still competing. Just within Victoria, we have 8 other octogenarians still dusting off the walking shoes on a regular or semi-regular basis: **Colin Silcock-Delaney** (85), **Bill Lotherington** (85), **Pam Mews** (83), **Jim Crawford** (82), **Harry Summers** (82), **Bob Gardiner** (82), **Ian Beaumont** (82) and **Geoff Major** (82). What other sport can boast such lifelong enjoyment for its devotees.

#### WHAT'S COMING UP

- Next Sunday will be one of our biggest racedays for the season, with VRWC, Victorian and Victorian Country roadwalk championships to be held at Middle Park. Registrations for the AV and AV Country Championships close with AV on Friday 25 May. See <http://athsvic.org.au/event/2018-av-10km-av-country-walks-championships/>. AV championship events include
  - Open 10km Men/Women Victorian and Victorian Country Championships
  - U20 10km Men/Women Country Championships
  - U18 5km Boys/Girls Country Championships
  - U16 3km Boys/Girls Country Championships
  - U14 3km Boys/Girls Country Championships

A few people have asked how it all works on this sort of day. To compete in an AV Championship, you must be a paid up AV member for the current financial year that started on 1<sup>st</sup> April 2018. You may be a member of one of the AV clubs like Collingwood Harriers or Knox or Coburg, etc. But registering with AV is via a separate payment to AV. This then gives you access to the AV online panel to complete your AV Championship entry. The fee for entering an AV championship is \$15.

On Sunday, there are also VRWC championships which normally cost \$10 to enter (the slightly higher cost is to cover the cost of medals). But if you have entered the concurrent AV or AV country championship race, you will only have to pay an additional \$5 to register for the VRWC club championship. You enter the VRWC races via <http://vrwc.org.au/wp1/>. I hope that helps – it's clear as mud to me!

<b>Sunday 27<sup>th</sup> May 2018 Middle Park</b>		
AV & VRWC EVENTS: Online pre-entry is required for AV 10km & AV Country Champs.		
10.00am	<b>10km AV Championship</b> Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	<b>Open, 40+, 50+ Men</b>
10.00am	<b>10km AV Country Championship</b>	<b>Open Men</b>
10.00am	<b>10km AV Championship</b>	<b>Open, 40+, 50+ Women</b>
10.00am	<b>10km AV Country Championship</b>	<b>Open Women*</b>
10.00am	10km Non championship	Open
10.30am	<b>5km AV Country Championship</b>	<b>Under 20 Men/Women</b>
10.30am	<b>5km VRWC Championship</b>	<b>Under 20 Men/Women</b>
10.30am	<b>5km AV Country Championship</b>	<b>Under 18 Men/Women</b>
10.30am	<b>5km VRWC Championship</b>	<b>Under 18 Men/Women</b>
10.30am	5km Non championship	Open
11.00am	<b>3km AV Country Championship</b>	<b>Under 16 Boys/Girls</b>
11.00am	<b>3km VRWC Championship</b>	<b>Under 16 Boys/Girls</b>
11.00am	<b>3km AV Country Championship</b>	<b>Under 14 Boys/Girls</b>
11.00am	<b>3km VRWC Championship</b>	<b>Under 14 Boys/Girls</b>
11.10am	<b>1km VRWC Championship</b>	<b>Under 10 Boys/Girls</b>
11.20am	<b>2km VRWC Championship</b>	<b>Under 12 Boys/Girls</b>
11.20am	2km Non championship	Open
11.40am	Presentations	

- Next weekend also sees the next of the big European meets, with the **XXXII Gran Premio Cantones de La Coruña** to be held in the Spanish city of La Coruña on Saturday. With the Europeans chasing spots for the European Championships later this year, I expect the fields to be packed with quality walkers.
- On-line entries for the **2018 Lake Burley Griffin Walking Carnival (Sunday 10 June)** are now open and may be accessed via link <https://www.registernow.com.au/secure/Register.aspx?E=29858>. ACTRWC advise that there has also been a change to the fee structure, with there being no fees cap. This has implications for those families who enter their walkers for multiple events. RWA events are \$35 per event, AACT \$20 & Fitness Walk \$20. Note also that to enter more than one event you will have to "enter another registration" where some registration details will have to be entered again. **Entries close on Friday 1<sup>st</sup> June.** Paper entries are not possible. Online entry is the only option this year.

Event page at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>. Entry lists available here.

- And finally, VRWC President Stuart Cooper advises the our **Twilight Trivia** has now been rescheduled to **Saturday 14 July**, starting at 4:30PM.

Victorian Race Walking Club

# Twilight Trivia

*(re-scheduled from May)*

**Saturday 14 July**, after the VMA Masters and Interstate Challenge races  
**4.30** (heads down by 5.00) to **7.00pm**

**at the Middle Park Bowling Club**

\$15 per head, \$30 per family. BYO snacks and nibbles.  
Drinks available at the Bowling Club bar. Tea and coffee provided.

Make up tables of 6-10 for some after-race entertainment including:  
**Quiz questions \* Games \* Music \* Prizes \* Take-no-prisoners competitiveness \* Socialising  
and Laughs!!**

**\*\* Come and support our Club and our sport in this vital fundraiser.  
Friends and quiz tragics welcome!**

**\*\* Please pre-book by Saturday 7 July**, to assist us with our planning. Tickets can be pre-booked:

- at the check-in table on race days, or
- by contacting Stu Cooper at [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au) to confirm your attendance. (If you choose this method, you can pay at the Club or by direct transfer at any Commonwealth bank - BSB: 063-143 Acc: 008 00455 Reference: **(Your surname)Trivia** (Remember that bit so that we can identify you.)

***This is our first major fundraiser for some years, so come along,  
have some fun and help make it a success!***



## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 19 MAY

A good turnout of 47 walkers and a perfect day for our latest rounds of VRWC roadwalks at Middle Park on Saturday. Lots of PBs by our younger walkers in the shorter distance walks. Special mention to **Darcey Roberts** who broke the VRWC U11 2km roadwalk record with her time of 10:20. Good 4km walks by **Charlotte Hay**, **Lachlan Feain** and **Luke Epps**. We also welcomed **David Moore** from Tasmanian Race Walking Club, who was over for a short stay in Melbourne.

### 8km Walk

- |    |                |       |
|----|----------------|-------|
| 1. | Karyn O'Neill  | 55:53 |
| 1. | Pramesh Prasad | 42:51 |
| 2. | Kevin Cassidy  | 43:08 |

### 6km Walk

- |    |                |       |
|----|----------------|-------|
| 1. | Paige De Lisen | 34:19 |
|----|----------------|-------|

2.	Madeleine Feain	37:15
3.	Heather Carr	38:42
4.	Margaret Beaumont	55:58
1.	Adam Garganis	29:55
2.	Heath Beveridge	34:31
3.	Albin Hess	40:13
4.	Ian Beaumont	56:20

#### 4km Walk

1.	Charlotte Hay	20:40	PB 0:02
2.	Kathleen O'Mahony	22:50	
3.	Donna Elms	25:17	
4.	Alannah Dingli	26:54	PB 1:03
5.	Isabella Dingli	28:30	PB 0:19
6.	Gwen Steed	30:07	

1.	Lachlan Feain	21:12	PB 0:58
2.	Luke Epps	22:28	PB 0:33
3.	Paul Kennedy	22:32	
4.	David Smyth	22:33	
5.	Angus Hay	22:49	PB 1:35
6.	Tony Doran	30:07	
7.	David Moore (TRWC)	30:56	
8.	Bruce Conboy	32:37	
9.	Steven Haverly	DQ	

#### 2km Walk

1.	Darcey Roberts	10:20	PB, VRWC U11 Record
2.	Kaylah Heikkila-Dubowik	11:58	
3.	Riannah Tatlock	13:23	First walk at that distance
4.	Emily Smith	13:28	
5.	Merilyn Thompson	13:52	PB 0:31
6.	Ella Cunningham	14:53	
7.	Sandra Howorth	15:17	
8.	Jan Morrey	16:14	
9.	Beverly Hugo	16:28	

1.	Liam Hutchins	11:05	
2.	Marcus Wakim	11:15	Eq PB
3.	Liam O'Rourke	11:22	PB 0:36
4.	Hamish Blackwood	11:25	
5.	Sebastian Weickhardt	11:54	
6.	Aiden Smith	15:25	PB 1:02

#### 1km Walk

1.	Zahia Heikkila-Dubowik	6:29	First walk at that distance
2.	Ela Uzun	7:15	PB 0:08
3.	Sophie Blackwood	7:40	
4.	Havana Ali	7:42	PB 0:16
5.	Pam Mews	13:04	

1.	Heath Tatlock	8:30	PB 0:25
----	---------------	------	---------

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

**Officials:** Tim Erickson, Bob Gardiner, Mark Roberts, Margaret Hay, Bill Carr, Karyn O'Neill, Terry Swan, Cheryl Beveridge

**Judges:** Peter Vysma (Chief), Gordon Loughnan, Shane Dickson, Michael Bodey, Terry O'Neill, Kathleen Marsh

**Canteen:** Eija Heikkila, Donna-Marie Elms

**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/469>)

**Competitors:** 47

As mentioned above, we have a new U11 club record for Darcey Roberts. We also retrospectively recognised two W80 walk records for Margaret Beaumont. The record details are:

Margaret Beaumont	W	W80 5000m Track Walk	46:14.0	VMA 5000m Track Championship, Mentone	18/02/2017
Margaret Beaumont	W	W80 5km Road Walk	46:07	VRWC Races, Middle Park	12/05/2017
Darcey Roberts	W	U11 Girls 2km Road Walk	10:20	VRWC Races, Middle Park	19/05/2018

Our **VRWC Points competitions** continued last Saturday, with updates in the Style, Actual Times and Handicap points. See the progressive totals at webpage <http://www.vrwc.org.au/vrwcpointscmps.shtml>.



*Paige De Lisen, Lachlan Feain, Luke Epps, Liam O'Rourke and Merylyn Thompson*



*Riannah and Heath Tatlock, Charlotte Hay and Darcey Roberts (all photos by Terry Swan)*

**ACTRWC ROADWALKS, BLACK MOUNTAIN, CANBERRA, SATURDAY 19 MAY**

Thanks to Robin Whyte for this weeks' results from Canberra. It was great to see the young boys testing themselves out over the 17km distance. **Connor Frew** was fastest with 1:30:06

**17km Walk**

- |    |                |         |
|----|----------------|---------|
| 1. | Connor Frew    | 1:30:06 |
| 2. | Callum Burns   | 1:39:00 |
| 3. | Mitchell Baker | 1:39:00 |
| 4. | Greg Durr      | 1:57:00 |
| 5. | Robin Whyte    | 1:58:09 |
| 6. | Bryan Thomas   | 2:07:00 |

**5km Walk**

- |    |                 |       |
|----|-----------------|-------|
| 1. | Laura Burns     | 29:57 |
| 2. | Sidney Shaw     | 30:57 |
| 3. | Mick Saunders   | 35:22 |
| 4. | Rosemary Parker | 38:49 |
| 5. | Kate Black      | 40:43 |
| 6. | Robyn Saunders  | 46:13 |

7.	Jane Bates	2:17:00	7.	Geoff Barker	46:13
8.	Val Chesterton	2:40:00	8.	Fran Black	46:34
	Tim Fraser	DQ	9.	Jack Thackray	47:25
			10.	Pat Fisher	48:20

### 3km Walk

1.	Owen Toyne	17:37
2.	Ella Baker	21:19
3.	David Mackenzie	25:31
	Andrew Camp-Liddiard	DQ

## TRWC ROADWALKS, MONTROSE HIGH, HOBART, SATURDAY 19 MAY

Thanks to Wayne Fletcher for this week's results from Tasmania. Wayne explains: A very windy day, with gusts blowing down river, made the walks on Saturday a real battle. Those who did the 8.4km walk had 4.2km of strong head winds and this affected the times. However the old fellow **Wayne Fletcher** did a season best, improving over a minute from last week and nearly 2 minutes over this course a few weeks back.

### 5km Walk

1.	Alice Randall	24.50
2.	Anna Blackwell	27.12
3.	Wayne Fletcher	39.21

### 8.4km Walk

1.	Steve Ahern	55.31
2.	Ron Foster	57.04

### 3.4 km Walk

1.	Chloe Ahern	23.55
----	-------------	-------

### 5.4km Walk

1.	Will Robertson	27.31
----	----------------	-------



*Chloe Ahern in action on Saturday in Hobart (photo Rosemary Coleman)*

## SAMA ROADWALK CHAMPIONSHIPS, PEACOCK RD, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 19 MAY

Thanks to Colin Hainsworth for the results of the South Australian Masters Roadwalk Championships in Adelaide on Saturday. Warmish, calm, sunny afternoon. It was great to see **George White** back in action and walking strongly.

### SAMA 5km Championship Walk

1.	Liz Downs	39:49	W62	63.55%
1.	Raelene Schild	39:51	W53	57.59%
1.	Colin Hainsworth	46:06	M88	71.65%
2.	David Robertson	46:55	M85	65.47%
1.	George White	32:06	M72	<b>80.02%</b>
1.	Jack Russell	34:24	M66	69.46%
1.	Ross Hill-Brown	43:17	M63	53.44%
1.	Mark Worthing	31:36	M55	67.74%

**5km Club Walk**

1.	Valmai Padget	42:04	W73	70.18%
1.	Edna Bates	46:04	W65	57.05%
1.	Neil Hayford	38:44	M65	61.01%
2.	Dave Fallon	41:02	M65	57.59%
3.	Jeff Kennett	48:31	M67	49.82%

<b>ASA STATE CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 19 MAY</b>
---

Thanks to Peter Crump for this week's results from South Australia. He was the sole entrant in the ASA 20km State Championship but there were plenty of entries in the younger age group championships. It was an excellent debut 10km for **Joe Cross** with 47:53, and it was a day for the Cross family with **Anna Cross** completing the U20 double with 49:56. There were also a number of SARWC club events for those not in the championships. **Toby Wilks** continues with his good times, with 15:01 in the 3km walk.

**ASA 20km State Championship**

1.	Peter Crump	2:10:26
----	-------------	---------

**ASA U20 10km State Championship**

1.	Joe Cross	47:53
2.	Tristan Camilleri	49:54
3.	Alix Harlington	55:00
4.	Mathew Bruniges	57:38

1.	Anna Cross	49:56
2.	Rhiannon Lovegrove	56:58
3.	Bethany Cross	1:01:22

**ASA U16 5km State Championship**

1.	Olivia Sandery	25:17
2.	Victoria Upton	25:18
3.	Kiera Ross	26:48
4.	Mia Wilks	30:11
	Kitarni Upton	DNF

**SARWC 10km Walk**

1.	Bill Starr	1:23:27
----	------------	---------

**SARWC 5km Walk**

1.	Chloe Upton	32:29
2.	Adrian Upton	34:39

**SARWC 3km Walk**

1.	Toby Wilks	15:01
2.	Elli Pusonjic	18:00
3.	Seth Upton	18:29
4.	Royrie Upton	18:30

**SARWC 2km Walk**

1.	Katie DeRuvo	12:04
2.	Sebastian Richards	12:59
3.	Jake Vidler	13:11
4.	Aleesha Vidler	13:23
5.	Xavier Upton	18:08
6.	Edward Upton	19:19

**SARWC 1km Walk**

1.	Sam Wilks	6:47
2.	Pam Morutto	10:03

<b>WARWC ROADWALKS, WILSON, PERTH, SUNDAY 20 MAY</b>
--

Thanks to Terry Jones for the latest results from Western Australia. Strong 12km by **Andrew Duncan** (1:01:00) and a good double by **Declan Tingay** (2km 9:33 and 5km 23:53).

**2Km Handicap**

1.	Jasmine Williams	13.34
2.	Lataya Lawrence	11.18
3.	Xavier Bernard	11.53
4.	Amber Richards	12.27
5.	Sienna Andritsos	11.12
6.	Kaytee Bogaers	12.03
7.	Ashlyn Spence	12.20
8.	Declan Tingay (F/T)	9.33
	Luke Lawrence	DQ

**12Km Handicap**

1.	Andrew Duncan (F/T)	1:01.00
2.	Ben Reid	1:06.51

**5Km Handicap**

1.	Karyn Tolardo	30.40
2.	Wayne Byram	29.51
3.	Victor Munoz	31.07
4.	Lesley Romeo	42.12
5.	Declan Tingay (F/T)	23.53

<b>QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BEENLEIGH, QLD, SUNDAY 20 MAY</b>
---

Thanks to Robyn Wales for this week's results from Queensland. Another strong turnout of walkers. Good 3km effort from young **Jayda Anderson** (14:47).

**A Grade 10km**

1.	Iggy Jimenez	M	50.45
2.	Peter Bennett	M	57.40
3.	Argenis Guevara	M	58.07
4.	Nyle Sunderland	F	1.00.30

**D Grade 2km**

1.	Myles Callaghan	M	10.43
2.	Lyla Williams	F	10.43
3.	Rebecca Teahan	F	10.56
4.	Anika Clarke	F	11.59

5.	Paul Lindenberg	M	1.06.41	5.	Charlie Capps	M	12.09
6.	Kay Shaw	F	1.10.05	6.	Alejandra Hannouf	F	12.16
7.	Noela McKinven	F	1.24.22	7.	Isabella Schofield	F	12.30
8.	Nelson McCutcheon	M	DNF	8.	Scarlett Schofield	F	13.00
9.	Brenda Gannon	F	DNF	9.	Jacob Petrovic	M	13.16
10.	Mark Carlile	M	DQ	10.	Stephanie McCure	F	16.50
				11.	Robyn Wales	F	17.47

#### **B Grade 5km**

1.	Di Adams	F	29.39
2.	Amelia Schofield	F	34.08
3.	Patrick Sela	M	40.23

#### **C Grade 3km**

1.	Jayda Anderson	F	14.47
2.	Jonathan Wearne	M	14.55
3.	Kai Norton	M	16.55
4.	Sam McCure	M	18.26
5.	Amber Norton	F	19.12
6.	Jasmine McRoberts	F	19.52
7.	Phoebe Chadwick	F	27.22

#### **F Grade 1km**

1.	Makenna Clarke	F	5.50
2.	Flynn Callaghan	M	5.51
3.	Chelsea Capps	F	6.12

### **BRWC BENITA VAN RAAPHORST MEMORIAL 3KM HANDICAP, LAKE WENDOUREE, SUNDAY 20 MAY**

Thanks to Kerrie Peart for the results of the latest races in Ballarat, in country Victoria. She reports

The Ballarat North Gardens was the backdrop for the Benita Van Raaphorst Memorial race for a small group of our Ballarat walkers. We welcomed our new member Laura Ballinger for her first race, and great to see Sarah Breenan dusting off her shoes for her first race of the season. Scott Peart was in good form recording a great 27sec PB, but with honours on the day going to Fraser Saunder winning on handicap, with Alanna Peart setting the fastest time of the day in 14:14.

#### **BRWC Benita Van Raaphorst Memorial 3km Handicap**

1.	Fraser Saunder	15:00	PB: 0:17
2.	Alanna Peart	14:14	
3.	Sarah Brennan	16:24	
4.	Scott Peart	18:01	PB: 0:27

#### **1km Walk**

1.	Laura Ballinger	6:40
----	-----------------	------



*Fraser Saunder on Sunday in Ballarat with Benita's sister Paula Nankervis (photo Kerrie Peart)*



**NSW TEAM WALKS, CHIPPING NORTON, SUNDAY 20 MAY**

The 2018 NSW Team Walks Championships were hosted by the NSW RWC at Angle Park in Chipping Norton last Sunday morning. With 50 walkers in attendance, the NSW racewalking strength was evident. The 10km walks kicked off first at 9AM, followed by the 5km walks at 10:15AM and the 3km walks at 11AM.. Full results at [http://www.nswathletics.info/liveresults/2018/nsw\\_team\\_walks/](http://www.nswathletics.info/liveresults/2018/nsw_team_walks/).

The men led the way in the 10km walks with **Tyler Jones** (43:07), **Carl Gibbons** (45:51) and **Dylan Richardson** (46:50) all recording good times. 14 year old **Allanah Pitcher** was superb in the U18 women's 5km, winning with a big PB of 23:27. **Oscar Tebbutt** (22:21) and **Jack McGinniskin** (PB 23:00) were also excellent in the U18 men's 5km.

**Women 35+ 10km Walk**

1.	Weekes, Anne	56	Sutherland D	1:02:25
2.	Challinor, Nicolle	46	Sutherland D	1:10:11
3.	Nilon, Nicole	46	Sutherland D	1:10:31
4.	Lloyd, Nancy	65	U.T.S. North	1:13:35
	Purcell, Joan	77	Nepean Distr	DNF

**Men 35+ 10km Walk**

1.	Williams, Dennis	70	Hills Distri	1:09:22
2.	Seymon, Jim	81	U.T.S. North	1:13:33
	West, John	68	Nsw Masters	DQ

**Women Open 10km Walk**

1.	Goodhew, Chelsea	19	Hunter Region	52:56
2.	O'Neill, Molly	18	Hunter Region	53:56
3.	Dighton, Jasmine	22	Bankstown Sports	57:32
4.	Bell, Bridget	16	Asics Wests	58:26
5.	Wang, Elaine	18	Hunter Region	1:03:25

**Men Open 10km Walk**

1.	Jones, Tyler	20	Central Coast	43:07
2.	Gibbons, Carl	22	Central Coast	45:51
3.	Richardson, Dylan	18	Central Coast	46:50
4.	Thomson, Ryan	18	Nepean Distr	50:29
5.	Barendregt, Travis	18	Nepean Distr	52:25
	Bedford, Kyle	18	Nepean Distr	DNF

**Girls U18 5km Walk**

1.	Pitcher, Allanah	15	Mingara Athl	23:27	PB 0:41
2.	Blanch, Emma	15	St. George D	27:38	
3.	Lee, Janaya	17	Nepean Distr	28:14	
4.	McLoughlin, Chloe	14	Mingara Athl	29:22	
5.	DeCelis, Ellie	14	Illawong Rev	29:32	
6.	Pengilley, Teegan	17	Bankstown Sports	30:26	
7.	Robertson, Brittany	16	St. George D	30:32	
8.	Parker, Hannah	16	Randwick Bot	30:41	
9.	Walker, Amy	17	Mingara Athl	30:53	
10.	Thomson, Jada	14	Nepean Distr	31:23	
11.	Martin, Brooke	15	Nepean Distr	32:15	

**Boys U18 5km Walk**

1.	Tebbutt, Oscar	17	Central Coast	22:21	
2.	McGinniskin, Jack	16	Central Coast	23:00	PB 0:22
3.	Blaskett, Hayden	16	Sydney Strid	24:07	
4.	Tebbutt, Archie	14	Central Coast	28:49	

**Girls U14 3km Walk**

1.	Thomas, Emma	13	Parramatta C	15:26
2.	Dunne, Izabella	13	Mingara Athl	15:41
3.	Boughton, Milly	12	Randwick Bot	15:55
4.	Krklinski, Chloe	12	Parramatta C	16:56
5.	Stanley, Jayda	12	Randwick Bot	16:56
6.	Pitcher, Sienna	11	Mingara Athl	17:26
7.	Lamb, Chloe	11	Mosman	17:40
8.	Blackley, Rudi	10	Randwick Bot	17:43
9.	Schofield, Catherine	13	Nepean Distr	17:52
10.	Walters, Chia	13	Sutherland D	18:35

11.	Nilon, Isabelle	13	Parramatta C	18:53
12.	Byatt, Laelia	12	Girraween At	20:06
13.	Francis, Anika	11	Girraween At	22:01
14.	Harris, Charlotte	11	Girraween At	22:09

#### Boys U14 3km Walk

1.	Byatt, Joel	11	Girraween At	17:46
2.	Reckerman, Xandar	13	Girraween At	22:01

### XVI EUROPEAN MASTERS ROAD ATHLETICS CHAMPIONSHIPS, ALICANTE, SPAIN, 18-20 MAY

The Spanish city of Alicante hosted the 16<sup>th</sup> European Veterans' Road Athletics Championships (EMACNS) last weekend, with road run and walk on offer. An impressive 225 walkers represented 22 countries, with 124 entries in the 10km men, 80 entries in the 10km women, 81 entries in the 30km men and 53 entries in the 20km women. As expected, the home country dominated the entry list with 81 walkers, ahead of Italy 46, Germany 26, Great Britain 18 and France 5. All walk races were held on a 2 km circuit on the Paseo del Puerto, alongside the harbour. See more at <http://www.emacnsalicante2018.online/>.

My results below are restricted to the first 10 in the bigger age groups.

#### 10km Road Walk Men, Friday 18 May, 9AM and 11:30AM

The men's 10km was contested in two heats, such were the overall numbers. The first of the two heats was for walkers aged M55 or older and saw 53 competitors face the starter's gun. M55 **Francisco Reis** of Portugal was fastest overall (50:01), ahead of M70 **Ian Richards** of the United Kingdom (54.01) and M55 **Jose Muñoz** of Spain (55.04). The second heat, for walkers aged M35 to M54, started at 11:30AM, with 45 walkers in attendance. Fastest time overall to M40 Italian **Vincenzo Magliulo** (46.56) ahead of M45 Spaniard **Juan Antonio Porras** (47.19) and M45 German **Steffen Borsch** and M50 Spanish **Miguel Angel Carvajal** (both with 47.41). As expected, the Spaniards dominated at home with wins in the M35, M45, M50, M60 and M65 divisions, ahead of Italy with a win in the M40 and GBR with a win in the M70.

M35	1	BLANCO HIDALGO, ANGEL	ESP	0:47:56
	2	CARMONA GORDILLO, FRANCISC	ESP	0:49:22
	3	DE LELLO, GENNARO	ITA	0:59:28
M40	1	MAGLIULO, VINCENZO	ITA	0:46:56
	2	MARTIN DIAZ, FRANCISCO	ESP	0:49:31
	3	FERRER NAVARRO, ANTONIO	ESP	0:52:31
	4	SCAFURO, FRANCESCO	ITA	0:53:17
	5	MUÑOZ MARTINEZ, JOSE ALBERT	ESP	0:53:59
	6	RODRIGUEZ JIMENEZ, JOSE MANU	ESP	0:54:11
	7	LAPINS, IVARS	LAT	0:54:31
	8	CROCI, ERNESTO	ITA	0:55:41
	9	MAIER, ALEXANDER	AUT	0:57:31
	10	VILLAR CLAVERO, FELIX	ESP	0:58:57
M45	1	PORRAS HIDALGO, JUAN ANTONI	ESP	0:47:19
	2	BORSCH, STEFFEN	GER	0:47:41
	3	APARICIO MONTAGUD, JOSE ANT	ESP	0:50:45
	4	OBRADOR OLIVE, JOSEP	ESP	0:51:31
	5	SAPONARO, GIUSEPPE	ITA	0:53:47
	6	PIRINO, GIAN MAURO	ITA	0:54:31
	7	BARRANCO MARIN, JUAN JESUS	ESP	0:55:19
	8	SOLANA IZQUIERDO, FRANCISCO	ESP	0:58:39
	9	SIRAGUSA, GIANNI	ITA	1:01:06
	10	SANCHEZ GUINDO, FAUSTINO	ESP	1:07:42
M50	1	CARVAJAL ORTEGA, MIGUEL ANG	ESP	0:47:41
	2	DE LUCAS PASALODOS, JUAN MA	ESP	0:49:54
	3	CAMILLETTI, GIANCARLO	ITA	0:50:59
	4	MEYER, STEFFEN	GER	0:52:03
	5	SERNA LORENTE, JOSE	ESP	0:53:13
	6	PEREZ, MANUEL TOMAS	ESP	0:56:26
	7	MESTRE RODRIGUEZ, JOSE ANTO	ESP	0:58:57
	8	GNAUCK, DICK	GER	0:59:23
	9	BREIDE, MADARS	LAT	0:59:57
	10	KROPIK, FRANZ	AUT	1:00:44
M55	1	REIS, FRANCISCO	POR	0:50:01
	2	MUÑOZ BELMONTE, JOSE	ESP	0:55:04
	3	MONASTERIOS, GUSTAVO	ESP	1:08:32
	4	REIFINGER, MARKUS	AUT	0:58:31
	5	PAPST, RONALD	GER	1:01:48
M60	1	LUNIEWSKI, MIROSLAW	POL	0:55:49

	2	RUATA MARTIN, ANGEL	ESP	0:55:52
	3	MORENO MATE, JAVIER	ESP	0:55:57
	4	HAUGER, GEORG	GER	0:57:36
	5	PRIELER, HELMUT	GER	0:58:59
	6	ARANDA FERNANDEZ, PEDRO JOS	ESP	1:00:45
	7	MARTIN, MALCOLM	GBR	1:00:53
	8	MIMOSO, FRANCISCO	POR	1:02:34
	9	MORETTI, GABRIELE	ITA	1:04:16
	10	VENTURI DEGLI ESPOSTI, FRANC	ITA	1:04:18
M65	1	MELO VALLS, IGNACIO	ESP	0:55:52
	2	PANICO, VINCENZO	FRA	0:57:03
	3	SCHAEFFER, UDO	GER	1:01:01
	4	GIANNUZZI, LUIGI	ITA	1:03:39
	5	AREA DIEGO, RAFAEL	ESP	1:05:52
	6	COLOMBO, RENE	LUX	1:05:56
	7	PIASER, ROBERTO	ITA	1:05:59
	8	NEUMUELLER, WOLFGANG	GER	1:07:06
	9	LASSUS, MARC	FRA	1:07:21
	10	SEN, GERARD	FRA	1:09:32
M70	1	RICHARDS, IAN	GBR	0:54:01
	2	NIESTELBERGER, LUDWIG	AUT	1:01:59
	3	MICHELL, ROGER	GBR	1:02:35
	4	HOELTERS, BERND OCKER	GER	1:06:50
	5	LEON, BENITO	ESP	1:09:27
	6	BORGARS, JOHN	GBR	1:09:29
	7	CHIESA, RENATO	ITA	1:10:36
	8	LILLEFOSSE, ARTHUR	NOR	1:15:07
	9	BRANDENBURG, WALTER	SUI	1:33:44
M75	1	SCHUMM, PETER	GER	1:04:41
	2	GIESE, WOLF-DIETER	GER	1:08:11
	3	BARKER, MICK	GBR	1:14:21
	4	SHILLABEER, EDMUND	GBR	1:15:54
M80	1	PELLICCIA, ROMOLO	ITA	1:04:07
	2	JORDANA, ALEXIS	FRA	1:10:56
	3	PANASEIKO, MYKOLA	UKR	1:13:27
	4	MARIOTTI, ENRICO	ITA	1:19:05
	5	NILSSON, INGVAR	SWE	1:25:01
M85	1	PUSHKIN, IVAN	UKR	1:15:31

#### 10km Road Walk Women, Friday 18 May, 10:15AM

The women's 10km was held as a single race, getting underway at 10:15AM on Friday morning, with 68 walkers in total. Fastest time went to W40 Italian **Valeria Pedetti** (52.26), ahead of W35 Spaniard **Ana Cortes Garcia** (52.56) and W45 Italian **Elena Cinca** (53.34). 12 walkers broke the 60 minute standard. Overall honours went to Italy with wins in the W40, W45, W55 and W60 divisions, ahead of Spain with wins in the W35, W50 and W65 divisions and Germany with a win in the W70 division.

W35	1	CORTES GARCIA, ANA	ESP	0:52:56
	2	SCHULZE, KATHRIN	AUT	0:54:48
	3	BENZI, MICAELA	ITA	1:01:24
	4	MARTINEZ GOMEZ, ADELA	ESP	1:09:15
W40	1	PEDETTI, VALERIA	ITA	0:52:26
	2	PALANDRI, SIMONA	ITA	0:59:21
	3	DERBYSHIRE, CAROLYN	GBR	0:59:51
	4	HUERTOS ESQUERDO, ISABEL	ESP	1:01:37
	5	NIETO DIAZ, SONIA	ESP	1:03:24
	6	COCCIMIGLIO, SIMONA	ITA	1:04:40
	7	GARCIA PERIS, MARIA	ESP	1:09:06
	8	SIERRA MARCOS, ASCENSION	ESP	1:09:21
W45	1	CINCA, ELENA	ITA	0:53:34
	2	HERNANDEZ BURGOS, CARMEN	ESP	0:56:34
	3	BOROVICKOVA, LENKA	CZE	0:58:08
	4	MOMBELLI, ROBERTA	ITA	1:00:42
	5	AURIZZI, MELANIA	ITA	1:01:02
	6	VILLALVA, PATRICIA	ESP	1:03:33
	7	HUMANES PORTILLO, VIRGINIA	ESP	1:03:55
	8	ESCODA LORCA, MARIA JOSE	ESP	1:07:44
	9	VUONO, ELIANA	ITA	1:18:04
W50	1	BODORKOS-HORVATH, KATALIN	HUN	0:56:59
	2	MARTIN PINUELA, CARMEN	ESP	0:59:32

	3	POKLAR, ANDREJA	SLO	1:00:54
	4	RUIZ-AYUCAR SEIFERT, ISABEL	ESP	1:02:10
	5	FUREGON, PATRIZIA	ITA	1:03:15
	6	ILDEFONSO, SONIA	ESP	1:03:44
	7	PONGIN, CATHERINE	FRA	1:06:25
	8	MICHETTI, DONATELLA	ITA	1:07:05
	9	MARTINEZ, AMELIA	ESP	1:07:13
	10	PAIS, MARIA ANTONIA	ITA	1:07:52
W55	1	DEMARTIS, PEPPINA	ITA	0:58:08
	2	PATTI, MIRELLA	ITA	0:58:28
	3	MIDDLETON, HELEN	GBR	1:02:04
	4	NOELL GUARDIOLA, ANGELES	ESP	1:03:42
	5	CIANTAR LEQUIO, DOMINIQUE MO	ITA	1:03:55
	6	URIOL BATUECAS, MACARENA	ESP	1:08:28
	7	PATZALEK, BRIGITTE	GER	1:09:27
	8	SCHEEPERS, CELESTE	RSA	1:10:02
	9	CECILLON, ELIETTE	FRA	1:10:40
	10	BISHOP, FIONA	GBR	1:12:35
W60	1	RICCIUTELLI, DANIELA	ITA	1:00:52
	2	COMBA, GIUSEPPINA	ITA	1:03:48
	3	DUHIG, CATHERINE	GBR	1:04:06
	4	WHEELER, ANN	GBR	1:05:30
	5	SCHWANTZER, MONIKA	AUT	1:12:28
W65	1	BRIZ, MARIA JOSE	ESP	1:06:22
	2	ALVAREZ ORDAS, PLACIDA AURO	ESP	1:06:41
	3	GROLIG, DOROTHEA	AUT	1:07:47
	4	ANXIONNAT, CLAUDINE	FRA	1:09:36
	5	ADAN, PILAR	ESP	1:13:36
	6	SEN, LUCIE	FRA	1:14:30
	7	PASQUALONI, SIMONETTA	ITA	1:14:53
	8	LASSUS, MARYSE	FRA	1:24:55
W70	1	TYSHKO, ANTONINA	UKR	1:12:48
	2	KLINK, URSULA	GER	1:14:24
	3	NEIDEL, HEIDRUN	GER	1:17:51
	4	MOLTER, MARGARETE	GER	1:20:10
W75	1	THEUNISSEN, GISELA	GER	1:18:40
	2	DRAEGER, HELGA	GER	1:18:45

### 30km Road Walk Men, 4:30PM, Saturday 19 May

The men's 30km saw 56 finishers, with first place overall going to M35 German **Andreas Janker** (2.37.11) ahead of M45 Latvian **Normunds Ivzans** (2.44.58) and M45 Spaniard **Jose Antonio Aparicio Montagud** (2.45.31). M70 winner **Ian Richards** of Great Britain was a standout with 3.01.20. By countries, Germany won the M35, M60 and M65 divisions, Spain won the M45, M50 and M55 divisions, Latvia won the M40 division and Britain won the M70 division.

1.	ANDREAS JANKER	M35	GER	2:37:11
2.	NORMUNDS IVZANS	M45	LAT	2:44:58
3.	JOSE ANTONIO APARICIO MONTAGUD	M45	ESP	2:45:31
4.	FRANCISCO MARTIN DIAZ	M40	ESP	2:45:46
5.	JUAN MANUEL DE LUCAS PASALODOS	M50	ESP	2:45:54
6.	STEFFEN MEYER	M50	GER	2:46:34
7.	FRANCISCO REIS	M55	POR	2:46:55
8.	JOSEF SMOLA	M50	CZE	2:49:32
9.	MEFTAH SWAIEH	M45	FRA	2:49:41
10.	FRANCISCO JESUS ABELLAN BARNES	M45	ESP	2:50:56
11.	BRIAN O DOMHNAILL	M40	IRL	2:54:01
12.	ANTONIO GONZALEZ	M55	ESP	2:54:25
13.	RUBEN PINOL	M45	ESP	2:57:20
14.	JOSE MANUEL RODRIGUEZ JIMENEZ	M40	ESP	2:57:25
15.	GIUSEPPE SAPONARO	M45	ITA	3:01:03
16.	ROMAN BRZEZOWSKY	M50	AUT	3:01:09
17.	IAN RICHARDS	M70	GBR	3:01:20
18.	MALCOLM MARTIN	M60	GBR	3:02:04
19.	MIROSLAV FLIEGL	M60	CZE	3:02:22
20.	IGNACIO MELO VALLS	M65	ESP	3:03:17
21.	DANIEL LOPEZ RUIZ	M35	ESP	3:04:40
22.	HELMUT PRIELER	M60	GER	3:04:54
23.	SEBASTIAN MANUEL BARRANCO	M50	ESP	3:05:13
24.	JOSE MUÑOZ BELMONTE	M55	ESP	3:05:34

25.	IVARS LAPINS	M40	LAT	3:08:31
26.	JOSE JAVIER RODRIGUEZ MELCON	M50	ESP	3:08:49
27.	JOSE ANTONIO MESTRE RODRIGUEZ	M50	ESP	3:14:20
28.	FRANZ KROPIK	M50	AUT	3:23:42
29.	ANDREAS WILD	M35	GER	3:24:52
30.	FRANCO VENTURI DEGLI ESPOSTI	M60	ITA	3:26:18
31.	GIANNI SIRAGUSA	M45	ITA	3:26:43
32.	ALFONS SCHWARZ	M60	GER	3:27:12
33.	MADARS BREIDE	M50	LAT	3:29:18
34.	RONALD PAPST	M55	GER	3:30:50
35.	LUDWIG NIESTELBERGER	M70	AUT	3:31:39
36.	PETER SCHUMM	M75	GER	3:32:10
37.	HARDEEP MINHAS	M60	GBR	3:32:26
38.	ROGER MICHELL	M70	GBR	3:33:30
39.	LUIGI GIANNUZZI	M65	ITA	3:33:35
40.	BERND OCKER HOELTERS	M70	GER	3:35:12
41.	MARIO ANGELINI	M70	ITA	3:35:13
42.	HORST KIEPERT	M65	GER	3:35:51
43.	MARIO FERNANDEZ REVILLA	M45	ESP	3:36:54
44.	RICHARD MAICHIN	M70	GER	3:37:05
45.	JOSE ESTEBAN RUIZ	M50	ESP	3:37:46
46.	OHANN SIEGELE	M65	AUT	3:41:29
47.	MARC LASSUS	M65	FRA	3:42:36
48.	WOLFGANG NEUMUELLER	M65	GER	3:45:22
49.	FAUSTINO SANCHEZ GUINDO	M45	ESP	3:47:12
50.	WOLF-DIETER GIESE	M75	GER	3:49:02
51.	MARKUS REIFINGER	M55	AUT	3:49:25
52.	BOB LYNE	M50	IRL	3:50:08
53.	ALEXIS JORDANA	M80	FRA	3:52:48
54.	JOHN MCMULLIN	M70	IRL	3:53:12
55.	DANIEL BROT	M65	SUI	3:57:37
56.	UWE TOLLE	M60	GER	4:00:49

#### 20km Road Walk Women, 5PM, Saturday 19 May

48 women contested the 10km last Friday afternoon. Fastest overall went to W45 **Elena Cinca** of Italy (1.54.43), ahead of W35 **Kathrin Schulze** of Austria (1.56.31) and W40 **Olga Cabrera Ysas** of Spain (1.56.40). W50 **Katalin Bodorkos-Horvath** of Hungary (1.57.53) and W35 **Annelies Sarrazin** of Belgium (1.59.21) also broke the 2 hour mark. Gold medals were spread with Spain winning in W35, W50 and W55, Italy winning in W40 and W45 and one gold to each of the United Kingdom (W6) and Germany (W70).

1.	ELENA CINCA	W45	ITA	1:54:43
2.	KATHRIN SCHULZE	W35	AU	1:56:31
3.	OLGA CABRERA YSAS	W40	ESP	1:56:40
4.	KATALIN BODORKOS-HORVATH	W50	HUN	1:57:53
5.	ANNELIES SARRAZIN	W35	BEL	1:59:21
6.	MIRELLA PATTI	W55	ITA	2:00:38
7.	LENKA BOROVIKOVA	W45	CZE	2:02:04
8.	ROBERTA MOMBELLI	W45	ITA	2:02:33
9.	MARTA NOGUEIRA FERNANDEZ	W35	ESP	2:06:13
10.	CARMEN MARTIN PINUELA	W50	ESP	2:06:21
11.	SIMONA PALANDRI	W40	ITA	2:06:26
12.	DANIELA RICCIUTELLI	W60	ITA	2:06:37
13.	MELANIA AURIZZI	W45	ITA	2:08:14
14.	MARIA PAOLA FORMICONI	W60	ITA	2:08:52
15.	ISABEL RUIZ-AYUCAR SEIFERT	W50	ESP	2:10:17
16.	HELEN MIDDLETON	W55	GBR	2:10:38
17.	MELANIE PEDDLE	W45	GBR	2:12:40
18.	PATRIZIA FUREGON	W50	ITA	2:13:18
19.	CLARISA ALCAIRE ERNST	W45	ESP	2:13:48
20.	SIMONA COCCIMIGLIO	W40	ITA	2:13:54
21.	CATHERINE DUHIG	W60	GBR	2:14:02
22.	MICAELA BENZI	W35	ITA	2:15:26
23.	PATRICIA VILLALVA	W45	ESP	2:15:45
24.	MARIA FERNANDES	W65	POR	2:19:09
25.	PLACIDA AURORA ALVAREZ ORDAS	W65	ESP	2:19:50
26.	TRINIDAD ARIAS GONZALEZ	W50	ESP	2:20:34
27.	ANGELES NOELL GUARDIOLA	W55	ESP	2:21:30
28.	ANN WHEELER	W60	GBR	2:22:08

29.	DOROTHEA GROLIG	W65	AUT	2:23:13
30.	ANNA MARIA FAMEA	W50	ITA	2:24:31
31.	NOEL BLATCHFORD	W70	GBR	2:24:43
32.	BRIGITTE PATRZALEK	W55	GER	2:25:34
33.	MARIA NIEVES CAMAÑO MESA	W40	ESP	2:26:09
34.	DONATELLA MICHETTI	W50	ITA	2:26:24
35.	CLAUDINE ANXIONNAT	W65	FRA	2:26:49
36.	MARIA JOSE BRIZ	W65	ESP	2:29:35
37.	FIONA BISHOP	W55	GBR	2:30:25
38.	MONIKA MUELLER	W50	GER	2:30:28
39.	ANTONINA TYSHKO	W70	UKR	2:30:38
40.	URSULA KLINK	W70	GER	2:31:44
41.	ANGELA MARTIN	W50	GBR	2:32:08
42.	MONIKA SCHWANTZER	W60	AUT	2:33:49
43.	HEIDRUN NEIDEL	W70	GER	2:42:58
44.	AZUCENA LOPEZ ALMOROX	W60	ESP	2:46:44
45.	MARGARETE MOLTER	W70	GER	2:48:53
46.	GISELA THEUNISSEN	W75	GER	2:51:57
47.	MARYSE LASSUS	W65	FRA	2:52:16
48.	HELGA DRAEGER	W75	GER	2:54:03

#### USATF 15 KM RACE WALK CHAMPIONSHIPS, RIVERSIDE, CA, SUNDAY 20 MAY

Alas, I was hoping to get these results in time for this week's newsletter but they have not been posted yet. The results should hopefully show up soon on <http://www.usatf.org/Events---Calendar/2018/USATF-15km-Race-Walk-Championships.aspx>.

#### BRITISH NATIONAL 10KM AND YAG CHAMPIONSHIPS, WARWICK UNIVERSITY, COVENTRY, SUNDAY 20 MAY

Last Sunday saw the British Athletics/County Athletic Union/Race Walking Association Roadwalk Championships at Warwick University in Coventry. The meet also included the Race Walking Assoc. & Welsh Athletics Young Age Group Championships. Good 10km times by **Heather Lewis** (48:27), **Erika Kelly** (49:36) and **Tom Partington** (49:21). Thanks to Mark Easton for the photos. Mark has posted his usual excellent photo gallery at <http://markeaston.zenfolio.com/f89060365>.

##### Senior Men 10km

1.	Luc Legon	Cambridge Harriers	Kent	51:19
2.	Adam Cowin	Manx Harriers	Lancashire	53:18
3.	David Annetts	North Herts Road Runners	Hertfordshire	58:11
4.	Adrian Edwards	Lancashire Walking Club G.	Manchester	59:59
	Anthony Bell	Lancashire Walking Club	Cheshire	DQ
	Anthony Malone	Lancashire Walking Club	Lancashire	DQ
	Paul Hawkins	Stratford-upon-Avon AC	Warwickshire	DQ
	Peter Hannell	Surrey Walking Club	Surrey	DQ
	Steve Allen	Barnet & District AC	Hertfordshire	DQ

##### Senior Women 10km

1.	Heather Lewis	Pembrokeshire Harriers	Wales West	48:27
2.	Erika Kelly	Northern (IOM) AC	Lancashire	49:36
3.	Agata Kowalska	SW Hyde Park Harriers/POL	Yorkshire	50:09
4.	Hannah Hunter	Manx Harriers	Lancashire	57:13
5.	Julie Bellfield	Halesowen Athletic Club	Worcestershire	62:58
6.	Rebecca Greatbatch	Manx Harriers	Lancashire	63:52
7.	Sharon Cain	Western Athletic Club	Lancashire	69:27
8.	Louise Hollings	Manx Harriers	Lancashire	70:04
9.	Nicola Raven	Manx Harriers	Lancashire	70:16
	Madeline Shott	Belgrave Harriers	Unattached	DNF

##### Under 20 Men 10km

1.	Tom Partington	Manx Harriers	Lancashire	49:21
2.	Benjamin Allen	Leicester Walking Club	Leicestershire	56:45
3.	Jordan Price	Brecon Athletic Club	Wales West	61:21
4.	Daniel Mckerlich	Cardiff A.A.C.	South Wales	66:23

##### Under 20 Women 10km

1.	Abigail Jennings	Aldershot Farnham & Dist.	Hampshire	56:31
2.	Emily Ghose	Tonbridge Athletic Club	Kent	61:01
3.	Jacqueline Benson	Ashford Athletic Club	Kent	63:39

4.	Laura Achurch	Leicester Walking Club	Leicestershire	64:13
5.	Pagan Spooner	Hyde Park Harriers	Yorkshire	69:42
	Ana Garcia	C of Sheffield & Dearne	Yorkshire	DNF

#### Under 17 Boys 5km

1.	George Wilkinson	Unfield & Haringey AC	Suffolk	25:08
----	------------------	-----------------------	---------	-------

#### Under 17 Girls 5km

1.	Hannah Hopper	Cambridge Harriers	Kent	32:51
2.	Keira Heavey	Northern (IOM) AC	Lancashire	34:02

#### Under 15 Boys 3km

1.	Alex Macheath	Cambridge Harriers	Kent	16:18
2.	Christian Hopper	Cambridge Harriers	Kent	16:46
3.	Owen Bradshaw	C of Sheffield & Dearne AC	Yorkshire	17:06
4.	Faris Alkhamesi	Nuneaton Harriers	Leicestershire	17:44

#### Under 15 Girls 3km

1.	Lois Carty	Aldershot Farnham & Dist.	Hampshire	17:31
2.	Abigail Smith	Blackheath & Bromley HAC	Kent	17:54
3.	Katie Stringer	Medway & Maidstone AC	Kent	18:26
4.	Abbie Edwards	Manx Harriers	Lancashire	19:38
5.	Farra Nijjar	Birchfield Harriers	Staffordshire	19:39
6.	Lara MacColl	C of Sheffield & Dearne AC	Yorkshire	19:43
7.	Mia Dunwell	Northern (IOM) AC	Lancashire	19:53
8.	Lucy Walker	2 DASH	Yorkshire	19:54
	Charlotte Wallis	Aldershot Farnham & Dist.	Hampshire	DNF

#### Under 13 Girls 2km

1.	Katie Brash	Blackheath & Bromley HAC	Kent	12:37
2.	Kelsey Tozer	Birchfield Harriers	Warwickshire	13:44



*Erika Kelly, Tom Partington and Heather Lewis in action in Coventry)*



*Luc Legon, George Wilkinson and Alex Macheath (all photos Mark Easton)*

**ITALIAN UNIVERSITY CHAMPIONSHIPS, ISERNIA, ITALY, SATURDAY 19 MAY**

Small fields in the Italian University Championship walks last Saturday in Isernia, but a good walk by **Francesco Fortunato** (20:28.02). Well reported by [http://www.marciadalmundo.com/eng/dettagli\\_news.aspx?id=3180](http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3180).

**5000m Men**

1.	FORTUNATO Francesco	1994	FOGGIA	20:28.02
2.	ANGELINI Gregorio	1996	FOGGIA	20:33.12
3.	GRILLO Ettore	1997	SIENA	20:45.55
4.	ZAUPA Alberto	1995	MILANO	21:17.09
5.	COZZA Cesare	1997	MODENA	22:03.33
6.	CAPOGROSSI Luca	1996	PERUGIA	24:01.95
	COPPINI Niccolo'	1997	FIRENZE	DQ

**5000m Women**

1.	ANSALDI Martina	1996	TORINO	23:15.19
2.	BECCHETTI Mariavittoria	1994	FORO ITALICO	23:23.13
3.	GRAFEO Sascia	1992	PERUGIA	25:41.80
4.	FORESTI Beatrice	1998	MILANO	26:04.65
5.	ANDREOSE Beatrice	1998	VENEZIA	27:04.06

**FRENCH INTERCLUB CHAMPIONSHIPS ROUND 2, VARIOUS VENUES, FRANCE, 18-20 MAY**

Thanks to Emmanuel Tardi for his report on the second weekend of the French Interclub Championships. He explains:

The French Interclub Championships were held in around 60 different cities around France and, in every meet, 5000m walks for men and 3000m walks for women were contested. Overall, around 1000 male and 1000 female walkers were in action. In his city of Reims, **Yohann Diniz** produced an M40 world best of 18:57.13. **Gabriel Bordier** also produced a very strong PB in Nantes on Saturday with 19:03.04. In the women's competitions, **Emilie Menuet** walked 12:36.89 in Laval, and Tunisian **Chahineze Nasri** walked 12:53.97 in Reims. I have reviewed the results and extracted the best marks. I hope I have not missed out on anyone.

**5000m Men**

1.	DINIZ Yohann	Efs reims a.	Reims	20/05/18	18:57.13
2.	BORDIER Gabriel	Us st berthevin	Nantes	19/05/18	19:03.04
3.	TERAOUI Hedi (TUN)	Haute bretagne athletisme	Aix les bains	20/05/18	19:59.36
4.	BOYEZ Antonin	Doubs sud athletisme	Belfort	20/05/18	20:09.59
5.	BOURNIER Justin	Dole ac	Montceau les mines	20/05/18	20:42.38
6.	CERNY Dominik (SVK)	Athletisme metz metropole	Aix les bains	20/05/18	20:44.44
7.	BERNABE Fabien	Sco ste-marguerite marseille	Grenoble	20/05/18	20:59.85
8.	KUSTER David	Pays de colmar athletisme	Pontoise	20/05/18	21:01.26



9.	QUINION Aurelien	Entente franconville cesame	Aix les bains	20/05/18	21:34.11
10.	DUC Matteo	As aix-les-bains	Aix les bains	20/05/18	21:34.13

### 3000m Women

1.	MENUET Emilie	Aj blois-onzain	Laval	20/05/18	12:36.89
2.	NASRI Chahineze (TUN)	Ca balma	Reims	20/05/18	12:53.97
3.	BERETTA Clémence	Athletic Vosges Entente Clubs	Belfort	20/05/18	12:56.41
4.	KAPERNA Monika (POL)	Entente brive tulle athle	Nantes	20/05/18	13:20.98
5.	BEMOWSKA Joanna (POL)	Entente brive tulle athle	Nantes	20/05/18	13:21.35
6.	QUENNEHEN Marine	Ca montreuil 93	Aix les bains	20/05/18	13:21.80
7.	MARCOU Amandine	Sa merignac	Libourne	20/05/18	13:32.13
8.	GOLBA Katarzyna (POL)	As aix-les-bains	Aix les bains	20/05/18	13:32.30
9.	BOURHIS Amelie	Athle pays de l'orient	Cesson sevigne	20/05/18	13:47.94
10.	TERREC Eloise	Ac roche-sur-yon	Laval	20/05/18	13:50.85
11.	AURRIERE Camille	Us st berthevin	Nantes	19/05/18	13:54.83
12.	MANAI Amani (TUN)	Ea mondeville herouville	Pontoise	20/05/18	13:55.20



*Johann Diniz wins in Reims last Friday (photo from Emmanuel Tardi)*

### CONTINENTAL CENTURIONS 24H QUALIFIER, SCHIEDAM, NEDERLANDS, MAY 19-20

One of my most eagerly anticipated ultra walks has now been completed, with the annual Continental Centurions 24 Hour Qualifying walk held in Schiedam in the Netherlands last Saturday and Sunday. Organized by the Rotterdamse Wandelsportvereniging Club (RWV). It is a huge smorgasboard of events, with the traditional 100 Mile race one of a large number of events on offer. It was held in the Beatrixpark on a course around 4km in length and saw huge numbers overall.

First to some links: Results: <http://www.rotterdamsewandelsportvereniging.nl/index.php?page=uitslag-ww-2018>  
 Photos: <https://myalbum.com/album/L1SAbPMSIHhc>

And now onto the results, with a bit of explanation. First to the 100 Miles results which saw 18 walkers reach the centurion mark within the requisite 24 hours. Of them, 10 were first time Continental Centurions and are now awarded badges C462-C471. With the first 5 under 21 hours, it was a high quality affair, with the overall win going to **Birger Coulier** with 20:16:40. **Wilma Driessen** was the first woman with 21:32:35, just ahead of the amazing English walker **Sandra Brown** with 21:55:25. This was Sandra's fourth hundred this year and her 190<sup>th</sup> overall, a record that will never be matched. Sandra, who recently turned 69 years of age, shows no sign of slowing or reducing her demanding yearly schedule (in 2017 she completed 10 hundreds). Sandra remains the only person with all 7 Centurion badges. (As an aside, you can see all those centurions with two or more badges in Rob Robertson's comprehensive list at <http://www.walk100miles24hours.com/wp-content/uploads/2018/05/Multi-Centurions-1.pdf>.)

Thanks to Hans van der Knaap for the full results set. Get your coffee and settle in...here we go!

### 100 Miles Walk

1.	Birger Coulier	20.16.40	CC462
2.	Johan Taghon	20.23.56	CC463
3.	Richard McChesney	20.44.11	CC432

4.	Frank van der Gulik	20.53.00	CC343
5.	Adam Killip	20.53.35	<b>CC464</b>
6.	Peter Asselman	21.09.08	CC422
7.	Wilma Driessen (F)	21.32.35	CC364
8.	Sandra Brown (F)	21.55.25	CC131
9.	Martin Vos	22.09.43	CC448
10.	Erwin van den Bosch	22.54.24	<b>CC465</b>
11.	Marcel van Tulden	22.58.49	<b>CC466</b>
12.	Gustaaf Salu	23.02.45	<b>CC467</b>
13.	Stewart Jones	23.04.16	<b>CC468</b>
14.	Adrie Ros	23.20.11	CC416
15.	Ray Beattie	23.20.52	<b>CC469</b>
16.	Andrew Dawson	23.26.32	<b>CC470</b>
17.	Martin Fisher	23.36.59	CC426
18.	Cristian Fernandez	23.48.38	<b>CC471</b>

Now onto a special category called the Honderman, which is awarded to any walker who can complete 100km within 11 hours and 30 minutes. This year, **Paul Jansen** did just that, earning Honderman badge H77.

#### **Honderman (100km Walk under 11:30:00)**

1.	Paul Jansen	11.21.35	<b>H77</b>
----	-------------	----------	------------

#### **100 km Walk**

1.	Kris Hazenbosch	13.10.24	
2.	Patrick Vandeweyer	13.13.43	

The next badge on offer was the Kennedyfriend badge, for anyone who completes 50 Miles within 12 Hours. 21 people did just that, in the 50 mile race, with 15 new badges being awarded (KV461-KV475). **Remy van den Brand** was the first, in a very impressive 9:31:19. **Sue Clements** was the first woman with 11:25:36. Go Sue!

#### **50 Miles Walk**

1.	Remy van den Brand	9.31.19	KV411
2.	Gerard Heunks	10.20.29	KV325
3.	Chris van Cauwenberghe	10.26.30	<b>KV461</b>
4.	Leonard Vermeulen	10.30.27	<b>KV462</b>
5.	Kevin Van Nuffel	10.54.01	<b>KV463</b>
6.	Jan Willem Vogels	11.14.35	<b>KV464</b>
7.	Hein Sanders	11.22.46	KV351
8.	Sue Clements (F)	11.25.36	<b>KV465</b>
9.	Wilko Koster	11.26.19	<b>KV466</b>
10.	Arian van der Burg	11.30.41	<b>KV467</b>
11.	Zeeger van den Berg	11.30.42	KV413
12.	Linda Vogelaar (F)	11.43.45	<b>KV468</b>
13.	Albertus van Ginkel	11.43.45	KV374
14.	Trudy van der Meer (F)	11.43.45	<b>KV469</b>
15.	Remco Lührman	11.44.36	<b>KV470</b>
16.	Trudy Geldhof (F)	11.44.36	<b>KV471</b>
17.	Harrie van Adrichem	11.48.05	<b>KV472</b>
18.	Aad van der Ploeg	11.51.55	<b>KV473</b>
19.	Marijke Nijland (F)	11.52.42	<b>KV474</b>
20.	Erik Froeling	11.52.42	KV459
21.	Maik Eijdens	11.57.05	<b>KV475</b>
22.	Rageni Goeptar	12.03.34	
23.	David Jones	12.04.19	
24.	Geert Kleine	12.22.26	
25.	Piet van der Kroft	12.28.32	
26.	Aaf Peters- de Rijk	12.40.20	
27.	Gertjan van Elleswijk	13.03.56	
28.	Mario van Wessel	13.07.25	
29.	Peter van den Brink	13.08.43	
30.	Will Ubben	13.29.40	
31.	Bunyamin Karasu	13.56.24	
32.	Adriaan van den Dool	14.26.06	
33.	Ton Onclin	14.33.18	
34.	Maarten Suidman	15.14.47	
35.	Marleen Ramakers (F)	15.17.40	
36.	Miranda Slegers	15.17.40	
37.	Chris Lauwen	15.17.40	

Robin Jans	64.724km	12.46.01
Richard Boosten	60.788km	9.09.33
Mike Bertrand	56.852km	10.50.07
Willy Van Aart	52.917km	9.55.20
Bernadette van de Coolwijk (F)	48.981km	9.06.31
Niek Sloot	41.109km	6.01.51
John-Paul van der Luit	41.109km	6.20.49
Alette Riezebos (F)	41.109km	7.19.27
Arjan Lukken	29.302km	5.14.00

And finally to the 24 Hour event. As can be seen, NZ walker **Richard McChesney** continued on after his hundred to reach a total distance of 185.129km, a PB and a new New Zealand record. **Peter Asselman** did the same, finishing with 181.471km. Most of the others stopped at 100 miles (160.934km). There are 56 names in this results list. Wow!

#### 24 Hours Walk

1.	Richard McChesney	185.129km	23.55.35
2.	Peter Asselman	181.471km	24.01.08
3.	Martin Fisher	162.893km	23.51.41
4.	Birger Coulier	160.934km	20.16.40
5.	Johan Taghon	160.934km	20.23.56
6.	Frank van der Gulik	160.934km	20.53.00
7.	Adam Killip	160.934km	20.53.35
8.	Wilma Driessen	160.934km	21.32.35
9.	Sandra Brown	160.934km	21.55.25
10.	Martin Vos	160.934km	22.09.43
11.	Erwin van den Bosch	160.934km	22.54.24
12.	Marcel van Tulden	160.934km	22.58.49
13.	Gustaaf Salu	160.934km	23.02.45
14.	Stewart Jones	160.934km	23.04.16
15.	Adrie Ros	160.934km	23.20.11
16.	Ray Beattie	160.934km	23.20.52
17.	Andrew Dawson	160.934km	23.26.32
18.	Cristian Fernandez	160.934km	23.48.38
19.	Martin Payne	153.063km	23.03.07
20.	Hanny Klumpkens	147.172km	23.56.35
21.	Jan 't Mannetje	137.320km	19.32.59
22.	Marry Heuvelman	137.320km	23.08.18
23.	Joop Keetman	129.448km	24.06.12
24.	Gino Masto	117.641km	16.35.05
25.	Hans Pranger	117.641km	20.20.08
26.	Arie Kandelaars	113.705km	16.33.52
27.	Con Bollmann	113.705km	17.52.28
28.	Nico Gerpot	109.769km	14.51.15
29.	Jan Meijer	109.769km	15.19.43
30.	Jan Dinnissen	109.769km	17.39.05
31.	Appie Bos	109.769km	17.39.05
32.	Christiaan Mook	109.769km	21.12.12
33.	René Turk	109.769km	21.12.22
34.	Jurgen Mol	106.824km	23.45.18
35.	Paul Jansen	105.833km	12.34.08
36.	Peter Duijst	105.833km	15.25.27
37.	Herwin Weststrate	105.833km	15.42.33
38.	Raphael Lemmens	105.833km	15.46.42
39.	René Beukema	105.833km	18.45.36
40.	Sandra de Graaff	105.833km	20.32.44
	Jaap Visser	101.897km	14.55.42
	Alain Alexandre	97.961km	14.07.27
	Sailash Shah	97.961km	18.51.53
	Anthony Hebbelynck	94.026km	17.05.23
	Frans Leijtens	90.090km	13.28.41
	Corina Riezebos	86.154km	14.38.44
	Arjan Bogerd	82.218km	13.52.49
	Antoine Hunting	70.411km	9.20.55
	Dick Stoevelaar	70.411km	9.54.40
	Michael Klaasse	70.411km	13.19.10
	Anita de Roo	66.475km	12.49.45
	René Wakkee	62.540km	7.41.33
	Michiel Tamerius	54.668km	11.12.34

Victoria Barns	50.732km	8.25.46
Marco Jongepier	34.989km	5.08.17
Frank Marchand	23.181km	3.34.08

All photos are taken from photo album <https://myalbum.com/album/L1SAbPMSIHhc>.



*Peter Asselman, Richard McChesney, Johan Taghon and Birger Coulier*



*Wilma Driessen, Sandra Brown, Sue Clements and Remy van den Brand*

And finally, a little 50km at Schiedam for those who wanted to be part of the big picture but didn't want to walk too far!

**50km Walk**

1.	Hans Drijvers	5.44.59
2.	David Hoben	7.18.12
3.	Diana Obermeyer	7.45.21
4.	Joke Barendregt	7.52.30
5.	Irene Tholenaars	7.52.30
6.	Anita Bakker	8.19.11
7.	Sebastiaan Ram	8.22.40

8.	Carla Lukken	8.29.47	
9.	Monique Barner-Vet	8.29.47	
10.	Annette van de Meiracker	8.39.28	
11.	Ton Vogelaar	8.39.29	
	Wilfried van Bremen	26.385m	2.51.10

### 50KM 2018 WORLD RANKING LIST UPDATES

With the latest 50km walks in Schiedam (see above) on the weekend, Paul DeMeester has rejigged his 2018 50km Ranking Lists.

We now have 239 male walkers representing 37 member federations from all six Areas, and we have 136 female walkers represent 28 member federations from all six Areas. In particular, the women's list shows 3 women under 4:10, 17 women under 4:30, 27 women under 4:40 and 48 women under 5:00. What a huge improvement in quality and quantity in the last 12 months since the event was added.

Let me reiterate that these lists are only for 2018. They do not include the many fine 50km walks from last year, meaning that Ines Henriques and others are not even in the mix yet. And we have the European Championships 50km races still to come.

Rather than reproduce them in the newsletter (which would take around 4-5 pages, I have uploaded them into web file <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf> which is now available online.

Thanks as always Paul.

### OUT AND ABOUT

- WADA confirmed last Thursday that it has maintained the suspension of RUSADA as the body has still not met two outstanding reinstatement criteria. These concern access to the Moscow Laboratory and their acceptance of the findings of the McLaren Report, which says that an institutional doping scheme was in operation at events including the Sochi 2014 Winter Olympic Games. WADA director general Olivier Niggli confirmed there was no change in the status of RUSADA, first declared non-compliant in November 2015. See <https://www.insidethegames.biz/articles/1065154/wada-maintain-rusada-suspension-after-no-progress-made>.
- A fantastic article by Guillaume Joubert about the various winners of the iconic Paris-Strasbourg / Strasbourg-Paris / Paris-Colmar / Neuilly-Ribeauvillé which has been held since in 1926. See <https://culturemarche.com/2018/05/15/paris-alsace-retour-sur-92-ans-de-legende-avec-les-differents-vainqueurs/>.
- Up till now, world T&F rankings has been rather haphazard, depending on which system is used. But that is all set to change later this year when the IAAF publishes a modified form of the well respected All-Athletics ranking system. Once in place, it will no longer be possible for someone to gain a World Championships or Olympics berth with one outstanding performance. From now on, the official IAAF rankings will be based on multiple performances (as in sports like tennis) and spots in these major events will be based on this ranking. See further discussion at <https://www.bbc.com/sport/athletics/43259616>.
- Everyone knows French walking enthusiast **Emmanuel Tardi**. For my own part, he provides so many of my overseas results and we regularly meet up at the major champs. And now you can find out a bit more about Emmanuel with this 60 second video interview. See <https://aheartynomad.com/2018/05/15/60-ish-seconds-with-emmanuel-tardi/>.
- Two new and important videos from Hajo Seppelt of ARD TV in Germany.

The first is an exclusive TV interview with Grigori Rodschenkow. The former head of the Moscow Control Laboratory is worried about his life and does not want to be recognized after changing his appearance. See <https://www.sportschau.de/doping/video-rodschenkow---ich-bin-ein-ziel-so-wie-skripal-100.html>.

The second is an expose about conspicuous doping samples of several national football players from Russia's provisional World Cup squad which are said to have not been sufficiently investigated. Russian officials are suspected of having covered up the dubious findings from 2014. Really, nothing changes in Russia. The World Cup should not be there in the first place. Why reward a country in which drug cheating is the norm. See <https://www.sportschau.de/doping/russia-football-seppelt-doping-world-cup-100.html>.

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

4 releases for us from Marciadalmondo this week

- Sun 20 May - Simona Bertini and Davide Finocchietti win the 36<sup>th</sup> Brixia Walks Meet in Bressanone, Italy [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3181](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3181)

- Sat 19 May - Isernia (ITA): Francesco Fortunato and Martina Ansaldi win Italian University Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3180](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3180)
- Tue 15 May - Claire Tallent writes about her first 50km walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3179](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3179)
- Mon 14 May - Chen Ding (CHN): from Olympic champion to race walking judge  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3178](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3178)

and omarchador had 11 press releases

- Mon 21 May - Inês Henriques won the Portuguese Golden Globe Award for Best Female Athlete  
<http://omarchador.blogspot.com.au/2018/05/ines-henriques-premiada-com-o-globo-de.html>
- Mon 21 May - Track walk result from Colombier, Switzerland  
<http://omarchador.blogspot.com.au/2018/05/a-marcha-em-colombier-suica-resultados.html>
- Sun 20 May - Results of women's 20km at European Masters Championships in Alicante  
<http://omarchador.blogspot.com.au/2018/05/emacns-alicante-2018-20-km-femininos.html>
- Sun 20 May - Results of men's 30km at European Masters Championships in Alicante  
<http://omarchador.blogspot.com.au/2018/05/emacns-alicante-2018-30-km-masculinos.html>
- Sat 19 May - Results of women's 10km at European Masters Championships in Alicante  
<http://omarchador.blogspot.com.au/2018/05/emacns-alicante-2018-10-km-femininos.html>
- Sat 19 May - Results of men's 10km at European Masters Championships in Alicante  
<http://omarchador.blogspot.com.au/2018/05/emacns-alicante-2018-10-km-masculinos.html>
- Fri 18 May - Results of the Colombian U18 Championships in Bogotá  
<http://omarchador.blogspot.com.au/2018/05/campeonatos-da-colombia-de-sub-18-em.html>
- Fri 18 May - Serrahima hosts A Finalthe of the Spanish U20 Club Championships  
<http://omarchador.blogspot.com.au/2018/05/serrahima-acolheu-final-do-campeonato.html>
- Thu 17 May - History of Portuguese gold medals at the European Masters Road Championships  
<http://omarchador.blogspot.com.au/2018/05/portugal-com-30-medalhas-no-historial.html>
- Wed 16 May - Alicante in Spain to host the 16<sup>th</sup> European Veterans' Road Athletics Championships (EMACNS)  
<http://omarchador.blogspot.com.au/2018/05/alicante-espanha-recebe-europeus-de.html>
- Tue 15 May - Walk results from track meet in Perwez, Belgium  
<http://omarchador.blogspot.com.au/2018/05/a-marcha-no-meeting-de-perwez-belgica.html>

#### DATES...DATES...DATES

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

#### **Australian/Victorian Key Dates – 2018**

June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Jul 14 (Sat), 2018	VRWC Twilight Trivia, 4:30PM at Middle Park (after our race day)
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (venue to be confirmed)

#### **2018 Remaining IAAF Racewalking Challenge Events**

May 26, 2018	Cat B	XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

#### **International Dates – 2018 and onwards**

Jun 8 (Fri), 2018	44 <sup>th</sup> International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018	<b>16<sup>th</sup> World Junior T&amp;F Championships</b> , Tampere, Finland
Aug 7-12, 2018	<b>European Athletics Championships</b> , Berlin, Germany
Sept 4-16, 2018	<b>22<sup>nd</sup> World Masters Athletics T&amp;F Championships</b> , Malaga, Spain

Mar 24-30, 2019	<b>World Masters Indoors T&amp;F Championships</b> , Torun, Poland
July 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , 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, Belarrus  
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  
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.

Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)