



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 35
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WALKER OF THE WEEK

Last week, my Walker of the Week was 80 year old Margaret Beaumont. My Walkers of the Week this time around are our youngest three VRWC walkers, **Ela Uzun, Heath Tatlock** and **Havana Ali**. All are born in 2011 so have just turned or are turning 7 years of age this year. And there are no more enthusiastic walkers in the club! And to top it off, they are all such good little walkers.

We hope that 2018 is the first of many years of enjoyment for these young walkers. Welcome aboard to Ela, Heath and Havana.



Ela Uzun, Heath Tatlock and Havana Ali in action at Middle Park (photos Terry Swan)

WHAT'S COMING UP

- Next Saturday sees more VRWC winter season roadwalks at Middle Park. Club Coach Mark Donahoo tells me the topic of his coaching session is "How to Racewalk Better". Online entries are appreciated if possible as it makes it easier for us to plan the day. Online entries at <http://vrwc.org.au/wp1/race-entries-2/>.

Saturday 2nd June 2018, Middle Park

VRWC EVENTS SESSION & Coaching session: Entries close for all events at 1.45pm sharp.

1.20pm	Coaching session (30 minutes) by Club Coach	
2.15pm	8km Points Race	Open
2:15pm	6km Points Race	Open
2:15pm	4km Points Race	Open
2.30pm	2km Points Race	Open
2.30pm	1km Points Race	Open

- 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>. But be warned - **entries close this coming Friday 1st June**.

The LBG Carnival event page is at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>. I checked the LBG entries there yesterday and I saw 22 RWV entries. We have teams in the Boys U14, U16 and U18 and in the Girls U12 and U14. It would be good to get more entries and fill up some of those other teams. It is a great carnival which I highly recommend.

Boys U10 1km Walk	HEATH TATLOCK	Girls U10 1km Walk	ZAHLIA HEIKKILA-DUBOWIK
Boys U12 2km Walk	HAMISH BLACKWOOD	Girls U12 2km Walk	ZAHLIA HEIKKILA-DUBOWIK DARCEY ROBERTS RIANNAH TATLOCK
Boys U14 2km Walk	HAMISH BLACKWOOD LIAM O'ROURKE FRASER SAUNDER	Girls U14 2km Walk	KAYLAH HEIKKILA-DUBOWIK DARCEY ROBERTS RIANNAH TATLOCK
Boys U16 3km Walk	HEATH BEVERIDGE COREYDICKSON LIAM O'ROURKE FRASER SAUNDER	Girls U16 3km Walk	KAYLAH HEIKKILA-DUBOWIK
Boys U18 5km Walk	HEATH BEVERIDGE COREY DICKSON LIAM O'ROURKE	Girls U18 5km Walk	
Boys U20 10km Walk		Girls U20 10km Walk	
Men 30km Walk		Women 30km Walk	
Men 15km Walk		Women 15km Walk	DONNA-MARIE ELMS RACHEL TALLENT
		Women 5km Walk	RACHEL TALLENT

- Athletics Australia has now opened an event page for the **2018 Australian Roadwalk Championships** which are to be held at Lake Kawana, Sunshine Coast, on **Sunday 26th August**. See <http://athletics.com.au/Compete/Events/2018-australian-winter-walking-championships-1>.
- AA has also confirmed that the **2018 Australian 50km Championships** will be in Melbourne at Fawkner Park on **Sunday 2nd December**. Like last year, the meet will include 50km championships for men and women, as well as non-championship 20km, U20 10km and U18 5km events. See <http://www.athletics.com.au/Compete/Events/2018-australian-50km-race-walking-championships>.
- And finally, VRWC President Stuart Cooper reminds us that the our **Twilight Trivia** has now been rescheduled to **Saturday 14 July**, starting at 4:30PM. See http://www.vrwc.org.au/documents/Twilight_Trivia_July14.jpg.

VRWC AND AV CHAMPIONSHIPS, MIDDLE PARK, SATURDAY 26 MAY

A perfect autumn morning greeted the 61 walkers who travelled to Middle Park on Sunday morning for a series of AV, AV Country and VRWC roadwalk championships.

The Victorian Open and Masters and AV Country Victorian Championships opened proceedings at 10AM. Wins went to **Adam Garganis** (COL) with 45:48 and **Kelly Ruddick** (BHA) with 48:36. Kelly's time broke her own recent new Victorian Masters W45 record. Victorian Country titles went to Kelly and to **Peter Curtis** (SBE) with 1:04:55.

The **Bert Gardiner Medal** was presented to Adam Garganis, the winner of the Men's 10km Championship, by Bert's son Bob.

AV / AV COUNTRY 10KM CHAMPIONSHIPS MEN	COUNTRY	AV 40+	AV 50+
1. Garganis, Adam	COL		45:48
2. Kozica, Jason	STK		48:21
3. Swan, Kyle	ANW		49:03
4. Blackwood, Mark	KNA	1	49:10
5. Prasad, Pramesh	COL	2	52:43
6. Kollmorgen, Stuart	COL	3	54:48
7. Patterson, Adam	ANW	4	58:47
8. Curtis, Peter	SBE	1	1:02:38
9. Van Dongen, Rupert	MEN	5	1:04:55
10. Hess, Albin	VMA		1:07:47

AV / AV COUNTRY 10KM CHAMPIONSHIPS WOMEN				COUNTRY	AV 40+	AV 50+
1.	Ruddick, Kelly	BHA	48:36	1	1	
2.	Knight, Cassandra	BOH	1:04:04			
3.	Rosenbrock, Carolyn	ANW	1:04:44			1
4.	Elms, Donna-Marie	PTN	1:07:44			2



Adam Garganis, Kelly Ruddick and Peter Curtis in action on Sunday (photos Terry Swan)



Bob Gardiner with Bert Gardiner Medal winner Adam Garganis

Victorian Country Championships were contested for U18, U16 and U14 walkers. Best performances by **Alanna Peart** (14:02), **Fraser Saunter** (14:53) and **Corey Dickson** (24:06).

AV COUNTRY U18 5KM CHAMPIONSHIPS

1.	Dickson, Corey (INV)	KNA	24:06
1.	Peart, Alanna	BYC	25:33
2.	O'Mahony, Kathleen (INV)	KNA	30:34

AV COUNTRY U16 3KM CHAMPIONSHIPS

1.	Saunder, Fraser	BYC	14:53	PB 0:07
2.	Costin, Owen	CHI	17:49	PB 0:21
1.	Peart, Alanna	BYC	14:02	

AV COUNTRY U14 3KM CHAMPIONSHIPS

1.	Peart, Scott	BYC	19:04	
1.	Heikkila-Dubowik, Kaylah	COR	18:32	



Fraser Saunder, Corey Dickson and Alanna Peart in action on Sunday (photos Terry Swan)

A series of underage VRWC Club Championships were also contested. Our U12 and U10 walkers excelled, with large numbers of PBs. Special mentions to U12 winners **Marcus Wakim** (11:12) and **Darcey Roberts** (10:27) and the U10 winners **Alyssa Chapman** (5:51) and **Hamish Blackwood** (5:25).

VRWC U18 5KM CHAMPIONSHIPS

1.	Dickson, Corey	VRWC	24:06	
1.	Peart, Alanna	VRWC	25:33	
2.	Hass, Jasmine	VRWC	28:12	
3.	O'Mahony, Kathleen	VRWC	30:34	

VRWC U16 3KM CHAMPIONSHIPS

1.	Saunder, Fraser	VRWC	14:53	
2.	Beveridge, Heath	VRWC	15:35	
3.	Costin, Owen	VRWC	17:49	
1.	Peart, Alanna	VRWC	14:02	
2.	Cocking, Holly	VRWC	16:59	

VRWC U14 3KM CHAMPIONSHIPS

1.	Epps, Luke	VRWC	16:22	
2.	Hay, Angus	VRWC	17:34	
3.	Peart, Scott	VRWC	19:04	
1.	Hay, Charlotte	VRWC	15:49	
2.	Briet, Brianna	VRWC	17:37	
3.	Heikkila-Dubowik, Kaylah	VRWC	18:32	

VRWC U12 2KM CHAMPIONSHIPS

1.	Wakim, Marcus	VRWC	11:12	PB 0:03
2.	Smith, Aiden	VRWC	15:39	

1.	Roberts, Darcey	VRWC	10:27	
2.	Upson, Alannah	VRWC	12:14	PB 0:55
3.	Tatlock, Riannah	VRWC	12:36	PB 0:53
4.	Smith, Emily	VRWC	12:46	PB 0:14

VRWC U10 1KM CHAMPIONSHIPS

1.	Chapman, Alyssa	VRWC	05:51	First one recorded
2.	Heikkila-Dubowik, Zahlia	VRWC	06:07	PB 0:22
3.	Lennon, Harli	VRWC	06:24	PB 0:31
4.	Uzun, Ela	VRWC	07:00	PB 0:15
5.	Upson, Tamisha	VRWC	07:38	Eq PB
6.	Blackwood, Sophie	VRWC	07:46	
7.	Ali, Havana	VRWC	07:50	

1.	Blackwood, Hamish	VRWC	05:25	
2.	Tatlock, Heath	VRWC	09:52	



Marcus Wakim, Hamish Blackwood, Alyssa Chapman and Darcey Roberts on Sunday (photos Terry Swan)

Finally a series of VRWC non-championship races were contested. Fantastic walk by **Daniel Walters**, with 46:01 for 10km. In his first season back after many years off, he is starting to really hit his straps.

VRWC NON-CHAMPIONSHIP 10KM

1.	Walters, Daniel	VRWC	46:01	
2.	Cassidy, Kevin	VRWC	53:20	
3.	Smyth, David	VRWC	58:50	
4.	Muldoon, Wendy	VRWC	1:01:19	
5.	Beaumont, Ian	VRWC	1:34:10	
	Tindal, Pam	VRWC	DNF	
	Keirl, Bernie	VRWC	DNF	
	Beaumont, Margaret	VRWC	DQ	

VRWC NON-CHAMPIONSHIP 5KM

1.	Dingli, Alannah	VRWC	35:40	
2.	Doran, Tony	VRWC	36:04	
3.	Barrow, Geoff	VRWC	36:05	
4.	Steed, Gwen	VRWC	36:24	
5.	Dingli, Isabella	VRWC	37:03	
6.	Mews, Pam	VRWC	57:18	

VRWC NON-CHAMPIONSHIP 2KM

1.	Feain, Lachlan	VRWC	10:03	PB
2.	Evans, Simon	VRWC	12:41	
3.	Morrey, Jan	VRWC	15:54	

Runners World Kew proprietor Neil Ryan attended the presentations, to acknowledge our two VRWC Summer Season Champions Jemima Montag and Kyle Swan. We thank Neil for his very generous ongoing support of our club. You can read more at <http://www.vrwc.org.au/vrwcrunners-world.shtml>.



Left: Daniel Walters Right: Jemima Montag, Kyle Swan and Runners World Kew proprietor and club sponsor Neil Ryan

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

- Officials:** Tim Erickson, Ralph Bennett, Terry Swan, Heather Carr, Bill Carr, Simon Baker, Ian Laurie, Bob Gardiner, Mark O'Mahony
Judges: Gordon Loughnan (Chief), Diane Lowden, Stuart Cooper, Kathleen March, Shane Dickson, Brenda Felton, Peter Vysma (DQ Board)
Canteen: Eija Heikkila-Dubowik, Wendy Cooper, Donna-Marie Elms
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/470>)

We did not allocate any Handicap or Actual Times points on Sunday but the judges did submit Style Award points, with **Adam Garganis** and **Kelly Ruddick** catching the judges' eyes with their good form. Overall, **Charlotte Hay** (13 points) and Adam Garganis (14 points) are our early leaders in this competition. You can check out the progressive points scores in our 3 winter season points competitions at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

ACTRWC ROADWALKS, POINT HUT POND, CANBERRA, SATURDAY 26 MAY

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

10km Walk

1.	Callum Burns	55:14
2.	Robin Whyte	1:05:23
3.	Bob Parker	1:18:00
4.	Doug Fitzgerald	1:19:23
5.	Val Chesterton	1:31:08
	Greg Durr	DQ

4km Walk

1.	Gwyllym Young	21:34
2.	Hannah Manning	23:04
3.	Sidney Shaw	24:16
4.	Kate Black	25:11
5.	Helena Bialecki	28:43
6.	Rosemary Parker	30:51
7.	Jennifer Gilchrist	33:17

2km Walk

1.	Owen Toyne	10:57
2.	Rochelle Ball	21:50

1km Walk

1.	Eloise Smith	6:12
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WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 27 MAY

Thanks to Terry Jones for this week's results from Western Australia.

1.5km Walk

1.	Brooke Mortimore	8.04
2.	Lataya Lawrence	8.07
3.	Xavier Bernard	8.12
4.	John Ronan	8.13
5.	Casey Mortimore	8.33
6.	Kaytee Bogaers	8.52
7.	Gracie Dabala	9.02
8.	Luke Lawrence	9.03
9.	Amber Richards	9.11
10.	Jasmine Williams	9.43
11.	Layla Dabala	10.35
12.	Emily Bogaers	12.51

10km Walk

1.	Ben Reid	54.36
2.	Brad Mann	55.59

5km Walk

1.	Alexandra Griffin	28.39
2.	Wayne Byram	30.34
3.	Victor Munoz	30.39

TRWC ROADWALKS, BRIGHTON, TASMANIA, SATURDAY 26 MAY
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Thanks to Wayne Fletcher for this week's results from Hobart in Tasmania.

5km Walk

1.	Will Robertson	25.32
2.	Alice Randall	26.05
3.	Steve Ahern	32.35
4.	Ron Foster	34.09
5.	Wayne Fletcher	39.41
6.	David Moore	39.48

8km Walk

1.	Steve Ahern	52.43
2.	Ron Foster	54.35

6km Walk

1.	Alice Randall	31.20
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3km Walk

1.	Chloe Ahern	19.09
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Left: Ron Foster in action on Saturday (photo Rosemary Coleman)

Right: Alice Randall receiving the Open Tasmanian Award for Distance Running and Walks Out of Stadium Women from AA CEO Darren Gocher (photo Dominic Anastasio).

SAMA LONG COURSE CLUB CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 26 MAY

Thanks to Peter Crump for the results of this week's SARWC Long Course Club Championships in Adelaide.

15km Walk

1.	Peter Crump	1:35:18
2.	Royrie Upton	1:43:14
	James Hoare	DNF

5km Walk

1.	Victoria Upton	28:51
2.	Mia Wilks	30:39
3.	Adrian Upton	35:24

Bill Starr	DNF	3km Walk	
8km Walk		1. Kiera Ross	15:47
1. Tristan Camilleri	44:41	2. Kitarni Upton	16:38
2. Mathew Bruniges	51:32	3. Danielle Walsh	17:29
3. Chloe Upton	52:50	4. Seth Upton	18:41
		5. Liz Downs	23:47
2km Walk		1km Walk	
1. Hannah Wilks	11:49	1. Sam Wilks	5:51
2. Katie DeRuvo	12:01	2. Xavier Upton	7:39
3. Jake Vidler	12:45		
4. Edward Upton	16:46		
5. Pam Morutto	20:09		

QRWC ROADWALKS, MORNINGSIDE, BRISBANE, SUNDAY 27 MAY

Thanks to Robyn Wales for this week's results from Queensland. Excellent 8km times by **Katie Hayward** (36:47) and **Nelson McCutcheon** (38:16). Robyn commented:

Here are today's results from Morningside. This is a great flat course on a road but, being near the fish markets, not as pleasant on the nose as one would prefer! The 1km lapsheet was missing. By speaking to various people, I have these results, which I hope are correct. Could whoever picked it up by mistake please bring it along next time.

A Grade Men 15km

1. Iggy Jimenez	M	1.17.05
2. Peter Bennett	M	1.29.48
3. Argenis Guevara	M	1.32.03

A Grade Women 10km

1. Jessica Pickles	F	53.53
2. Brenda Gannon	F	1.00.33
3. Noela McKinven	F	1.24.37

B Grade 8km

1. Katie Hayward	F	36.47
2. Nelson McCutcheon	M	38.16
3. Charlotte Hamann	F	1.00.50
4. Patrick Sela	M	1.04.09
Mark Carlile	M	DQ

C Grade 5km

1. Jonathan Wearne	M	26.00
2. Kai Norton	M	30.17
3. Mackenzie Ofield	F	30.29
4. Amelia Schofield	F	32.53
5. Korey Brady	F	34.48

D Grade 3km

1. Jayda Anderson	F	14.58
2. Camryn Novinetz	F	15.40
3. Ashanti Heap	F	16.45
4. Lyla Williams	F	17.59
5. Amber Norton	F	18.14
6. Torryn Fisher	F	18.46
7. Scarlett Schofield	F	20.00
8. Amber Tofful	F	24.31
9. Robyn Wales	F	27.33

E Grade 2km

1. Anika Clarke	F	10.56
2. Myles Callaghan	M	11.03
3. Alex Bradley	M	11.08
4. Rebecca Teahen	F	11.09
5. Jacob Petrovic	M	13.35
6. Sharyn Wearne	F	18.46

F Grade 1km ***

1. Flynn Callaghan	F	5.41
2. Makenna Clarke	F	5.41
3. Siaan Fisher	F	6.54

SLOVAK RACE WALKING CHAMPIONSHIPS, BORSKÝ MIKULÁŠ, SLOVAKIA, SATURDAY 26 MAY

It was a big weekend in Slovakia with the 50th Open 20km and U20 10km Roadwalk Championships contested on Saturday in Borský Mikuláš and then the annual shorter distance racewalk meet at Hlohovec on Sunday. Walk numbers were excellent, with 75 competing on Saturday and 55 on Sunday.

First to Borský Mikuláš where unfortunately the unseasonably hot weather effected performances, adding significantly to the finish times. In the men's 20km championship, **Rafal Fedaczynski** of Poland was first with 1:27:40, while the Slovakian title went to second placed finisher **Miroslav Uradnik** with 1:28:30. The women's 20km championship saw a battle between Slovaks **Maria Czaková** and **Monika Hornáková**, with Czaková winning by 24 secs with 1:41:12.

Lubomír Kubiš won the U20 10km title with 45:31, perhaps the best performance of the day according to Slovak national coach Matej Spišiak. The U20 women's 10km title went to **Hana Burzal** with 52:35.

Special mentions to 78-year-old **Piergiorgio Andreotti** who has been to Borský Mikuláš who has competed there regularly since 1970 and 71-year-old **Jiri Kovanda** who competes every year in the 20km championship.

20km Men

1.	FEDACZYNSKI Rafal	KS AZS UMCS Lublin	POL	1:27:40
2.	ÚRADNÍK Miroslav	ŠK Dukla o.z. Banská Bystrica	SVK	1:28:30
3.	RÍZEK Milan Atletika	ŠK Skalica	SVK	1:31:41
4.	MAJDÁN Dušan	ŠK Dukla o.z. Banská Bystrica	SVK	1:32:05
5.	CERNÝ Dominik	ŠK Dukla o.z. Banská Bystrica	SVK	1:33:09
6.	ERENT Bruno	AK Agram Zagreb	CRO	1:39:08
7.	DEVČIC Berislav	Maraton klub Velika Gorica	CRO	2:15:09
8.	KOVANDA Jirí	Lokomotíva Beroun	CZE	2:34:03
	MEDERA Zdeno	AK Spartak Dubnica nad Váhom	SVK	DNF

20km Women

1.	CZAKOVÁ Mária	ŠK Dukla o.z. Banská Bystrica	SVK	1:41:12
2.	HORNÁKOVÁ Monika	ŠK Dukla o.z. Banská Bystrica	SVK	1:41:34
3.	RENIC Ivana	AK Agram Zagreb	CRO	1:47:56
4.	GOGOVI Danica	Srbsko	SRB	1:49:53
5.	SAVICEVIC Tijana	Srbsko	SRB	1:51:37
	TORMA Anett	Madarsko	HUN	DNF
	KRUPKA Katarzyna	AZS AWF Katowice	POL	DNF
	TIŠTANOVÁ Zuzana	ŠK Dukla o.z. Banská Bystrica	SVK	DNF
	CERNÁ Dana	Atletika Nové Mesto nad Váhom	SVK	DNF

10km U20 Women

1.	KUBIŠ Lubomír	AK Spartak Dubnica nad Váhom	SVK	45:31
2.	DELCEVMEN Jovan	Srbsko	SRB	47:03
3.	KOVÁČ Daniel	ŠK ŠOG Nitra	SVK	49:54
4.	HAMZIC Alan	ŠK ŠOG Nitra	SVK	51:09
5.	PROROCIC Miloš	Srbsko	SRB	54:51

10km U20 Women

1.	BURZALOVÁ Hana	AK Spartak Dubnica nad Váhom	SVK	52:35
2.	ŽÁRSKA Klaudia	AK Spartak Dubnica nad Váhom	SVK	54:04
3.	HACUNDOVÁ Ema	Miestny ŠK Borský Mikuláš	SVK	54:59
4.	CANADI Eva	AK Koper	SLO	55:24
5.	PEVEC Eli	AK Agram Zagreb	CRO	56:20
6.	PAPOVIC Marija	Srbsko	SRB	57:34
7.	ŠTEFANOVIĆ Petra	AK Agram Zagreb	CRO	1:04:16
8.	STOYANOVA Yolina	SKLA Novi Pazar	BUL	1:06:40

5km U18 Women

1.	RAGASOVÁ Alžbeta	AK Spartak Dubnica nad Váhom	SVK	26:35
2.	DEVALDOVÁ Karin	Slávia TU Košice	SVK	28:25
3.	JANCEK Bruna	AK Agram Zagreb	CRO	28:55
4.	KRENEK Klara	AK Agram Zagreb	CRO	29:26
5.	ZEMKOVA Klara	AK ZTS Martin	SVK	29:30
6.	RUSKOVÁ Lucia	ŠK BCF Dukla Banská Bystrica	SVK	30:33
7.	ŠEVČÍKOVÁ Nikoleta	ŠK BCF Dukla Banská Bystrica	SVK	32:39
8.	MASARYKOVÁ Annamária	AK Bacúch	SVK	32:57
9.	HANULÍKOVÁ Leona	Orel jednota Vyškov - atletika	CZE	33:29
10.	DIMITROVA Diana	SKLA Novi Pazar	CRO	38:35

5km Veterans Men

1.	HLAVENKA Tomáš	AC Moravská Slávia	CZE	21:16
2.	ZÁHONCÍK Ján	Miestny ŠK Borský	SVK	22:10
3.	RUZZIER Fabio	AK Koper	SLO	22:30
4.	BADURA Jozef	Miestny ŠK Borský	SVK	23:49
5.	HAUBRIH Želimir	Marcia Club Centro	CRO	24:02
6.	PENOLAZZI Claudio		ITA	24:16
7.	STRAKA Eduard	AK Spartak Dubnica	SVK	24:34
8.	FILIPOVIC Predrag	Srbsko	SRB	24:36
9.	MAREK Stanislav	TJ Spartak Trebič	CZE	24:57
10.	FORTUNATI Pierangelo		ITA	25:07
11.	ANDREOTTI Piergiorgio		ITA	25:47
12.	BELKO Milan	AK Bacúch	SVK	26:16
13.	KOVÁR Rostislav	AK Olomouc	CZE	26:47
14.	TADIC Mladen	Dinamo Zagreb	CRO	26:54
15.	ZAJÍC Jan	Hviezda Pardubice	CZE	28:48
16.	CERNÝ Jaroslav	Atletika Nové Mesto	SVK	31:00

17.	TOPOREK Martin	Akoa Wieden	SVK	31:22
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5km Veterans Women

1.	SLABÁKOVÁ Lenka	Brno	CZE	26:41
2.	PASTIERIKOVÁ Alexandra	Atletický klub Bojnicky	SVK	28:06
3.	CERNÁ Dana	Atletika Nové Mesto	SVK	29:07
4.	TIŠTANOVÁ Zuzana	ŠK Dukla o.z. Banská	SVK	31:16
5.	PEVNÁ Daniela	Orel jednota Vyškov -	CZE	31:23
6.	LOVRECIC Jasna	AK Koper	SLO	33:46
7.				

See http://statistika.atletika.sk/upload/vysledkybezveteranov_merged2.pdf for additional race results for 5km, 3km, 2km and 1km.

HLOHOVEC RACE WALKING MEET, HLOHOVEC, SLOVAKIA, SUNDAY 27 MAY

And now to Hlohovec for the traditional Sunday short distance roadwalks, ranging from 1km to 5km. See full results set at <http://statistika.atletika.sk/upload/hlohovec%20270518.pdf>. As usual, the meet drew walkers from many countries, including Croatia, Hungary, Serbia, Bulgaria, Italy, Slovenia, Austria and the Czech Republic. The 5km wins went to **Miroslav Úradník** (20:27) and **Mária Czaková** (23:38).

5km Open Men

1.	Miroslav Úradník	1996	SVK	20:27
2.	Cerný Dominik	1997	SVK	20:55
3.	Rýzek Milan	1975	SVK	21:10
4.	Erent Bruno	1990	CRO	21:28
5.	Medera Zdeno	1975	SVK	23:50

5km Open Women

1.	Czaková Mária	1988	SVK	23:38
2.	Torma Anet	1984	HUN	23:53
3.	Gogov Danica	1998	SRB	26:05
4.	Savicevic Tiana	1994	SRB	27:02
5.	Yolina Stoyanova Atanasova	1999	BUL	32:28
6.	Renic Ivana	1996	CRO	DQ

5km U20 Men

1.	Delca Jovan	1999	SRB	22:33
2.	Hamzic Alan	2000	SVK	25:36

5km U20 Women

1.	Burzalová Hana	2000	SVK	24:45
2.	Žárska Klaudia	1999	SVK	26:37
3.	Papovic Maria	2001	SRB	27:01
4.	Canadi Eva	2000	SLO	27:44
5.	Štefanovic Petra	2000	CRO	30:54

3km Masters Men

1.	Záhoncík Ján	1965	SVK	15:56
2.	Ruzzier Fabio	1953	SLO	16:25
3.	Haubrih Želimir	1963	CRO	16:29
4.	Toporek Martin	1961	AUT	21:58
5.	Devic Berislav	1966	CRO	18:23
6.	Badura Jozef	1955	SVK	17:41
7.	Tadic Mladen	1959	CRO	19:20
8.	Penolazzi Claudio	1955	ITA	19:44
9.	Fortunati Pierangelo	1950	ITA	19:59
10.	59 Jaroslav Cerný	1972	SVK	19:59
11.	Kovanda Jiri	1946	CZE	20:53
12.	Marek Stanislav	1942	CZE	21:15
13.	Kovár Rostislav	1951	CZE	21:24
14.	Andreotti Piergiorgio	1940	ITA	22:15
15.	Zajíc Jan 24.06.	1953	CZE	22:43

3km Masters Women

1.	Pastieriková Alexandra	1979	SVK	16:57
2.	Cerná Dana	1973	SVK	18:00
3.	Tišťanová Zuzana	1970	SVK	20:33
4.	Lovrecic Jasna	1975	SLO	21:10

TURKISH CLUBS WALKING LEAGUE, ÇANAKKALE, TURKEY, SATURDAY 26 MAY

11 teams participated in the first round of the Turkish Clubs Walking League competition in Canakkale last Saturday. Overall winners were

U20 Men 5km	Abdüselam Imuk	21:12
U20 Women 5km	Ayse Tekdal	22:37
Open Men 10km	Mert Atli	41:31
Open Women 10km	Semiha Özdemir	49:32

Full results at http://www.taf.org.tr/wp-content/uploads/2018/05/2018_YuruyusLig1.pdf.

Photos at https://www.facebook.com/pg/AtletizmTAF/photos/?tab=album&album_id=582821238769684.

FRENCH REGIONAL CHAMPIONSHIPS, GIEN, FRANCE, SUNDAY 27 MAY

Emmanuel Tardi was in Gien last Sunday morning for their regional racewalk championships. He reports:

Gien is a beautiful city 150km south of Paris. The race lap was a flat 1km loop around a local gymnasium and there were a lot of races scheduled. Unfortunately, the sun was already high in the sky and it was very hot by the time the first races got underway at 10AM. In the women's 10km, three women were trying for the 47:30 qualifying standard for the forthcoming Méditerranéan Match but conditions were against them. **Eloise Terrec** and **Camille Aurrière** headed out at the required pace but were forced to slow as the race progressed, Terrec winning with 50:56 and Aurrière eventually retiring. In the men's 20km, local walker **Sébastien Bontemps** won with 1:43:42, beating his PB by 3minutes, while **Amélie Bourhis** won the women's 20km with 1:47:49. Pictures have been selected from https://photos.google.com/share/AF1QipMWoIj9d-y5ijoLuWzaYsfFpmvijoNXsuXScizU0JKKLveIaOu9xGTyCKgG_HJSg?key=UDcwUU9VaC0yN3NMMI9yaU93TFZtaWtDRVhDNWxn

20km Walk

1.	BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	1:43:42
2.	ROUSSIASSE Lucas	ESM/97	Entente Angevine Athletisme	1:44:41
3.	BOURHIS Amelie	SEF/92	Larmor Estran Athlé	1:47:49
4.	PI Max	ESM/98	Val-de-reuil Ac	1:53:07
5.	BROU Florent	SEM/93	Ac Paris-joinville	1:55:23
6.	LETERTRE Marine	SEF/91	Ac Cesson	1:58:25
7.	BEGIN Maxence	SEM/80	Spn Vernon	2:04:46
8.	DENISSELLE Vanessa	SEF/84	Val-de-reuil Ac	2:11:32
9.	AMBLARD Victoria	SEF/80	Evreux Ac	2:11:34
10.	TILLY Sandrine	V1F/72	Saint Pierre-montlouis Athlé	2:11:41
11.	RUBLON Olivier	V2M/65	Gien Athle Marathon	2:14:54
12.	PETIT Christophe	V2M/61	Saint Pierre-montlouis Athlé	2:19:51
13.	MIHOWICZ Gwendoline	SEF/88	Val-de-reuil Ac	2:26:35
14.	POITRENAUX Jean-marie	V3M/55	Vierzon-vignoux-foecy Athlé	2:29:50
15.	BEGUIN Nathalie	V2F/67	Vierzon-vignoux-foecy Athlé	2:38:42
	COLOMAR Patrick	V3M/53	Us Bazas	DNF
	DANILO Florence	V2F/63	Athle Du Pays De Redon	DNF
	AURRIERE Camille	ESF/98	Us St Berthevin	DNF
	ESTHER Stephanie	V1F/77	Ea Louviers	DQ
	BEGIN Jean-pierre	V3M/53	Spn Vernon	DQ

10km Walk

1.	TERREC Eloise	ESF/98	Ac Roche-sur-yon	50:56
2.	CLOSSAIS Jerome	V1M/74	Ac Romorantin	51:01
3.	CELLARD Loanie	ESF/98	Carquefou Ac	52:20
4.	SEVELLEC Sylvie	V2F/64	Ac Cesson	54:28
5.	ROTTIER Marine	JUF/00	LP Longjumeau	58:26
6.	BRUSSEAU Gwladys	V1F/74	ECOCJF	58:49
7.	BABOIN Michel	V3M/56	Lma Meung-sur-loire	58:52
8.	ROUSSEAU Juliette	JUF/99	Saint-amand-monttrond	59:47
9.	GASNIER Kathleen	JUF/00	Cote De Jade Athl2	1:01:14
10.	JACQUIN Gilles	V2M/61	Ea Issoudun	1:02:27
11.	LEBON Hugo	JUM/99	ASFAS	1:02:55
12.	GUILLARD Caroline	V1F/71	ASFAS	1:02:56
13.	BERNIER Jeanine	V4F/46	J3 Sports Amilly	1:14:15
14.	LEGRAND Catherine	V2F/65	Us St-pierre-des-corps	1:16:22
	THOMAS FRANZ Michel	V3M/51	Us St-pierre-des-corps	DQ

5km Walk

1.	GRAVELET Marie	SEF/79	Gien Athle Marathon	31:48
2.	GALLAND Emeline	SEF/95	ECOCJF	32:00
3.	COLOMAR Christine	V2F/64	Us Bazas	35:59
4.	PARAT Marie-georges	V3F/52	Saint Pierre-montlouis Athle	39:09
	AUCLER Clement	CAM/01	Ea Issoudun	DQ

3km Walk

1.	ROTTIER Lilian	MIM/03	Lp Longjumeau	16:55
2.	LOMONIER Dorian	MIM/03	Esm Gonfreville L:orcher	17:04
3.	BEDU Dominique	V2F/66	Gien Athle Marathon	19:03
4.	JOFFIN Maryvonne	V3F/50	ASFAS	19:43
5.	LEGALL Lou-ann	MIF/03	ASFAS	22:06
6.	GAUVIN Gerard	V2M/62	Gien Athle Marathon	22:56
7.	LOMONIER Nicolas	V1M/69	Esm Gonfreville L:orcher	24:24

2km Walk

1.	CHENUET Quentin	BEM/05	Gien Athle Marathon	12:55
2.	MONFORT Lalie	BEF/06	ASFAS	15:19
3.	GIANNERINI Noemie	BEF/05	ASFAS	16:55

1km Walk

1.	DENISSELLE Celia	POF/07	Val-de-reuil Ac	6:22
2.	LANGER Chloe	POF/07	ASFAS	6:24
3.	LE NOIR Gael	POM/07	Gien Athle Marathon	7:19



Amélie Bourhis, Eloise Terrec, Sébastien Bontemps and Jérôme Clossais (photos from Emmanuel Tardi)

ALGARVE REGIONAL CHAMPIONSHIPS, FARO, PORTUGAL, SUNDAY 27 MAY

Ana Cabecinha was in good form on Sunday, winning the women's 5000m track walk at the Algarve Regional Championships in Faro with 21:35.00. Second place went to **Edna Barros** with a PB 22:05.43 while third place went to **Maria Bernardo**, also in a PB 23:59.01. The women's 10,000m race saw victory go to **Carolina Costa** (PB 48:09.15) ahead of **Laura Leal** (PB 48:17.07). The men's 5000m was a slower affair with victory going to **Dionisio Ventura** with 23:37.50.

5000m Track Walk Women

1.	Ana Cabecinha	84	21:35.00
2.	Edna Barros	96	22:05.43
3.	Maria Bernardo	99	23:59.01
4.	Laura Leal	96	24:07.84
5.	Carolina Costa	98	24:09.54
6.	Anabela Moreira	70	27:07.45
7.	Ana Vicente	01	29:58.85

5000m Track Walk Men

1.	Dionisio Ventura	79	23:37.50
2.	Andre Antunes	97	24:25.35
3.	Ludovino Dias	80	26:07.91
4.	Jorge Costa	61	27:18.15
5.	Marco Ataide	83	27:57.52
6.	Daniel Sousa	65	28:26.19
7.	Rafael Ferreira	02	28:48.62

8.	Ana Mendes	87	33:20.34	8.	Diogo Batista	02	29:40.32
9.	Helena Rodrigues	60	33:53.34	9.	Joao Rodrigues	59	30:24.52
10.	Sania Neves	75	34:08.87	10.	Daniel Cabrita	73	32:11.55
11.	Raquel Coelho	02	34:15.24				
12.	Sara Neto	00	34:44.86				
13.	Cidalia Alves	76	35:02.65				
14.	Maria Martins	67	40:55.64				

10,000m Track Walk

1.	Carolina Costa	98	48:09.15
2.	Laura Leal	96	48:17.07
3.	Ana Mendes	87	69:23.77

ITALIAN REGIONAL TRACK CHAMPIONSHIPS, ITALY, 26-27 MAY

Most of the action from the 2nd regional round of the Italian track championships took place in Turin last Saturday and is well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3186.

5000m Track Walk Women

Italian based Chinese walkers **Quiayang Shenjie**, **Lu Xiuzhi** and **Ma Zhenxia** put on a show in the Turin women's 5000m walk, all well under 22 minutes. Final victory went to Qieyang Shenjie (21:00.15), ahead of Lu Xiuzhi (21:26.25) and Ma Zhenxia (21:53.33).

1.	QIEYANG Shijie	1990	A.S.D. ATL. FOSSANO '75	21:00.15
2.	LYU Xiuzhi	1993	A.S.D. ATL. FOSSANO '75	21:26.45
3.	MA Zhenxia	1998	ATLETICA CANAVESANA	21:53.33
4.	TITONE Alessia	2002	S.A.F.ATLETICA PIEMONTE A.S.D.	25:14.38
5.	LA DELFA Rosetta	1977	UNIONE GIOVANE BIELLA	25:49.20
6.	MARCHESE RAGONA Federic	2001	GAV GRUPPO ATLETICA VERBANIA	26:11.54
7.	CHIESA Federica	2001	A.S.D. ATL. FOSSANO '75	27:07.61
8.	GALLINO Alessia	1997	ATL. ALESSANDRIA	27:11.10
9.	DUGARO Arianna	2000	GAV GRUPPO ATLETICA VERBANIA	27:47.19
10.	VALLEGRA Valentina	2001	C.U.S. TORINO	29:23.15
11.	TOMATIS Giorgia	2000	A.S.D. ATLETICA ROATA CHIUSANI	32:18.80
12.	ZERLOTTIN Chiara	2002	C.U.S. TORINO	32:29.95
13.	ARDINO Elisa	1997	SISPORT SSD	33:53.72

10,000m Track Walk Men

It was a case of one Italian (**Federico Tontodonati**) against four Chinese (**Wang Rui**, **Wang Qin**, **Zhang Jun** and **Jin Xiangqian**) in the men's 10,000m walk in Turin. They stayed together for the first 7000m before Tontodonati broke away, taking Wang Rui and Wang Qin with him. In the final 1000m, it was Wang Rui who was able to break away, going on to win with 39:50.44, ahead of Wang Qin (40:00.13) and Tontodonati (a new PB of 40:02.51).

1.	WANG Rui	1996	ATLETICA CANAVESANA	39:50.44
2.	WANG Qin	1994	ATLETICA SALUZZO	40:00.13
3.	TONTODONATI Federico	1989	C.U.S. TORINO	40:02.51
4.	ZHANG Jun	1998	A.S.D. ATL. FOSSANO '75	40:20.57
5.	JIN Xiangqian	1997	A.S.D. ATL. FOSSANO '75	41:01.93
6.	GUELI Giorgio	2001	ATLETICA CANAVESANA	47:50.20
7.	GAGLIARDI Edoardo	1999	S.A.F.ATLETICA PIEMONTE A.S.D.	51:56.09
8.	CARPINELLO Gianluca	2002	A.S.D.ATLETICA CARMAGNOLA	54:04.36
	CHIRIVI' Diego	1999	C.U.S. TORINO	DNF

Regional Championship races were held in other Italian cities, with marciadalmondo reporting the best results as

- **Stefano Chiesa** (41:16.39) and **Leonardo Dei Tos** (41:29.93) in Cinisello Balsamo
- **Massimo Stano** (42:24.74) in Matera
- **Mariavittoria Becchetti** (22:59.78) in Sassari

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

Alas, I as hoping to get these results in time for this week's newsletter but they were not posted in time. They have bubbled up in the intervening week so I can catch up this week. **Nick Christie** won the men's race by nearly 6 minutes with 1:04:49 while **Robyn Stevens** set an American women's W35 record with her winning time of 1:10:12 in the women's walk.

USATF 15km Roadwalk Championship Men

1.	Nick Christie	26	El Cajon	1:04:49
2.	Alexander Bellavance	20	San Diego	1:11:19
3.	Allen James	54	Redondo Beach	1:11:28
4.	Tommy Aunan	59	Bellevue	1:36:22

5.	Norm Frable	72	Ivins	1:36:47
6.	Tucker Brugh	62	Long Beach	1:37:52
7.	Emesh Fernando	35	Joint Base MDL	1:43:10
8.	Eric Johnson	57	Lehi	1:44:31
9.	Rick Campbell	72	Orange	1:45:52
10.	Deo Jaravata	53	Granada Hills	1:47:08
11.	Byron Kaelin	58	Mount Juliet	1:49:34

USATF 15km Roadwalk Championship Women

1.	Robyn Stevens	35	Mt. View	1:10:12
2.	Miranda Melville	29	Chula Vista	1:14:53
3.	Rachel Seaman	31	Chula Vista	1:14:54
4.	Lydia McGranahan	41	Keizer	1:21:29
5.	Celina Lepe	22	Spring Valley	1:26:50
6.	Susan Armenta	44	Los Angeles	1:32:16
7.	Jamie Fiddler	28	Los Angeles	1:36:58
8.	Tammy Stevenson	48	Salt Lake City	1:37:56
9.	Carmen Jackinsky	54	Aloha	1:40:21
10.	Marianne Martino	67	Littleton	1:40:45
11.	Wendy Clark	64	San Diego	1:46:24
12.	Yolanda Holder	60	Corona	1:48:10
13.	Karen Stoyanowski	63	Loomis	1:49:35
14.	Kathy Frable	72	Ivins	1:53:57
15.	Paula Rasmussen	63	El Segundo	1:57:29
16.	Carol Dyar	77	Upland	1:59:46
17.	Darlene Backlund	72	Palm Springs	2:00:43
18.	Leah Key-Ketter	55	Claremont	2:03:09
19.	Sheila Kryger	73	Claremont	2:03:15
20.	Kathryn Webster	67	Holladay	2:04:56
21.	Shelly Boyd	56	Sandy	2:06:12
22.	Kay Carmines	72	Shiremanstown	2:07:27
23.	Sandra Hults	76	Lake Mary	2:15:39
	Nancy Linky	71	Salt Lake City	DNF
	Anelise Smith	79	Claremont	DQ

ONWARDS EVER ONWARDS .. THE IAAF WORLD JUNIOR CHAMPIONSHIPS

Our top three Australian U20 walkers are busy preparing for the IAAF World Junior Championships which are to be held in Tampere, Finland, from 10-15 July, and they were all in action one way or another last weekend.

- **Kyle Swan** (VIC) interrupted a big training block to have a walk in the Victorian 10 km roadwalk championship at Middle Park on Sunday, his bronze medal time being 49:03.
- **Katie Hayward** (QLD) kicked out a quick 8km roadwalk (36:37) in Brisbane on Sunday morning as part of the regular Queensland Race Walking Club season.
- **Declan Tingay** (WA) swapped his usual WARWC walk on Sunday for a walk in the UWA half marathon (part of the HBF Run for a reason program) in Perth, his time for the 21.1 km distance a quick 1:35:57. He had previously competed in the Asics Bridges Fun Run in Perth on 8th April with a quick 10km walk which placed him 129th of 1059 participants. This is great exposure for our discipline so well done to Declan. Obviously, from a racewalking perspective, such events are excellent hitouts but are not judged racewalks.

The three walkers will be heading off to a pre-departure camp in Townsville in early to mid June, then flying out to Finland in late June and settling into the Pajulahti Olympic Training Centre, some 100km NNE of Helsinki. After the Championships, Brent Vallance has arranged for them all to travel to Wakayama Prefecture (near Osaka), Japan, for Japanese experience in the lead up to 2020 Olympics. They will stay there and train for 7-9 days, then home. It sounds like a fantastic trip.

OUT AND ABOUT

- Excellent short interview with 2016 Olympic 50km champion **Matej Toth** at the Dudince meet in March – see <https://aheartynomad.com/2018/05/22/matej-toth/>.
- The 6 Best Racewalking Shoes to Buy in 2018? One opinion in <https://www.verywellfit.com/top-racewalking-shoes-3436211>.

- Two Russian athletes who refused to undergo drug tests earlier this year are among four more competitors from the country to have been sanctioned for doping. See <https://www.insidethegames.biz/articles/1065405/russian-hurdlers-banned-for-evading-drugs-tests>.
- Walkers **Alex González** (MEX), **Lebogang Shange** (RSA), **Perseus Karlström** (SWE), **Luis Amauri Bustamante** (MEX), **Jared Tallent** (AUS), **Ian Rayson** (AUS), **Luke McCutcheon** (AUS) and **Cameron Corbishley** (GBR) have spent the last 3 weeks at Australian Institute of Sport in Canberra, participating in yet another Supernova Study camp. Another wonderful opportunity for some of our Australian walkers to train with top internationals.



Walkers Alex González, Lebogang Shange, Perseus Karlström, Luis Amauri Bustamante, Jared Tallent, Ian Rayson, Luke McCutcheon and Cameron Corbishley in Canberra this week (photo Luke McCutcheon)

- It's only 1 day until the 70th Paris-Alsace Classic gets underway. The world's longest annual walking race starts on Wednesday 30th May in Paris, and continues until Saturday 2nd June in Ribeauville, Alsace. I look forward to reporting on it in next week's newsletter.



Emmanuel Tardi will be crewing for USA entrant **Erin Taylor Talcott** (does he never rest!). You can follow the event live at <http://www.marche-mythique.org/accueil.html>. Results will be posted to <http://www.marche-mythique.org/resultats.html>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 6 press releases for us from Marciadalmondo this week

- Sun 27 May - Faro (POR): great performance of Ana Cabecinha
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3187
- Sat 26 May - Results of the 2nd regional round of the the Italian track championships in Turin
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3186
- Fri 25 May - Preview of the next round of the 2018 IAAF Challenge in La Coruna, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3185
- Thu 24 May - Hirooki Arai (JPN) and Liang Rui (CHN) best athletes of may 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3184
- Wed 23 May - Analysis of the results of the 20km and 50km men, Taicang 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3183
- Tue 23 May - Analysis of the results of the 20km and 50km women, Taicang 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3182

and omarchador had 9 press releases

- Mon 28 May - Ana Cabecinha sets a fast 5000m track walk time in the Algabe Championships in Portugal
<http://omarchador.blogspot.com.au/2018/05/ana-cabecinha-com-melhor-marca-europeia.html>
- Sun 27 May - Andrés Chocho and Guadalupe González Lead 2018 IAAF Racewalking Challenge
<http://omarchador.blogspot.com.au/2018/05/andres-chocho-e-guadalupe-gonzalez.html>
- Sat 26 May - Raquel González and Diego García with the best marks in the Spanish Club Championships Day 2
<http://omarchador.blogspot.com.au/2018/05/raquel-gonzalez-e-diego-garcia-com-as.html>
- Fri 25 May - Robyn Stevens and Nick Christie win 15km US Championships
<http://omarchador.blogspot.com.au/2018/05/robyn-stevens-e-nick-christie-vencem.html>
- Thu 24 May - Diniz and Menuet the best in French Interclub Round 2
<http://omarchador.blogspot.com.au/2018/05/diniz-e-menuet-foram-os-melhores-no.html>
- Wed 23 May - Results of the Brazilian Under-18 Championships in Recife
<http://omarchador.blogspot.com.au/2018/05/campeonatos-brasileiros-sub-18-em.html>
- Wed 23 May - Portugal selects 3 50km walkers for the European Champs in Berlin
<http://omarchador.blogspot.com.au/2018/05/selecao-de-portugal-de-50-km-para.html>
- Tue 22 May - Heather Lewis the best in Coventry, England
<http://omarchador.blogspot.com.au/2018/05/heather-lewis-melhor-em-coventry.html>
- Tue 22 May - Results of the Italian University Championships in Isernia
<http://omarchador.blogspot.com.au/2018/05/campeonatos-universitarios-de-italia-em.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, Lake Kawana, Sunshine Coast, QLD
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC

2018 Remaining IAAF Racewalking Challenge Events

Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN
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International Dates – 2018 and onwards

Jun 8 (Fri), 2018	44 th International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarrus
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.

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