



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 40
3 July 2018



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WALKER OF THE WEEK

My Walker of the Week this time around is 15 year old Melbourne walker Corey Dickson who did a nearly 2 minute PB in the VRWC 10km roadwalk on Saturday with his time of 48:44. The 2km splits tell the story of what was a very strong walk: 9:47, 9:59, 9:52, 9:37 and 9:29.

Corey won the U16 3km walk at the LBG Carnival in Canberra last month so continues his current fine form. Well done Corey!



Corey leads Mark Blackwood in the 10km at Middle Park on Saturday

As a matter of interest, my current 2018 10km ranking list shows 17 walkers aged 19 or below with times under 50 minutes. Corey is one of four 15 year olds in that list. Now that is impressive!

Table with 6 columns: Rank, Name, Time, State, Age, Date. Lists 17 young walkers, with Corey Dickson at rank 13, time 48:44, age 15, date 30/06/2018.

14. Kyle Bedford	49:41	NSW	17	12/05/2018
15. Ben Reid	49:50	WA	16	16/03/2018
16. Callum Burns	49:54	ACT	17	11/02/2018
17. Ryan Thomson	49:56	NSW	17	16/03/2018

WHAT'S COMING UP

- Next Saturday sees further roadwalks at Middle Park, as part of our VRWC Winter Roadwalk season. Remember to pre-enter if you can at <http://vrwc.org.au/wp1/race-entries-2/>. Note it is **another prizes day**, with a pick of the table going to the handicap winner (male and female) in each division. A day not to be missed!

VRWC Road Races, Saturday 7 th July 2018, Middle Park		
Entries close for all events at 1.45pm sharp. Handicap prizes day.		
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

- A reminder that our **Twilight Trivia** is coming up on **Saturday 14 July**, starting at 4:30PM. I see quite a few names now on the sheet in our clubrooms. I will be going. See http://www.vrwc.org.au/documents/Twilight_Trivia_July14.jpg.
- The **Australian Roadwalk Championships**, incorporating the 2nd RWA Carnival, will be held on **Sunday 26th August** in **Kawanna Waters, Sunshine Coast, Queensland**. This is a combined meet between Athletics Australia and RWA, with AA medals for individual places and RWA medals for winning teams, along with RWA Handicap trophies (just like in the LBG carnival in Canberra). All entries must be made via the AA online panel at <https://winterwalks.eventdesq.com/>. Note **entries close on Monday 6th August at 5pm**. Cost \$30 per event. We have been told that accommodation is scarce as the Sunshine Coast Ironman is also on the same day. So get yourself organized quickly if you are intending to go.
- The **IAAF World Junior Championships** will be held in Tampere, Finland, from 10-15 July. Our 3 Australian reps **Declan Tingay, Kyle Swan** and **Katie Hayward** have already flown out and are now in Finland doing their final preparations. They will race in the U20 10,000m walks on Saturday 14 July. Good luck to everyone! Follow all the IAAF WJC news at <https://www.iaaf.org/competitions/iaaf-world-u20-championships/iaaf-world-u20-championships-tampere-2018-6082>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 30 JUNE 2018

Our latest VRWC roadwalks at Middle Park saw 39 walkers compete on Saturday afternoon in cool, blustery but dry conditions. There were some great performances, lead by 15 year old **Corey Dickson** who took nearly 2 minutes off his 10km PB with a superb **48:44**. I always look upon the 50 minute 10km barrier as significant, and Corey has monstered it with this performance. Walking alongside **Mark Blackwood**, he cleared out in the final 2km and looked to have plenty left at the end. We also saw new club records to **Darcey Roberts** U11-U13 1.5km, 7:25) and **Margaret Beamont** (W80 3km, 27:10). Overall, our young walkers impressed with PBs galore in the 3km and 1.5km walks. Special shout for 13 year old **Kaylah Heikkila-Dubowik** and 14 year old **Charli Walker** who walked their first ever 5km.

VRWC 12km Walk

1. Madeleine Feain	1:16:50	
1. Pramesh Prasad	1:03:34	PB 2:34
2. Kevin Cassidy	1:03:48	PB 2:36
3. Albin Hess	1:23:41	

VRWC 10km Walk

1. Alison Thompson	1:01:23	
2. Karyn O'Neill	1:10:42	
1. Corey Dickson	48:44	PB 1:38
2. Mark Blackwood	49:09	

VRWC 5km Walk

1. Paige De Lisen	27:59	
2. Holly Cocking	28:40	
3. Kaylah Heikkila-Dubowik	33:23	First one
4. Charli Walker	33:28	First one
5. Gwen Steed	36:24	

- | | | | |
|----|-----------------|-------|---------|
| 1. | Heath Beveridge | 25:34 | PB 1:55 |
| 2. | Ralph Bennett | 31:52 | |
| 3. | Barrie Wicks | 43:24 | |
| 4. | Steven Haverly | DQ | |

VRWC 3km Walk

- | | | | |
|----|-------------------|-------|-----------------|
| 1. | Charlotte Hay | 14:55 | PB 0:04 |
| 2. | Grace Louey | 18:34 | |
| 3. | Riannah Tatlock | 19:48 | PB 0:28 |
| 4. | Emily Smith | 20:03 | PB 0:12 |
| 5. | Isabella Dingli | 20:19 | PB 0:21 |
| 6. | Merilyn Thompson | 21:26 | PB 1:12 |
| 7. | Beverly Hugo | 25:18 | |
| 8. | Margaret Beaumont | 27:10 | W80 Club Record |

- | | | | |
|----|---------------|-------|---------|
| 1. | Lachlan Feain | 15:44 | PB 0:02 |
| 2. | Luke Epps | 16:25 | |
| 3. | Angus Hay | 18:19 | |
| 4. | Ian Beaumont | 27:12 | |

VRWC 1.5km Walk

- | | | | |
|----|--------------------------|-------|-------------------------------|
| 1. | Darcey Roberts | 07:24 | U11-U13 Club Records, PB 0:13 |
| 2. | Zahlia Heikkila-Dubowik | 09:34 | PB 0:10 |
| 3. | Ela Uzun | 10:30 | |
| 4. | Tayasha Heikkila-Dubowik | 11:45 | First walk over this distance |
| 5. | Havana Ali | 12:39 | |
| 6. | Pam Mews | 16:05 | |

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|----|----------------------|-------|---------|
| 1. | Liam Hutchins | 07:50 | PB 0:24 |
| 2. | Hamish Blackwood | 08:25 | |
| 3. | Sebastian Weickhardt | 09:11 | |
| 4. | Heath Tatlock | 13:58 | PB 0:23 |

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

Officials: Ralph Bennett, Mark Donahoo, Tim Erickson, Michael Bodey, Ian Laurie, Mark Roberts

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

Photos: Ezo Ali

Canteen: Wendy Cooper, Eija Heikkila



Mark Blackwood, Pramesh Prasad, Heath Beveridge, Corey Dickson, Liam Hutchins, Lachlan Feain and Darcey Roberts



Charli Walker, Kaylah Heikkila-Dubowik, Margaret Beaumont, Zahlia Heikkila-Dubowik and Marilyn Thompson



Heath Tatlock, Kevin Cassidy, Riannah Tatlock (always our biggest smile!) and Emily Smith

Our points competitions continued on Saturday. With regard to our Style Award competition, **Corey Dickson** and **Paige De Lisen** scooped the pool this week, with very big scores. Overall, Corey leads in the men's Style Award competition, while Paige and Charlotte Hay are level pegging in the women's Style Award competition. I have updated the Style Award progressive points at <http://www.vrwc.org.au/vrwcpointscomps.shtml>. As soon as Mark Donahoo forwards me the updated Actual Times and Handicap points, I will refresh the points page again.

Style Award Points - Female

Paige De Lisen	17
Alison Thompson	6
Holly Cocking	5
Charlotte Hay	3
Gwen Steed	2
Ela Uzun	2
Kaylah Heikkila-Dubowik	2
Darcey Roberts	1
Riannah Tatlock	1

Style Award Points - Male

Corey Dickson	14
Heath Beveridge	7
Mark Blackwood	4
Liam Hutchins	3
Luke Epps	2
Pramesh Prasad	2
Sebastien Weickhardt	1

TRWC ROADWALKS, DERWENT ENTERTAINMENT CENTRE COURSE, HOBART, SATURDAY 30 JUNE

Thanks to Wayne Fletcher for this week's results from Tasmania. Wayne commented: 7C, no wind. Best effort by **Will Robertson** (5km in 24:59)

10km Walk

1.	Ron Foster	1:09.16
2.	Steve Ahern	1:99.43
3.	Wayne Fletcher	1:21.56

5km Walk

1.	Will Robertson	24.59
2.	Anna Blackwell	27.51
3.	David Moore	42.08

4km Walk

1.	Chloe Ahern	27.12
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ACTRWC ROADWALKS, LAKE GINNINDEERA, CANBERRA, SATURDAY 30 JUNE

Thanks to Robin Whyte for this week's results from Canberra. Fast 12km by **Mitchell Baker** (58:27).

12km walk

1.	Mitchell Baker	58:27
2.	Greg Durr	1:18:43
3.	Bryan Thomas	1:29:42
4.	Bob Parker	1:29:58

6km Walk

1.	Hannah Manning	33:45
2.	Kate Black	40:21
3.	Rosemary Parker	45:51
4.	Jenny Reading	58:03
5.	Fran Black	1:00:15

2km Walk

1.	Owen Toyne	11:00
2.	Andrew Camp-Liddiard	13:49
3.	Jack Thackray	18:14

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 30 JUNE

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: Yacht handicaps this week. Cold but mainly sunny, calm arvo.

12km Walk

1.	Graham Harrison	1:37:51	M74	67.12%
2.	Marie Maxted	1:24:11	W58	73.03%
3.	Gil McIntosh	1:31:47	M67	65.43%

9km Club Walk

1.	Rodger Barber	1:11:36	M80
2.	David Robertson	1:21:34	M84
3.	Margaret McIntosh	1:19:25	W65
4.	Dave Fallon	1:15:41	M65

6km Walk

1.	Helen Suridge	46:44	W67	70.34%
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6km Club Walk

1.	Cathie Hore	55:59	W67	58.71%
2.	Gill White	51:22	W69	65.85%
3.	Edna Bates	56:21	W65	56.76%
4.	Colin Hainsworth	58:47	M88	68.22%

3km Club Walk

1.	Julie Hayford	23:44	W61	61.24%
2.	Sabine Orchard-Simonide	28:16	W51	46.57%

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 1 JULY

Thanks to Terry Jones for this week's results from Western Australia. Good 10km walks by **Ben Reid** (49:52) and **Andrew Duncan** (50:18).

2km Handicap

1.	Ellis Freeman	14.25
2.	Asha Freeman	13.27
3.	Lataya Lawrence (F/T)	11.06
4.	Luke Lawrence	12.02
5.	Ashlyn Spence	11.39
6.	Jasmine Williams	13.20
7.	Kaytee Bogaers	12.27
8.	Amber Richards	12.56
9.	Sylvia Byers	17.21

10km Handicap

1.	Ben Reid (F/T)	49.52
2.	Andrew Duncan	50.18
3.	Wendy Farrow	1:07.04
4.	Brad Mann	55.41

5km Handicap

1.	Wayne Byram	29.00
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SARWC CATCHUP

Thanks to Peter Crump for the last 3 week's of results from the South Australian Race Walking Club in Adelaide.

Peacock Rd, Adelaide Parklands, Saturday 30 June**12km Walk**

1.	Kim Mottrom	59:07
2.	Rhiannon Lovegrove	1:10:52
	Bill Starr	DNF

6km Walk

1.	Victoria Upton	32:41
2.	Kristie Goznik	33:29
3.	Royrie Upton	36:21
4.	Chloe Upton	39:45
5.	Adrian Upton	41:56

3km Walk

1.	Tristan Camilleri	14:07
2.	Toby Wilks	14:12
3.	Kiera Ross	15:33
4.	Kitarni Upton	16:54
5.	Zayden Kamish	21:07
6.	Seth Upton	21:07
7.	Liz Downs	22:41

1.5km Walk

1.	Danielle Walsh	8:11
2.	Sebastian Richards	8:15
3.	Jake Vidler	8:43
4.	Aleesha Vidler	9:59
5.	Tarique Kamish	12:24
6.	Xavier Upton	12:24
7.	Zahra Kamish	12:50
8.	Alexander Richards	12:50

Peacock Rd, Adelaide Parklands, Saturday 23 June**10km Walk**

1.	James Hoare	1:17:37
2.	Bill Starr	1:22:24

5km Walk

1.	Victoria Upton	31:40
2.	Adrian Upton	36:25
	Alix Harlington	DNF
	Chloe Upton	DNF
	Rhiannon Lovegrove	DNF
	Tristan Camilleri	DNF

3km Walk

1.	Kristie Goznik	16:18
2.	Kitarni Upton	17:00
3.	Seth Upton	19:49
4.	Zayden Kamish	19:49
5.	Pam Morutto	31:15

2km Walk

1.	Sebastian Richards	13:13
2.	Edward Upton	17:17
3.	Xavier Upton	17:17
4.	Tarique Kamish	17:17
5.	Zahra Kamish	17:50

SARWC Guess Your Time Races, Peacock Rd, Adelaide Parklands, Saturday 16 June

5km	Actual	Guess	Out by	Up/ down
Tristan Camilleri	24:39	25:00	0:21	up
Olivia Sandery	25:41	25:30	0:11	down
Alix Harlington	26:31	26:30	0:01	down
Liz Downs	39:41	40:46	1:05	up
Kristie Goznik	DNF	31:30		

3km	Actual	Guess	Out by	Up/ down
Zayden Kamish	18:22	19:30	1:08	up
Pam Morutto	30:47	30:00	0:47	down
2km	Actual	Guess	Out by	Up/ down
Katie DeRuvo	12:13	11:55	0:18	down
Sebastian Richards	12:14	12:05	0:09	down
Tarique Kamish	18:16	15:00	3:16	down
Zahra Kamish	18:18	20:00	1:42	up

QUEENSLAND ROUNDUP

Robyn Wales tells me that there were no QRWC races last weekend due to the Gold Coast Marathon and supporting events. QRWC had some great running results from their young girls, with 4 of them placing in the top 10 in their age groups in the 10km run! **Gabriella Hill** (14yrs) won in 37:46 while 12yr old **Jayda Anderson** was 2nd in 40:27. And who did Robyn who run into Australian representative walker **Rhydian Cowley** at the 35km drinks table. Rhydian was riding the bike to support one of the runners. It's a small world!



Robyn Wales and Rhydian Cowley at the Gold Coast marathon last Sunday

And a special mention to Australian representative walker **Jess Rothwell** who completed the half marathon in a good 1:29:43. Good to see Jess keeping herself fit post-walking.

NSWRWC ROADWALKS, WOY WOY, SYDNEY, SATURDAY 23 JUNE

And to finish off my Australian reporting, back a week to Sydney for the NSWRC results. I am normally a week behind there as I have to wait until the results are posted on their website. Good 10km walks by **Oscar Tebbutt** (48:53) and **Jack McGinniskin** (38:43) and a good 12km by **Dylan Richardson** (58:54).

Long Division 12km

1.	Dylan Richardson	58.54
2.	Carl Gibbons	62.54
3.	Travis Barendregt	69.20
4.	Chelsea Goodhew	69.40
5.	Molly O'Neill	72.55
6.	Anne Weekes	76.20
	Tyler Jones	DNF

Medium Division 10km

1.	Oscar Tebbutt	48.43
2.	Jack McGinniskin	49.59
3.	Amy Walker	67.34

U16 3km - Handicap Start

1.	Chloe Krklinski	16.58
2.	Brendan Pospischil	18.16
3.	Chelsey Roberts	18.36
4.	Isabel Nilon	18.39
5.	Jessie Colefas	18.46
6.	Zsofia Varga-Strike	19.05
7.	Emily Challinor	24.12
8.	Amelia Crocker	26.08

U12 2km

1.	Thomas Varga-Strike	11.14
2.	Samantha Torrens	12.13

4.	Joan Purcell	78.12	3.	Ellia Nordenson	12.20
	Allanah Pitcher	DNF	4.	Aiden Pospischil	13.24
	Kyle Bedford	DNF	5.	Dylan Ryan	13.59
	Brendan Hyde	DNF	6.	Sarah Challinor	15.53

Short Division 5km

1.	Hayden Blaskett	25.01
2.	Jasmyn Dighton	27.11
3.	Bridget Bell	28.04
4.	Isabella Dunn	28.40
5.	Emma Thomas	28.40
6.	Olivia Thomson	29.12
7.	Chloe McLoughlan	30.03
8.	Brittany Robertson	31.57
9.	Nicolle Challinor	36.29
10.	Nicole Nilon	36.30

U10 1km

1.	Christopher Nilon	5.29
2.	Mia Stewart	5.30
3.	Emma Hearden	7.20
4.	Luke Challinor	11.18
5.	Zoe Zantiotis	12.01

BRITISH ATHLETICS CHAMPIONSHIPS, ALEXANDER STADIUM, BIRMINGHAM, 30 JUNE - 1 JULY

To Birmingham for the British T&F Championships, which included 5000m track walks for men and women. It was not easy for the walkers or for any of the other T&F athletes, as England sweltered through a weekend of record breaking heat.

In the men's race, **Tom Bosworth** added a third British 5000m race walk title to his collection, winning in 19:01.20 from 2016 IAAF World U20 champion **Callum Wilkinson** (19:17.41). Special mention to 18 year old Isle of Man bronze medallist **Tom Partington** who set his third Manx U20 Records in 8 days. The list included U20 10km Road (44:04), U20 and Senior 1 Mile Road (6:36) and now the U20 5000m Track (21:36.64).

In the women's race, **Bethan Davies**, the Commonwealth 20km bronze medallist, also took her third title in this event, her winning time this year being 22:04.98. On the warm weather that lasted over the two-day event, Bethan said: "This track is hot on a cool day so by the end it was like it was melting your shoes and I thought my feet were going to burn off!"

As usual, Mark Easton captured all the action with his camera – gallery at <http://markeaston.zenfolio.com/f766287931>.

5000m Walk Women

1.	Bethan DAVIES	27	CARDIFF	22:04.98
2.	Abigail JENNINGS	17	AFD AC	26:00.31
3.	Natalie MYERS	26	CITY of SHEFFIELD and DEARNE	26:39.76
4.	Madeline SHOTT	24	BELGRAVE H	27:08.18
5.	Erika PONTAROLLO	19	ITALY	27:41.07
	Carolyn DERBYSHIRE	40	NUNEATON HARRIERS	DQ
	Megan STRATTON-THOMAS	17	SWANSEA H	DQ
	Erika KELLY	25	NORTHERN AC	DQ
	Agata KOWALSKA	19	HYDE PARK HARRIERS	DNF

5000m Walk Men

1.	Tom BOSWORTH	28	TONBRIDGE A C	19:01.20
2.	Callum WILKINSON	21	ENFIELD & HARINGEY H	19:17.41
3.	Tom PARTINGTON	18	MANX H	21:36.64
4.	Christopher SNOOK	18	AFD AC	22:45.32
5.	Luc LEGON	20	BEXLEY A C	23:23.51
6.	George WILKINSON	16	ENFIELD & HARINGEY H	24:24.35
	Guy THOMAS	20	TONBRIDGE A C	DQ
	Dominic KING	35	COLCHESTER & TENDRING	DQ
	Daniel KING	35	COLCHESTER & TENDRING	DQ
	Cameron CORBISHLEY	21	MEDWAY & MAIDSTONE	DQ

JIM SHARLOTT / BMAF 10KM, LEICESTER, SATURDAY 30 JUNE

Keeping in England, for the annual Jim Charlott Open 10km Walks in Leicester, which included the British Masters Championship 10km. Wins to **Francisco Reis** (53:29) and former international **Lisa Kehler** (59:39).

Open Men 10km

1.	Francisco Reis	Thames Valley Harriers	53.29
2.	David Annetts	North Herts R R	54.02
3.	Ben Allen	Leicester WC	57.24

4.	Mark Williams	Birchfield Harriers	58.29
5.	Malcolm Martin	Surrey WC	58.42
6.	Tony Malone	Lancashire WC	60.42
7.	Peter Boszko	Birchfield Harriers	61.23
8.	David Walsh	Redhill Road Runners	61.32
9.	George Smolinski	Leicester WC	65.04
10.	Paul Hawkins	Stratford Upon Avon	65.09
11.	Colin Vesty	Leicester WC	68.00
12.	John Borgars	Herts Pheonix AC	68.34
13.	Chris Flint	Surrey WC	70.29
14.	Sean Pender	Enfield & Haringey AC	74.39
15.	Bob Dobson	Ilford AC	75.03
	Ian Richards	Steyning AC	DQ
	Hardeep Minhas	Leicester WC	DQ
	David Fall	Birchfield Harriers	DQ

Mens Teams

1.	Leicester WC	Allen, Smolinski, Vesty
2.	Birchfield Harriers	Williams, Boszko
3.	Surrey WC	Martin, Flint

Open Women 10km

1.	Lisa Kehler	Wolverhampton & Bilston	59.39
2.	Laura Achurch	Leicester WC	63.25
3.	Ann Wheeler	Nuneaton Harriers	65.16
4.	Noel Blatchford	Abingdon AC	68.52
5.	Sarah Trundley	Nuneaton Harriers	70.27
6.	Angela Martin	Surrey WC	73.42
	Fiona Bishop	Woking AC	DQ

Womens Teams:

1.	Nuneaton Harriers	Wheeler, Trundley
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ERWL RACE 7, LICC TRACK WALKS, ALLIANZ PARK, HENDON, SATURDAY 30 JUNE

And to complete English reporting, thanks to Ron Wallwork for his race report and results from the latest Essex Race Walking League meet in London.

With the mercury pushing 27C, nineteen walkers came under starters orders. **David Crane** was untroubled, but the continuing rivalry twist **Helen Middleton** and **Melanie Peddle** provided lots of interest, and it was Melanie, who didn't head Helen until the last km, who came out on top on this occasion. That wasn't the only close contest; a shared time and five finishers within 32 seconds created a really good atmosphere and a great deal of mutual respect as walkers congratulated each other just beyond the finish line.

5000m Men

1.	David Crane	Surrey WC	26.23	M40
2.	Seb Parris	Ilford AC	28.13	M35
3.	Mark Culshaw	Ilford AC	29.21	M50
4.	Stuart Bennett ©	Ilford AC	31.13	M55
5.	Steve Allen	Barnet	31.20	M60
6.	John Ralph	Enfield HAC	31.48	M60
7.	Gary Smith ©	Enfield HAC	34.50	M60
8.	Tom Casserley	Enfield HAC	34.57	M75
9.	Michael Harran	Surrey WC	35.19	M80
10.	Dave Hoben	Surrey WC	35.53	M65

5000m Women

1.	Melanie Peddle	Loughton AC	29.37	W45
2.	Helen Middleton	Enfield HAC	30.04	W55
3.	Emma Dyos	Ilford AC	32.27	W45
4.	Monica Harrington	Highgate H	33.53	W45
5.	Sue Barnett	Enfield HAC	33.53	W65
6.	Rachel Lawless	Ilford AC	35.21	W55
7.	Anne Scurfield	Ilford AC	35.38	W65
8.	Lesley Morris	Ilford AC	35.53	W55
9.	Geraldine Legon	Ilford AC	37.57	W55

53RD PRAVDA-TELEVIZIA-SLOVNAFT MEET, SAMORIN, SLOVAKIA, FRIDAY 29 JUNE

Last Friday evening saw some great track walking in the 53rd Pravda-Televizia-Slovnaft Meeting in Samorin, a city about twenty minutes by car from the Slovakian capital Bratislava.

Fourteen walkers toed the start line in the men's 3000m track walk, two Poles, one South African, three from the Czech Republic, one Hungarian and seven Slovakian athletes, among which Matej Toth, busy preparing for the European Championships 50km next month. **Lebogang Shange** (RSA) and **Dawid Tomala** (POL) led the field through the first 1000m with a very fast 3:39.47. They slowed a little in the second 1000m (done in 3:51:22), but put the gun down again in the final 1000m. It was Tomala who scored the win with a superb 10:56.98, just short of Dane Bird-Smith's world best performance for the year (10:56.06) and tantalisingly close to the Polish record of 10:56.44, set by Roman Mrazek in 1989. PBs also to second placed Shange (11:03.52) and third placed **Miroslav Uradnik** (11:26.22). **Matej Toth** (SVK) finished fifth in 11:43.08.

3000m Walk Men

1.	Dawid Tomala	POL	89	10:56.98
2.	Lebogang Shange	RSA	90	11:03.32
3.	Miroslav Uradnik	SVK	96	11:26.22
4.	Dominik Cerný	SVK	97	11:39.43
5.	Matej Tóth	SVK	83	11:43.08
6.	Milan Rízek	SVK	78	11:46.08
7.	Jakub Jelonek	POL	85	11:56.09
8.	Lukáš Gdula	CZE	91	12:00.63
9.	Dávid Tokodi	HUN	91	12:02.91
10.	Lubomír Kubiš	SVK	01	12:10.73
11.	Daniel Kováč	SVK	01	12:33.66
12.	Rostislav Rožnovský	CZE	00	13:00.63
	Patrik Nemcok	SVK	03	DNF
	Tomáš Hlavenka	CZE	77	DNF

The women's 3000m walk was much more clearcut, with **Maria Czakova** (SVK) leading all the way to a new PB of 12:34.29. Second place went to **Monika Hornakova** (SVK) with 13:02.01 and third place went to **Anett Torma** (HUN) with 13:17.38

3000m Walk Women

1.	Mária Katerinka Czaková	SVK	88	12:34.29
2.	Monika Hornáková	SVK	95	13:02.01
3.	Anett Torma	HUN	84	13:17.38
4.	Ema Hacundová	SVK	99	13:26.40
5.	Hana Burzalová	SVK	00	13:34.29
6.	Klaudia Žárska	SVK	99	14:51.94
7.	Alžbeta Ragasová	SVK	02	15:10.83

2018 SWEDISH FOTRALLY, SWEDEN, FROM FRIDAY 29 JUNE FOR AS LONG AS IT TAKES!

The Long Walk is a novel by Stephen King, published under the pseudonym Richard Bachman in 1979. It was collected in 1985 in the hardcover omnibus *The Bachman Books*, and has seen several reprints since. Set in a dystopian present, the plot revolves around the contestants of a gruelling walking contest, held annually by a totalitarian version of the United States of America. In 2000, the American Library Association listed *The Long Walk* as one of the 100 best books for teenage readers published between 1966 and 2000. According to Stephen King, it is the first novel he wrote, begun eight years before his novel *Carrie* was published in 1974, when he was a freshman at the University of Maine in 1966–1967. It's a ripper yarn that I first read many years ago. Of course, in the book, once you dropped behind, you were shot. Luckily that does not happen with Fotrally – you are simply out of the race but live to fight again another day!

So, just how far can a person go before he/she can go no further? Well, in 2009, Pontus Kylberg decided to put the concept to the test and organised what is perhaps the ultimate ultra challenge. The walkers walk day and night, without rest until there is only one left standing. Around 300–400 people start but only a few get beyond the 24 hour mark. From then on, it's a brutal war of attrition as, one by one, they fall by the wayside. All contestants walk together as a group at a speed of 5km/h. In the front there is a leading vehicle which the contestants may not pass and in the back there is a portable toilet which the contestants may not be passed by. Each contestant gets 25 minutes per 24 hours for toilet breaks (all the contestants are timed). You must carry what you need, with support zones only once every 6 hours where you can supplement drinking water and food stocks. But the race itself never stops, even for such refreshment points. You must get going before the rear vehicle passes. There is also a national team competition with Swedish and Norwegian walkers normally putting teams in.

Wow! What a concept. The 2014 event was fought out between Swedish walkers **Silvio Cannavá** and **Lena Jensen**. Lena eventually had to call it quits after 55 hours of walking, leaving Silvio as the last man standing. In fact, Swedish walkers filled the first 25 places that year. Then the 2015 staging really upped the ante on what was possible with winner **Fredrik Forsström** walking for an amazing **87 hours and 45 minutes**, just over 32 hours above the previous record. **Jonas Davidsson** took second place in the same time (but

obviously could no longer continue) while Silvio Cannavá, Pia Rosvall, PerOla Axelsson and Niklas Grebäck also shattered the 2014 record of 55 hours. For 44 year old Forsström, it was his 4th Fotrally – his previous placings had been 20th (2012 24:20), 3rd (2013 33:26) and 5th (2014 48:18). 5km/hr for some 88 hours comes out at around 440km of continuous walking. In 2016, it came down to another two person duel, with **PerOla Axelman** eventually winning with 72 hours 12 minutes, after **Robert Jonsson** had to stop, total distance 361km! Obviously Axelsson could have gone on but he called it quits at that stage, content with being the last person standing. It was his sixth attempt and gave him his first victory after 5th, 4th, 3rd and 2nd placings in previous years. The same happened in 2017, when **Richard Andersson** outlasted **Ange Truss** by walking for 81 hours (405km).

The improvement in the event can be traced with the winning times from the 0 annual stagings held up till and including last year.

Year	Name	Location	Time (hh:mm)
2009	Thomas Gjutarenäfvé	Tullinge, Sweden	9:45
2010	Maria Thomsen	Stockholm, Sweden	29:58
2011	Jonas Davidsson	Hägersten, Sweden	33:21
2012	Jonas Davidsson	Hägersten, Sweden	50:40
2013	Silvio Cannavá	Stockholm, Sweden	48:05
2014	Silvio Cannavá	Stockholm, Sweden	55:00
2015	Fredrik Forsström	Huddinge, Sweden	87:45
2016	PerOla Axelsson	Stockholm, Sweden	72:12
2017	Richard Andersson	Lund, Sweden	81:00

And what do you get for your efforts – the Fotrally medal – bronze for more than 12 hours, silver for more than 24 hours and gold for more than 48 hours of walking.



So the big question was – how far could they go this year? The 2018 race saw 194 entrants starting in the Stockholm suburb of Gärdet at 9PM last Friday evening, all hoping to complete the huge lap around Lake Mälaren, taking in as many cities as possible before returning to the starting point at the end of 3 days, ready to go into a second lap if required. The attrition rate was fierce, with only 45 lasting to the 24 hour mark. By the time the 25 hour mark had been reached, the field had been reduced to 27. It seems many had set themselves to reach 24 hours but were spent then and stopped very shortly afterwards. At 30 hours, it was down to 21 walkers. By 34 hours, it was down to 13. By 40 hours, it was down to 8. By 50 hours, it was down to 6. By 54 hours, it was down to the final two, **Richard Andersson** and **Agne Truss**, both of Sweden. Shades of 2017 when the same two were left to fight it out after 76 hours! On that occasion, Agne eventually stopped at 81:00, leaving Richard as the winner. What will happen this year? As I write, they are at the 75 hour mark and still both walking strongly.

Here are the placings and distances of the remaining 43 who reached the 24 hour mark but who are now out of the race (as per <http://www.fotrally.se/resultat>). A special shout out to Swedish racewalker and statistician **Birger Fält** who withdrew in 23rd place after 27:11.

3.	Björn Ohlsson	Lidingö	Sweden	53:09
4.	Lars Hagstedt	Örebro	Sweden	53:00
5.	Stefan Jonsson	Mariefred	Sweden	50:53
6.	Charlotta Sahlström	Täby	Sweden	50:36
7.	Anders Jungefors	Stockholm	Sweden	50:19
8.	Bjørn Fliflet Johannessen	Oslo	Norway	40:10
9.	Pierre Börjesson	Addis Ababa	Sweden	37:18
10.	Calle Ortner	Stockholm	Sweden	36:41
11.	Stephen Claw	Stockholm	Great Britain	36:38
12.	Pernilla Otto	Johanneshov	Sweden	36:25
13.	Anders Mörch	Älvsjö	Sweden	33:38
14.	Mohamed AbuBaker	Stockholm	Sweden	32:05

15. Mikael Ramstedt	Trosa	Sweden	31:45
16. Stefan Edström	Järfälla	Sweden	31:21
17. Linda Nordmark	Järfälla	Sweden	31:21
18. Lisa Mobrand	Stockholm	Sweden	30:35
19. Petri Perttilä	Helsinki	Finland	30:18
20. Martina Hausmann	Würzburg	Germany	30:18
21. Stefan Andersson	Tumba	Sweden	30:18
22. Anders Ganslandt	Klagstorp	Sweden	29:34
23. Birger Fält	Norsborg	Sweden	27:11
24. Kim Karlsen	Huddinge	Sweden	26:03
25. Anders Lundgren	Strängnäs	Sweden	25:38
26. Daniel Johansson	Vretstorp	Sweden	25:08
27. Karl Lewenhagen	Mariefred	Sweden	25:04
28. Johan Nilsson	Nacka	Sweden	24:50
29. Viktor Strömquist	Uppsala	Sweden	24:41
30. Fredrik Göthe	Värmdö	Sweden	24:18
31. Frank Johan Ahlberg	Stockholm	Sweden	24:17
32. Magnus Urquhart	Göteborg	Sweden	24:16
33. Tommy Johansson	Svartsjö	Sweden	24:11
34. Jonas Bergström	Hägersten	Sweden	24:11
35. Per Nordström	Stockholm	Sweden	24:10
36. Thomas Angeria	Saltsjö-Boo	Sweden	24:10
37. Daniel Andersson	Stockholm	Sweden	24:10
38. Peter Lindkvist	Södertälje	Sweden	24:10
39. Mats Liljegren	Farsta	Sweden	24:09
40. Richard Kindroth	Stockholm	Sweden	24:07
41. Joel Wiklund	Stockholm	Sweden	24:07
42. Christer Brandt	Hägersten	Sweden	24:06
43. Anna Hessel	Uppsala	Sweden	24:06
44. Peter Skoglund	Enskededalen	Sweden	24:06
45. Joakim Karlsson	Stockholm	Sweden	24:05

You can follow the battle between Richard and Agne as it continues into its final hours on either <http://www.fotrally.se/live> or <https://www.facebook.com/groups/1629007183995219>.



Richard and Agne stride out late Monday afternoon Swedish time – approximately 69 hours down and still going strongly

SELF-TRANSCENDENCE 3100 MILE RACE, NEW YORK, 17 JUNE – 7 AUGUST

Ok, if you thought the Fotrally was tough (and it is!), consider the entrants in the 2018 Self-Transcendence 3100 Mile Race (<https://3100.srichinmoyraces.org/> in New York. This is known as 'The Mount Everest of ultramarathons' and is the longest certified footrace in the world. In order to meet the overall goal of 3100 miles in 52 days, entrants must log an average of 59.6 miles per day. The runners/walkers begin at 6am each day and run for extended periods, taking breaks as needed. If they want to, they can continue

as late as 12 midnight when the course closes for the night. The 2018 event is underway at the moment, the 22nd held thus far, and runs from 17th June until 7th August. It takes everyone place on a route which takes entrants repeatedly around the same block in Queens, New York.

The 10 entrants this year (7 men and 3 women) have to complete an average of 59.60 miles a day to finish the 3100 miles (around 5000km) within the 52 day time limit. Great article on them at <https://multidays.com/self-transcendence-3100-mile-race-2018/>.



*The 2018 field of 10 – Yolanda Holder second from right
(photo Alan Young - <https://multidays.com/self-transcendence-3100-mile-race-2018/>)*

The sole walker in the group is 60 year old American ultra distance specialist **Yolanda Holder** (see <http://www.yolandaholder.com/>) who completed the event last year, finishing fifth overall in 51 days 17 hours and 13 seconds, just getting in before the 52 days cutoff. By doing this, she became the oldest woman to finish the 3100 mile race, and only the second American woman to complete this difficult race. She was also the first pure walker to complete the distance.

At the end of day 15, she is coming second in the women's division with 891.8 miles and 7th overall. Her daily totals have been 62, 54.8, 55.4, 56.5, 59.8, 63.1, 60.3 65.3, 62.5, 62, 63.1, 53.7, 57.6, 58.7 and 56.5 miles. The Day 15 total was down to 56.5 miles as the daytime temperature nudged 38°C. Ouch!



Yolanda looking relaxed on Day 14 (photo <https://www.srichinmoyultraphoto.com/3100-mile-race/2018>)

OUT AND ABOUT

- Stop the presses. Yohann Diniz has just announced he will not compete in this month's European Championships 50km. That now opens it up for Matej Toth. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3225.

- Late last week, it was announced that the Tour de France had moved to bar Chris Froome from competing in the race, with a hearing today set to determine whether the decision should be upheld. The race organiser Amaury Sport Organisation (ASO) was determined to protect the Tour's image from the potentially damaging scenario which occurred in the Giro d'Italia which Froome won under the cloud of his adverse sample during the 2017 Vuelta, the case for which is yet to be heard. See <https://www.independent.co.uk/sport/cycling/tour-de-france-2018-chris-froome-banned-drug-test-appeal-team-sky-can-he-compete-latest-news-a8425301.html>.
- Now in an amazing turnaround, the UCI has closed its anti-doping disciplinary case against Froome, clearing the way for him to compete in this year's Tour de France which begins on Saturday. In a dramatic development, cycling's world governing body released a statement on Monday morning admitting it had received information from the WADA last week that made it abundantly clear that it would be unable to prosecute Froome. What a joke! If he wins again this year, there will be many disappointed fans around the world. See <https://www.telegraph.co.uk/cycling/2018/07/02/chris-froome-salbutamol-case-dropped-uci-freeing-team-sky-rider/>.
- The World Cup is another event I am not watching, due to the drugs cloud surrounding football. Consider the following
 - Russia's World Cup star Denis Cheryshev has denied doping after his own father was reported as saying that he was injected with "growth hormone" in the build-up to the tournament. See <https://www.insidethegames.biz/articles/1066913/world-cup-star-cheryshev-denies-doping-after-father-says-he-was-injected-with-growth-hormone#.WznJPmJk2yM.twitter>.
 - The Russian team itself is just too strong for everyone. It doesn't just win. It demolishes teams. Drugs fuelled? Decide for yourself, given Russia's record.
 - Investigations carried out by ARD journalists reveal that professional footballers in Brazil have repeatedly visited the clinic of a Brazilian doctor, suspected of helping athletes dope. At his clinic, he prescribed illegal performance-enhancing substances to undercover ARD reporters and referred them to doping dealers. See <https://www.sportschau.de/doping/doping-fussball-brasilien-102.html>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

There are 11 press releases for us from Marciadalmondo this week

- Mon 2 Jul - Vagos (POR): Paulo Martins and Maria Bernardo champions U20 of Portugal http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3227
- Tue 3 Jul - Gyor (HUN): European U18 Championships - Preview http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3226
- Mon 2 Jul - Yohann Diniz will not take part in the 2018 European Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3225
- Sun 1 Jul - results of South American U18 Championships walks in Cuenca (ECU) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3224
- Sat 30 Jun - 3000m track walks to Dawid Tomala (POL) and Maria Katerinka Czakova (SVK) in Samorin (SVK) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3223
- Fri 29 Jun - 5000m track walk wins to Alvaro Martin and Lidia Sanchez-Puebla in Caceres (ESP) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3222
- Fri 29 Jun - Eider Arevalo (COL) and Qieyang Shenjie (CHN) best athletes of June 2018 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3221
- Thu 28 Jun - Results of Trofeo Pellino 3000m walks in Rome http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3220
- Wed 27 Jun - Tom Bosworth and Bethan Davies win British Championships in Leeds http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3219
- Tue 26 Jun - Vagos (POR): Joao Bernardo and Catarina Santos win Portuguese U18 Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3218
- Mon 26 Jun - Katerini (GRE): Olga Fiaska and Anthimos Kelepouris win Greek U18 Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3217

and omarchador has 19 press releases

- Mon 2 Jul - Maria Bernardo and Paulo Martins wins Portuguese U20 walk championships
<http://omarchador.blogspot.com/2018/07/maria-bernardo-e-paulo-martins-campeoes.html>
- Mon 2 Jul - Bethan Davies and Tom Bosworth with British track titles
<http://omarchador.blogspot.com/2018/07/bethan-davies-e-tom-bosworth-com.html>
- Mon 2 Jul - Tomala and Czaková win Meeting PTS in Šamorín
<http://omarchador.blogspot.com/2018/07/tomala-e-czakova-vencem-meeting-p-t-s.html>
- Sun 1 Jul - Results of Greek U18 championships in Katerini
<http://omarchador.blogspot.com/2018/07/campeonatos-da-grecia-de-sub-18-em.html>
- Sat 30 Jun - Results of the Belarusian championships in Vitebsk
<http://omarchador.blogspot.com/2018/06/vitebsk-foi-palco-dos-campeonatos-da.html>
- Sat 30 Jun - Preview of Portuguese U20 championships in Vagos
<http://omarchador.blogspot.com/2018/06/agora-e-vez-dos-nacionais-de-sub-20.html>
- Sat 30 Jun - Preview of Portuguese Veterans Championships this weekend in Lisbon
<http://omarchador.blogspot.com/2018/06/veteranos-disputam-nacional-de-pista-ar.html>
- Fri 29 Jun - Results of the Spanish U20 Championships in Murcia
http://omarchador.blogspot.com/2018/06/campeonato-de-espanha-sub-20-em-murcia_29.html
- Fri 29 Jun - Valentina Trapletti walks great 5000m track time in Italian Club Championships in Modena
<http://omarchador.blogspot.com/2018/06/trapletti-em-evidencia-nos-campeonatos.html>
- Fri 29 Jun - Results of Spanish U18 Championship in Gijón
<http://omarchador.blogspot.com/2018/06/campeonato-de-espanha-sub-18-em-gijon.html>
- Thu 28 Jun - Cuenca, Ecuador, hosts South American U18 Championships this weekend
<http://omarchador.blogspot.com/2018/06/cuenca-recebe-sul-americanos-de.html>
- Thu 28 Jun - Lidia Sánchez-Puebla and Álvaro Martín win 5000m track walks in Cáceres, Spain
<http://omarchador.blogspot.com/2018/06/lidia-sanchez-puebla-e-alvaro-martin.html>
- Thu 28 Jun - Tom Bosworth and Bethan Davies win 2018 British Grand Prix 20km walks
<http://omarchador.blogspot.com/2018/06/tom-bosworth-e-bethan-davies-vencem.html>
- Wed 27 Jun - Results of the Brazilian U20 Championships in Bragança Paulista
<http://omarchador.blogspot.com/2018/06/campeonatos-do-brasil-de-sub-20-em.html>
- Wed 27 Jun - Results of the US Track Championships in Des Moines
<http://omarchador.blogspot.com/2018/06/des-moines-recebeu-os-campeonatos-de.html>
- Wed 27 Jun - Portugal to be represented in the walk at the UEFA European U18 Championship in Győr
<http://omarchador.blogspot.com/2018/06/portugal-nos-campeonatos-da-europa-de.html>
- Tue 26 Jun - Inês Henriques walks fast 5000m track time in Fátima, Portugal
<http://omarchador.blogspot.com/2018/06/ines-henriques-nos-regionais-de.html>
- Tue 26 Jun - Brzozowski and Buziak win Polish 20km championships, while Vargas wins and equals Venezuelan record
<http://omarchador.blogspot.com/2018/06/brzozowski-e-buziak-sagram-se-campeoes.html>
- Tue 26 Jun - Nasri wins walk in meet at Blois, France
<http://omarchador.blogspot.com/2018/06/nasri-vence-meeting-de-blois-franca.html>

FROM THE ARCHIVES – THE 1970 LBG CARNIVAL

I had a bit of spare time this week so I have been entering a few of the old LBG Carnival results into my RWA results page at <http://www.vrwc.org.au/rwa-results.shtml>. In particular, I have added the LBG carnival results (as much as I could find) for 1967-1978. I hope to complete results for the outstanding years this coming week.

In particular, I found this very interesting report on the Victorian team that contested the 20 Mile walk at the 1970 LBG Carnival in Canberra. It was written at the time by Heel & Toe editor Justin Coxhead and published in the VAWC magazine of June 1970. All I

can say is thank goodness our walkers have mellowed and have lost a bit of their love for things alcoholic. It would have been challenging to have been Victorian team manager in those days!

CAPERS AT CANBERRA

One of the best contingents yet made the annual pilgrimage to the Territory of the Brass Monkey – this year competing for the first time as a team. Upon arrival, we were met by rowdy advance party of Clarrie “Clocker”, Geoff “J.C.” Laycock and “Kidneys” Henderson. After kisses all round in the main street, to the astonishment of the Bible Society, the party adjourned to Sam’s Guest House and quietly??? and methodically drove everyone else insane.

At about 1am on race morning while the boys were still at it, we saw NSW chief judge John McDougall look at the faces of the grinning (inebriated) Victorian boys and give a knowing smile, to the effect that the Sky Blue and Waratah would win hands down. Little did he know what the boys held in their hands as they had cunningly covered up the labels ... nothing but the old Vic Bitter ... lovingly transported up the 400 odd miles complete with eskys. No self respective Victorian would partake of the that “shandie in bottles” NSW brew. By 3am, the hard core finally retired, not out, for a 4 hour kip before facing that most appetising breakfast that Sammy always seems to produce – ½ bowl of kellogs, 2 eggs and toast or 1 egg and 1 sausage. Nothing like a big feed before a 20 miler.

Old Clarrie’s eyes resembled potholes of blood as he tried to keep warm before the storm. Gold, wet conditions were prevailing but they turned to fairly mild for the race which was given an international flavour with the inclusion of the popular Egyptian walker “Must-Have-Vic” when told that we could only have tea, water of fruit juice a the feeding stations. This announcement was met by that obscene Victorian battle cry known to those who follow Preston football side. It was delightful to watch Johnny Mac’s grin turn to a sneer, mile by mile, as the Vics, after sobering up, began to move up as the chemical reaction of gastric juices and pure Vic produced a rocket fuel mixture which powered the boys to 1st, 2nd, 4th, 5th and 6th, easily clinching the shield.

The Canberra boys are once again to be congratulated on their fine effort in conducting the race. This year there were ample officials to mark the course route and times were also fairly regular. This carnival undoubtedly be the most lavish, trophy wise, and those were presented at an excellent evening at the Workmen’s Club. Book it for next year, chaps. Then back to Sam’s where a bucks night was underway, complete with victory singalongs and all the other noises that kept everyone awake. My most memorable moment was during the race at the 9 mile mark. I was just moving up behind Geoff Laycock when he suddenly stopped, picked something up off the ground and, lo and behold, there in front of me was a double page picture of a female in the altogether. Old J.C. had espied a Playboy magazine. After a quiet perusal, we were both invigorated and kicked on to the finish.

It is interesting to note that of all the Vics who celebrated before the race, none pulled out, while many of those who disapproved and had early nights were the ones to retire. After another entertaining and interesting weekend, the team left and travelled in convoy along the Hume, after again showing their strength and depth on the road, even though the 3 top men in the State had stayed home.

20 Miles Walk

1.	Graeme Nicholls	VIC	2:46:40
2.	Justin Coxhead	VIC	2:51:36
3.	Arthur Jones	NSW	2:57:29
4.	Geoff Laycock	VIC	3:00:22
5.	Dave Black	VIC	3:02:11
6.	Gavan Breen	VIC	3:06:21
7.	Clarrie Jack	VIC	3:08:45
8.	Robin Whyte	ACT	3:09:08
9.	Alistair Johnson	NSW	3:10:31
10.	Jim Henderson	VIC	3:10:35
11.	John Tormey	ACT	3:11:15
12.	Keith Heness	NSW	3:12:36
13.	Vic Townsend	NSW	3:12:57
14.	Stuart Cooper	VIC	3:13:13
15.	Brendan Hyde	NSW	3:22:07
16.	Terry Jones	ACT	3:25:34
17.	Jack Webber	SA	3:27:17
18.	Chris Moynham	NSW	3:35:32
19.	Ted Edwards	NSW	3:39:55
20.	Graham Anderson	VIC	3:44:29
	Robin Wood	VIC	DNF
	Frank Overton	NSW	DNF
	Ray Smith	VIC	DNF
	Alan Lucas	VIC	DNF
	Murray Brown	VIC	DNF
	Nigel Crew	ACT	DNF
	Paul Dorsett		DNF

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

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

International Dates – 2018 and onwards

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, Belaruss
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>)