



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 47
21 August 2018



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WALKER OF THE WEEK

My Walker of the Week this time round is 12 year old VRWC walker **Emily Smith**. Emily joined the club in January this year, so has been walking with us for just over 7 months. During that time, she has made great inroads into her times.

Last Saturday, in our VRWC winter season races at Middle Park, she recorded a 2km time of **12:01**, a 25 second PB. The week before, she recorded a 3km PB time of **19:00**.

Emily is one of a significant number of young walkers who have joined our club this year. Like all the others, she is benefiting from the weekly races and enjoying her new sport. May she have many years of enjoyment with us!



Emily Smith in action at Middle Park last Saturday (photo Terry Swan)

WHAT'S COMING UP

- Next Saturday sees further races at Middle Park for those Victorian walkers not travelling to Queensland for the Australian Roadwalk Championships. Entries can be done on the day or, more preferably, via our online panel at <http://vrwc.org.au/wp1/race-entries-2/>.

Saturday 25th August 2018, Middle Park		
VRWC EVENTS: Entries close for all events at 1.45pm sharp		
2.15pm	12km Walk	Open
2.15pm	10km Walk	Open
2.15pm	5km Walk	Open
2.30pm	3km Walk	Open
2.30pm	1.5km Walk	Open

- Next weekend is a big one for many of our Australian walkers with the **Australian Roadwalk championships** to be held on the Sunshine Coast in Queensland on **Sunday 26th August**.

Please be aware that the Sunshine Coast Ironman Triathlon is also on the same day at Mooloolaba. This is only about 10 mins drive from the walks course so there may be traffic delays if you are driving there on the morning. Allow extra time just in case.

Local organiser Shane Pearson has sent through a map of access and parking, as well as a course map. Terry Swan has loaded these onto the RWA website. Check it out at <http://www.rwa.org.au/wp/2018/08/15/parking-and-event-access-for-winter-nationals-kawana-waters-aug-25-26/>.

- Fast forward one more week to **Saturday 1st September** when VRWC will be holding a new event on our winter season fixture, namely the **VRWC Relays**. It sounds like an exciting concept so I urge everyone to participate. Of course, there will still be club scratch races for those who just want a simple walk – see the fixture entry at <http://www.vrwc.org.au/vrwcw18.shtml>.

I see that there are 32 entries so far – see <http://vrwc.org.au/wp1/entry-lists/>. If you are coming for the Winter Season Presentations that day, why not have a fun relay walk as well.

VICTORIAN RACE WALKING CLUB

FUN RELAY DAY

Saturday 1st September, at Middle Park

Teams of 4 walkers – picked randomly by the handicapper.

Distances walked: **3km** (all ages); **1km** (all ages); **2km** (junior U18); **4km** (Senior, Open, Masters)

Teams will start on their combined handicap times (*based on times recorded by each team member for their relay leg distance during the season.*)

The relay will feature a yacht handicap start (*slowest on handicap first, fastest last*) – the aim being to produce an exciting mass finish if we can!

No disqualifications. However, **red cards** will incur the following time penalties against the offender's team:

1km & 2km – 30 seconds; 3km & 4km – 1 minute

PRIZES for the winning team AND the walker (male and female) who beats their handicap by the most (or is the fastest) in each leg on the day.

**** Entries close 5.00pm, Wednesday 22 August.** So get yours in now.

Pre-enter via our website portal at <http://vrwc.org.au/wp1/race-entries-2/race-entry-1sep18/>

Join us for an enjoyable, exciting wind-up to our shorter-distance Winter program!

- A reminder that information has now been published for **Around Taihu International Race Walking 2018** which will be held in Wuzhong, China, on **24-26 September**. There are a couple of changes to previous editions. Firstly there will only be 3 days of racing rather than 4. Secondly, a junior 3 Day race is now included, with shorter daily distances. Note that this carnival is the final event of the 2018 IAAF Racewalking Challenge. See the event website at <http://www.wzdrs.com/>. Further details at <http://www.wzdrs.com/newscont-18.html>.

I am very pleased to present another article by our 50km champion Paul F. DeMeester of San Francisco. This one is a superb piece that everyone should read.

Once Upon a Time ... when the IAAF Race Walking Committee actually Cared about Race Walking

By Paul F. DeMeester

It's been a year and a half now since the IAAF Race Walking Committee gave its blessing to doing away with the 50K at the 2020 Tokyo Olympics and the bi-annual World Championships. The elimination plan was forwarded to the IAAF Council for its approval at their April 2017 meeting in London. The Council, led by IAAF President Sebastian Coe, unanimously nixed the plan, after much lobbying by 50K supporters and the circulation of an online petition.

The 50K was much closer to extinction than the unanimous Council vote would suggest. The reason: the 50K elimination proposal was a secret. The Race Walking Committee never made its intention public and the IAAF Council session is a non-public affair. The 50K abolition might have succeeded had the veil of secrecy not been lifted. Six days prior to the London Council meeting was to start, the secret plan was shared with *Heel and Toe Online* editor Tim Erickson who immediately published the news on Facebook and in a special edition of [Heel and Toe Online 2016/2017 Number 27A, 6 April 2017](#).

What a sad turn of events that the Race Walking Committee would favour and propose abolishing a race walking event. It wasn't always so. Back in 1976, the 50K disappeared from the Olympic program at the Montreal Games. I wondered what the Race Walking Committee back then thought about the 50K.

Fortunately, we know what the 1970s Committee had to say thanks to Lord Burghley. David Burghley was a hurdler who participated in three Olympics, winning 400m hurdles gold in his middle Olympics in 1928. Twice he was elected to the British House of Commons; he served as a member of the International Olympic Committee (IOC) and as IAAF President from 1946 until 1976. He was also instrumental in the organizing of the 1948 London Olympics. As a Cambridge college student, Burghley sprinted around the court at Trinity College and beat the time it took the college clock tolling the noon hour. His run inspired a scene in the Oscar-winning movie *Chariots of Fire*, even though the movie attributed the run to someone else. At the 1968 Olympics in Mexico City, it was Lord Burghley who handed out the medals for the men's 200 meters, a ceremony made memorable by the protest of U.S. sprinters Tommie Smith and John Carlos (Burghley is the one in the red jacket in that famous photo).



Some of Lord Burghley's private papers from his IAAF days ended up in the special archives at the University of East London. After having watched the Berlin Euro 50K, I spent a couple of days in England to study the collection. A treasure trove indeed!

The minutes of the IAAF Congress held in conjunction with the 1972 Munich Olympics show that Lord Burghley reported that the IOC aimed to “reduce the size of the Games and the number of participating competitors.” Every International Sports Federation was expected to make a contribution. (IAAF, Minutes of the Twenty-Eighth Congress, 1972, p. 34.) The minutes state that a request had been made to the IAAF “to reduce the athletic programme by eliminating the two Walking Events.” (Id., p. 35.) A section of the Minutes extrapolated on the request:

One reason given by the I.O.C. for eliminating the two Walking Events, had been that walking was not in keeping with the rest of athletic events, as it was not the fastest possible way for athletes to go. It had also been claimed that it was the one event in athletics where biased judgement could occur and also that it was not as widely practised in most countries as other branches of athletics. These arguments and similar ones were refuted. The final reason given that the staging of a 50 Km Walking Race posed insuperable problems for traffic authorities had to be acknowledged, even though it had been shown that the difficulties could be reduced by using a smaller circuit of about 5 Km.

The Council felt, therefore, that as the I.A.A.F. had to make some contribution, the elimination of one event now - the 50 Km Walk - might be the least harmful one. It was proposed to concede this, but to ask for a 20 Km Walking Race for Montreal, as some walkers had already started training with this ultimate aim. The distance could be extended perhaps to 30 Km if the Walking Committee so recommended it. The I.O.C. had given a final assurance that International Federations had not been asked to reduce their programmes merely in order to make room for fresh events to be put in the Games.

Members would be kept informed of the latest situation and we could be well satisfied that we had been able to fend off the proposed reduction from three competitors to two competitors per country in athletics.

(Ibid.)

And where did the Race Walking Committee stand on this back then? Appended to the Minutes was Appendix J, the report of the I.A.A.F. Walking Committee (as it was then known). The report set forth the Committee's sentiments when it met about a week before the Congress opened:

The Committee noted with concern the news that increased traffic difficulties could possibly lead to the 50 Km. Walk being deleted from the Olympic competition programme. Whilst being aware of the problems, the Committee feels that there are many good reasons for retaining this event. One immediate proposal which could be welcomed by organisers was the reduction of traffic disturbance by staging the event on a round course of perhaps 5 Km. to 8 Km. length which has several advantages over a straight out and home course.

(Id., p. 68.)

Two years later, at the August 1974 Walking Committee meeting held in conjunction with the European Athletics Championships in Rome, the Committee admitted its guilt in not having stopped the 50K abolition effort:

The Committee agreed that at its Munich 1972 meeting, it had failed to plead the case for retention of both Walking Events in the Olympic Games strongly enough.

(Minutes, IAAF Walking Committee, August 28, 1974, p. 1.)

The Committee then unanimously passed the following resolution to be put before the IAAF Congress three days later:

The Walking Committee at its Rome meeting discussed the deplorable exclusion of the 50 Km. Walk from the Olympic programme. The reasons for this exclusion cannot be accepted. The Two Walking Events are traditional and popular within the Athletics Programme. We feel it is not reasonable on the one hand to accept the principle that every nation may enter one athlete in every event and on the other hand to see the deletion of highly qualified athletes, namely the world's top Walkers, from the programme in order to cut down the number of athletes. We feel strongly that the I.O.C. and the Montreal Organising Committee would respect a decision from the I.A.A.F. to maintain the number entered for athletics as our sport is the centre piece of the Games.

I do hope that you will give these comments your very serious attention and the I.A.A.F. Walking Committee will continue its work towards maintaining both the 20Km and the 50Km. Walk inside the Olympic Programme.

In order to support the Council, we ask this Congress, as the highest authority of our Governing Body, the most important Olympic International Federation to vote and say 'Yes' to the retention of both Walking Events inside the Olympic Programme.

(Ibid., pp. 1-2.)

A year later, the Walking Committee continued its discussion of the 50K issue:

The Chairman [Palle Lassen of Denmark] stated that renewed efforts to reopen discussions on the reinstatement of the 50 Km. Walk as an Olympic event (sic) had been made. The possibility that this wish and hope could be realized at Moscow in 1980 was still open.

The Chairman urged all the members of the I.A.A.F. Walking Committee to continue in their efforts to influence important track and field people to fight to reinstate the 50 Km. Walk in the Olympic Games.

(Minutes, IAAF Walking Committee informal meeting held at Grand Quevilly, in conjunction with the Lugano Trophy meet, October 11, 1975, p. 1.)

We could only wish that today's Race Walking Committee members had the mettle to stand up for race walking that their 1970s predecessors had. The 1970s Committee "*refuted*" the arguments against the 50K (1972 Congress Minutes), alleviated the 50K logistical problem by suggesting changing to a loop course (1972 Congress Minutes; 1972 Committee Report) and stood up for the 50K by proclaiming "*that there are many good reasons for retaining this event*" (1972 Committee Report).

When the 50K was deleted from the 1976 Montreal Olympics, the Committee expressed its regret for having "*failed to plead the case for retention of both Walking Events in the Olympic Games strongly enough*" (1974 Committee Report). What a far cry from the current Race Walking Committee which collectively (by no means all of its individual members) has become one of the chief detractors of the 50K.

The old Committee even passed a resolution calling the 50K Olympic exclusion "*deplorable*" and stating that the "*reasons for this exclusion cannot be accepted.*" The former Committee then called on the overall organization to show some backbone in dealing with Olympic officials: "*We feel strongly that the I.O.C. ... would respect a decision from the I.A.A.F. to maintain the number extended for athletics as our sport is the centre piece of the Games.*" (1974 Committee Report.)

Imagine that: a race walking committee that stood up for race walking. Of course, we know that the 50K did disappear. But only for one Olympic cycle. By 1980, the 50K was back. The reason: the Walking Committee, the IAAF and the Soviet organizers of the Moscow Olympics all wanted it back and fought for 50K inclusion. The historical records bear this out with respect to the IAAF organs. In 1975, the Walking Committee vowed "*renewed efforts to reopen discussions on the reinstatement of the 50 Km.*" (1975 Committee Report.)

These renewed efforts paid off. By 1980, the 50K was back, thanks to the resolve of the IAAF and its Walking Committee. Even though the IAAF had been discussing staging World Championships separate and apart from the 50K issue, it chose to conduct the first ever World Championships solely for the Olympic-excluded 50K in 1976.

All we want today is what we had in the 1970s: a race walking committee and IAAF leadership committed to the 50K. The resolve that existed then can be shown again. The parallels between then and now are strikingly similar. The IOC wants to reduce the number of athletics participants at the Olympics. The 50K is under threat. The IAAF is led by a British Lord who had previously served in the lower house at Westminster, had won Olympic gold and was instrumental in the staging of the London Olympics.

The biggest difference between the two eras turns out to be the attitude of the respective Race Walking Committees. The 1970s Committee fought for the 50K. The current Committee wants to abolish it.

Can such outcome be avoided? Absolutely, but don't count on the Race Walking Committee to help you out. Supporters of the 50K need to turn to their IAAF Council members (if not from their member federation, their regional President - who serves on the Council ex officio - or Council members who vied for their member federation's support in seeking election to the Council) and those who represent their member federations at the IAAF Congress. Besides advocating for the 50K, they should insist on "open meeting" rules, meaning that the Congress, Council and Committees publish their agendas and reports as soon as they are prepared and that any of the meetings are open to the public and the media (with rare exceptions such as when personnel issues are discussed). This does not mean that the IAAF needs to rent the Royal Albert Hall or the Sporting Monte-Carlo venue for its meetings to accommodate crowds. Public access can be provided with a video hook-up (the press conference following Council meetings already is broadcast live this way) and if too many media show up, a press pool system can be instituted to keep the numbers within allowable fire safety limits.

It is doubtful that the Race Walking Committee Report for the 2017 London Council meeting would have looked like it did (see <http://www.vrwc.org.au/documents/RaceWalkingComRprt-Council-April2017.pdf>) if the effort leading up to it had been a public process. In my home state of California, we call such open-meeting rules "sunshine laws." Shed a little daylight on secret proceedings and closed-door backroom deals and it's amazing how outcomes change. Besides, such openness would fit in well with the transparency Seb Coe promised when he took over as IAAF President on August 19, 2015.

President Coe should do for the 50K what he did for his own Olympic participation in the 1980 Olympics, when political pressure was put on him to join the Moscow Games boycott over the Soviet invasion of Afghanistan. Coe resisted and insisted on running his 800 and 1500 meter races in the Olympics. The pressure on Coe not to go to Moscow was immense, however. Coe was a known Tory supporter, even back then (he later would serve in both Houses of Parliament as a Conservative) and the Conservative (Tory) Government of Prime Minister Margaret Thatcher wanted Coe to stay home. The pressure did not work then and arguably, Coe and his middle-distance rival Steve Ovett, also a Brit, saved the Olympics with their epic battles on the track. (See Pat Butcher, "*The Perfect Distance*," 2005 paperback ed., pp. 158-159.) Coe should now resist a wholesale boycott of the 50K.

The pressure against the 50K should be resisted, whether such pressure originates with Olympic athlete-number cutters, IAAF staff who despise race walking, or the anti-walking Race Walking Committee. I have argued on these pages before that Coe is the perfect leader to stand up for all athletics events, including the 50K. (See [Heel and Toe Online, 2017/2018 No. 1, 3 October 2017](#), pp. 2-4.)

I have defended Coe when facts called for it (see [Heel and Toe Online, 2017/2018 No. 30, 24 April 2018](#), pp. 16-20), yet taken him to task when facts did not support his statements (see [Heel and Toe Online, 2017/2018 No. 46, 14 August 2018](#), pp. 11-12.) This begs the question, what's in it for Coe to support the 50K? Simply put, Coe's legacy. Coe has been incredibly ambitious all his life. Unlike many ambitious people, he has succeeded, whether on the track, at the voting booth (national ones as well as those for international sporting positions), in landing the Olympics for his native city and then presiding over a most successful Games. Coe does not want to preside over the demise of even a single athletic event on the major championships program. If hostile forces can

take out the 50K, then they can also take out the pole vault (injury potential), the hammer throw (fight against obesity), the 200 or 800 or 1500 or 5000 or 10000 meters (as duplicative), the javelin (too dangerous) and so on.

When it comes to the Olympics, athletics is second to none. I'm sure the IAAF receives a handsome sum from the IOC after each Olympic Games. But it's also true that the Olympics need athletics more than athletics need the Olympics. Coe is the perfect leader to demand that athletics, including the 50K, gets its due.

Which brings me to my final point. The Race Walking Committee proposed cutting the 50K not just from the Olympics, which involves the IOC, but also from the IAAF's own World Championships. What's that all about? It's one thing to lose an event in which others (the IOC) have a say. But why give up on one of our own events at our own World Championships? Again, we need to reach back to what the Committee and the IAAF did in the 70s. By promoting the 50K in the IAAF World Championships, the Olympic 50K was restored. History teaches us that if the IAAF wants an Olympic 50K, it will get it. I can't wait until we can say with great assurance, in the words of a famous sportsman, "déjà vu all over again."

What a superb opinion piece by Paul. For completeness, here are links to the key pages that he photocopied and quotes in the article. They are too large to include in the newsletter so just click on the links and read in your friendly web browser.

[1972 IAAF Congress Minutes](#)

[1972 IAAF Walking Committee Report](#)

[1974 IAAF Walking Committee Report](#)

[1975 IAAF Walking Committee Report](#)

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 18 AUGUST 2018

Wild wintery conditions were forecast for Melbourne on Saturday so numbers were down at the VRWC winter season roadwalks at Middle Park, with only 31 walkers taking their chances. But those who did brave the elements were rewarded with mostly dry weather, although the rain did sneak up on the final few competitors out on the course, and it was very windy!

It was our annual 'Best Your Season Best' carnival, with prizes for those who performed best, relative to their SB for the winter. So results today are not in order of times but in order of 'Beat Your Season Best' finish. Well done to winners **Karyn O'Neill, Pramesh Prasad, Madeleine Feain, Albin Hess, Kathleen O'Mahony, Luke Epps, Emily Smith, Zahlia Heikkila-Dubowik and Aiden Smith.**

8km 'Best Your Season Best' Walk

1.	Karyn O'Neill	54:36	
2.	Donna-Marie Elms (F/T)	51:18	
1.	Pramesh Prasad	41:10	
	Heath Beveridge	DNF	
	Ralph Bennett	DNF	

6km 'Best Your Season Best' Walk

1.	Madeleine Feain	37:13	
1.	Albin Hess	39:11	PB 1:02
2.	Corey Dickson (F/T)	28:47	PB
	Steven Haverly	DQ	

4km 'Best Your Season Best' Walk

1.	Kathleen O'Mahony	22:46	
2.	Holly Cocking	22:37	
3.	Charlotte Hay (F/T)	21:12	
4.	Paige De Lisen	23:18	
1.	Luke Epps (F/T)	22:21	
2.	Geoff Barrow	28:15	

2km 'Best Your Season Best' Walk

1.	Emily Smith	12:01	PB 0:25
2.	Isabella Dingli	12:57	PB 0:06
3.	Kaylah Heikkila-Dubowik (F/T)	11:54	
4.	Jan Morrey	15:12	
5.	Alannah Dingli	12:40	
6.	Addison Paulke	14:11	

7.	Charli Walker	12:45	
1.	Aiden Smith	14:14	PB 0:38
2.	Angus Hay (F/T)	10:53	
3.	Hamish Blackwood	10:54	PB 0:02

1km 'Best Your Season Best' Walk

1.	Zahlia Heikkila-Dubowik (F/T)	5:54	PB 0:08
2.	Tayesha Heikkila	7:18	PB 0:26
3.	Ela Uzun	6:17	PB 0:19
4.	Havana Ali	7:07	
5.	Pam Mews	11:21	
6.	Beverly Hugo	8:17	

Thanks to Terry Swan for the fine photos. See his raceday gallery at <http://www.vrwc.org.au/piwigo/index.php?category/483>.



Albin Hess, Pramesh Prasad, Karyn O'Neill and Madeleine Feain



Aiden Smith, Zahlia Heikkila_Dubowik, Luke Epps and Kathleen O'Mahony (photos Terry Swan)

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

Registration: Mark Donahoo, Ralph Bennett

Setup: Stuart Cooper, Tim Erickson, Peter Vysma, Gordon Loughnan, Terry Swan

Officials: Tim Erickson, Mark Donahoo, Cheryl Beveridge, Bob Gardiner

Judges: Peter Vysma (chief), Dave Cash, Kathleen Marsh, Shane Dickson, Gordon Loughnan, Stuart Cooper

Canteen: Wendy Cooper, Donna-Marie Elms

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/483>)

Video: Gerard Feain

Finally, thanks to Gerard Feain for some great video of last week's races on Sat 11th August. See <https://youtu.be/vvINaHbsrS0>. You can check out all our videos at <http://www.vrwc.org.au/vrwcvideos.shtml>.

ACTRWC ROADWALKS, DICKSON, SUNDAY 18 AUGUST

Thanks to Robin Whyte for the latest results from Canberra. Smaller fields than normal with lots of the younger walkers occupied elsewhere.

4km Walk

1.	Robin Whyte	26:15
2.	Rosemary Parker	29:36
3.	Jack Thackray	36:32

2km Walk

1.	Owen Toyne	10:47
2.	Ella Baker	14:44
3.	David Mackenzie	17:16

10km Walk

1.	Greg Durr	59:18
2.	Kate Black	1:09:26
3.	Miriam McCarthy	1:10:20
4.	Bryan Thomas	1:12:46
	Geoff Barker	DNF

TASMANIAN ROADWALKS, BRIGHTON (PONTVILLE COURSE), HOBART, SATURDAY 18 AUGUST

Thanks to Wayne Fletcher for this week's results from Tasmania. Wayne commented: Cold day with a chilly headwind for 500m each lap. The course had to be changed to Pontville as the estate was unsuitable. Fast walking by **Will Robertson** and **Alice Randall**.

TRWC 4km Walk

1.	Will Robertson	19.01
2.	Alice Randall	19.21

TRWC 3km Walk

1.	Chloe Ahern	17.30
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TRWC 2km Walk

1.	Anna Blackwell	9.53
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Tasmanian Masters 5km Roadwalk Championships

1.	M40	Steve Ahern	29.29
1.	M60	David Moore	39.40
1.	M70	Wayne Fletcher	38.59

SAMA ROADWALKS, PEACOCK RD, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 18 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Cold with a late shower. Best age graded performance by **Richard Everson**.

8km Walk

1.	Richard Everson	45:14	M54	76.54%
2.	Marie Maxted	54:19	W58	73.35%
3.	Kevin Finn	55:35	M66	70.12%
4.	David Robertson	1:09:50	M85	73.40%

8km Club Walk

1.	Graham Harrison	1:00:57	M75	71.63%
2.	Rodger Barber	1:02:48	M80	74.93%

4km Walk

1.	Cathie Hore	38:34	W67	55.17%
2.	Jeff Kennett	40:33	M68	47.89%

4km Club Walk

1.	Roger Lowe		32:05	M75	66.14%
2.	Linda Whitelaw		32:17	W64	63.41%
3.	Colin Hainsworth		38:43	M88	67.58%

QRWC ROADWALK CHAMPIONSHIPS, KALINGA PARK, BRISBANE, SUNDAY 19 AUGUST

Thanks to Robyn Wales for this week's results from Queensland. She commented: We had to relocate to a path as a cycle event with a cast of thousands was using the road..Fast walking in the 2km by **Jayda Anderson** (9:20) and **Ashanti Heap** (9:51).

Open/Masters 10km

1.	Ignacio Jimenez	M	51.00
2.	Argenis Guevara	M	59.30
3.	Patrick Sela	M	1.19.51
4.	Noela McKinven	F	1.25.42

U18 6km

1.	Caitlin Hannigan	F	35.14
2.	Charlotte Hamann	F	42.31

U16 4km

1.	Jonathan Wearne	M	21.26
2.	Amelia Schofield	F	26.26
3.	Jasmine-Rose McRoberts	F	27.33

U12 1.5km

1.	Lyla Williams	F	7.43
2.	Rebecca Teahen	F	7.47
3.	Myles Callaghan	M	7.48
4.	Kamara Stewart	F	9.11
5.	Lily Goulding	F	9.18

U14 2km

1.	Jayda Anderson	F	9.20
2.	Ashanti Heap	F	9.51
3.	Mackenzie Ofield	F	10.15
4.	Anika Clarke	F	10.19
5.	Amber Norton	F	10.33
6.	Kai Norton	M	10.56
7.	Sam McCure	M	11.00
8.	Korey Brady	F	11.49
9.	Scarlett Schofield	F	12.06
10.	Torryn Fisher	F	12.14
11.	Amber Tofful	F	14.35

U10 0.75km

1.	Makenna Clarke	F	3.59
2.	Flynn Callaghan	M	4.28
3.	Siaan Fisher	F	5.34
4.	Charlotte Brady *	F	7.07

*Charlotte Brady accidentally walked 1km.

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 19 AUGUST

Thanks to Terry Jones for this week's results from Western Australia. He commented: That is the last of our WA winter walks, but it still remains for seven of our walkers to compete in the Australian and RWA Championships in Qld next weekend: Andrew Duncan, Brad Mann, Ben Reid, Xavier Bernard, Brooke Mortimore, Alexandra Griffin and Casey Mortimore.

16km Handicap

1.	Andrew Duncan	1:22:26
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8km Handicap

1.	Wendy Farrow	54:03
2.	Ben Reid	40:57

4km Handicap

1.	Amber Richards	26:36
2.	Cooper Anderton	21:40

2km Handicap

1.	Kaytee Bogaers	12:02
2.	Lesley Romeo	16:41
3.	Xavier Bernard	11:38

LITTLE ATHLETICS WA WINTER ROADWALKS

And keeping in Western Australia, the Western Australian Little Athletics Assn run a very comprehensive winter season of running and walking. This year they had 5 walks carnivals spread across the winter as follows:

- 12 May 2018 Road Walks, Adventure World, Perth
- 23 June 2018 Road Walks, Metro Maddington, Perth
- 7 July 2018 Road Walks, Maida Vale Primary School, Perth
- 21 July 2018 Road Walks, Wanneroo Giants Baseball Club, Perth
- 4 August 2018 Road Walk Championships, Mike Barnett Basketball Stadium, Perth

The walks carnivals cater for U10 through to U18 and they get large fields, especially in the younger age groups. And the standard is pretty darn good! What a great concept. Wouldn't it be fantastic if our other States followed suite.

You can check out the results on the Little Athletics Western Australia website at <http://walittleathletics.com.au/Competition/Results> or at their Results HQ at <https://wala.resultshq.com.au/>.

I have added them into my stats website <http://racewalkaustralia.com>.

BRWC MARY LORENSINI 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 12 AUGUST

And finally, going back a week, thanks to Kerrie Peart for the latest walks results from Ballarat. She reported

A small group of walkers took to the North Gardens track to contest the Mary Lorensini 3km handicap. Our new member **Laura Ballinger** walked well for her first 3km race with the club. Honours on the day went to **Scott Peart** with a solid walk, finishing on handicap ahead of **Fraser Saunder** and **Alanna Peart**. Fastest time of the day was by Fraser Saunder.

Mary Lorensini 3km Handicap

1.	Scott Peart	18:33	
2.	Fraser Saunder	15:26	
3.	Alanna Peart	15:48	
4.	Laura Ballinger	22:30	(First One)
5.	Jemma Peart	16:17	

You should check out the Ballarat Race Walking Club website at <http://ballaratracewalkers.com/joomla/>. They have a few more races to go for this year so why not pop up one Sunday morning for a walk and some socialising. The key dates are

- Sun 16 Sep Willi Sawall 3km Handicap 10am, North Gardens, Ballarat
- Sun 14 Oct Jared Tallent 1500m Handicap 10am, North Gardens, Ballarat
- Sun 21 Oct Run Ballarat, Wendouree Parade, South Gardens, Ballarat
- Sun 18 Nov Daryl Biggin & Sharon Schnyder Founder's Cup 3km, Season Presentations, AGM, 10am, North Gardens



Scott Peart with the Mary Lorensini Shield (photo Kerrie Peart)

BRITISH GRAND PRIX OF RACE WALKING, MANCHESTER INTERNATIONAL, MANCHESTER, WED 15 AUG

Last Wednesday saw one of the best track walks in Great Britain in many years, held as part of the Manchester International. The walk was over 3000m, with 22 of the 26 entrants taking the starter's gun. What was even better was seeing all 22 walkers finish, given the recent spate of DQs in their track walks this year.

The 12 walkers from Ireland had been delayed and arrived late, so the men's and women's walks were combined, starting together at 5PM. **Cameron Corbishley** (England) and **Kate Veale** (Ireland) won the Mens and Ladies titles. You can watch full coverage of the racewalk via video link <http://runjumpthrow.com/videos/24797>, starting at 2:50 finishing at 3:07.

3000m Track Walk, 5PM, Wednesday 15 August

1.	Cameron Corbishley	U23	M	Medway & Maidstone	11:55.1
2.	Guy Thomas	U23	M	Tonbridge	12:01.7

3.	Christopher Snook	U20	M	Aldershot, Farnham & District	12:03.1
4.	Tom Partington	SEN	M	Keswick	12:29.1
5.	David KENNY	SEN	M	Farranfore	12:44.8
6.	Kate Veale	SEN	W	West Waterford/Ireland	12:49.1
7.	Luc Legon	U23	M	Bexley/Cambridge H	13:17.9
8.	Joe MOONEY	SEN	M	Adamstown	13:36.9
9.	Gearóid MCMAHON	SEN	M	Shannon AC	13:40.6
10.	Erika Kelly	SEN	W	Northern (Isle of Man)	13:45.2
11.	George Wilkinson	U17	M	Enfield & Haringey	14:21.5
12.	Ana Garcia	U20	W	Sheffield & Dearne	14:35.8
13.	Madeline Shott	SEN	W	Belgrave	14:43.3
14.	Jasmine Nicholls	SEN	W	Leicester WC/Leeds Beckett Uni	14:54.1
15.	Sarah GLENNON	SEN	W	Mullingar Harriers	14:56.1
16.	Cian GOUGH	SEN	M	Celbridge	15:28.2
17.	Ryan ROBERTS	SEN	M	Sligo	16:12.1
18.	Sophie Lewis Ward	U20	W	Cambridge H	16:26.3
19.	Jennifer FIDGEON	SEN	W	Mullingar Harriers	16:30.5
20.	Anna BOURKE	SEN	W	Celbridge	16:37.4
21.	Pagen Spooner	U20	W	Hyde Park Harriers	17:06.6
22.	Jane MITCHELL	SEN	W	Moy Valley	17:15.7

NORWEGIAN ATHLETICS CHAMPIONSHIPS, BYRKJELO, NORWAY, 17-19 AUGUST

The track walks at the Norwegian Athletics Championships last weekend, which were held on Saturday, saw wins to **Havard Haukenes** (19:41.20) and **Merete Helgheim** (13:55.77). It was a good walk for Havard so soon after the European Championships 50km.

3000m Men

1.	Havard Haukenes	Norna-Salhus IL	19:41.20
2.	Tobias Lomo	Tjalve, IK	24:24.63

3000m Women

1.	Merete Helgheim	Gloppen Friidrettslag	13:55.77
2.	Siri Gamst Glittenberg	Laksevåg TIL	14:51.79
3.	Fride Moller Flatin	Dimna IL	14:54.49
4.	Maren Karlsen Bekkestad	Sturla IF	15:19.74
5.	Josefin Greiff	Larvik Turn & IF	15:24.16
6.	Lisa MÅÿren Loseth	Hoyang,IL	15:35.20
7.	Emma Marie Strand	IK Hind	16:19.76
8.	Ida MÅÿren Loseth	Hoyang,IL	16:43.76

THE 2019 TOWER INSURANCE ISLE OF MAN 100 MILE WALK, DOUGLAS, ISLE OF MAN, 17-18 AUGUST



The annual English Centurions qualifying walk was held as part of the 2019 Tower Insurance Isle of Man 100 Mile Walk Carnival last weekend at the Douglas National Sports Centre in Douglas. The meet also incorporating the RWA National Long Distance Race Walking Championships. For a change, it was track based rather than the usual road format, and this meant a restricted and smaller than usual field.

The fastest 100 Mile walker was USA's **Dave Talcott**, with a very swift 18:54:51. He was followed by IOM's **Karen Chiarello** (20:06:53) and Nederland's **Paul Jansen** (20:51:44).

USA Centurions coordinator Rob Robertson maintains a listing of all those centurions who have multiple badges (meaning they have finished centurion walks with more than one of the official centurion bodies). He has updated his Multiple Badge Centurion List to include last weekend's results. At <https://www.walk100miles24hours.com/wp-content/uploads/2018/08/Multi-Centurions-1.pdf>.

Congratulations to **Marco Bloemerts**, the first Dutch walker to reach FIVE World Badges (only Australia to go now so will we see him here in 2019?) and congratulations **Dave Talcott, Paul Jansen, Ignace Matthys** and **Kris Hazenbosch** whose names have now been added to the Multi List.

And of course, the amazing **Sandra Brown** has done it again. That makes a grand total of 193 events of more than 100 miles for her. It is also her 7th hundred this year and her 32nd finish in the English Centurions annual qualifying event. She continues to build on a record that no one will ever challenge.

I asked Sandra for a race report and she quickly obliged, just in time for the newsletter. Thanks so much Sandra.

I really enjoyed the event: great friendly atmosphere, excellent organisation and good venue, and some sterling and gutsy performances especially in the weather conditions – the worst rain we could remember during a 100 for many years. I'm sure that Dave T and Karen C [both impressive] could have gone faster but for the heavy rain and strong winds. Chris Maddocks did a great job in the commentary box.

Although this wasn't a 50kms event and we weren't aiming at 50kms records, it gave an opportunity for 50kms marks to be automatically captured. Those for Jaap Visser and perhaps Ed Shillabeer could be national or higher records. My own 50kms mark in Douglas [6.12.08] is a national W65 best – I would have been faster in a 50kms race and faster at age 65 than now, but it's good to have a mark any way.

The organisers, officials and helpers – and especially, Graham and Martin Young and Mark Byrne - all deserve huge credit for such a well-organised, smooth running and enjoyable event. The race had a great international quality, and it was inspiring to see classy and gutsy performances throughout the field including from Dave Talcott and Karen Chiarello in 1st and 2nd overall. Both would have been faster but for the heavy rain and strong wind. Everyone who finished dug deep to battle the storm. I was personally pleased with 22.05.01 in the conditions.

The 100 next year will again be in the IOM, when we look forward to returning to the old capital Castletown, the venue for the very successful 2015 100. The course will be 1 mile circuit taking in the historic harbour area, with entries opening on January 1st 2019.

Overall, 13 of the 22 starters reached the 100 Miles, with 8 of them first time finishers, thus gaining their English Centurions badge and number (C1188-C1196). Full results at <http://my3.raceresult.com/71067/info?lang=en>.

If you want to see how bad the weather was, check out Frans Leijtens' short video of night time conditions - see <https://www.facebook.com/frans.leijtens.5/videos/2746794205346013/>.

1.	Dave Talcott	Shore Athletic Club	USA	402	18:55:41	M55	1	C1188	100 Miles
2.	Karen Chiarello	Manx Harriers	IOM	402	20:07:56	W50	1	C1136	100 Miles
3.	Paul Jansen	RWV Rotterdam	NED	402	20:52:45	M45	1	C1189	100 Miles
4.	Ignace Matthys	Dwars door Brakel	BEL	402	21:00:06	M55	2	C1190	100 Miles
5.	Frank van der Gulik	De LAT - Amsterdam	NED	422	21:44:31	M40	1	C1022	100 Miles
6.	Dale Farquhar	Manx Harriers	UK	402	22:03:37	M35	1	C1191	100 Miles
7.	Sandra Brown	Surrey Walking Club	UK	402	22:05:01	W65	1	C 735	100 Miles
8.	Kris Hazenbosch	CABW	BEL	402	22:12:58	M45	2	C1192	100 Miles
9.	Marco Bloemerts		NED	402	22:40:48	M50	1	C1193	100 Miles
10.	Patrick Vandeweyer	ROBA	BEL	402	22:45:31	M55	3	C1194	100 Miles
11.	Chris Van Cauwenberghe	Racing Club Gent Atl.	BEL	402	22:48:18	M50	2	C1139	100 Miles
12.	Annic Deman	12 uren van lauwe	BEL	402	23:11:35	W55	1	C1195	100 Miles
13.	Martin Fisher	Redcar RWC	UK	402	23:43:52	M55	4	C 788	100 Miles
14.	John Constandinou	Birchfield Harriers	UK	300	17:49:26	M45-49	3		Retired
15.	Frans Leijtens	RWV	NED	284	16:08:23	M40-44	2	C 949	Retired
16.	Erin Talcott	Shore AC	USA	250	14:36:14	W40-44	1		Retired
17.	Peter Duijst	RWV	NED	241	13:18:23	M45-49	4		Retired
18.	Jaap Visser	RWV Rotterdam	NED	220	13:11:51	M70+	1	C 944	Retired
19.	James Bassett	Manx Harriers	IOM	219	13:32:29	M40-44	3	C1175	Retired
20.	Edmund Shillabeer	Ilford AC	UK	187	11:23:51	M70+	2	C 590	Retired
21.	Patrick Le Gargasson	uaca saint-brieuc	FRA	166	10:04:39	M50-54	3		Retired
22.	Richard Gerrard	Manx Harriers	IOM	115	5:02:50	M45-49	5	UK	Retired

With 2 Centurion qualifiers to go, there is more long distance action to come for 2018. Remaining Centurion walks are

- Oct 7-8, 2018 **NZ Centurions 24H Qualifier**, Auckland, NZ, see <https://nz.srichinmoyraces.org/races/auck/24hr>
- Oct 20-21, 2018 **African Centurions 24H Qualifier**, Capetown, SA, see <http://www.africancenturion.com/>



Left: Marco Bloemerts. the first Dutch walker to reach FIVE World Badges
Right: Dave Talcott is congratulated on his fine walk



Chris Maddocks interviews Sandra Brown while organiser Graham Young looks on

6 JOURS DE FRANCE, PRIVAS, FRANCE, 19-25 AUGUST

And while the English Centurions qualifying event has now been completed, an even more gruelling ultra distance walk is underway in France. The 6 Jours de France (see <http://www.6jours-de-france.fr/>) kicked off in Privas on Sunday and will run for the obvious timeframe of 6 Days.

Four English Centurion walkers are participating - Richard McChesney (NZL), Karen Lawrie (IOM), Kathy Crilley (ENG) and Tony Mackintosh (IOM). The event is now into day two, with **Richard McChesney** just over 10km ahead of French walker **Christophe Biet** in the men's race, while **Claudie Bizard** leads the women.

6 Jours de France Walk Division – progressive distances as at 35 Hours 23 Minutes

1.	MC CHESNEY - Richard	M	NZL	187	191.123 km	35:21:03
2.	BIET - Christophe	M	FRA	177	180.923 km	33:21:41
3.	CAILLEAUX - Patrick	M	FRA	165	168.683 km	31:58:17
4.	CLEMENT - Philippe	M	FRA	165	168.683 km	31:59:24
5.	BIZARD - Claudie	F	FRA	164	167.663 km	33:54:55
6.	ARITA - Seigi	M	SWI	158	161.543 km	35:20:21
7.	SALOMEZ - Benedicte	F	FRA	147	150.323 km	33:22:54
8.	ARNAULT - Francoise	F	FRA	142	145.223 km	34:31:12
9.	HAUSSMANN - Martina	F	GER	141	144.203 km	35:17:33
10.	LINARD - Benoit	M	FRA	140	143.183 km	31:04:15

11.	LE MANER - Serge	M	FRA	139	142.163 km	35:09:45
12.	LAWRIE - Karen	F	IOM	131	134.003 km	34:31:43
13.	DECLOCQUEMENT - Jose	M	FRA	129	131.963 km	35:13:16
14.	LESCURE-THANRON - Elisabeth	F	FRA	128	130.943 km	35:02:45
15.	MACKINTOSH - Tony	M	IOM	127	129.923 km	27:37:04
16.	LESCURE - Frederic	M	FRA	126	128.903 km	34:23:46
17.	PIERRE - Patrick	M	FRA	116	118.703 km	35:14:04
18.	BEN - Roger	M	FRA	112	114.623 km	35:14:49
19.	CRILLEY - Kathy	F	GBR	107	109.523 km	34:37:25
20.	ESTATOF - Bernard	M	FRA	103	105.443 km	32:58:32
21.	ARNAULT - Jacques	M	FRA	98	100.343 km	19:29:34
22.	THANRON - Bernard	M	FRA	88	90.143 km	34:35:55
23.	SOUILLE - Jean-pierre	M	FRA	81	83.003 km	34:39:14
24.	BURGER - Alain	M	FRA	45	46.283 km	35:14:49



Centurions Richard McChesney, Karen Lawrie, Kathy Crilley and Tony Mackintosh walking in the 6 Jours de France in Privas

OUT AND ABOUT

- Finally the IAAF has removed long time member Karim Ibrahim from its Council, two and a half years after the German Sports ARD doping editorial team revealed suspicious facts about him. Ibrahim has appealed his dismissal to CAS. All we've got so far from the IAAF is a rather cryptic press release at https://www.iaaf.org/news/press-release/karim-ibrahim-council?utm_source=ibrahim&utm_medium=silverpop&utm_campaign=IAAF%20statement%20on%20Karim%20Ibrahim&utm_content=article-title.

For completeness, here is the 2016 ARD doco: <http://hajoseppelt.de/2016/03/doping-secret-russias-red-herrings/>. Fast forward to around the 21 minute mark to see the discussion of this Malaysian official.

- World Championships bronze medallist Kipyegon Bett has become the latest Kenyan athlete to be embroiled in an anti-doping case after he was provisionally suspended for evading a drugs test. Bett, who won bronze in the 800 metres at last year's World Championships in London, was charged by the Athletics Integrity Unit (AIU) last Thursday. See <https://www.insidethegames.biz/index.php/articles/1068889/kenyan-world-800m-medallist-bett-provisonally-suspended-after-accused-of-refusing-drugs-test>.
- And following on from that, two more Kenyan athletes are set to be banned for failing doping tests. According to confidential sources, the two athletes will face a four year ban. The breaking news comes in less than 24 hours after former world U20 800m champion Kipyegon Bett was suspended by Athletics Integrity Unit (AIU) for failing to submit sample collection as stated in Article 2.3 in the anti-doping rules. If the duo will be suspended they will join growing list of Kenyan runners in less than one month to face sanctions. The duo will be number sixth and seventh Kenyan runners to be charged this year with a doping offence by the AIU. See <http://athletics.co.ke/two-kenyan-runners-fail-doping-test/>.
- Russian cyclist Olga Zabelinskaya has announced plans to switch nationality from Russia to Uzbekistan as she fears being barred from the Tokyo 2020 Olympics. The 38-year-old three-time Olympic medallist claimed she could be banned from the Games in the Japanese capital due to the crackdown following the Russian doping crisis. "I don't feel my age and I'm

ready to fight for podium places in Tokyo," Zabelinskaya told Match TV. Hmm..I wonder why she feels so good? I have a sneaking suspicion! See <https://www.insidethegames.biz/articles/1068547/russian-cyclist-bids-for-uzbekistan-switch-due-to-tokyo-2020-ban-fears>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 2 press release for us from Marciadalmondo this week

- Mon 20 Aug - Entries are now open for Around Taihu 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3261
- Thu 16 Aug - Sandro Damilano denies press reports about his future commitment as coach of Eleonora Giorgi
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3260

and omarchador has 7 press releases

- Mon 20 Aug - Results of the Norwegian Athletics Championships in Byrkjelo
<http://omarchador.blogspot.com/2018/08/campeonatos-de-atletismo-da-noruega-em.html>
- Sun 19 Aug - No Portuguese walkers selected for the Ibero-American Championships to be held in Peru this month
<http://omarchador.blogspot.com/2018/08/selecao-portuguesa-para-os.html>
- Sat 18 Aug - Corbishley and Veale win walk in 2018 Manchester International
<http://omarchador.blogspot.com/2018/08/corbishley-e-veale-vencem-marcha-no.html>
- Fri 17 Aug - Asian Games kick off today in Jakarta and Palembang, Indonesia
<http://omarchador.blogspot.com/2018/08/indonesia-recebe-jogos-asiaticos.html>
- Thu 16 Aug - Women fight for Olympic 50km walk
<http://omarchador.blogspot.com/2018/08/50-km-marcha-femininosde-batalha-em.html>
- Wed Aug 15 - 100km in Komló in honor of Zoltán Czuko
<http://omarchador.blogspot.com/2018/08/100-km-de-komlo-na-homenagem-zoltan.html>
- Tue 14 Aug - Portuguese athlete Edujose Lima - from walker to thrower
<http://omarchador.blogspot.com/2018/08/edujose-lima-de-marchador-lancador.html>

REMINISCENCES FROM THE 1968 OLYMPIC GAMES

In the article on the late Ron Crawford in last week's newsletter, walkers Bob Gardiner and Frank Clark were discussed as key competitors. The article talked about the 1956, 1960 and 1964 Olympic Games but stopped then, as that was when Ron retired.

This week I zoom forward to 1968 when the Olympics were staged in Mexico City. These Olympic Games remain the most controversial of all time. Commercialism first became an issue in the form of sponsorship and the wearing of branded running shoes (Nike and Adidas). The Black Power movement was beginning to find a voice. The Warsaw Bloc countries had invaded Czechoslovakia. The Mexican government had brutally put down riots over the poor living conditions of the impoverished population. And finally the altitude of Mexico City (7,347 feet above sea level) was the main topic of discussion for months before the Games. Many sports commentators were predicting deaths in the endurance events and much attention was focused on the marathon and long walks.

But if there were concerns about the altitude, it did not deter the athletes and good fields of 33 and 36 walkers contested the two walks. The two Australian representative walkers were Bob Gardiner (VIC) and Frank Clark (NSW) and they were both selected for the 20km / 50km double. Frank completed both events successfully but Bob opted to just concentrate on the 50km and scratched from the 20km.

Upon their return to Australia, both submitted articles discussing their experiences and races. I had them both on file so thought it might be nice this week to include them with the newsletter. I have added some photos to give a bit of colour to the words.

THE MEXICO WALKS

by
Bob Gardiner (VIC)

(As published in the VAWC club magazine Heel & Toe in late 1968)

The starters for the 10,000m run came down the tunnel and onto the track to the cheers of the competitors. Sitting next to me at the edge of the track was Tom Dooley, one of the USA 20 Kilo boys, chatting brightly as usual as the field got away.

By the 800m mark the field was breaking up and some of the runners were already finding breathing difficult. As one after another collapsed onto the grass and were being given oxygen, Tom became quieter and his face was grim. When Rudy Haluza remarked "That's us tomorrow night", Tom didn't answer but walked silently away.

There were a lot of quiet athletes at the village that night – Ron Clarke's collapse caused concern in the Australian camp particularly. Although no one looked forward to the walk the next day, the general attitude was one of determination to be either carried off or win.

After the 20 Kilo, it was obvious that the effect on walkers had been different to the runners, with no collapses during the race but several at the finish. The Russians Golubnichy and Smaga walked a good race, together in the lead and only separated in the last 200 metres when the Mexican idol Jose Pedraza hurtled down the tunnel and along the back straight to overtake Smaga near the final bend. With a quick look over his shoulder, Golubnichy sprinted, holding off Pedraza in a close finish. For the Russian, it was the seal to his greatness, following on his gold medal from Freeman in Rome, and a bronze medal, again just beating Noel Freeman in Tokyo.



Golubnichy holds off Pedraza in the final straight

Back in the field, the world's greatest walkers struggled, finishing in times that wouldn't win a club race, Golubnichy being the only man to break 94 minutes. Frank Clark, despite the severe stomach cramps that unexpectedly hit many, battled on to come in 16th, walking hard and fairly, in the slowest but toughest ever 20 Kilo.

The 50 Kilo course began with a few solid hill sections up till 20 Kilo, and the blazing sun and thin air took their toll after a solid first 20 Kilo in 50:58, the pace dropping by a minute in the next 5,000 metres. Bunched together in the lead were the top men in the field. Britain's Paul Nihill took the pace, looking very confident, with Nermerich of West Germany bobbing alongside him, later to be disqualified. The Russians, Agapov, built like a tank, and Grigorjev, walked shoulder to shoulder with Delarue of France and Tokyo gold medallist Pamich already looking strained. Of the formidable East German trio, Leuschke (4th Tokyo) was the only one feeling the heat, with brilliant young Selzer moving nicely and Hohne, who had cleaned up most of the big races since 1966, tucked in quietly in the middle of the bunch.

At 10 Kilo, I was in his shadow but by 15, I had lost ground and faded back through the field to totter along and finish 19th, after being passed by Frank who sat back in a good position early and let the field come back to him, taking 12th in 4 hrs 40 min.

The route was not barricaded and the cadets by the roadside had little control over the spectators as they swarmed over the road to surround Pedraza. At one stage, Frank was forced to pummel a path through them. Paul Nihill, silver medallist in Tokyo, who started favourite by my reckoning, took the pace to 35 Kilo, collapsed at 42 and was carried off a bitterly disappointed man.

For me, the last 10 Kilo was walked in darkness, with people wandering across the course. Pamich retired early in the race, then Leuschke, Della Rossa, Agapov and, with myself and Delarue well back at the finish, only three of the early leaders were amongst the first 14. Christoph Hohne, reputed to have done 4.14 at altitude before Mexico, won in 4.20.13, Hungarian veteran Kiss was 2nd, 10 minutes behind, with Larry Young USA coming home well after a slow start. Peter Selzer took 4th, showing the potential that will make him a world star shortly.



Christoph Hohne wins the 50km in Mexico

Finally, sitting in the dressing room with a blanket around your shoulder, it's hard to believe that for you the Olympics are over, and for some athletes, finished forever as far as competing is concerned. The race that was so important, that you dreamed of and planned for years, is done and finished and is now part of the past.

Of course it wasn't all hard work for Bob. I found this newspaper cutting in my archives, showing him relaxing before the 50km walk.



THEY'RE GLAD to put their feet up. Australians Bob Gardner (left), who will compete in the 50-kilometre walk, and sprinter Gregory Lewis rest their feet on one of the statues that decorate the Olympic Village in Mexico City. 2.10.68

By way of postscript, fast forward to November 2016 when 4 of the 1968 Olympic walkers met once again in the World Masters Championships in Perth. From left to right, 50km winner Christoph Hohne (GDR), 50km 10th place finisher Goetz Klopfer (USA), 20km 17th place finisher Tom Dooley (USA) and 50km 19th place finisher Bob Gardiner (AUS).



Mexico Olympians Christoph Hohne, Goetz Klopfer, Tom Dooley and Bob Gardiner meet once again in Perth in 2016

THE OLYMPIC WALKS
by
Frank Clark (NSW)
Australian Olympic representative, 1968

(This article is reprinted from 'The Australian Harrier' No.19, December 1968)

I have been asked to make a few comments on the two walk races held in the '68 Olympics at Mexico City. Since I competed in both events, my observations were limited and even those are not necessarily correct. These, coupled with the results and information I have gathered, make up the following.

In the 20km there were 33 starters and 29 finished. Muller of West Germany and possibly Saito of Japan were disqualified.



The opening laps of the Olympic 20km walk – Frank Clark is 4th from left, at the back of the pack of 4 (photo Bob Gardiner)

The starting time was 4.30pm. The weather was overcast, fairly humid and with a solid breeze blowing. (This was felt only in sections of the road.) The lap and a bit of the Olympic arena was as expected, with the big field a bit rough, with the only casualty being the loss of a shoe by a Mexican. The course wound up from the stadium then down to the main road and across into the University where the circuit began. At the beginning of the circuit, which was about 1500m from the stadium, the field was very bunched and only one or two stragglers had been dropped.

Here, Golubnichiy (USSR) and Laird (USA), who were leading, went straight instead of turning into the circuit. They lost some 20 yards but Golubnichiy caught the leaders again within 200 yards, while Laird never snapped out of it and finished a disappointing 25th.

With 5km passed in 23.10, Smaga (USSR), Golubnichiy and Haluza (USA) were leading a bunch of 15 or so. There were only 6 or 7 seconds separating this trio. From here the field spread out and I can only say that I passed many and many passed me before the finish.

The circuit had a fairly steady rise and fall in it. I managed to hold most walkers uphill and on the flat but lost terribly on the downhill section. The oxygen debt hit me not long after 5km. This came in the form of severe stomach cramp and a feeling of sickness. Over the last 5km it was all I could do to finish. I dread the thought if I hadn't been so fit.

From what I saw, the Russians were the best stylists, with Rudy Haluza the biggest surprise, while Jose Pedraza (Mexico) was feely tipped to win if he were allowed to finish.

It was most unfortunate that we finished the last 1800m in darkness except for 3/4 lap of the track.

The 50km was an entirely different set-up for me. I knew I hadn't trained enough for a really good one over the distance, but I was determined to better my 16th in the 20km.

The weather was hot at the start and for the hardest part of the race. A maximum temperature of 85degF did not compare with the heat on the road. The tar was melting in places and it seemed in the mid-nineties.

There were 40 entries, 36 starters and only 28 finishers. I know of only one disqualification. This was (Bernhard) Nemerich of West Germany who was in 2nd place just before 45km. The Tokyo gold medallist, Pamich (Italy), dropped out as did the silver medallist, Nihill (UK).

The 1.5 laps of the track saw Della-Rossa (USSR) well clear of the field but he was a non-finisher. He was the guy, I think, who a few years ago was supposed to have broken 4 hours for the 50km.

The whole secret for non-altitude trained athletes seemed to be for one to start slow as hell and quicken the pace as the race progressed. Many an Olympic dream ended in the heat of the first 20km which was hilly and the hardest part of the course.



*1968 Olympic 50km: Goetz Klopfer (USA), Frank Clark (AUS), Brian Eley (GBR) and Shaun Lightman (GBR)
Photo Frank Clark*

I don't know what happened up front as I was never there. At 5km I was 90 secs behind the leaders (and there were many). I was third last and walking with Brian Eley (7th) and Shaun Lightman (18th), both G.B.

My plan was to stay with a group till 35km then come home, but my group broke up at 15km. I had the advantage of many walkers' bad luck. I was able to pick up the slowing early speedsters. This was an experience in itself as when one normally passes a fellow competitor early in a 50km he cheers opposition, but in Mexico they were so dead it was amazing. At 10km I was 3 minutes behind the leaders. From there till 35km I moved through to 8th place, 7 and a half minutes behind the leader. Just prior to this 35km spot I passed Agapov (USSR) and I think that, besides finishing, this gave me my greatest pleasure of the race. It was here that my chances ended and the race started as I suddenly died. The altitude was taking effect again. I had averaged 27min for each 5km to that stage, but then did 33min from 35km to 40km. I never thought I would ever again experience the horrors of the 20km but here it was, the same cramps and murder!

I was lucky somehow. I kept going and did 31min for my next and 28.30 for my last. This was nearly as fast as any other competitor.

The course after 20km was flat and straight. At sea level it would have been regarded as a most ideal course. My last 8km was completed in the darkness. The closeness for me in this race is shown by the fact that 7th place was only 2min30sec ahead. The feeding and sponging stations were a real credit to the organizers.

I felt that the timing setup was poor. It consisted of a car-borne large clock. One had to read one's own times and when tired this is often quite difficult, especially if one is not expecting to see it and it suddenly appears.

I saw (the winner, Christoph) Hohne in training often and his style was good even if he didn't look too fit. He always carried a watch for pace judgement in training. Bobby Gardiner (Aust) suffered the same fate as most of the world's best. Only Hohne and Seltzer (4th, East Germany) of the early leaders survived. The fact that Bob finished shows what a fine walker he is, and given a fair chance at sea level will be up with the world's best. The four weeks Bob and I had to acclimatise were just not enough for us to do any better than we did.

A lot has been said and written since the Mexico Olympics that we Aussies were too fair in comparison to the majority of other competitors. There is no maybe about it. You walk to the rules or you don't and we do. But as I see it you are either fair – or not. There is no maybe. Either one walks according to the International rules or not – and we do.

20 KILOMETRES

1.	V. Golubnichiy (URS)	1:33.58.4
2.	J Pedraza (MEX)	1:34.00.0
3.	N. Smaga (URS)	1:34.03.0
4.	R. Haluza (USA)	1:35.00.2
5.	G. Sperling (GDR)	1:35.27.2
6.	O. Bartsch (URS)	1:36.16.8
7.	H. Reimann (GDR)	1:36.31.4
8.	S. Ingvarsson (SWE)	1:36.43.4
9.	L. Karaiosifoglu (RUM)	1:37.07.6
10.	P. Frenkel (GDR)	1:37.20.8
11.	A. Jones (GBR)	1:37.32.0
12.	P. Busca (ITA)	1:37.32.0
13.	T. de la Oliveros (MEX)	1:38.17.0
14.	A. Kiss (HUN)	1:38.24.0
15.	S. Lindberg (SWE)	1:40.03.0
16.	F. Clark (AUS)	1:40.06.0
17.	T. Dooley (USA)	1:40.08.0
18.	K. Merschenz (CAN)	1:40.11.0
19.	C. Sowa (LUX)	1:40.17.0
20.	A. Campos (MEX)	1:41.52.0
21.	S. Andersson (SWE)	1:41.58.0
22.	J. Webb (GBR)	1:42.51.0
23.	R. Pfister (SUI)	1:43.36.0
24.	R. Hughes (GBR)	1:43.50.0
25.	R. Laird (USA)	1:44.38.0
26.	M. Rutnya (POL)	1:47.29.0
27.	C. Calzado (CUB)	1:49.27.0
28.	F. Ortiz (GUA)	1:54.48.0
29.	B. Castellanos (SAL)	1:58.48.0

50 KILOMETRES

1.	C. Hohne (GDR)	4:20.13.6
2.	A. Kiss (HUN)	4:30:17.0
3.	L. Young (USA)	4:31.55.4

4.	P. Selzer (GDR)	4:33.09.6
5.	S. Lindberg (SWE)	4:34.05.0
6.	V. Visini (ITA)	4:36.33.2
7.	B. Eley (GBR)	4:36.33.2
8.	J. Pedraza (MEX)	4:37.32.2
9.	K. Merschenz (CAN)	4:37.51.4
10.	G. Klopfer (USA)	4:39.13.6
11.	H. Magnor (FGR)	4:39.43.2
12.	F. Clark (AUS)	4:40.13.8
13.	S. Andersson (SWE)	4:40.42.6
14.	G. Weidner (FGR)	4:43.26.2
15.	S. Grigorjev (URS)	4:44.39.2
16.	C. Sowa (LUX)	4:44.45.2
17.	K. Saito (JAP)	4:47.29.6
18.	S. Lightman (GBR)	4:52.20.0
19.	R. Gardiner (AUS)	4:52.29.0
20.	E. Stutz (SUI)	4:53.33.8
21.	H. Delerue (FRA)	4:57.40.2
22.	M. Rutnya (POL)	4:58.03.8
23.	F. Cappella (CAN)	4:58.31.6
24.	S. Ladany (ISR)	5:01.06.0
25.	P. Colin (MEX)	5:01.30.0
26.	D. Romanski (USA)	5:38.03.4
27.	I. Hernandez (MEX)	5:56.09.2
28.	R. Cruz (SAL)	5:56.22.0

50KM RANKING LIST UPDATES

With the 100 Mile walk on the Isle of Man last weekend, a number of 50km split times means that Paul DeMeester's 2018 50km Ranking Lists grow some more – we now have 145 women and 275 men. The women are reproduced below

Women's 50km Performances 2018 through August 18, 2018 - Note: B-Standard Judging where indicated

These 145 walkers represent 30 member federations from all six Areas. It is great to see 15 women under 4:20:00 and 33 women under 4:40:00. The standard is quickly building.

1.	Rui Liang	CHN	4:04:36	Taicang 5/5/18
2.	Hang Ying	CHN	4:09:09	Taicang 5/5/18
3.	Ines Henriques	POR	4:09:21	Berlin 8/7/18
4.	Claire Tallent	AUS	4:09:33	Taicang 5/5/18
5.	Alina Tsiviliy	UKR	4:12:44	Berlin 8/7/18
6.	Paola Viviana Perez	ECU	4:12:56	Taicang 5/5/18
7.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
8.	Maocuo Li	CHN	4:13:04	Chinfeng 7/1/18
9.	Fayang Ma	CHN	4:13:28	Taicang 5/5/18
10.	Maria Czakova	SVK	4:14:25	Dudince 3/24/18
11.	Johana Edelmira Ordonez Lucero	ECU	4:14:28	Taicang 5/5/18
12.	Nastassia Yatsevich	BLR	4:18:00	Taicang 5/5/18
13.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5/5/18
14.	Ainhua Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
15.	Magaly Beatriz Bonilla Solis	ECU	4:19:04	Taicang 5/5/18
16.	Khrystina Yudkina	UKR	4:20:46	Berlin
17.	Vasylyna Vitovshchik	UKR	4:23:15	Berlin 8/7/18
18.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5/5/18
19.	Mar Juarez Gallardo	ESP	4:28:58	Berlin 8/7/18
20.	Dusica Topic	SRB	4:30:43	Berlin 8/7/18
21.	Mariavittoria Becchetti	ITA	4:31:41	Berlin 8/7/18
22.	Serena Sonoda	JPN	4:31:52	Wajima 4/15/18
23.	Tiia Kuikka	FIN	4:32:43	Taicang 5/5/18
24.	Agnieszka Ellward	POL	4:32:47	Dudince 3/24/18
25.	Tiantian Bai	CHN	4:32:47	Chinfeng 7/1/18
26.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
27.	Qiuye Li	CHN	4:34:16	Chinfeng 7/1/18
28.	Ivana Renic	CRO	4:35:39	Berlin 8/7/18
29.	Maria Larios	ESP	4:37:43	Taicang 5/5/18
30.	Lyudmyla Shelest	UKR	4:37:43	Taicang 5/5/18
31.	Ksenya Radko	UKR	4:38:23	Taicang 5/5/18
32.	Nair da Rosa	BRA	4:38:48	Sucua 3/10/18

33.	Nami Kumagai	JPN	4:39:01	Wajima 4/15/18
34.	Nikolitsa Andreopoulou	GRE	4:41:44	Dudince 3/24/18
35.	Yocy Caballero Huaman	PER	4:42:37	Sucua 3/10/18
36.	Joanna Bemowska	POL	4:43:48	Dudince 3/24/18
37.	Han Xiao	CHN	4:43:48	Chinfeng 7/1/18
38.	Natsuma Kuramara	JPN	4:44:45	Wajima 4/15/18
39.	Pengqin Jiang	CHN	4:45:51	Chinfeng 7/1/18
40.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
41.	Katie Burnett	USA	4:47:50	Santee 1/20/18
42.	Natalie Le Roux	RSA	4:48:00	Taicang 5/5/18
43.	Lucie Champalou	FRA	4:48:08	Taicang 5/5/18
44.	Chiaki Yamato	JPN	4:48:46	Wajima 4/15/18
45.	Maeva Casale	FRA	4:51:13	Taicang 5/5/18
46.	Shuqing Yang	CHN	4:53:02	Chinfeng 7/1/18
47.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
48.	Akane Tamaki	JPN	4:53:50	Wajima 4/15/18
49.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
50.	Miriam de Jesus Gutierrez Arichavala	ECU	4:54:54	Sucua 3/10/18
51.	Angeliki Makri	GRE	4:56:00	Marathon 1/14/18
52.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
53.	Anett Torma	HUN	4:59:55	Santee 1/20/18
54.	Myriam Cartagena Bonilla	ECU	5:02:51	Sucua 3/10/18
55.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
56.	Mari Takeuchi	JPN	5:06:18	Wajima 4/15/18
57.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
58.	Molly Jade Davey	GBR	5:08:17	Dudince 3/24/18
59.	Miyabi Kurihara	JPN	5:08:53	Wajima 4/15/18
60.	Hannah Hunter	GBR	5:11:06B	IOM 4/15/18
61.	Susan Randall	USA	5:12:07	Taicang 5/5/18
62.	Chiho Tahira	JPN	5:17:05	Wajima 4/15/18
63.	Morgane Ausello	FRA	5:18:07	Merignac 3/18/18
64.	Michelle Turner	GBR	5:23:21B	IOM 4/15/18
65.	Karen Chiarello	GBR	5:28:41B	IOM 4/15/18
66.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
67.	Efstathia Kourkoutsaki	GRE	5:34:21	Marathon 1/14/18
68.	Zoe Korkou	GRE	5:34:29	Marathon 1/14/18
69.	Sophie Dvorakova	GBR	5:41:39B	IOM 4/15/18
70.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
71.	Elisabeth Cardeillac	FRA	5:44:43	Merignac 3/18/18
72.	Aura Libertad Morales Alvarez	MEX	5:46:47	Monterrey 2/25/18
73.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
74.	Karen Lawrie	GBR	5:59:17B	IOM 4/15/18
75.	Maureen Moffatt	GBR	6:01:18B	IOM 4/15/18
76.	Jayne Farquhar	GBR	6:08:29B	IOM 4/15/18
77.	Sandra Brown	GBR	6:12:08Bt	Douglas 8/18/18
78.	Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
79.	Adele Ropers	FRA	6:17:02	Merignac 3/18/18
80.	Christine David	FRA	6:21:15B	Charly-sur-Marne 2/4/18
81.	Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
82.	Emilie Bizard Planchot	FRA	6:24:39B	Charly-sur-Marne 2/4/18
83.	Florence Barbier	FRA	6:25:50B	Charly-sur-Marne 2/4/18
84.	Claudine Anxionnat	FRA	6:26:35	Merignac 3/18/18
85.	Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
86.	Louise Hollings	GBR	6:29:22B	IOM 4/15/18
87.	Claudie Bizard	FRA	6:30:40B	Charly-sur-Marne 2/4/18
88.	Janna Kelly	GBR	6:39:56B	IOM 4/15/18
89.	Emma Nation	GBR	6:43:28B	IOM 4/15/18
90.	Annic Deman	BEL	6:45:39Bt	Douglas 8/18/18
91.	Rachael Hamilton	GBR	6:48:02B	IOM 4/15/18
92.	Kathryn Prince	GBR	6:49:12B	IOM 4/15/18
93.	Bryony Greasley	GBR	6:51:56B	IOM 4/15/18
94.	Hannah Miller	GBR	6:51:57B	IOM 4/15/18
95.	Jayne Adams	GBR	6:54:26B	IOM 4/15/18
96.	Paige Kelly	GBR	6:55:31B	IOM 4/15/18
97.	Nicole Rodier	FRA	6:56:35B	Charly-sur-Marne 2/4/18
98.	Sarah Cain	GBR	6:56:40B	IOM 4/15/18
99.	Francoise Arnault	FRA	7:00:46B	Charly-sur-Marne 2/4/18
100.	Abbie Cooke	GBR	7:03:15B	IOM 4/15/18

101. Tiffany Bell	GBR	7:08:11B	IOM 4/15/18
102. Emma Bell	GBR	7:08:14B	IOM 4/15/18
103. Angela Corkish	GBR	7:08:15B	IOM 4/15/18
104. Anita Parnell	GBR	7:09:42B	IOM 4/15/18
105. Miriam Garlick	GBR	7:09:43B	IOM 4/15/18
106. Darlene Backlund	USA	7:09:44	Santee 1/20/18
107. Pauline Taylor	GBR	7:10:33B	IOM 4/15/18
108. Carole Kelly	GBR	7:10:35B	IOM 4/15/18
109. Lucy McDowell	GBR	7:13:25B	IOM 4/15/18
110. Sharon Page	GBR	7:13:25B	IOM 4/15/18
111. Amy Dunne	GBR	7:15:31B	IOM 4/15/18
112. Ewelina Majewska	GBR	7:15:31B	IOM 4/15/18
113. Jane Oates	GBR	7:15:32B	IOM 4/15/18
114. Chris Phillips	GBR	7:17:33B	IOM 4/15/18
115. Kate Condon	GBR	7:17:33B	IOM 4/15/18
116. Barbara Watt	GBR	7:17:50B	IOM 4/15/18
117. Chrissy Lewis	GBR	7:18:34B	IOM 4/15/18
118. Nadine Cowin	GBR	7:18:34B	IOM 4/15/18
119. Jamie Fiddler	USA	7:22:47	Santee 1/20/18
120. Louise Kneen	GBR	7:25:13B	IOM 4/15/18
121. Bethany Kaneen	GBR	7:28:16B	IOM 4/15/18
122. Siobhan Golding	GBR	7:31:24B	IOM 4/15/28
123. Lydia Barbara	GBR	7:31:33B	IOM 4/15/18
124. Catherine Healy	GBR	7:31:46B	IOM 4/15/18
125. Nucharee Burridge	GBR	7:33:11B	IOM 4/15/18
126. Anne Dudley	GBR	7:36:37B	IOM 4/15/18
127. Anee Du Toit	GBR	7:44:32B	IOM 4/15/18
128. Liz Moore	GBR	7:44:33B	IOM 4/15/18
129. Kate Teare	GBR	7:44:46B	IOM 4/15/18
130. Diana Obermeyer	GER	7:45:21B	Schiedam 5/19/18
131. Mandy Hewes	GBR	7:45:40B	IOM 4/15/18
132. Magalie Lavergne	FRA	7:48:33B	Charly-sur-Marne 2/4/18
133. Audrey Regardebas	FRA	7:48:34B	Charly-sur-Marne 2/4/18
134. Catherine Jackson	GBR	7:49:22B	IOM 4/25/18
135. Aishling Creer	GBR	7:49:38B	IOM 4/15/18
136. Thenral Anand	GBR	7:51:17B	IOM 4/15/18
137. Joke Barendrecht	NED	7:52:30B	Schiedam 5/19/18
138. Irene Tholenaars	NED	7:52:30B	Schiedam 5/19/18
139. Vicki Black-Leigh	GBR	7:52:54B	IOM 4/15/18
140. Chloe Makin	GBR	7:57:21B	IOM 4/15/18
141. Verity Almond	GBR	7:57:22B	IOM 4/15/18
142. Anita Bakker	NED	8:19:11B	Schiedam 5/19/18
143. Carla Lukken	NED	8:29:47B	Schiedam 5/19/18
144. Monique Barner-Vet	NED	8:29:47B	Schiedam 5/19/18
145. Annette van de Meiracker	NED	8:39:28B	Schiedam 5/19/18

NOTE: Charly-sur-Marne results are official 50K splits during an 8-Hour race; Douglas results are official 50K splits during a 100-mile race on the track.

I won't reproduce the men here but have saved it to <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf>.

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

Aug 26 (Sun), 2018	Australian Roadwalk Championships, Lake Kawana, Sunshine Coast, QLD
Oct 5-6, 2018	AV Shield commences (Round 1 at various venues)
Oct 13-20, 2018	Alice Springs Masters Games - www.alicespringmastersgames.com.au/
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 3 (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

International Dates – 2018 and onwards

Sept 4-16, 2018 **22nd World Masters Athletics T&F Championships**, Malaga, Spain
 Sep 24-26, 2018 Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B)
 See <http://www.wzdrs.com/>.

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, 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
 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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