



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 02
9 October 2018



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WALKER OF THE WEEK

My Walker of the Week is 27 year old Glenhuntly walker **Rhydian Cowley** who was the fastest 5000m competitor (**20:31.90**) in last Saturday's opening round of Athletics Victoria Shield competition. Competing at Casey Fields, he finished ahead of Quentin Rew (20:43.3) and Kyle Swan (22:23.5) in what was the highest quality competition of the weekend.

Of course, Rhydian competed in the 20km walk at the 2016 Olympics and has a whole string of other international vests to his name, not to mention a 5000m PB of 19:26.96, set in 2016. It is good to see him in such good early season form.



Rhydian competing earlier this year at Middle Park

WHAT'S COMING UP

- The Athletics Victoria Shield competition continues this coming Saturday 15th October with 5 venues in action
 - AV Shield Round 2, Program 2, White and Blue Zones, **Nunawading**
 - AV Shield Round 2, Program 1, Red and Yellow Zones, **Doncaster**
 - AV Shield Round 2, Program 2, Ballarat Region, Llamberris Reserve, **Ballarat**
 - AV Shield Round 2, Program 2, Bendigo Region, La Trobe Uni Track, **Bendigo**
 - AV Shield Round 2, Program 2, Geelong Region, Landy Field, **Geelong**

Most venues will be running 3000m/1500m walks. Check out the AV website (<http://athsvic.org.au>) for all the details, including start times. If pre-entering, you need to register by midday tomorrow.

- The VRWC Summer Season fixture is online at <http://www.vrwc.org.au/vrwcs19.shtml>. Note 3 track walks at Mentone and 3 road walks at Middle Park. Dates are as follows:

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

Our first summer season walk is at Mentone in 8 days time, on Wednesday 17th October. The fixture reads as follows

Wed 17th October 2018, VRWC Track Races, Mentone			
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone			
6.30pm	10,000m,	Open	
6.45pm	1500m	Open	
7.00pm	5000m, 3000m	Open	

- Dr Louise Burke of the AIS has confirmed that a further walks related study camp (**SuperNova 4**) will be held this summer in Canberra. The camp will extend from **Jan 3rd to Feb 3rd, 2019**.
- Good luck to our masters walkers competing at the **Alice Springs Masters Games** which run from 13-20 October. See <https://www.alicespringmastersgames.com.au/>.
- And finally, the **2019 Australian Summer 20km Championships** in **Adelaide** have now been confirmed for **Sunday 10th February**. See <http://athletics.com.au/Compete/Events/2019-oceania-australian-20km-race-walking-championship>.
- Internationally, next weekend will see the **German National 50km championships** in the city of **Aschersleben**. Emmanuel Tardi tells me that the best French women will be on the start line, including Emilie Menuet 1h32, Violaine Averous 1h34, Ines Pastorino 1h35, Amandine Marcou 1h36, Elisabeth Brunet and Maeva Casale. French men Aurélien Quinion 1h22 and Keny Ginaudeau 1h26 will also be racing. Add to that the top Germans and perhaps some other internationals and it promises to be a big meet. Stay tuned!

RACEWALKING AUSTRALIA UPDATES

RWA secretary Terry Swan has asked me to alert local readers to some recent updates on the RWA website.

- Athletics Australia Competition Director, Michelle James, has invited the race walking community to contribute to an open discussion on the dates of the some of the Athletics Australia Road Walking Championships. See more at <http://www.rwa.org.au/wp/2018/10/08/open-for-discussion/>.
- Applications are called for financial assistance from the Alf Robinson and Peter Waddell Trust Funds. See <http://www.rwa.org.au/wp/2018/10/08/funding-alf-robinson-peter-waddell-trust-funds/>.
- Comments from the RWA President on the change of date for the 2019 Australian Summer 20km Championship. See <http://www.rwa.org.au/wp/2018/10/08/change-of-event-date-comments-from-the-president/>.

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 6 OCTOBER

83 walkers were in action across Victoria last Saturday as part of the Athletics Victoria Shield opening round. Conditions were good – sunny with temperatures in the low twenties.

Well done to David Armstrong for the new **AV scoreMobile** system which now consolidates all AV Shield results. See the AV announcement and usage video at <http://athsvic.org.au/2018/generalnews/scoremobile-ready-for-round-1-of-shield/>. Check it out for yourself at <http://athsvic.org.au/score>. It will make my job a lot easier in getting results for the newsletter.

AV Shield Round 1, Blue and White Zones, Casey Fields

Casey Fields saw the largest contingent of walkers, with 10 in the 5000m walk and 26 in the 2000m walk. **Rhydian Cowley** won a high quality 5000m walk with 20:31.9, ahead of **Quentin Rew**, **Kyle Swan** and **Bec Henderson**, while Pramesh Prasad (9:18:2) and Charlotte Hay (10:00.9) were fastest in the 2000m.

5000m Walk

1.	Rhydian Cowley	M	GHY	20:31.9
2.	Quentin Rew	M	UNA	20:43.3
3.	Kyle Swan	M	ANW	22:23.5

4.	Rebecca Henderson	F	MEN		26:04.9	
5.	Kym Osmand	F	VMA		29:05.4	PB 0:51
6.	Rupert Van Dongen	M	MEN	M40	29:05.4	PB 0:21
7.	Andrew Jamieson	M	OSC	M65	29:45.8	
8.	Cassie Knight	F	BOH		30:56.2	
9.	Kathleen O'Mahony	F	KNA		31:29.8	
	Corey Dickson	M	KNA		DNF	

2000m Walk

1.	Pramesh Prasad	M	VMA	M40	9:18.2	
2.	Charlotte Hay	F	KNA		10:00.9	
3.	Sandra Geisler	F	RWD	F40	10:24.1	
4.	Wendy Muldoon	F	ANW	F45	10:37.0	
5.	Luke Epps	M	KNA		10:51.7	
6.	Angus Hay	M	KNA		10:53.4	
7.	Grace Louey	F	KNA		11:43.9	
8.	Zachary Matters	M	BOH		11:48.5	
9.	Brianna Briet	F	CCA		11:52.9	
10.	Carolyn Rosenbrock	F	ANW	F55	11:55.6	
11.	Andrew Egginton	M	BOH	M55	12:09.5	
12.	Albin Hess	M	VMA	M55	12:14.9	
13.	Kylie Irshad	F	UNA	F45	12:15.3	
14.	Emily Smith	F	KNA		12:16.0	
15.	Darcey Roberts	F	KNA		12:16.9	
16.	Julian Boland	M	MEN	M55	12:30.7	
17.	Ross Reid	M	COL	M60	12:36.1	
18.	Alannah Upson	F	MPA		12:47.0	
19.	Gant Murfett	M	VMA	M50	13:03.7	
20.	Alannah Dingli	F	SAN		13:20.7	
21.	S. Wheeler	F	UNA		13:54.4	
22.	Geoff Barrow	M	MEN	M65	13:57.0	
23.	Merilyn Thompson	F	CCA	F50	14:23.0	
24.	Chloe Freestone	F	CCA		14:44.7	
25.	M. Grace	F	UNA	F40	14:46.1	
	Robin Broberg	M	DIV	M65	DQ	



Pramesh Prasad and Merilyn Thompson competing at Casey Fields on Saturday (photo Merilyn Thompson)

AV Shield Round 1, Yellow and Red Zones, Aberfeldie

Shae Wellington (25:39.7) and **Heath Beveridge** (PB 9:55.6) were the standout walkers at Aberfeldie. Another strong venue with 30 walkers in total.

5000m Walk

1.	Shae Wellington	M	KSB	25:39.7
2.	Danny Hawksworth	M	ESS	26:51.5
3.	William Dynes	M	DIV	28:03.5
4.	Madeleine Feain	F	KSB	30:55.4
5.	Claire Samanna	F	COL	31:02.6

2000m Walk

1.	Heath Beveridge	M	WES	9:55.6	PB 0:02
2.	Grace Young	F	UNA	10:35.7	
3.	Paul Kennedy	M	KSB	M60	10:40.5
4.	Bernie Keirl	M	DIV	M55	11:22.6
5.	Tim Erickson	M	COB	M65	11:28.1
6.	Donna-Marie Elms	F	PTN	F55	11:53.3
7.	Marcus Wakim	M	COL		11:57.6
8.	Dennis Lazar	M	DIV	M60	12:36.8
9.	Clyde Riddoch	M	VMA	M65	12:54.0
10.	Maria Abfalter	F	KSB	F50	13:52.6
11.	Geza Benke	M	OLM	M60	14:05.5
12.	Janice Hodgart	F	WES	F55	14:39.1
13.	Hamish Beaumont	M	MUU	M40	15:01.4
14.	Brian Anderson	M	ESS	M60	15:21.6
15.	Jenny Szuhai-Andrews	F	BWK	F50	16:33.4
16.	Carolyn Huell	F	WES	F50	16:50.6
17.	A. Lutz	F	UNA	F40	17:00.2
18.	Brenda Cashin	F	WES	F50	17:23.5
19.	Timothy Thomas	M	MUU	M50	17:46.7
20.	Donna Campbell	F	PTN	F45	18:14.1
21.	Heather Lamb	F	BWK	F50	19:15.5
22.	Steven Stern	M	GHY	M65	22:20.2
	Ian Rickard	M	BWK	M60	DNF
	Phillip Dunstone	M	WES	M50	DQ
	Stephen Murphy	M	ESS	M55	DQ



The 2000m walk gets underway at Aberfeldie on Saturday (photo Gerard Feain)



Heath Beveridge, Danny Hawksworth, Paul Kennedy, Shae Wellington and Marcus Wakim in action (photos Gerard Feain)



Madeleine Feain and Donna Elms

Finally, to our 3 country venues, where fields are traditionally quite small. Best effort by triple Olympian **Chris Erickson** who was the sole 5000m walker in Geelong (24:36.30).

AV Shield Round 1, Geelong Region, Landy Field, Geelong

5000m Walk

1.	Chris Erickson	M	ESS	24:36.30
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2000m Walk

1.	Owen Costin	M	CHI	11:10.66
2.	Riannah Tatlock	F	BEL	14:08.70
3.	Charli Walker	F	BEL	14:09.02

AV Shield Round 1, Ballarat Region, Llamberris Reserve, Ballarat**5000m Walk**

1.	Roslyn Ireland	F	BWK		39:17.91 (Did not qualify)
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2000m Walk

1.	Olive Ireland	F	BWK	F55	16:44.01
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AV Shield Round 1, Bendigo Region, La Trobe Uni Track, Bendigo**3000m Walk**

1.	Peter Curtis	M	SBE		17:38.09
2.	Barbara Bryant	F	EAG	F60	18:44.68
3.	Jenny Payne	F	SBE	F60	20:00.63
4.	Anette Curtis	F	SBE	F60	21:58.34
5.	John Watson	M	BGO	M65	25:01.05
	Ebony Whiley	F	EAG		DNF

1500m Walk

1.	Zachery Tickell	M	SBE		9:28.24
2.	Kyle Webb	M	BGO	INV	11:35.26
3.	Norman West	M	SBE	M65	11:55.84
4.	Wendy Ennor	F	EAG	F60	12:22.61
	Geoff Major	M	EAG	M65	DNF

QMA T&F MEET, QSAC, BRISBANE, SATURDAY 6 OCTOBER

To Queensland for a small walking field in the weekly Queensland Masters competition in Brisbane.

5000m Walk

1.	Ignacio Jimenez	M53	Brisbane	23:21.25	87.80%
2.	Peter Bennett	M62	Brisbane	27:31.10	81.52%
3.	Mark Carlile	M45	Brisbane	37:43.87	52.15%
4.	Russell Grigg	M91	Brisbane	DNF	

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 6 OCTOBER

Thanks to Kim Mottrom for the results of the South Australian Interclub competition on Saturday in Adelaide. Big PB to **Mathew Bruniges** in the 3000m (14:45.54). Fastest effort by **Kim Mottrom** in the 1500m (6:08.61).

3000m Walk

1.	Tristan Camilleri		13:56.76	
2.	Toby Wilks		14:27.80	
3.	Mathew Bruniges		14:45.54	PB 0:38
4.	Olivia Sandery		14:51.31	
5.	Greg Metha		18:14.14	
6.	Mia Wilks		18:50.01	
7.	James Hoare		22:32.11	
8.	Ross Hill-Brown		23:44.82	

1500m Walk

1.	Kim Mottrom		6:08.61
2.	Zayden Kamish		8:54.05

BANKSTOWN ALL-COMERS MEET, CREST ATHLETICS CENTRE, BANKSTOWN, SATURDAY 6 OCTOBER

The Sydney where the NSW summer season kicked off with an All-Comers meet at Bankstown. 3000m and 1500m walks on offer.

3000m Walk

1.	Barendregt, Travis	18	Nepean Distr	14:45.50
2.	Blaskett, Hayden	16	Sydney Strid	14:54.69
3.	Leerberg, Martin	15	U.T.S. North	15:10.34
4.	Pyda, Raven	14	Westfields A	16:37.34
5.	Davis, George	15	Ryde Athleti	16:55.92
6.	Thomas, Emma	13	Parramatta C	16:05.89

7.	Barendregt, Amanda	22	Nepean Distr	16:38.08
8.	Pengilley, Teegan	17	Bankstown Sp	17:59.48
9.	Thomson, Olivia	14	Sydney Pacif	18:45.68
10.	Brennan, Elise	16	U.T.S. North	19:15.51
11.	Martin, Brooke	15	Nepean Distr	19:18.61

1500m Walk

1.	Burns, Amayah	12	Nepean Distr	9:00.82
2.	Deagan, Rhianni	13	Nepean Distr	9:16.00

ATHLETICS TASMANIA COME AND TRY DAY, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 6 OCTOBER

Tasmania also started its summer season competition on Saturday with a 1500m walk in Hobart.

1500m Walk

1.	Alice Randall		Old Virgilians	6:57.55
2.	Chloe Ahern		Old Virgilians	8:26.43
3.	Stephen Ahern		Old Virgilians	8:30.44
4.	Oliver Morgan		Unattached	9:04.73
5.	Eugene Gerlach		Unattached	9:17.82
6.	Elizabeth Leitch		Tasmanian Masters	10:00.76
7.	Angela Proposch		Unattached	12:36.46

ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 6 OCTOBER

And finally a couple of walkers in the Athletics ACT Summer Series meet at the AIS track in Canberra. Like previous years, most walkers seem to prefer the ACTRWC meets by preference.

1500m Walk

1.	Toyne, Owen	11	Little Athle	8:57.89
2.	Duncan, Erin	13	Little Athle	10:02.26

SWEDISH 50KM CHAMPIONSHIPS, ESKILSTUNA, SWEDEN, SUNDAY 7 OCTOBER

The Swedish Men's 50km championship was contested on Sunday in Eskilstuna, with **Anders Hansson** winning with 4:13:59. Full results at <http://www.gang.se/>. Some big name DNFs in the 50km – Ato Ibáñez and Remo and Perseus Karlström.

50km Men

1.	Anders Hansson	92	SWE	4:13:59
2.	Christer Svensson	69	SWE	5:20:00
	Ato Ibáñez	85	SWE	DNF
	Remo Karlström	88	SWE	DNF
	Perseus Karlström	90	SWE	DNF
	Fredrik Sandmer	94	SWE	DNF
	Peer Jensen	57	DEN	DNF

20km Women

1.	Birgit Klaproth	73	SWE	2:37:26
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20km Masters Men

1.	Anders Wahlström	66	H50	1:58:39
1.	Christer Svensson	69	H45	1:59:20
1.	Bengt Bengtsson	61	H55	2:03:04
1.	Anders Björkman		H60	2:05:54

10km Masters Men

1.	Ernst Larsson	37	H80	1:24:36
1.	Ingvar Nilsson	33	H85	1:24:36

10km Masters Women

1.	Celeste Scheepers	60	D55	1:06:31
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POLISH / AUSTRIAN 50KM CHAMPIONSHIPS, VIENNA, AUSTRIA, SUNDAY 7 SEPTEMBER

Now to Austria where the joint Polish and Austrian 50km championships were contested on Sunday morning in Prater Park, Vienna, over a 2km course. The meet also included 30km, 20km, 10km and 5km walks and saw walkers from a number of different countries competing. Conditions were reported as favourable, with a start temperature of 15°C. Well reported by marciadalmondo in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3305.

The 50km saw a 3 way race between Polish walkers **Rafal Fedaczynski** (three times Polish 50km champion), **Jakub Jelonek** and **Rafal Sikora** (2009 champion). With Rafalów and Fedaczynski both disqualified between 30km and 40km, it was left to Jakub Jelonek to secure his first ever Polish 50km championship. **Dietmar Hirschmugl** won the Austrian championship with a time of 5:48:16. Jelonek, Fedaczynski and Sikora had only just returned a few days ago from the 3 day race in Suzhou. Alas, the only female 50km entrant, German walker Diana Obermeyer, was disqualified.

50km Men

1.	Jakub Jelonek	1985	POL	4:08:27
2.	Grzegorz Grinholc	1977	POL	4:54:45
3.	Dietmar Hirschmugl	1968	AUT	5:48:16
4.	Franz Kropik	1968	AUT	5:52:48
	Andrew Miller	1969	GBR	DNF
	Rafal Fedaczynski	1980	POL	DQ
	Johann Siegele	1948	AUT	DQ
	Rafal Sikora	1987	POL	DQ

50km Women

	Diana Obermeyer	1980	GER	DQ
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30km Masters Men

M40	1.	Jamas Hlavenka	1977	CZE	2:30:39
M50	1.	Franz Kropik	1968	AUT	3:14:47
M65	1.	Fabio Ruzzier	1953	SLO	3:17:30
M70	1.	Johann Siegele	1948	AUT	3:38:31

20km Masters Women

M55	1.	Zbigniew Kwita	1959	POL	2:06:11
M60	1.	Mirosław Luniewski	1957	POL	1:59:57
	2.	Ryszard Harasinski	1956	POL	2:28:22

30km Women

1.	Andrea Kovács	1980	HUN	3:14:33
	Diana Obermeyer	1980	GER	DQ

20km Men

1.	Damian Klawikowski	1996	POL	1:36:21
2.	Mirosław Luniewski	1957	POL	1:59:57
3.	Tomáš Vojtíšek	1973	CZE	2:00:14
4.	Zbigniew Kwita	1959	POL	2:06:11
5.	Ryszard Harasinski	1956	POL	2:28:22

20km Women

1.	Antonina Lorek	1995	POL	1:48:30
2.	Eva Canadi	2000	SLO	1:54:23
3.	Brigitte Orsolits	1958	AUT	2:14:18
	Monika Kapera	1990	POL	DQ

10km Men

1.	MacRey Szmmanski	1999	POL	49:17
2.	Rafael Schrapf	2004	AUT	1:11:42
3.	Ulf Tomaschek	1959	AUT	1:13:12
	Alan Hamzic	2000	SLK	DNF

10km U18 Men

1.	Rafael Schrapf	2004	AUT	1:11:42
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5km Men

1.	Jaka Grabner	2003	SLO	26:02
2.	Gerhard Brouschek	1954	AUT	34:19
3.	Johann Strasser	1961	AUT	35:03

4.	Werner Glockengießer	1954	AUT	40:07
5.	Reinhold Prasch	1955	AUT	50:43

5km Women

1.	Karin Avsenek	2003	SLO	29:34
2.	Helena Lindpointner	2002	AUT	29:54
3.	Monika Schwantzer	1955	AUT	32:30
4.	Tekla Pápai	2004	HUN	36:47
5.	Petra Pápai	2002	HUN	37:06
6.	Urszula Radziewinska	1972	POL	38:37
7.	Daria Rutowicz	1981	POL	42:43
	Ewa Komeska		HUN	DQ



Jakub Jelonek wins the Polish 50km (photo <http://pza.pl/aktualnosci/10577-wieden-jelonek-mistrzem-polski-w-chodzie-na-50-km>)

DUTCH 50KM CHAMPIONSHIPS, TILBURG, NEDERLAND, SUNDAY 7 OCTOBER

The Dutch 50km Championships were also contested last weekend, in Tilburg. As usual, the meet included the Dutch 10km for women and the Belgian 20km championships for women. The meet also included additional distances over 1km, 3km, 5km, 10km, 20km and 6 hours. Full results at <http://www.rotterdamsewandelsportvereniging.nl/index.php?page=50-km-mannen-en-10-km-vrouwen>. This link actually contains all the championship results going right back to 1956.

The meet had an international flavour with walkers from Nederland, Cameroon, Mauritius, Belgium, Germany and Venezuela. The 50km win went to **Wilfried van Bremen** with 5:04:33. The women's titles went to **Annelies Sarrazin** (1:57:45) and **Anne van Andel** (56:23).

Dutch 50km Championship

1.	Wilfried van Bremen	87	NED	5:04:33	1 st Dutch Championship
2.	Daniel Foudjem	74	CMR	5:10:34	
3.	Hub Kaenen	59	NED	5:34:42	2 nd Dutch Championship
4.	Gerard Wildeman	62	NED	5:39:11	3 rd Dutch Championship
5.	René Wakkee	65	NED	5:42:35	
6.	Freek Dekker	66	NED	5:58:26	
	Hans van Wakeren	49	NED	DNF	
	Jerome Caprice	83	MRI	DNF	
	Hervé Davaux	78	FRA	DNF	
	Rick Liesting	77	NED	DNF	
	Remco de Bruin	64	NED	DQ	

6 Hour Walk

1.	Rogé Haan	67	NED	50.000 km / 5:33:00
2.	Remy van den Brand	75	NED	50.000 km / 5:45:08
3.	Martin Vos	69	NED	46.862 km / 6:00:25
4.	Christian Fillieux	55	BEL	45.294 km / 6:00:56

5.	Sandra de Graaff	67	NED	43.725 km / 5:58:01
6.	Albertus van Ginkel	61	NED	43.725 km / 5:58:01
	Dick van Peer	63	NED	DNF
	Frans de Roo	57	NED	DNF
	Carla Lukken	68	NED	DNF

Belgian 20km Championship Women and Open 20km

1.	Annelies Sarrazin	81	BEL	1:57:45	1 st Belgian Championship
2.	Liesbet De Smet	82	BEL	2:08:27	2 nd Belgian Championship
3.	Richard Christian Wiltsch	64	GER	2:08:30	
4.	Erwin van den Bosch	81	NED	2:13:02	
5.	Myriam Nicolas	63	BEL	2:16:11	3 rd Belgian Championship
6.	Joachim Bauer	49	GER	2:21:23	
7.	Richard Maichin	46	GER	2:21:41	
8.	Annie van der Meer	47	NED	2:24:22	
9.	Peter Slevogt	54	GER	2:26:17	
10.	Herman van Buggenum	49	NED	2:27:07	
11.	Rob Frielink	46	NED	2:31:12	
12.	Muriel Oger	81	BEL	2:33:15	
	Joost van der Plicht	48	NED	DNF	

Dutch 10km Championship Women and Open 10km

1.	Remco de Bruin	64	NED	48:58	
2.	Paul Jansen	73	NED	52:43	
3.	Anne van Andel	90	NED	56:23	1 st Dutch Championship
4.	Timo Schusters	00	GER	57:45	
5.	Katrin Schusters	97	GER	59:43	
6.	Peter Schumm	42	GER	1:06:14	
7.	Fred Röhner	50	NED	1:06:22	
8.	Loes van Bremen	86	NED	1:08:32	2 nd Dutch Championship
9.	Yvonne Grootswagers	78	NED	1:10:21	3 rd Dutch Championship
	Sandra Maas	85	NED	DNF	

5km Walk

1.	Han Holtslag	57	NED	30:09
2.	Jenny Acuna	69	VEN	32:20
3.	Judith Rose	61	GER	32:43
4.	Harry Bijnen	52	NED	33:47

3km Walk

1.	Bart Grootswagers	06	NED	21:48
2.	Bauke te Nijenhuis	35	NED	22:00

1km Walk

1.	Marit van Bremen	13	NED	9:16
2.	Danyell Onbehauen	54	NED	9:17

Racewalk Judges: Hans van der Knaap (NED/ chief), Jens Grünberg (GER), Miloslav Lapka (CZE), Frans Müller (NED), Marcel van Gemert (NED) and Kor Zijlmans (NED)

MEETING DE LISSES, LISSES, FRANCE, SUNDAY 7 OCTOBER

Emmanuel Tardi was in Lisses, 30km south of Paris, for their annual roadwalk meet last Sunday. He was a busy man, being event organizer and judging. He tells me that conditions were perfect for the 9:30AM start time, the course was a flat 1.667km loop and there were 25 walkers in total for the 10km and 20km walks. In the men's 20km, **Fabian Fesselier** won, after **Dominique Van Hille** had led early. In the women's 20km, **Sylvie Sevellec** won easily. In the men's 10km, there was a big battle between **Frederic Marie** (who still hold the world best 100km walk on track) and **David Stefanelly**, with Frederic finally winning. Emmanuel has put out an impressively large photo gallery at <https://tinyurl.com/yaaz7vlq>.

10km Men

1.	Frédéric Marie	56.54
2.	David Stefanelly	56.57
3.	Eric Toutain	1.00.20
4.	Yannick Nogre	1.07.01
5.	Jean-Paul Leroux	1.12.39
6.	Patrick Montigny	1.29.00
7.	Michel Lagrève	DQ

20km Men

1.	Fabian Fesselier	49.24	1.36.59
2.	Dominique Van Hille	50.34	1.42.26
3.	Jean-Paul Masselin	58.12	1.54.46
4.	Mathieu Olivares	58.06	1.57.44
5.	Florent Brou	58.53	1.58.17
6.	Vincent Bollinger	58.07	1.59.55
7.	Serge Vergnaud	1.03.05	2.07.15
8.	Etienne Victor	1.04.42	2.12.06
9.	Franck Marie	1.05.18	2.13.51

10km Women

1.	Catherine Galmiche	1.05.32
2.	Imane Djefal	1.07.25

20km Women

1.	Sylvie Sevellec	57.00	1.54.11
2.	Marie Girault	58.16	1.58.02
3.	ChrysteLe Vaugon	1.04.40	2.11.51
4.	Nathalie Steinville	1.08.16	2.17.06
5.	Claudie Bizard	1.12.48	2.25.19
6.	Delphine Godefroy	58.19	DNF

Jean Paul Masselin (72 years old) beat the French M70 20km record with a huge time of 1:54:46. Thanks to Emmanuel for an updated M70 all-time list (with the best Australians as well)

1.	1h52.35	Andrew JAMIESON	AUS	70	Middle Park, VIC	26.06.16
2.	1h52.47	Arthur THOMSON	GBR	71	Earls Colne	06.04.08
3.	1h54.46	Jean Paul MASSELIN	FRA	72	Lisses	07.10.18
4.	1h55.00	Ian RICHARDS	GBR	70	Malaga	14.09.18
5.	1h55.19	James GRIMWADE	GBR	75	Melbourne	29.11.87
6.	1h56.02	Charles COLEMAN	GBR	71	Sutton	23.10.88
7.	1h56.53	Alexis JORDANA	FRA	71	Bompas	13.09.08
8.	1h57.35	Ralph BENNETT	AUS	70	Middle Park, VIC	24.06.12
9.	1h59.20	Tom DAINTRY	AUS	75	Murrumbena, VIC	22.06.86
10.	2h01.34	Murray DICKINSON	AUS	70	Melbourne	28.06.09
11.	2h03.07	George WHITE	AUS	70	Adelaide	29.08.15
12.	2h04.57	Robin WHYTE	AUS	70	Adelaide	26.08.12
13.	2h07.14	Bob GARDINER	AUS	77	Albert Park, VIC	30.06.13
14.	2h09.10	Jim SEYMON	AUS	72	Sydney	01.05.10
15.	2h09.25	Richard LYNCH	AUS			
16.	2h09.30	Kenneth WALTERS	AUS	70	Melbourne	13.10.02



David Stefanelly, Frédéric Marie, Jean-Paul Masselin, Catherine Galmiche and Sylvie Sevellec (photos Emmanuel Tardi)



Left: Fabian Fesselier and Dominique Van Hille



Right: Emmanuel with the judging panel

NORMANDY HALF MARATHON, LE HAVRE, FRANCE, SUNDAY 7 OCTOBER

Thanks to Emmanuel Tardi for the results of the two racewalks held as part of the Semi-Marathon de Normandie in La Havre, France. The races were held over a longer course but there was judges who moved with motorbike to keep an eye on competitors. Kevin Campion was the standout with 1:32:48 for the half marathon.

Half Marathon Walk(18 finishers)

- | | |
|---------------------------|---------|
| 1. CAMPION KEVIN | 1:32:28 |
| 2. LECAPLAIN MAXIME | 1:46:52 |
| 3. RETOUT ANNE GAELLE | 1:58:11 |
| 4. HOUZE LAURENT | 1:58:11 |
| 5. POUCHAIN THOMAS | 2:10:40 |
| 6. VARAIN CEDRIC | 2:12:14 |
| 7. BLANDIN HELENE | 2:13:38 |
| 8. BIZARD PLANCHOT EMILIE | 2:15:24 |
| 9. LEKHAL MEHDI | 2:19:27 |
| 10. PLAYE CHRISTOPHE | 2:24:19 |

10km Walk (93 finishers)

- | | |
|----------------------|---------|
| 1. SWAIEH MEFTAH | 0:48:41 |
| 2. MASSE FLORIAN | 0:49:43 |
| 3. LECOEUR SAMUEL | 0:51:12 |
| 4. BOUTRAIS ANDY | 0:51:43 |
| 5. BOCQUET JEROME | 0:52:56 |
| 6. TASSIGNY VIRGILE | 0:53:02 |
| 7. COSTILS GILLES | 1:01:28 |
| 8. CARREE PHILIPPE | 1:03:41 |
| 9. RIVIERE SYLVAIN | 1:06:29 |
| 10. CAVELIER JACQUES | 1:06:59 |



Anne Gaulle Retout, Maxime Lecaplain and Kevin Campion (photos from Emmanuel Tardi)

CHALLENGE NATIONAL DES LIGUES DE MARCHE, SARAN, FRANCE, SUNDAY 7 OCTOBER

And Emmanuel Tardi was not finished yet – more results and another photo from the National Youth category races in Saran, some 100km south of Paris. It was a huge meet with 247 walkers aged from 12 to 22 competing all morning (7:30AM to 2:30PM) on the track. The highlight was the French U23 1 Hour record of 12.599 km by **Clémence Beretta**. Excellent 1 Hour walk also by **David Custer** (13.322 km).

10 Minutes U14 Girls

1.	MERBITZ Marine	06	Fc Sochaux Montbeliard	1,875 m
2.	COLAS SCELLES Gwendoline	05	C. D'athletisme Conde-Torigny	1,852 m
3.	ENOULT Justine	05	Athletisme Club De Bourges	1,841 m
4.	BROSSARD Maiwenn	05	Ta Rennes	1,826 m
5.	GUIOT Charlize	06	Rc Arras	1,818 m
6.	TOMEZAK Celia	05	Efs Reims A.	1,805 m

20 Minutes U16 Girls

1.	CAMARD Pauline	03	Tregor Goelo Guingamp	3,741 m
2.	LAURENS Emilie	03	Ea Gillonnay-la Cote	3,687 m
3.	LE MOUELLIC Marie	03	Val-de-reuil Ac	3,658 m
4.	BODIN Flavie	03	Cas Renwez	3,610 m
5.	MEYER Maylisse	04	Charleville Mezieres Athlé	3,607 m

30 Minutes U18 Girls

1.	MOUTARD Camille	01	Athle 21	6,070 m
2.	STEY Pauline	01	Rohan Athletisme	5,952 m
3.	BIRE-HESLOUIS Maele	02	Stade Saint-lo	5,945 m
4.	ALI Sarah	01	Vineuil Sports	5,878 m
5.	DEMAREST Lucie	01	Vga Compiègne	5,683 m

1 Hour U20 Women

1.	LEFRESNE Manon	00	La Vigilante Fougères	11,128 m
2.	BODIN Kassandra	00	Aj Blois-onzain	10,885 m
3.	DUCLOS Adele	00	ES Viry Chatillon	10,784 m
4.	GASNIER Kathleen	00	Cote De Jade Athl	10,175 m
5.	ROUSSEAU Juliette	99	Saint-amand-montrond	10,156 m

1 Hour U23 Women

1.	BERETTA Clemence	97	Athle Vosges	12,599 m
2.	TERREC Eloise	98	Ac Roche-sur-yon	12,302 m
3.	LAVILLE Marie	98	Ac St Gratien-sannois	12,088 m
4.	CELLARD Loanic	98	Carquefou Ac	11,599 m
5.	OSMONT Caroline	96	As Tourlaville	11,240 m
6.	BILLA Jeanne	96	As Caluire Et Cuire	11,054 m
7.	VIDALINC Celia	96	Stade Clermontois	10,778 m

10 Minutes U14 Boys

1.	MOUILLE Esteban	05	Ac Roche-sur-yon	1,923 m
2.	LALIN Horace	05	Saint Venant Athletisme	1,875 m
3.	ELLUL Hugo	05	Stade Olympique Calais	1,874 m
4.	PICART Bastien	06	Cote De Jade Athlé	1,874 m

30 Minutes U16 Boys

1.	GIMENEZ Mathys	03	Es Bruges	5,963 m
2.	GARROUTY Erwan	03	Ca Perigueux	5,959 m
3.	DURAND Sven	04	Paris Uc	5,940 m
4.	BATIFOL Ellis	03	Bagnols Marcoule Athlé	5,922 m
5.	CHAMPEAU Tristan	03	Rumilly	5,700 m

45 Minutes U18 Boys

1.	DURAND Dimitri	/02	Paris Uc	9,430 m
2.	DREVILLE Lucas	/02	Beauvais Oise UC	9,316 m
3.	PETER Florian	/02	Ca Ambilly	9,075 m
4.	DURAND Esteban	/02	Paris Uc	9,012 m

1 Hour U20 Men

1.	KUSTER David	99	Efs Reims A.	13,322 m
2.	HAGUE Anthony	99	Stade Brestois	12,241 m

3.	MARON Thibault	00	Ca Balma	12,190 m
4.	SAINT-MARC Adrien	00	Us Bazas	11,946 m
5.	LEBON Hugo	99	Saran Loiret Athletic Club	11,870 m
6.	CROSNIER Alexis	99	Vineuil Sports	11,745 m

1 Hour U23 Men

1.	MAYER Florian	96	Athle Vosges	13,438 m
2.	BAZZO BORTOT Simon	96	As Raismes	13,121 m
3.	LE MEUR Steven	98	Us Bannalec	12,095 m



Clemence Beretta (photo from Emmanuel Tardi)

73RD SPORT NATIONAL FESTIVAL, FUKUI, JAPAN, 6-7 OCTOBER

The Japanese city of Fukui (JPN) hosted the 73rd National Sports Festival last weekend, with the men's 10,000m walk on Saturday and the women's 5000m on Sunday.

10,000m Walk Men, Saturday 6 October

Well reported by marciadalmondo in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3304. 21 starters, with 18 finishers, 9 of them under 41 minutes. Alas, results in Japanese so I am unable to reproduce the full listing of finishers.

1.	Koki Ikeda	JPN	39:05.44
2.	Yusuyke Suzuki	JPN	39:25.49
3.	Toshikazu Yamanishi	JPN	39:45.92

5000m Walk Women, Sunday 7 October

Well reported by marciadalmondo in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3306. 20 starters with 18 finishers. Alas, results in Japanese so I am unable to reproduce the full listing of finishers.

1.	Kumiko Okada	JPN	21:08.97
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48 HEURES DE ROYAN, ROYAN, FRANCE, 5-7 OCTOBER

And to complete what was a huge weekend of walking in France, the results of the 48 Heures de Royan, held in the seaside resort city of Royan, in SW France (see <http://www.48hderoyan.fr/>). The meet featured 48 Hour, 24 Hour and 12 Hour walks. New Zealander **Richard McChesney** was the 48 Hour winner with a fine walk of 278.386 km. And I see English walker **Kathy Crilley** finished 5th in the 12 Hour with 75.676 km. I saw a comment that competitors had to battle an Atlantic storm at one stage.

48 Hours Walk

1.	MC CHESNEY RICHARD	NZL	250	278.386 km	47:59:20	V2H	1
2.	DURAND GERARD	FRA	244	271.704 km	47:59:20	V2H	2
3.	MOUTIER JACQUES	FRA	218	242.746 km	47:53:17	V2H	3
4.	ODOUARD DOMINIQUE	FRA	218	242.746 km	47:53:17	V3H	1

5.	MULLER CATHY	FRA	200	222.696 km	47:53:26	SEF	1
6.	ARNAULT JACQUES	FRA	194	216.014 km	47:49:23	V2H	4
7.	ARNAULT FRANCOISE	FRA	194	216.014 km	47:49:23	V4F	1
8.	HAUSMANN MARTINA	FRA	188	209.332 km	47:48:53	V2F	1
9.	OULBANI JEAN-CLAUDE	FRA	180	200.420 km	47:49:13	V3H	2
10.	PERCHOC FRANCOISE	FRA	176	195.968 km	47:54:41	V4F	2
11.	DE MARCILLAC BERTRAND	FRA	169	188.169 km	47:54:49	V4H	1
12.	PIERRE PATRICK	FRA	168	187.056 km	47:53:44	V4H	2
13.	DELANGE DOMINIQUE	FRA	153	170.349 km	47:54:28	V3H	3
14.	SOUILLÀ JEAN-PIERRE	FRA	131	145.847 km	47:48:56	V3H	4
15.	ESTATOF BERNARD	FRA	123	136.935 km	47:49:39	V4H	3
16.	MERCIER JEAN-PIERRE	FRA	94	104.634 km	47:50:50	V1H	1
17.	BAUDET PATRICK	FRA	86	95.726 km	15:35:26	V2H	5

24 Hours Walk

1.	GIBELLI ALAIN	FRA	143	159.211 km	23:56:26	V4H	1
2.	GILLET MAX	FRA	123	136.935 km	23:54:32	V3H	1
3.	POTHET DIDIER	FRA	113	125.797 km	23:51:02	V2H	1
4.	CAILLAUD FRANCK	FRA	112	124.684 km	23:52:21	V2H	2
5.	DICHARRY MARTINE	FRA	108	120.228 km	23:52:36	V2F	1
6.	DELAHAIE DOMINIQUE	FRA	99	110.203 km	23:54:39	V2H	3
7.	CHEVALLIER PATRICIA	FRA	97	107.977 km	23:52:43	V1F	1
8.	BEN ROGER	FRA	94	104.634 km	23:53:43	V4H	2
9.	LEVAIQUE RAYMOND	FRA	68	75.676 km	13:12:55	V3H	2
10.	LEVAIQUE CORINNE	FRA	61	67.881 km	13:07:16	V2F	2
11.	REY MONIQUE	FRA	60	66.764 km	23:52:02	V3F	1

12 Hours Walk

1.	COURRAUD JOËL	FRA	75	83.471 km	11:50:36	V3H	1
2.	LAUBRETON STEPHANE	FRA	75	83.471 km	11:57:24	V1H	1
3.	VIGNAUD ANNETTE	FRA	72	80.132 km	11:54:44	V3F	1
4.	ELMON SANDRA	FRA	69	76.789 km	11:58:53	V1F	1
5.	CRILLEY KATHY	GBR	68	75.676 km	11:56:05	V4F	1
6.	LEYGUES ROGER	FRA	68	75.676 km	11:59:39	V4H	1
7.	COURRAUD BRIGITTE	FRA	66	73.450 km	11:50:07	V3F	2
8.	MAZURIER DOMINIQUE	FRA	63	70.107 km	11:58:02	V3H	2
9.	DELRIVE LUC	FRA	55	61.195 km	11:25:59	V3H	3
10.	GRISEY MICHELINE	FRA	54	60.082 km	11:24:46	V3F	3
11.	GAVARD MICHEL	FRA	49	54.513 km	11:05:34	V4H	2
12.	BAUGET CLAUDIE	FRA	49	54.513 km	11:58:53	V2F	1
13.	CHAVANEL THIERRY	FRA	48	53.400 km	11:47:23	V2H	1
14.	COSSON MARYSE	FRA	48	53.400 km	11:57:27	V3F	4
15.	JADEAU CHRISTELLE	FRA	42	46.718 km	11:51:49	V1F	2
16.	RENNESSON MARIE	FRA	41	45.605 km	10:21:53	V3F	5
17.	RENNESSON JEAN-CLAUDE	FRA	35	38.919 km	10:07:10	V4H	3
18.	BURGER ALAIN	FRA	35	38.919 km	11:54:44	V3H	4
19.	ALLART BEATRICE	FRA	31	34.467 km	07:37:56	V2F	2
20.	PALKA KRYRIO	FRA	19	21.099 km	11:58:32	V4H	4
21.	FRANCOISE DANIEL	FRA	17	18.873 km	02:47:50	V4H	5
22.	TOULEMONDE GILBERT	FRA	12	13.304 km	02:51:56	V4H	6

2018 NZ CENTURIONS 24H QUALIFIER, AUCKLAND, NZ, OCT 7-8, 2018

Continuing the ultra distance theme with one final overseas report, from the Sri Chinmoy 24 Hour Track championships in Auckland, New Zealand (see <https://nz.srichinmoyraces.org/races/auck/24hr>). As usual, it included the New Zealand Centurion 100 Mile qualifying walk.

I am waiting on a full walks report from NZ Centurions secretary Philip Sharp, but in the meanwhile I can report that of the six walkers attempting Centurion status, USA based **Rob Robertson** become NZ C25 and first timer **Joanne Aitken** from Wellington become NZ C26. Australian Centurion **John Kilmartin** was also in action but was forced out with foot problems and blisters after covering 112.069km. Unofficial results from the names I know

•	6 th man	Rob Robertson	USA	23:23:46	C25
•	DNF	John Kilmartin	AUS		
•	DNF	Luc Soewetey	BEL		
•	DNF	Kim Janssens	BEL		
•	2 nd woman	Joanne Aitken	NZL	23:31:32	C26

Well done to Rob and Joanne on wonderful walks. Rob now joins Jill Green, Caroline Mestdagh and Rudy Schoors as the only walkers to earn 6 different Centurion badges. Rob's badges are US C78 (2015), AU C68 (2016), UK C1169 (2016), AF C11 (2016), CN C454 (2017) and now NZ C25 (2018).



Rob Robertson (NZ C25), Joanne Aitkin (NZ C26), Luc Soetewey (BEL) and John Kilmartin (AUS) (photos Philip Sharp)

OUT AND ABOUT

- Last Wednesday evening, Jared Tallent was inducted into the Ballarat Sports Hall of Fame along with a prestigious group of 7 other Ballarat sporting people including Olympic Volleyballer Tamsin Hinchley, Race horse trainer Darren Weir & jockey Michelle Payne. Kerrie Peart tells me that it was a very interesting night hearing the back stories of many of these sports people and how they evolved into their sport. All spoke well and were very humble about their achievements. See more at <https://www.thecourier.com.au/story/5683586/eight-inducted-into-ballarat-sports-museum-hall-of-fame/>



Jared inducted into Ballarat Hall of Fame (photo by Kate Healy, the Courier)

- After moving on many leading sport scientists the AIS is now looking for junior sport scientists – I'm speechless! See <http://careers.sportaus.gov.au/job-details/query/Junior%20Sports%20Scientists%20x%203/in/ACT/7481361/>.
- Hajo Seppelt has done it again, with German Sports Documentary channel ARD zooming in on irregularities in doping control at the 2018 Pyongchang Winter Olympics. The video is only 6 minutes and is well worth a watch. See <https://www.sportschau.de/doping/olympia-pyeongchang-security-breaches-doping-controls-100.html>.
- Paul Warburton for the IAAF reviews the year that was in the world of racewalking. See <https://www.iaaf.org/news/news/race-walking-2018-review>.

MARCIALALMONDO AND OMARCHADOR ROUNDUP

There are 5 press release for us from Marciadalmondo this week

- Mon 8 Oct - Fukui (JPN): Kumiko Okada wins the 73rd Sport National Festival
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3306
- Sun 7 Oct - Polish and Austrian 50km championships in Vienna
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3305
- Sun 7 Oct - Fukui (JPN): Koki Ikeda wins the 73rd Sport National Festival
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3304
- Sat 6 Oct - Rieti (ITA): Victories of Giada Traina and Nicola Lomuscio
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3303
- Fri 5 Oct - Preview of Italian U16 Championships in Rieta, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3302

and omarchador has 8 press releases

- Sun 7 Oct - Results of USATF 40km championships in Owego, NY
<http://omarchador.blogspot.com/2018/10/campeonatos-de-40-km-dos-eu-america.html>
- Syn 7 Oct - Results of the Italian U18 Club Championships
<http://omarchador.blogspot.com/2018/10/campeonatos-de-clubes-de-italia-sub-18.html>
- Sat 6 Oct - Results of the Governor's Cup, Pabrade, Lithuania
<http://omarchador.blogspot.com/2018/10/taca-do-governador-de-pabrade-lituania.html>
- Sat 6 Oct - Youth Olympic Games start in Buenos Aires
<http://omarchador.blogspot.com/2018/10/o-arranque-dos-jogos-olimpicos-da.html>
- Fri Oct 5 - Juan Porras and Carolina Moreno win in Nerja, Spain
<http://omarchador.blogspot.com/2018/10/juan-porras-e-carolina-moreno.html>
- Thu 4 Oct - Results of the International Meeting in Banská Bystrica, Slovakia
<http://omarchador.blogspot.com/2018/10/meeting-internacional-de-banska.html>
- Wed 3 Oct - Peruvians supreme in South American U23 walks in Cuenca
<http://omarchador.blogspot.com/2018/10/supremacia-peruana-na-marcha-dos-sul.html>
- Tue 2 Oct - Smolonskis and Pastare win 'Janis Dalins' Memorial in Ogre, Latvia
<http://omarchador.blogspot.com/2018/10/smolonskis-e-pastare-vencem-memorial.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

Oct 13, 2018	AV Shield (Round 2 at various venues)
Oct 13-20, 2018	Alice Springs Masters Games - www.alicespringsmastersgames.com.au/
Oct 17 (Wed), 2018	VRWC Summer Season Opener, Mentone Athletics Track, Mentone, VIC
Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - https://mastersgames.com.au/ppmg/
Nov 2-4, 2018	2018 Victorian All Schools Track & Field Championships, Albert Park
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC

Dec 7-9, 2018 Australian All Schools T&F Championships, Cairns, QLD

Australian/Victorian Key Dates – 2019

Jan 26-28, 2019 Victorian Country T&F Championships, Bendigo
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

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

Apr 6, 2019 28th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20, 2019 Memorial Jerzy Hausleber, Monterrey, Mexico
Jun 8, 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

Mar 24-30, 2019 **8th World Masters Indoors T&F Championships**, Torun, Poland
July 3-14, 2019 **30th Summer Universiade**, Naples Italy
Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar

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

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

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

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