



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### WALKER OF THE WEEK

My Walker of the Week this time around is 10 year old Melbourne walker **Liam Hutchins**. Competing in our VRWC Road Relays on Saturday at Middle Park, he walked to a 9 sec PB of **10:30** in the 2km walk. It was yet another great walk for the youngster who joined VRWC in April 2018.

2018 has seen some great performances. In March, he won the Little Athletics Victoria U10 1100m championship (5:31) and in June, he finished 4<sup>th</sup> in the LBG Carnival U12 2km in Canberra (10:49). His PBs stand at 5:11 (1km), 10:30 (2km) and 17:01 (3km). A young man with a big future.



*Liam on Saturday – ready, go, then handover to Kyle Swan 2km later (photos Terry Swan)*

### WHAT'S COMING UP

- Next Sunday sees our final walks day for the winter, and it is a big one, with the Victorian 50km championship, a RWA 50km championship for women and our VRWC 35km club championship, as well as a 6 Hours Walk and 20km and 10km walks. Entries for the AV 50km are via the Athletics Victoria website at <http://athsvic.org.au/event/2018-av-50km-walks-championships/> (entries for this event close Thursday 6<sup>th</sup> Sept). Entries for the RWA 50km and the VRWC 35km are via our VRWC online panel at <http://vrrwc.org.au/wp1/> (entries for these two events close on Friday 7<sup>th</sup> Sept). Other events can be entered on the day but can also be made (more preferably) via our VRWC online entry panel.

**Sunday 9<sup>th</sup> September 2018 Middle Park**

7.30am	50km AV Championship - Jared Tallent Trophy	Open *
	50km RWA Championship	Open Women*
	35km VRWC Championship – Ray Smith Trophy	Open *
	6 Hours Walk	Open
10.00am	20km	Open
11.00am	10km	Open

All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship.

It is also possible to enter this event as a standalone event.

The Victorian 50km and VRWC 35km are Open events, meaning they are open to men and women.

\* These events require pre-entry.

- After that, we can all have a good rest until the AV Shield competition starts on Saturday 6<sup>th</sup> October. You can check out the key AV summer season dates at <http://athsvic.org.au/wp-content/uploads/Summer-Calendar-2018-19-as-170818.pdf>.
- Good luck to all our walkers competing in the 22<sup>nd</sup> World Masters Athletics Championships in Malaga, Spain – **Gwen Steed, Russ Dickenson, Heather Carr, Ralph Bennett, Andrew Jamieson, Tony Doran and Sandra Howorth**. The championships get underway today (Tuesday 4<sup>th</sup> September) and will finish on Sunday 16<sup>th</sup> September. Check out the championships website at [https://malaga2018.com/GO/eng\\_index.htm](https://malaga2018.com/GO/eng_index.htm). You will be able to check out results on web page <https://wmamalaga2018.com/results/>. The walks are spread across the program as follows

Days 4-6	5000m Track Walks	Day 10	10km Road Walks
Day 14	20km Road Walks		

- The VRWC Summer Season fixture is now online at <http://www.vrwc.org.au/vrwc19.shtml>. We have 6 race days, 3 at Middle Park and 3 at the Mentone athletics track. Dates are as follows:
  - Wed 17 October 2018 VRWC Track Races Mentone
  - Sun 28 October 2018 VRWC Road Races Middle Park
  - Sun 18 November 2018 VRWC Summer Championships and AGM Middle Park
  - Sun 20 January 2019 VRWC Road Races Middle Park
  - Wed 13 February 2019 AV 5000m Teams Championship & VRWC Track Walks Mentone
  - Sun 17 February 2019 VMA 5000m Championships & VRWC Track Races Mentone

### AUSTRALIAN ROADWALK CHAMPIONSHIPS, LAKE KAWANA, QLD, SUNDAY 26 AUGUST

I published the main Australian Roadwalk Championships results in last week's newsletter. I now have the handicap results and the teams results and have added them into the mix. Check them out at <http://www.vrwc.org.au/RWA-Results/2018%20AA%20RWA%20Roadwalks%20Sunshine%20Coast.pdf>. Thanks to RWA President Bob Cruise for putting the results together.

### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 1 SEPTEMBER

Our inaugural club road relays were held on Saturday at Middle Park and they proved to be a great success, with 10 teams of 4 walkers contesting legs of 3km, 1km, 2km and 4km. Club handicapper Mark Donahoo picked the teams to try to make the competition as close as possible, with most teams starting off within a couple of minutes of each other.

Team 3 (**Alannah Upson, Havana Ali, Angus Hay and Heath Beveridge**) were the winners, so had picks of the prizes table. We also had prizes for those walkers who beat their handicap by the biggest amount in each leg, and these were **Alannah Upson** (again!), **Pam Mews, Aiden Smith** and **Paige De Lisen**. And a special well done to 8 year old **Tamisha Upson** who ended up doing the 2km leg and had to work hard over the longer distance.

Lots of our younger walkers did big PBs so the relay format really brought out the best in everyone. Results are in order of finishing.

Start	Team	1 <sup>st</sup> Leg (3km)	Time		2 <sup>nd</sup> Leg (1km)	Time	
0:19	Team 3	Alannah Upson	18:46	PB 2:11	Havana Ali	06:41	PB 0:14
2:39	Team 8	Albin Hess	18:13		Jan Morrey	07:28	
1:46	Team 6	Donna Elms	18:07		Zahlia Heikkila-Dubowik	05:53	
7:48	Team 1	Grace Louey	17:38	PB 0:15	Kaylah Heikkila-Dubowik	05:30	PB 0:12
2:22	Team 9	Paul Kennedy	17:24		Tayasha Heikkila	07:14	PB 0:04
2:14	Team 2	Merylyn Thompson	21:12	PB 0:14	Addison Paulke	06:57	
1:55	Team 7	Holly Cocking	16:27		Pam Mews	09:50	
1:16	Team 4	Charlotte Hay	15:44		Sophie Blackwood	07:42	
1:36	Team 5	Kathleen O'Mahony	17:19		Charli Walker	05:50	
2:39	Team 10	Luke Epps	16:52		Ela Uzun	05:53	PB 0:24

Team	3 <sup>rd</sup> Leg (2km)	Time	4 <sup>th</sup> Leg (4km)	Time	Total	Finish Time	Place	
Team 3	Angus Hay	12:13	Heath Beveridge	20:33	PB 0:38	58:13	58:32	1
Team 8	Isabella Dingli	12:52	Corey Dickson	18:22	PB 0:14	56:55	59:34	2
Team 6	Alannah Dingli	12:17	Paige De Lisen	21:52	PB 0:56	58:09	59:55	3
Team 1	Liam Hutchins	10:30	Kyle Swan	18:45		52:23	1:00:11	4
Team 9	Aiden Smith	14:30	Mark Blackwood	18:57		58:05	1:00:27	5
Team 2	Hamish Blackwood	11:26	Jason Kozica	18:51		58:26	1:00:40	6
Team 7	Emily Smith	11:48	Philippa Huse	20:47		58:52	1:00:47	7
Team 4	Darcey Roberts	10:34	Karyn O'Neill	26:39		1:00:39	1:01:55	8
Team 5	Sebastian Weickhardt	12:33	Carolyn Rosenbrook	24:45		1:00:27	1:02:03	9
Team 10	Tamisha Upson	17:42	Pramesh Prasad	20:07		1:00:34	1:03:13	10

We also had a few walkers who chose the 4km and 1km open walks.

#### VRWC Open 4km Walk

1. Madeleine Feain 23:50

#### VRWC 1km Walk

1. Riannah Tatlock 05:28
2. Emma McCaffrey 08:15
3. Heath Tatlock 08:38

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

**Judges:** Peter Vysma (Chief), Gordon Loughnan, Stuart Cooper, Terry O'Neill, David Cash, Shane Dickson, Mark O'Mahony, Diane Lowden  
**Officials:** Tim Erickson, Bob Gardiner, Simon Baker  
**Canteen:** Wendy Cooper, Donna Elms, Eija Heikkila  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/486>)  
**Videos:** Gerard Feain

And thanks to Gerard Feain for his video from last week's races – <https://youtu.be/fv7eAlevr4E>. Great work Gerard!

Our races were followed by our Winter Season Presentations, so it was a big day indeed. Terry Swan has lots of Presentations photos available at <http://www.vrwc.org.au/piwigo/index.php?category/486>.

To see the full list of winter season trophy and award winners, check out <http://www.vrwc.org.au/documents/2018%20Trophy%20Winners%20-%20winter%20season.pdf>. If you weren't there to pick up your trophy in person, see us when you are next at Middle Park.

With only one round of our winter season to go (our Victorian 50km championship), today marked the end of the season for many of our walking families. Well done everyone on a great winter season. Have a good rest and see you next season.



Winning team – Alannah Upson takes off on leg 1, then changes to Havanna Ali for the second leg (photos Terry Swan)





*Left: The winning team: Angus Hay (leg 3) changes to Heath Beveridge (leg 4)  
Centre and right: Ela Uzun changes to Tamisha Upson, Aiden Smith*



*Paige de Lisen takes over from Alannah Dingli, close finish between Grace Louey and Marilyn Thompson, Pam Mews*

**TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 1 SEPTEMBER**

Thanks to Wayne Fletcher for this week's results from Tasmania. Wayne commented: *On a cold chilly day with winds blowing off the river made walking difficult. A number of regulars off sick.*

**5km Walk**

1. Eugene Gerlach 33.48

**4km Walk**

1. Steve Ahern 22.48
2. Wayne Fletcher 31.19

**3km Walk**

1. Will Robertson 15.58

**ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 1 SEPTEMBER**

Thanks to Robin Whyte for this week's results from Canberra. Fast walking by **Mitchell Baker** (8km 37:47) and **Connor Frew** (2km 8:26).

**8km Handicap**

1.	Bob Parker	59:44
2.	Robin Whyte	53:22
3.	Val Chesterton	1:12:14
4.	Hannah Manning	45:29
5.	Mitchell Baker (F/T)	37:47
6.	Greg Durr	49:09
7.	Bryan Thomas	1:01:03
8.	Mick Saunders	1:02:25
9.	Doug Fitzgerald	1:02:48
10.	Tim Fraser	41:32

**4km Handicap**

1.	Owen Toyne (F/T)	23:35
2.	Helen Toyne	32:47
3.	Kate Black	25:24
4.	Rosemary Parker	29:37
5.	Jack Thackray	36:22
6.	Pat Fisher	39:20
7.	Jennifer Gilchrist	35:41

**2km Handicap**

1.	Connor Frew (F/T)	08:26
2.	Sidney Shaw	11:25

**1km Handicap**

1.	Georgia Frew (F/T)	06:09
2.	Ella Baker	06:10

**SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 1 SEPTEMBER**

Thanks to Peter Crump for this week's results from Adelaide. Fastest effort by **Kim Mottrom** (5km 22:25).

**10km Walk**

1.	Mathew Bruniges	53:55
2.	Royrie Upton	1:01:44
3.	Greg Metha	1:04:44
	Rhiannon Lovegrove	DNF
	James Hoare	DNF
	Bill Starr	DNF

**2km Walk**

1.	Hannah Wilks	11:59
2.	Sam Wilks	12:45
3.	Katie DeRuvo	12:57
4.	Edward Upton	14:22
5.	Tarique Kamish	14:22
6.	Xavier Upton	16:18
7.	Zahra Kamish	17:36
8.	Maliha Kamish	17:36

**5km Walk**

1.	Kim Mottrom	22:25
2.	Kiera Ross	27:56
3.	Adrian Upton	32:51

**3km Walk**

1.	Kitarni Upton	17:10
2.	Zayden Kamish	17:51
3.	Seth Upton	19:34
	Liz Downs	DNF

**SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 1 SEPTEMBER**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: *Cool, cloudy arvo. Good for walking.* Nearly as many race divisions as there were walkers!

**15km Walk**

1.	Kevin Finn	1:44:24	M66	71.54%
2.	Marie Maxted	1:47:24	W58	72.62%

**15km Club Walk**

1.	Graham Harrison	1:59:36	M75	70.14%
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**12km Club Walk**

1.	Raelene Schild	1:39:55	W53	58.14%
2.	Roger Lowe	1:42:58	M75	64.69%

**9km Club Walk**

1.	David Robertson	1:17:02	M85	
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**6km Walk**

1.	Ross Hill-Brown	0:51:06	M63	55.15%
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**6km Club Walk**

1.	Dave Fallon	0:46:51	M66	61.77%
2.	Colin Hainsworth	0:57:22	M88	69.91%

**3km Club Walk**

1.	Jeff Kennett	0:32:30	M68	44.22%
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<b>QRWC ROADWALKS, MURRARIE, BRISBANE, SUNDAY 2 SEPTEMBER</b>
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Thanks to Robyn Wales for this week's results from Queensland. She commented: *Very quiet here for Father's Day and post Nationals.*

**Open Men 20km**

1.	Peter Bennett	2.04.21
2.	Ignacio Jimenez	2.05.02

**Invitation 5km**

1.	Caitlin Hannigan	25.41
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**Invitation 2km**

1.	Myles Callaghan	10.37
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**Invitation 1km**

1.	Flynn Callaghan	5.36
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**QMA Long Walks Championships****Men: 30+ 20km**

1.	M50-54	Ignacio Jimenez	2.05.02
1.	M60-64	Peter Bennett	2.04.21

**Women: 10km**

1.	W40-44	Brenda Gannon	59.50
1.	W75-79	Noela McKinven	1.26.27

<b>2018 ASIAN GAMES, JAKARTA, INDONESIA, 18 AUGUST – 2 SEPTEMBER</b>
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The 18<sup>th</sup> Asian Games, which finished last weekend, was a huge multi-sport event that extended over a 2 week period in the Indonesian cities of Jakarta and Palembang. Roadwalks were included in the athletics program, with the 20km championships held on Wednesday 29<sup>th</sup> August and the Men's 50km held the next day.

The 20km walks were held in the morning of Wednesday 29<sup>th</sup> August, with the 11 men heading off at 6AM and the 11 women heading off at 6:10AM. It might have been an early start but it was already hot and humid (24° and 70%). The race lap was held alongside the stadium and saw a large crowd of spectators in attendance. The races are well reported by marciadalmondo – see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3269](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3269).

The men's 20km saw a slow start, with a group of seven athletes leading through the 7km mark. At this stage, the pace quickened and the lead group was soon reduced to 3 - Chinese **Wang Kaihua** and **Jin Xiangqian**, along with the Japanese **Toshikazu Yamanishi**. The pace continued to quicken, with the third 5km done in 19:56 and Jin fell off. It was now a race between two. The final 500m saw Wang finally break away from Yamanishi and win with a time of 1:22:04 (last 5 km in 20:02). Yamanishi was 6 secs in arrears with 1:22:10 and the third placed Jin was well back with 1:25:41.

**20km Men**

1.	Kaihua Wang	1994	CHN	1.22.04
2.	Toshikazu Yamanishi	1996	JPN	1.22.10
3.	Xiangqian Jin	1997	CHN	1.25.41
4.	Hyun-Sub Kim	1985	KOR	1.27.17
5.	Eiki Takahashi	1992	JPN	1.27.31
6.	Georgiy Sheiko	1989	KAZ	1.27.58
7.	Byung-Kwang Choe	1991	KOR	1.29.49
8.	Bayu Prasetyo		INA	1.42.35
9.	Man Kit Chin	1991	HKG	1.43.43
	Irfan Kolothum Thodi		IND	DQ
	Manish Singh Rawat		IND	DQ

The women's 20km lived up to expectations, with a wonderful duel between world champion **Yang Jiayu** and Olympic silver medalist **Qieyang Shenjie**. The lead changed during the race but little ever separated the two Chinese walkers, and it came down to a final sprint as Yang Jiayu prevailed by the smallest of margins both walkers being credited with the same time of 1:29:15. Third place went to Japanese **Kumito Okada** while Indian **Khushbir Kaur** finished 4th, the only Indian to actually finish from their 5 strong walks team. It was definitely a meet to forget for them.

**20km Women**

1.	Jiayu Yang	1996	CHN	1.29.15
2.	Shijie Qieyang	1990	CHN	1.29.15
3.	Kumiko Okada	1991	JPN	1.34.02

4.	Kaur Khushbir	1993	IND	1.35.24
5.	Yeongeun Jeon	1988	KOR	1.37.31
6.	Siu Nga Ching	1987	HKG	1.39.51
7.	Jeong-Eun Lee	1994	KOR	1.40.14
8.	Diana Aydossova	1995	KAZ	1.42.32
9.	Ayman Ratova	1991	KAZ	1.42.35
	Ranwa Balilli		PLE	DNF
	Soumya Baby		IND	DQ



*Left: The lead pack in the 20km walk  
Right: Chinese walkers Yang Jiayu and Qieyang Shenjie fight out the women's 20km (photos from marciadalmondo)*

Alas, no women's 50km but at least the men had one, starting at 6AM on Thursday 30<sup>th</sup> August. As usual, great reporting by marciadalmondo (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3270](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3270)).

The early start was not really of much help as weather conditions were already horrendous, with a humidity of 90% and a hazy hot day quickly taking shape. In a fascinating start, Chinese walker **Wang Rui** retired after only 8km, while Korean **Chilsung Park** (later disqualified) and Indian **Sandeep Kumar** (also subsequently disqualified) were soon in Pit Lane for 5 minute stops. While this was going on around them, the lead group of 3 (Japanese **Satoshi Maruo** and **Hayato Katsuki** and the Chinese **Wang Qin**) were walking well, passing through the 30km mark in 2:20:20. Soon after this, the Chinese walker dropped off, leaving the two Japanese going shoulder to shoulder. When Katsuki incurred a third red card at the 36km mark and was forced to endure a 5 minute stop in the pit lane, it looked like an easy win for Maruo. He lead through 40km with 3:11:13, just on one minute ahead of Wang Qin (3:12:12) and a further break to Katsuki (3:12:54) who was staging a valiant comeback after his pit lane stop. As the walkers entered the final 5km, it was a case of who would survive best in the horrendous conditions, and it turned out to be Katsuki (4:03:30). Wang Qin held on for second (4:06:48) while Korean **Joo Hyunmyeog** came through for third place(4:10:21), one spot ahead of Maruo who faded very badly to finish with 4:14:13. It is the first time in the brief history of the Penalty Area rule that victory has gone to an athlete who has been stopped for five minutes in the Pit Lane.

Hendro, the final finisher in 4:32:20, collapsed and was carried from the finish line on a stretcher. See <https://www.ndtv.com/world-news/this-is-indonesia-race-walker-collapses-after-50km-of-heat-smog-1908569>.

#### 50km Men

1.	Hayato Katsuki	1990	JPN	4.03.30
2.	Qin Wang	1994	CHN	4.06.48
3.	Hyun-Myung Joo	1997	KOR	4.10.21
4.	Satoshi Maruo	1991	JPN	4.14.13
5.	Hendro Hendro	1990	INA	4.32.20
	Chil-Sung Park		KOR	DQ
	Kumar Sandeep		IND	DQ
	Rui Wang		CHN	DNF





*The lead pack in the 50km walk – a great course and lots of spectators, but a shame for the brutal weather conditions*

**RWA/UKA NATIONAL 50KM CHAMPIONSHIP, ISLE OF MAN, SUNDAY 2 SEPTEMBER**

**Jonathan Hobbs** (4:43:35) and **Jayne Farquhar** (5:48:34) won the RWA/UKA National 50km Championships last Sunday on the Isle of Man. German **Leo Kopp** (1:25:33) won the Manx 20km Championship ahead of **Guy Thomas** (1:32:12) and **Tom Partington** (big PB of 1:35:02). Lots of photos at <http://isleofman.in/p180294382>.

**RWA/UKA National 50km championship 2018 - Men**

1.	Jonathan Hobbs	M	Ashford A.C.	56.16	1.50.18	2.45.30	3.44.05	4.43.35
2.	Dale Farquhar	M	Manx Harriers	1.01.14	2.04.40	3.10.59	4.24.42	5.37.46
3.	Adrian Edwards	M	Lancashire W.C.	1.05.13	2.12.14	3.20.18	4.29.28	5.39.38
	James Bassett	M	Manx Harriers	1.07.35	DNF			

**RWA/UKA National 50km championship 2018 - Women**

1.	Jayne Farquhar	F	Manx Harriers	1.07.52	2.15.32	3.24.05	4.35.05	5.48.34
2.	Louise Hollings	F	Manx Harriers	1.12.36	2.24.25	3.36.36	4.50.15	6.06.02
3.	Nicola Raven	F	Manx Harriers	1.12.36	2.26.14	3.42.39	5.06.35	6.29.27
4.	Rebecca Greatbatch	F	Manx Harriers	1.12.36	2.25.36	3.47.33	5.14.54	6.39.50
	Sharon Cain	F	Western A.C	1.12.36	2.24.25	DNF		

**Manx 20km Championship**

1.	Leo Kopp	SM	LG Nord Berlin	43.06	1:25.23
2.	Guy Thomas	SM	Tonbridge A.C	43.15	1:32.12
3.	Tom Partington	JM	Manx Harriers	47.33	1:35.02
4.	David Mapp	SM	Manx Harriers	50.03	1:41.31
5.	Hannah Hunter	W35	Manx Harriers	58.04	1:56.58
6.	Michelle Turner	W45	Northern A.C.	58.04	1:58.18
7.	Colin Moore	M55	IOMVAC	1:11.51	2:31.25
	Adam Cowin	SM	Manx Harriers	54.07	DNF

**Junior support races**

**1km Walk**

1.	Lilee Fletcher	FU9	U/A	8.18
2.	Jay-Jay Fletcher	M U9	U/A	9.28

**2km Walk**

1.	Grace Fletcher	FU11	U/A	14.42
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**3km Walk**

1.	Alice Bellando	FU17	Manx Harriers	17.55
2.	Mia Dunwell	FU15	Northern	18.47
3.	Keira Heavay	FU17	Northern	19.38



**FINNKAMPEN, TAMPARE, FINLAND, SATURDAY 1 SEPTEMBER**

Thanks to <http://www.gang.se> for the results of the Finnkampen meet in Tampare, Finland, last Saturday evening. This is a huge annual track meet which features a 10,000m track walk for men and a 5000m track walk for women.

Sweden's **Perseus Karlström** was in superb form in the men's 10,000m track walk, winning with a new Swedish track walk record of 38:39.28. All 6 men had competed in the European Championships in Berlin a few weeks ago so it was a high quality race, with Perseus getting away right at the end from Finland's **Veli-Matti Partanen**, who also scored a PB and a National Record with his time of 38:44.13. It was Perseus's tenth Finnkamp appearance and his sixth straight victory. **Ato Ibáñez**, in his 15<sup>th</sup> Finnkamp appearance, was next to finish with a PB 40:24.99. He was followed by **Jarkko Kinnunen** (40:42.44), **Anders Hansson** (42:20.79) and **Aleksi Ojala** (42:49.86). Sweden won the high quality match by 13 points to 9.

**10,000m Walk Men**

1.	Perseus Karlström	SWE	38:39.28	PB, NR
2.	Veli-Matti Partanen	FIN	38:44.13	PB, NR
3.	Ato Ibáñez	SWE	40:24.99	PB
4.	Jarkko Kinnunen	FIN	40:42.44	
5.	Anders Hansson	SWE	42:20.79	
6.	Aleksi Ojala	IN	42:49.86	

The women's 5000m saw Finland take the first 3 places, with **Elisa Neuvonen** in her second straight victory (a PB 22:44.56) from **Hele Haapaniemi** on (PB 23:06.74) and **Tiia Kuikka** (PB 23:12.29). **Monica Svensson** was the first of the Swedish walkers, coming 4<sup>th</sup> in her 16<sup>th</sup> Finnkamp (24:09.23). Finland won the women's match 16 points to 6.

**5000m Walk Women**

1.	Elisa Neuvonen	FIN	22:44.56	PB
2.	Hele Haapaniemi	FIN	23:06.74	PB
3.	Tiia Kuikka	FIN	23:12.29	PB
4.	Monica Svensson	SWE	24:09.23	
5.	Ellinor Hogrell	SWE	29:08.83	
6.	Julia Ibrahim	SWE	30:33.08	

Finnish U18 championships were held in the morning, with **Laura Kankkunen** (15:03.40) and **Jerry Jokinen** (22:14.20) talking the titles.

**5000m U18 Boys**

1.	Jerry Jokinen	FIN	22:14.20	PB
2.	Lauri Joukas	FIN	22:14.82	PB

**3000m U18 Girls**

1.	Laura Kankkunen	FIN	15:03.40	PB
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**SLOVAK NATIONAL CLUB CHAMPIONSHIPS, DUBNICA NAD VÁHOM, SUNDAY 2 SEPTEMBER**

**Miroslav Uradnik** (20:15.16) and **Maria Czakova** (21:58.66) were the winners in the Slovak National Club Championships track walks on Sunday in Dubnica nad Váhom.

**5000m Men**

1.	Úradník Miroslav	96	ŠK Dukla o.z. Banská Bystrica	20:15.16
2.	Cerný Dominik	97	ŠK Dukla o.z. Banská Bystrica	20:38.29
3.	Rížek Milan	78	AK Slávia TU Košice	21:07.42
4.	Kubiš Lubomír	01	AK Spartak Dubnica nad Váhom	21:17.23
5.	Morvay Michal	96	AC Stavbár Nitra	21:28.12
6.	Kováč Daniel	01	ŠK ŠOG Nitra	21:28.67
7.	Hamzic Alan	00	ŠK ŠOG Nitra	24:32.97

**3000m Women**

1.	Czaková Mária	88	ŠK Dukla o.z. Banská Bystrica	21:58.66
2.	Hornáková Monika	95	ŠK Dukla o.z. Banská Bystrica	24:39.94
3.	Burzalová Hana	00	AK Spartak Dubnica nad Váhom	25:46.08
4.	Žárska Klaudia	99	AK Spartak Dubnica nad Váhom	26:04.28
5.	Vargová Svetlana	00	ŠK ŠOG Nitra	36:36.13

## 2018 NZ ROAD RACE CHAMPIONSHIPS, CAMBRIDGE, SUNDAY 2 SEPTEMBER

The New Zealand Roadwalk Championships, held last Sunday in Cambridge, saw wins to 2006 Commonwealth Games silver medallist **Tony Sargisson** (55:37) and **Laura Langley** (54:09) in the Open 10km events. Fastest masters walk to ex Kiwi and now Victorian based **David Smyth** (62:25) while the best of the juniors was **Daniel Du Toit** (25:26).

### Open Men 10km

1. Tony Sargisson                      Auckland                      55.37

### Masters Men 35-49 10km

1. David Smyth (INV)                      Australia                      62.25  
2. Scott Dean                      Auckland                      71.49

### Masters Men 50+ 10km

1. Clive McGovern                      Wellington                      62.45  
2. Joseph Antcliff                      Wellington                      68.58  
    Ross Allen                      Taranaki                      DQ

### Open Women 10km

1. Laura Langley                      Hawkes Bay                      54.09  
2. Karen Davison                      Auckland                      71.54

### Masters Women 35+ 10km

Helen Baverstock                      Taranaki                      DQ  
Serena Coombes                      Taranaki                      DQ  
Anne Fraser                      Taranaki                      DQ

### U20 Men 5km

1. Alexander Brown                      Otago                      29.30

### U18 Men 5km

1. Daniel Du Toit                      Wellington                      25.26  
2. Troy Sargisson                      Auckland                      29.57  
3. Ryan Jones                      Hawkes Bay                      30.06

### U18 Women 5km

1. Laura Kehley                      Taranaki                      32.58

## GUERNSEY CHURCH TO CHURCH, HAVELET BAY, GUERNSEY, SUNDAY 2 SEPTEMBER

The annual ABN-AMRO Channel Islands Ltd Church to Church walk took place last Sunday, starting at Havelet Bay, South Esplanade at 9AM, winding past all the Guernsey Parish churches in a large 19.4 mile loop and eventually finishing back at the South Esplanade. A fixture in Guernsey's sporting calendar since 1936, the walk is open to all, from race walkers to those that just want to complete the course within the generous time limit of 5 hours 30 minutes.

The event was well reported in <https://churchtochurch.wordpress.com/>. **Stuart Le Noury** walked to his third overall win in his second quickest time of 3:11:24, in conditions that grew hotter as the race progressed, and local **Ana Sahati** was the first of the women, with a winning time of 4:41.25.

### Church to Church Men

1.	Stuart Le Noury	Sarnia WC	M	3:11.24
2.	Rob Elliott	Sarnia WC	M55	3:41.56
3.	Glyn Jones	Coventry Godiva	M75	3:48.46
4.	Ian Torode	South West Veterans AC	M60	3:50.56
5.	Phil Lockwood	Sarnia WC	M45	3:52.43
6.	Stephen Cartwright	Colchester & Tendring AC	M60	3:55.23
7.	Sean Pender	Enfield & Haringey	M65	3:57.27
8.	Ed Shillabeer	Ilford AC	M75	4:06.06
9.	John James Cooper	Unattached	M35	4:21.05
10.	David HobenSurrey	WC	M65	4:36.51

### Church to Church Women

1.	Ana Sahati	Unattached	W35	4:41.25
2.	Wendy WilsonSarnia	WC	W55	4:56.41

## COATZA RACE WALK CIRCUIT, COATZACOALCOS, MEXICO, SATURDAY 25 AUGUST

The Coatza Race Walk Circuit, to honor Carlos Mercenario, the great Mexican walker who won the silver medal at the Barcelona Olympic Games, was held on Saturday 25<sup>th</sup> August in the city of Coatzacoalcos in the Gulf of Mexico. **Isaac Palma** (MEX) won the men's 10km walk with the time of 39:51 while **Andrea Martínez** (MEX) won the women's 10km with a PB of 45:41.

### 10km Men

1.	Isaac Palma Olivares	39:51.00
2.	Jesus Tadeo Vega	41:05.21
3.	Noel Chama	41:24.23
4.	Virgilio Galindo	41:52.16

5.	Cristian Berdeja	42:13.06
6.	Andreas Gustavson	42:14.32
7.	Brandon Segura Zepeda	42:16.54
8.	Ricardo Ortiz Rivera	42:18.74
9.	Julio Cesar Salazar	42:23.03
10.	Jhonathan Esquivel	42:48.30
11.	Diego Solis	42:53.06
12.	Carlos Jared Mejia Zavaleta	43:01.75
13.	Federico Gonzalez Gonzalez	44:54.86
14.	Jesus Calderón Gómez	46:13.59
15.	Luis Jose Solis	46:39.72
16.	Nick Christie	47:26.84
17.	Horacio Olivares Ruiz	50:53.15
18.	Miguel Bautista	51:41.46
19.	Saul Cortes Poblano	58:36.76
20.	Jonathan Antonio Gutierrez Ayala	1:15:47.37

#### 10km Women

1.	Andrea Martinez	45:40.63
2.	Alejandra Ortega Solis	47:54.52
3.	Nadia Gonzalez	48:38.32
4.	Maria De La Luz Perez Lopez	49:46.53
5.	Vivian Lizbeht Castillo Villamares	51:14.99
6.	Iliana Garcia Lormendez	52:39.68
7.	Arisay Cruz Salinas	54:20.47
8.	Dulce Arrieta	55:28.57
9.	Arely Enriquez Muñoz	1:07:14.20

### 24 HEURES DE BONHEUR, VILLENAVE D'ORNON, FRANCE, 1-2 SEPTEMBER

The annual 24 Heures de Bonheur, which was held last weekend in the Bordeaux suburb of Villenave D'Orlon, saw large fields in both run and walk divisions, as well as a number of relay teams over the 24H, 12H, 6H and 3H divisions. Full results are at <http://24hvillevave.fr/>. I reproduce here the 24H, 12H and 6H walk results.

**Laurent Pineau** (174.880km) and **Florence Barbier** (137.172km) won the 24 Hour walk divisions, **Thierry Bernard** (88.099km) and **Corinne Vergniol Levaique** (67.261km) won the 12H walk divisions, and finally **Thierry Maurel** (40.755km) and **Nicole Lasserre** (33.092km) won the 6 Hour walk divisions.

#### 24 Hour Walk

1.	PINEAU Laurent	174.880 km	V2M/68	S/l Haute Saintonge Ath	1
2.	DURAND Gerard	171.961 km	V2M/67	Us Aigrefeuille Ath	2
3.	GRASSI Alain	171.931 km	V2M/59	N. Licencies	3
4.	NADAUD Honore	167.038 km	V3M/58	N. Licencies	1
5.	SUAU Michel	157.240 km	V3M/57	N. Licencies	2
6.	BARBIER Florence (F)	137.172 km	V2F/68	N. Licencies	1
7.	LAUBRETON Stephane	135.062 km	V1M/73	S/l Haute Saintonge Ath	1
8.	CANTET Nadege (F)	127.063 km	V1F/73	Nadege Et Christophe	1
9.	PARROT Julien	124.056 km	SEM/81	N. Licencies	1
10.	ELMON Sandra (F)	122.219 km	V1F/73	N. Licencies	2
11.	SAVARE Valerie (F)	121.035 km	V2F/62	N. Licencies	2
12.	CHIFFOLEAU Alain	121.031 km	V4M/42	N. Licencies	1
13.	KAMPER Francis	119.419 km	V3M/49	N. Licencies	3
14.	GRANCOIN Sebastien	116.087 km	V1M/76	N. Licencies	2
15.	PIERRE Patrick	112.907 km	V4M/48	Cercle Athl. Castel	2
16.	RAMANOEL Richard	110.342 km	V3M/56	Valerie Savare	4
17.	MAZURIER Dominique	104.042 km	V3M/58	N. Licencies	5
18.	VOGT Damien	101.690 km	SEM/86	N. Licencies	2
19.	DUPONT Jean-philippe	98.679 km	V2M/61	Marche Cours A Blaye	4
20.	KAMPER Regine (F)	96.697 km	V3F/50	N. Licencies	1

#### 12 Hour Walk

1.	BERNARD Thierry	88.099 km	V2M/62	Ca Villenave D'ornon	1
2.	LEVAIQUE Raymond	76.286 km	V3M/49	S/l Haute Saintonge Ath	1
3.	NIVOGEIN Thierry	76.285 km	V1M/70	N. Licencies	1
4.	DIAZ Carol (F)	71.482 km	V1F/70	N. Licencies	1
5.	VERGNIOL LEVAIQUE Corinne (F)	67.261 km	V2F/67	S/l Haute Saintonge Ath	1
6.	LAGAR Jean-pierre	63.339 km	V2M/62	Us Cenon-rive-droite	2

7.	PORTRON Sandy (F)	59.541 km	SEF/89	N. Licencias	1
8.	DIAZ Lea (F)	53.892 km	SEF/94	N. Licencias	2

#### 6 Hour Walk

1.	MAUREL Thierry	40.755 km	V3M/56	Courir Sympa Saverdun	1
2.	SANCHEZ Didier	35.794 km	V3M/58	S/I Cm Floirac	2
3.	GONZALEZ Albert	33.244 km	V2M/60	S/I Cm Floirac	1
4.	ROCHAT Charles	33.244 km	V3M/49	S/I Cm Floirac	3
5.	LASSERRE Nicole (F)	33.092 km	V3F/54	Us Et Culturelle Saucataise	1
6.	CANTET Christophe	32.694 km	V1M/72	Nadege Et Christophe	1
7.	DRILLAUD Cosette (F)	31.283 km	V3F/58	N. Licencias	2
8.	DRILLAUD Patrice	27.443 km	V3M/56	N. Licencias	4
9.	COSSON Maryse (F)	26.454 km	V3F/50	N. Licencias	3

### 2018 50KM WORLD RANKING LIST UPDATES

**Paul DeMeester's** 2018 50km Ranking Lists continues to grow. As of 2<sup>nd</sup> September, after the Asian Games men's 50km and the British 50km, we now have 147 women and 277 men with times on the board. Now that is impressive and puts the lie to the argument that the 50km is dying. See <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf>

### OUT AND ABOUT

- Frank van Ravensberg has emailed to remind us all that the 2018 edition of the Sprint Triathlon in Race Walking will be held on Saturday September 22<sup>nd</sup> in Hilversum (Nederland). He explains that they have a different location this year because the track in Veenendaal is being repaired/renewed. You can contact Frank at [f.vanravensberg@live.nl](mailto:f.vanravensberg@live.nl). I enjoy reporting on this event each year. This will be the 9<sup>th</sup> edition and will feature its usual 3 race distances.

		
<b>Benelux Challenge</b>	<b>Benelux Race Walking Team</b>	<b>Gooise Atletiek Club</b>

**9<sup>e</sup> Internationale Sprintdriekamp Snelwandelen**

zaterdag 22 september 2018

**Terrein: Arena 103, Hilversum**

Contactpersonen:

Frank van Ravensberg (06-28 12 23 48)

Patrick Weening (06-50 20 32 35)

- Six years after the first revelations about the obvious widespread doping culture in Kenyan athletics in ARD, the first WADA approved doping control lab is to open in Nairobi. Still a long way to go, but a step in the right direction. Previously, blood samples taken from Kenya's world-beating distance runners had to be flown to South Africa or, more recently, Europe to be tested at an approved lab within 36 hours — a challenging race against time that led to the regular bending of anti-doping rules. See <https://apnews.com/8ab19c70cb964f569a022f3b20617665>.
- Of course, it's a job only half done. The Nairobi Laboratory is not accredited for urine analysis. This means that any urine samples collected in Africa must still be sent outside of the continent for analysis. Now isn't that brilliant! See <http://www.sportsintegrityinitiative.com/nairobi-laboratory-only-accredited-for-blood-analysis/>.



- Travis Tygart, the chief executive of the United States Anti-Doping Agency, has accused IOC President Thomas Bach of "throwing in the towel" after he conceded that sport's battle against drugs cannot be won. The German told CNN Switzerland earlier this month that "doping will always happen". "This is one of the wars you cannot win," he added. See <https://www.insidethegames.biz/articles/1069319/tygart-accuses-bach-of-throwing-in-the-towel-on-doping-and-says-rusada-reinstatement-would-be-devastating-blow>.
- David Okeyo has been expelled as a member of the International Association of Athletics Federations (IAAF) Council and banned from the sport for life after the governing body's Ethics Board found him guilty of siphoning off funds from a sponsorship deal between Athletics Kenya (AK) and Nike. In its judgement released today, the IAAF Ethics Board said Okeyo, the former secretary general and vice-president of AK, had diverted thousands of dollars meant for the national governing body for his personal use. See <https://www.insidethegames.biz/articles/1069374/iaaf-council-member-okeyo-banned-from-athletics-for-life-for-siphoning-off-funds-from-nike-sponsorship-deal#.W4jZP6dePHY.twitter>.

## MARCIALMONDO AND OMARCHADOR ROUNDUP

There are 10 press release for us from Marciadalmondo this week

- Sun 2 Sep - Miroslav Uradnik and Maria Czakova win in Dubnica nad Váhom (SVK)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3276](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3276)
- Sat 1 Sep - Isaac Palma wins in Coatzacoalcos (MEX)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3275](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3275)
- Sun 2 Sep - Perseus Karlstrom (SWE) wins Finnkamp 2018 in Tampere, Finland  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3274](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3274)
- Sat 1 Sep - Tyler Jones and Rachel Tallent win Australian Roadwalk Champs in Queensland  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3273](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3273)
- Fri 31 Aug - Maryan Zakalnytsky (UKR) and Ines Henriques (POR) best athletes for August 2018  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3272](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3272)
- Fri 31 Aug - Daisuke Matsunaga (JAP) and Li Maucuo (CHN) best athletes for July 2018  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3271](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3271)
- Thu 30 Aug - Jakarta (INA): Hayato Katsuki (JPN) wins the Asian Games 50km despite a time penalty  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3270](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3270)
- Wed 29 Aug - Wang Kaihua and Yang Jiayu won the Asian Games 20km walks  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3269](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3269)
- Tue 28 Aug - Preview of tomorrow's 20km walks in the Asian Games in Jakarta  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3268](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3268)
- Tue 28 Aug - Monica Svensson and Perseus Karlstrom win Swedish walk championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3267](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3267)

and omarchador has 16 press releases

- Mon 3 Sep - 694 walkers will be in action at the World Masters Championships in Malaga, Spain  
<http://omarchador.blogspot.com/2018/09/694-marchadores-no-mundial-de-atletismo.html>
- Mon 3 Sep - Karlström and Partanen in full swing at Finnkampen 2018  
<http://omarchador.blogspot.com/2018/09/karlstrom-e-partanen-em-grande-plano-no.html>
- Sun 2 Sep - Results of the Romanian Masters Championship in Bucharest  
<http://omarchador.blogspot.com/2018/09/os-veteranos-romenos-no-campeonato.html>
- Sun 2 Sep - Results of the walks in the Hungarian Super Athletics League  
<http://omarchador.blogspot.com/2018/09/a-marcha-na-super-liga-de-atletismo-da.html>
- Sat 1 Sep - Results of the England U17 and U15 Championship walks  
<http://omarchador.blogspot.com/2018/09/campeonatos-de-inglaterra-de-pista-sub.html>
- Sat 1 Sep - Isaac Palma and Andrea Martínez win 2nd Coatz Race Walk Circuit in Coatzacoalcos (MEX)  
<http://omarchador.blogspot.com/2018/09/isaac-palma-e-andrea-martinez-vencem-2.html>

- Fri 31 Aug - Tyler Jones and Rachel Tallent win Australian 20km Roadwalk Champs  
<http://omarchador.blogspot.com/2018/08/tyler-jones-e-rachel-tallent-vencem-20.html>
- Fri 31 Aug - Virbalyte and Tomala win in Gdansk, Poland  
<http://omarchador.blogspot.com/2018/08/virbalyte-e-tomala-vitoriosos-em-gdansk.html>
- Thu 30 Aug - Siw Karlström beats W60 world record in Eskilstuna  
<http://omarchador.blogspot.com/2018/08/siw-karlstrom-bate-recorde-do-mundo-w60.html>
- Thu 30 Aug - Results of Swedish double header in Eskilstuna  
<http://omarchador.blogspot.com/2018/08/campeonatos-da-suecia-em-eskilstuna-em.html>
- Thu 30 Aug - Hayato Katsuki (Japan) wins Asian Games 50km walk  
<http://omarchador.blogspot.com/2018/08/hayato-katsuki-japao-impoe-se-nos-50-km.html>
- Wed 29 Aug - Start list for Asian Games 50km  
<http://omarchador.blogspot.com/2018/08/jogos-asiaticos-indonesia-2018-lista-de.html>
- Wed 29 Aug - China's Yang and Qieyang dominate women's Asian Games 20km walk in Jakarta  
<http://omarchador.blogspot.com/2018/08/as-chinas-yang-e-qieyang-dominam-nos.html>
- Wed 29 Aug - Kaihua Wang (China) wins men's Asian Games 20km walk  
[http://omarchador.blogspot.com/2018/08/kaihua-wang-china-venceu-os-20-km\\_29.html](http://omarchador.blogspot.com/2018/08/kaihua-wang-china-venceu-os-20-km_29.html)
- Tue 28 Aug - Judges for the Asian Games walks  
<http://omarchador.blogspot.com/2018/08/a-equipa-de-juizes-de-marcha-nos-jogos.html>
- Tue 28 Aug - Start lists for Asian Games 20km walks  
<http://omarchador.blogspot.com/2018/08/jogos-asiaticos-indonesia-2018-listas.html>

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

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

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

Sept 9 (Sun), 2018	Victorian 50km Roadwalk Championship, Middle Park, VIC
Oct 5-6, 2018	AV Shield commences (Round 1 at various venues)
Oct 13-20, 2018	Alice Springs Masters Games - <a href="http://www.alicespringmastersgames.com.au/">www.alicespringmastersgames.com.au/</a>
Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - <a href="https://mastersgames.com.au/ppmg/">https://mastersgames.com.au/ppmg/</a>
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	<b>22<sup>nd</sup> World Masters Athletics T&amp;F Championships</b> , Malaga, Spain
Sept 24-26, 2018	Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B) See <a href="http://www.wzdrs.com/">http://www.wzdrs.com/</a> .
Mar 24-30, 2019	<b>World Masters Indoors T&amp;F Championships</b> , Torun, Poland
July 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus
July 17-20, 2020	<b>18<sup>th</sup> IAAF World U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada

Aug 6-15, 2021 (TBC) **18<sup>th</sup> IAAF World Championships in Athletics**, Eugene, USA  
July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

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