



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 04
23 October 2018



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WALKERS OF THE WEEK

My Walkers of the Week this time around are Wangaratta ultra walk/run duo **Justin and Sharon Scholz**. Competing in the African Centurion 100 Mile walk in Cape Town, South Africa, last weekend, they both completed their allotted tasks, Sharon winning the women's division with **22:47:46** and Justin coming third in the men's division with **22:47:45**.

As per their normal practice, they walked the whole way together, completing the required 402 laps of the athletics track well within the required 24 hour timeframe. But what makes this walk even more significant is that it earned each of them their sixth centurion badge, thus ensuring the full set.

Justin: AU C61 (2012) US C76 (2015) NZ C21 (2015) CN C437 (2016) UK C1173 (2017) AF C32 (2018)
Sharon: AU C63 (2013) US C77 (2015) NZ C20 (2015) CN C436 (2016) UK C1174 (2017) AF C33 (2018)

They are the fifth and sixth persons world wide to complete this amazing feat. Justin kicked off his campaign with his first badge in the 2012 Australian Centurion qualifier and Sharon followed suite a year later in 2013. Since then, they have walked side by side in USA, New Zealand, Holland, England and now in South Africa to earn the remaining 5 badges.

What a fantastic story. And what you may not know that they are both top ultra distance runners as well.



Justin and Sharon in action in Cape Town last weekend

WHAT'S COMING UP

- The Athletics Victoria Shield competition continues this coming Saturday 27th October with 5 venues in action
 - AV Shield Round 4, Program 1, White and Blue Zones, **Ringwood**
 - AV Shield Round 4, Program 2, Red and Yellow Zones, **Doncaster**

- AV Shield Round 4, Program 2, Ballarat Region, Llamberris Reserve, **Ballarat**
- AV Shield Round 4, Program 2, Bendigo Region, La Trobe Uni Track, **Bendigo**
- AV Shield Round 4, Program 2, Geelong Region, Landy Field, **Geelong**

Check out the AV website (<http://athsvic.org.au>) for all the details, including start times. If pre-entering, you need to register by midday tomorrow.

- The next round of our VRWC Summer Season will be held at Middle Park on Sunday 28th October, with timetable as shown below. Remember you can pre-enter at <http://vrwc.org.au/wp1/> or enter on the day. We prefer pre-entry.

Sun 28 th October 2018, VRWC Road Races, Middle Park		
8.00am	20km, 15km, 10km Walks	Open
9.00am	5km, 3km Walks	Open
9.30am	2km, 1km Walks	Open

- A reminder to all VRWC members that your **annual VRWC membership renewal is now due**. This will confirm your membership from 1st October 2018 until 30th September 2019. Download the membership renewal form from <http://www.vrwc.org.au/VRWCMembershipApplication.shtm>. Members can also join or re-register by filling in the form online on the VRWC Website at <http://vrwc.org.au/wp1/vrwc-financial-membership/>.

VRWC TRACK RACES, DOLAMORE OVAL, MENTONE, WEDNESDAY 17 OCTOBER

We had a good turnout of 24 walkers on Wednesday evening for our first VRWC 2018/2019 Summer Season meet at the Dolamore Athletics Track, Mentone. Conditions were just about perfect – cool, overcast and a slight breeze. **Quentin Rew** led the way in our 10,000m walk, winning with a swift 44:49, not a bad effort considering he had walked the Melbourne Marathon 3 days previously. **Albin Hess** (1:12:22) and **Karyn O'Neill** (20:16) had also completed the walk in the full Melbourne Marathon so they did well to back up so quickly for further punishment! **Megan Szirom** (24:56) and **Kyle Bird** (14:32) were easy winners in the 5000m/3000m walks. It was good to welcome **Kevin Cassidy** back after a long health related outage – Kevin walked a good 16:30 for the 3000m. The 1500m saw a number of our youngsters in action, ably led by **Emily Smith** who zoomed around in 8:22. We also welcomed first time **Marnie Grace** who recorded 10:39. Welcome Marnie!

And well done to 8 year old **Addison Paulke** who set a new VRWC U9 1500m track walk (girls) club record with her time of 10:30.

10,000m Walk

1.	Quentin Rew	M	44:49
2.	Pramesh Prasad	M	50:04
3.	Albin Hess	M	1:12:22

5000m Walk

1.	Megan Szirom	F	24:56
2.	Ralph Bennett	M	30:30
3.	Kylie Irshad	F	31:27

3000m Walk

1.	Kyle Bird	M	14:32	
2.	Kevin Cassidy	M	16:30	
3.	David Smyth	M	16:54	
4.	Simon Evans	M	17:04	
5.	Cassie Knight	F	17:22	
6.	Julian Boland	M	18:49	
7.	Rupert Van Dongen	M	18:58	
8.	Alannah Dingli	F	19:35	
9.	Isabella Dingli	F	19:37	PB 0:03
10.	Karyn O'Neill	F	20:16	
11.	Sandra Howorth	F	23:20	
	Gwen Steed	F	DNF	

1500m Walk

1.	Emily Smith	F	08:22	PB
2.	Alannah Upson	F	08:53	PB 0:01
3.	Addison Paulke	F	10:30	U9 Club Record
4.	Aiden Smith	M	10:36	
5.	Marnie Grace	F	10:39	First walk with us
6.	Pam Mews	F	19:16	

Thanks as always to our officials and judges. Apologies for anyone I have missed.

Officials: Tim Erickson, Heather Carr, Bill Carr, Terry O'Neill
Judges: Shane Dickson (Chief), Stuart Cooper, Brenda Felton, Dave Cash, Michael Bodey
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/519>)



Pramesh Prasad, Quentin Rew, Kevin Cassidy, Karyn O'Neill and Albin Hess



Addison Paulke, Kyle Bird, Megan Szirom, Alannah Upson and Emily Smith (photos Terry Swan)

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 20 OCTOBER

Saturday saw another round of the Athletics Victoria Shield competition, with just over 70 walkers in action across Victoria. Conditions were wet and cool but overall, reasonable for racing.

AV Shield Round 3, Program 1, Blue and White Zones, Casey Fields

Casey Fields was our biggest walks venue, with 36 walkers in action. **Quentin Rew** was fastest in the 3000m with 12:23.7, ahead of **Pramesh Prasad** (12:41.6) and young **Nicola Mandic** (13:41.1), while **Brianna Briet** (8:01.6) just got home in the 1500m ahead of **Angus Hay** (8:02.1) and **Zachary Matters** (8:06.3).

3000m

1.	Quentin Rew	M	UNA	INV	12:23.7	
2.	Pramesh Prasad	M	VMA	M40	13:41.6	
3.	Nicola Mandic	M	CCA	INV	13:43.1	
4.	Mark Blackwood	M	KNA	M40	14:04.6	
5.	Philippa Huse	F	SAN		14:56.4	
6.	Charlotte Hay	F	KNA	INV	15:26.0	
7.	Holly Cocking	F	ANW		16:28.9	
8.	Luke Epps	M	KNA	INV	16:31.0	
9.	Cassie Knight	F	BOH		16:48.6	
10.	Andrew Jamieson	M	OSC	M65	17:26.3	
11.	Rebekah Powierski	F	ANW		17:40.0	
12.	Kathleen O'Mahony	F	KNA		17:52.1	
13.	Kylie Irshad	F	MPA	F45	17:58.7	
14.	Lee Taylor	M	YRA		18:01.9	
15.	Ralph Bennett	M	GHY	M65	18:13.1	
16.	Albin Hess	M	VMA	M55	18:23.7	
17.	David Sommers	M	ANW	M60	18:29.2	
18.	Rupert Van Dongen	M	MEN	M40	18:52.9	
19.	Brodie Richardson	F	KNA		19:12.9	
20.	Jessica Lillie	F	KNA		19:16.6	
21.	Isabella Dingli	F	SAN		19:37.2	
22.	Russ Dickenson	M	VMA	M65	20:25.0	
23.	Lucas Taylor	F	YRA		20:35.3	
24.	Sandra Howorth	F	GHY	F55	21:01.9	
	Robin Broberg	M	DIV	M65	DQ	
	Ross Reid	M	COL	M60	DQ	

1500m

1.	Brianna Briet	F	CCA		8:01.6	
2.	Angus Hay	M	KNA		8:02.1	
3.	Zachary Matters	M	BOH		8:06.3	PB 0:21
4.	Grace Louey	F	KNA		8:17.2	
5.	Hamish Blackwood	M	UNA		8:23.0	
6.	Emily Smith	F	KNA		8:34.4	PB 0:26
7.	Alannah Dingli	F	SAN		9:06.5	
8.	Chloe Freestone	F	CCA		10:02.7	
9.	Oliver Pratt	M	MPA		13:00.3	
	Joel Bell	M	MPA		DQ	

AV Shield Round 3, Program 2, Yellow and Red Zones, Williamstown

Williamstown was another fast venue with internationals **Kyle Swan** (12:57.1), **Jemima Montag** (13:16.9) and **Chris Erickson** (13:25.3) leading the way in the 3000m, and **Heath Beveridge** (7:04.9) doing a big PB to win the 1500m.

3000m Walk

1.	Kyle Swan	M	ANW		12:57.1	
2.	Jemima Montag	F	MUU		13:16.9	
3.	Chris Erickson	M	ESS		13:25.3	
4.	William Dynes	M	DIV		15:32.4	
5.	Trenton Hawkins	M	PTN		16:30.3	
6.	Simon Evans	M	BOH	M55	17:02.0	
7.	Madeleine Feain	F	KSB		17:17.2	PB 0:14
8.	Mark Donahoo	M	ESS	M60	17:20.2	
9.	Bernie Keirl	M	DIV	M55	17:42.5	
10.	Paul Kennedy	M	KSB	M60	17:54.0	
11.	Donna-Marie Elms	F	PTN	F55	18:30.3	
12.	Hamish Beaumont	M	MUU	M40	18:34.1	
13.	Kerryn Walshe	F	KSB	F55	18:35.4	
14.	Philip Dunstone	M	WES	M50	18:42.6	
15.	Clyde Riddoch	M	VMA	M65	19:54.8	
16.	Maria Abfalter	F	KSB	F50	21:47.9	
17.	Brian Anderson	M	ESS	M60	22:46.2	
18.	Brenda Cashin	F	WES	F50	24:35.5	

1500m

1.	Heath Beveridge	M	WES		7:04.9	PB 0:22
2.	Sebastian Weickhardt	M	KSB		8:29.9	
3.	Eddie Bridgewater	F	PTN		9:39.0	



Action at Williamstown – Kyle Swan, Chris Erickson, Jemima Montag, Bernie Keirl, Mark Donahoo and Madeleine Feain



Heath Beveridge, Simon Evans and Paul Kennedy (all photos Gerard Feain)

And now to our 3 country venues to complete the Athletics Victoria Shield Report. Lots of PBs in the 2000m walk at Geelong – well done to **Owen Costin, Joel Imbriano and Charli Walker**.

AV Shield Round 3, Program 1, Ballarat Region, Llamberris Reserve, Ballarat

3000m

1. Kevin Ruddick M BHA M65 21:35.68

1500m

1. William Roberts M BHA 13:01.11

AV Shield Round 3, Program 1, Bendigo Region, La Trobe Uni Track, Bendigo

3000m Walk

1. Barb Bryant F EAG F60 18:10.69
 2. Jennie Payne F SBE F60 19:03.27
 3. Anette Curtis F SBE F60 22:19.48

1500m Walk

1.	Maddison Vaughan	F	BGO		9:50.59
2.	Wendy Ennor	F	EAG	F60	12:22.47

AV Shield Round 3, Program 1, Geelong Region, Landy Field, Geelong**2000m Walk**

1.	Owen Costin	M	CHI		10:19.6	PB 0:49
2.	Joel Imbriano	M	STK		10:27.1	PB 0:03
3.	Charli Walker	F	BEL		11:50.1	PB 0:12
4.	Riannah Tatlock	F	BEL		12:13.5	
5.	Kaylah Heikkila-Dubowik	F	COR		12:22.9	
6.	Olive Ireland	F	BWK	F55	16:31.3	

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, WEDNESDAY 17 OCTOBER

Thanks to Colin Hainsworth for the results of first South Australian Masters Summer Season track walks at the SA Stadium in Adelaide. Cold damp day and evening. It was a good turnout and omens well for the summer. **George White** was the best with his M73 5000m walk performance of 31:37.

800m Walk

1.	Richard Everson	03:46	M55
2.	Greg Metha	04:18	M54
3.	Marie Maxted	04:44	W58
4.	George White	04:52	M73
5.	Liz Downs	05:42	W63
6.	James Hoare	05:50	M72
7.	Graham Harrison	05:58	M75
8.	David Robertson	06:32	M85

800m Club Walk

1.	Margaret McIntosh	06:21	W65
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5000m Walk

1.	George White	31:37	M73	82.30%
2.	Greg Metha	31:43	M54	66.90%
3.	Marie Maxted	34:45	W58	69.54%

5000m Club Walk

1.	Graham Harrison	38:08	M75	70.11%
2.	Ross Hill-Brown	39:57	M63	57.90%

3000m Walk

1.	Richard Everson	16:01	M55	80.74%
2.	James Hoare	22:08	M72	68.07%

3000m Club Walk

1.	Dave Fallon	23:10	M66	60.63%
2.	Liz Downs	23:26	W63	63.45%
3.	Margaret McIntosh	24:55	W65	61.14%
4.	Linda Whitelaw	25:10	W64	59.80%
5.	Edna Bates	27:56	W65	54.53%

ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 18 OCTOBER

Thanks to Robin Whyte for the results of the ACT Racewalking Club season opener at Woden Park track in Canberra.

1500m Walk

1.	Peter Baker	8:03
2.	Owen Toyne	8:15
3.	Harry Baker	9:31
4.	Georgia Frew	9:45
5.	Bryan Thomas	10:06
6.	Ruth Baussmann	10:39
7.	Caroline Campbell	11:05
8.	Jim White	11:07

9.	Doug Fitzgerald	11:30
10.	Sheryl Greathead	12:02
11.	Lorna England	12:35
12.	Jack Thackray	12:39
13.	Robert Kennelly	13:38
	Ella Baker	DNF

TRELOAR SHIELD ROUND 2, SOPAC, SYDNEY, SATURDAY 20 OCTOBER

Athletics NSW scheduled 10,000m track walks as part of round 2 of the Treloar Shield in Sydney. Wins to **Tyler Jones** (44:27.50) and **Chelsea Goodhew** (55:34.55).

Men 10,000m Walk

1.	Jones, Tyler	20	Mingara Athl	44:27.50
2.	Gibbons, Carl	22	Westlakes At	45:22.72
3.	Tebbutt, Oscar	17	Gosford Athl	47:11.34
4.	Richardson, Dylan	18	Mingara Athl	47:16.39
5.	Blaskett, Hayden	16	Sydney Strid	52:12.03
6.	Barendregt, Travis	18	Athletics Nsw	54:01.51
7.	McGinniskin, Jack	16	Athletics Nsw	54:55.64

Women 10,000m Walk

1.	Goodhew, Chelsea	19	Westlakes At	55:34.55
2.	Bolton, Hannah	15	Mingara Athl	56:38.12
3.	Barendregt, Amanda	22	Nepean Distr	57:16.38
4.	Bell, Bridget	16	Asics Wests	57:30.71
5.	Wang, Eaine	18	Adamstown Ne	58:20.32
6.	Lee, Janaya	17	Nepean Distr	1:00:21.56
7.	Parker, Hannah	16	Randwick Bot	1:03:36.79
8.	Weekes, Anne	56	Illawong Rev	1:05:41.94
	O'Neill, Molly	18	Adamstown Ne	DNF

QMA T&F, SAF, BRISBANE, SATURDAY 20 OCTOBER

Five walkers in action in the Queensland Masters meet in Brisbane on Saturday morning.

3000m Walk

1.	Ignacio Jimenez	M53	Brisbane	13:45.13	87.61%
2.	Peter Bennett	M62	Brisbane	16:10.75	81.51%
3.	Charlotte Hamann	W17	North Queensland	22:41.38	51.05%
4.	Mark Carlile	M45	Brisbane	22:43.26	50.87%
5.	Noela McKinven	W76	Brisbane	25:31.00	68.76%

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 20 OCTOBER

Only 3 walkers in action in the Athletics Tasmania interclub 5000m walk in Hobart.

5000m Walk

1.	Anna Blackwell	Old Virgilians	28:01.28
2.	Chloe Ahern	Old Virgilians	32:31.39
3.	Stephen Ahern	Old Virgilians	DQ

AACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 20 OCTOBER

And only 1 walker in action in the Athletics ACT summer series meet in Canberra. Most walkers seem to prefer the midweek ACTRWC walks.

3000m Walk

1.	Burns, Laura	14	NCG	17:38.6
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SA ALL-SCHOOLS T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, ADELAIDE, 20-21 OCTOBER

Now to Adelaide for the South Australian All-Schools T&F Championships, with the U14 and U16 walks held on Saturday and the U18 walks held on Sunday. A good double to **Victoria Upton**, with wins in the U16 3000m (14:40.19) and the U18 5000m (24:53.35). Good walk also by **Toby Wilks** in winning the U14 3000m with 14:40.16. And a special mention for **Olivia Sandery** who took second in the U16 girls' 3000m walk, then won the 2000m steeple a few minutes later.

U14 Girls 3000m Walk

1.	Ross, Kiera	Westminster	15:12.70
2.	Upton, Kitarni	Southern Val	16:08.25
3.	Pusonjic, Elli	St Aloysius	18:01.02

U14 Boys 3000m Walk

1.	Wilks, Toby	Pembroke	14:40.16
2.	Upton, Seth	Reynella pri	18:21.11
3.	Tana, Anthony	All Saints C	19:15.80

U16 Girls 3000m Walk

1.	Upton, Victoria	Southern Val	14:40.19
2.	Sandery, Olivia	Mercedes Col	16:56.44
3.	Wilks, Mia	Pembroke	18:19.18

U16 Boys 3000m Walk

1.	Upton, Adrian	Southern Val	15:55.05
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U18 Girls 5000m Walk

1.	Victoria Upton	SVCC	24:53.35
2.	Kitarni Upton	SVCC	29:39.07
3.	Chloe Upton	SVCC	33:19.75

U18 Boys 5000m Walk

1.	Tristan Camilleri	SAC	25:19.71
2.	Mathew Bruniges	WIRR	25:57.43

SCHOOL SPORT VICTORIA SECONDARY T&F CHAMPS LAKESIDE STADIUM, ALBERT PARK, MONDAY 22 OCT

The School Sport Victoria T&F Championships are open to students at Victorian Government Schools. It is always a high quality meet and this year we saw one of the long standing SSV championship records broken when 15 year old **Alanna Peart** bettered Kelly Wapshott's 1995 record (6:39.8) when winning the U16 1500m walk with her own huge PB of **6:36.33**. In any other week, this would have been my Walker of the Week but this week she had some superb competition. And well done to our other winners **Nikola Mandic** (6:23.16), **Rebecca Henderson** (7:11.32) and **Michael Hough** (8:24.82).

Girls 12-15 1500m Walk

1.	Alanna Peart	Ballarat HS	6:36.33	SSV Record, PB 0:15
2.	Charlotte Hay	Brentwood SC	7:14.40	
3.	Hayley Woolfe	Berwick SC	7:26.97	
4.	Grace Young	Northcote HS	7:30.21	
5.	Charlotte Holmes	St Helena SC	8:09.21	
6.	Brianna Briet	Berwick SC	8:24.43	
7.	Charli Walker	Oberon HS	8:33.26	
8.	Gemma Lillie	Rowville SC	9:13.76	
9.	Mikayla Rumpff	Maryborough	11:23.72	
	Kaylah Heikkila-Dubowi	Matthew Flin	DQ	

Boys 12-15 1500m Walk

1.	Nikola Mandic	Nossal SC	6:23.16
2.	Brock McDonald	Grovedale C	7:31.74
3.	Angus Hay	Brentwood SC	7:54.41
4.	Sam Warelow	North Geelong SC	8:18.73
5.	Jayden Day	Epping SC	8:37.85
6.	Stefan Mandic	Fountain Gate SC	8:43.32
7.	Alex Tolson	Maryborough	10:07.58
	Liam O'Rourke	Rowville SC	DQ

Girls 16-20 1500m Walk

1.	Bec Henderson	Berwick SC	7:11.32
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2.	Emily Noonan	Yea HS	7:46.48
3.	Jasmin Hass	Ringwood SC	7:47.23
4.	Rebekah Powierski	Glen Waverley SC	8:28.12
5.	Sasha Deenathayalan	Manor Lakes P-12 C	11:16.41
	Iris Millham	Strathmore SC	DQ

Boys 16-20 1500m Walk

1.	Michael Hough	Brentwood SC	8:24.82
2.	Tim O'Brien	Norwood SC	8:57.97
3.	Joshua Whittle	Bentleigh SC	9:32.58



Rebecca Henderson, Hayley Woolfe, Angus Hay, Nicola Mandic, Brock McDonald, Hayley Woolfe, Alanna Peart and Charlotte Hay



Alanna Peart – the star of the meet with a new U16 Schools record

ALICE SPRINGS MASTERS GAMES, ALICE SPRINGS, NT, 13-20 OCTOBER

I mentioned in last week's newsletter that the Alice Springs Masters Games were being held in the outback Australian town of Alice Springs. Results have now been posted, but I can't seem to cut and paste from the pdfs in any meaningful way, so I will simply point you to the results at <https://www.alicespringsmastersgames.com.au/results/2018/>. The 3 walks were

- 3000m Track Walk, Rhonda Diano Oval, Alice Springs, 3PM, Sunday 14 October
- 5km Road Walk, Alice Spings Desert Park, Larapinta Drive, Alice Springs, 6PM, Monday 15 October
- 10km road walk, Simpsons Gap, Larapinta Drive, 6AM, Wednesday 15th October.

Well done to VRWC members Margaret and Ian Beaumont who competed in all 3 walks:

Margaret Beaumont	W80	2 nd 3000m Trackwalk 31:32.76	2 nd 5km Roadwalk 50:45.8	1 st 10km Roadwalk 1:39:57.1
Ian Beaumont	M80	3 rd 3000m Trackwalk 27:44.23	4 th 5km Roadwalk 50:46.1	3 rd 10km Roadwalk 1:39:57.0

2018 WORLD YOUTH OLYMPICS, BUENOS AIRES, ARGENTINA, 6-18 OCTOBER

This week, I complete my report from the 2018 Summer Youth Olympics in Buenos Aires.

5000m Race Walk U18 Girls, Tuesday 16 October

The second 5000m track walk for the girls was held last Tuesday 16th October, starting at 2:30PM in warm conditions. **Xi Ricuo** (CHN) showed that her win in the first of the two races was no fluke, walking at a pace which soon left the others behind. **Hanna Zubkova** (BLR), the European U18 champion, tried to go with her but was soon dropped. With two red cards, Xi slowed in the second half but still won comfortably with 22:40.23, ahead of **Olga Fiaska** (GRE) with 23:23.89 and **Maria Villalva** (ECU) with 23:26.70. Well reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3314).

1.	XI Ricuo	CHN	2001	22:40.23
2.	FIASKA Olga	GRE	2001	23:23.89
3.	VILLALVA Maria	ECU	2001	23:26.70
4.	RAMOS RODRIGUEZ Sofia Elizabeth	MEX	2002	23:29.45
5.	ZUBKOVA Hanna	BLR	2001	24:01.70
6.	BERTINI Simona	ITA	2001	24:38.81
7.	DEMIR Evin	TUR	2001	25:02.67
8.	KASYAN Daryna	UKR	2002	25:06.75
9.	MASIRE Sintayehu	ETH	2001	25:21.85
10.	DONAIRES Freysi	PER	2002	25:56.71
11.	PULGARIN CARDENO Ana	ESP	2001	26:06.20
12.	SWANEPOEL Marissa	RSA	2002	26:16.93
13.	TREJO Melany	ESA	2001	26:33.11
14.	CHAVEZ URQUIZO Sthephanie Eunice	BOL	2002	26:39.09
15.	MOROZOVA Kristina	KAZ	2001	27:15.83
16.	LOPEZ Carla	DOM	2001	27:52.68

Overall Results - 5000m Walk U18 Girls

Medals for the girls were decided from the combined times from both their 5000m races. Overall victory went to **Xi Ricuo** (CHN) with 45:03.49, ahead of **Sofia Elizabeth Ramos Rodriguez** (MEX) with 45:58.97 and **Olga Fiaska** (GRE) with 46:10.02.

1.	XI Ricuo	CHN	22:23.26 (1)	22:40.23 (1)	45:03.49
2.	RAMOS RODRIGUEZ Sofia Elizabeth	MEX	22:29.52 (2)	23:29.45 (4)	45:58.97
3.	FIASKA Olga	GRE	22:46.13 (3)	23:23.89 (2)	46:10.02
4.	VILLALVA Maria	ECU	22:48.75 (4)	23:26.70 (3)	46:15.45
5.	BERTINI Simona	ITA	23:32.30 (6)	24:38.81 (6)	48:11.11
6.	DEMIR Evin	TUR	23:25.54 (5)	25:02.67 (7)	48:28.21
7.	KASYAN Daryna	UKR	24:01.29 (7)	25:06.75 (8)	49:08.04
8.	PULGARIN CARDENO Ana	ESP	24:13.77 (8)	26:06.20 (11)	50:19.97
9.	MASIRE Sintayehu	ETH	25:45.77 (14)	25:21.85 (9)	51:07.62
10.	DONAIRES Freysi	PER	25:13.94 (11)	25:56.71 (10)	51:10.65
11.	CHAVEZ URQUIZO Sthephanie Eunice	BOL	24:41.80 (9)	26:39.09 (14)	51:20.89
12.	SWANEPOEL Marissa	RSA	25:21.85 (12)	26:16.93 (12)	51:38.78
13.	TREJO Melany	ESA	25:21.96 (13)	26:33.11 (13)	51:55.07
14.	MOROZOVA Kristina	KAZ	25:11.17 (10)	27:15.83 (15)	52:27.00
15.	LOPEZ Carla	DOM	25:49.24 (15)	27:52.68 (16)	53:41.92
16.	ZUBKOVA Hanna	BLR	DQ	24:01.70 (5)	

Marciadalmondo also profiles Chinese/Tibetan winner Xi Ricuo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3315).

UKRAINIAN 50KM CHAMPIONSHIPS, IVANO-FRANKIVSK, UKRAINE, 20-21 OCTOBER

The 22nd edition of the Ukrainian Championships took place last weekend in the beautiful city of Ivano-Frankivsk. The men's and women's 50km championships were up first on Saturday with the 20km races on Sunday.

Full results at http://competitions.uaf.org.ua/2018.10.20-21_ivano-frankivsk/index.php?r=site/live. Also reported by omarchador at <https://omarchador.blogspot.com/2018/10/dmytro-sobchuk-e-valentyna-myronchuk.html>.

The 50km championships were well supported, with 11 men and 3 women. The women's 50km was won by 24 year old **Valentyna Myronchuk** with an excellent first up 4:18:50. She has a 20km PB of 1:32:38, done in March in the Ukrainian winter championships in Lutsk so is a top walker. The men's 50km was won by 22 year old **Dymtro Sobchuk** in a 4 minute PB of 3:54:57 (previous PB 3:58:49), ahead of 33 year old **Serhiy Budza** (3:59:07) and **Serhiy Susyk** (4:03:55).

50km Walk Men

1.	SOBCHUK, Dmytro	UKR	07.11.1995	3:54:57
2.	BUDZA, Serhiy	UKR	06.12.1984	3:59:07
3.	SUSYK, Serhiy	UKR	21.07.1993	4:03:55
4.	RADKO, Anton	UKR	02.06.1995	4:04:53
5.	SHELEST, Oleksiy	UKR	27.03.1973	4:09:53
6.	SANTOS, Helder	POR	07.03.1996	4:17:23
7.	ANDRUSHCHENKO, Kyrylo	UKR	30.01.1993	4:17:51
8.	STEPANYUK, Nazariy	UKR	20.08.1994	4:32:56
	SAHARUK, Ihor	UKR	03.06.1988	DNF
	BILORUS, Oleksiy	UKR	11.09.1992	DNF
	BURUNDUKAU, Uladzimir	BLR	15.05.1990	DNF

50km Walk Women

1.	MYRONCHUK, Valentyna	BLR	10.08.1994	4:18:50
2.	SHELEST, Lyudmyla	BLR	04.10.1974	4:45:34
3.	SAVICEVIC, Tijana	SRB	05.08.1994	5:01:49

U23 20km Men

1.	ZABUZHENKO, Eduard	UKR	18.04.1998	1:25:43
2.	SVYSTUN, Oleh	UKR	15.09.1997	1:26:37
3.	MARCHUK, Andriy	UKR	12.12.1998	1:26:56
4.	LUKYANCHUK, Dzmitry	BLR	02.10.1997	1:31:59
5.	SIPCHUK, Aliaksandr	BLR	09.03.1999	1:36:25
6.	MASHTAL, Stanislav	UKR	01.05.1998	1:37:21

U23 20k Women

1.	SHEVCHUK, Hanna	UKR	18.07.1996	1:37:27
2.	ALIKANIOTI, Sophia	GRE	27.04.1998	1:44:05
3.	FARYNA, Yana	UKR	05.08.1999	1:45:21
4.	KULAHINA, Oksana	UKR	01.04.1997	1:49:34
5.	VAITSI, Anafasiia	GRE	23.01.1998	1:51:33
6.	PATRANZHEL, Anna	MDA	16.09.1996	1:57:16

Open 20km Women

1.	VITOVSHCHYK, Vasylyna	UKR	30.04.1990	1:34:28
2.	FILYUK, Mariya	UKR	14.10.1995	1:36:49
3.	MIZERNYUK, Olena	UKR	23.11.1995	1:37:41
4.	TOPIC, Dušica	SRB	11.01.1982	1:39:45
5.	POVOROZNYUK, Rusalina	UKR	11.03.1995	1:40:58
6.	HRYTSAK, Olha1	UKR	9.11.1993	1:51:40

10km Men U20

1.	TZATZIMAKIS, Yiogos	GRE	09.08.1999	41:24
2.	SYNDYUK, Andriy	UKR	29.09.1999	41:37
3.	KALIADA, Mikita	BLR	15.07.2000	41:41
4.	KONONENKO, Viktor	UKR	03.11.1999	42:14
5.	BILYK, Illya	UKR	28.06.1999	42:52
6.	BIRYUKOV, Vladyslav	UKR	02.11.2000	44:54
7.	HONCHARENKO, Ihor	UKR	19.07.2000	45:55
8.	MEDVEDYUK, Dmytro	UKR	03.11.2000	47:20
9.	ALKHOVIK, Pavel	BLR	08.07.2000	47:30
10.	VORONIN, Maksym	UKR	16.07.2000	48:26

10km Women U20

1.	FILTISAKOU, Kiriaki	GRE	14.08.2000	50:45
2.	HNEDKO, Yekateryna	BLR	21.06.1999	50:56
3.	SYCHOK, Yevheniya	UKR	25.11.2000	52:44
4.	MELISHCHUK, Ivanna	UKR	06.06.2003	54:19
5.	PAPOVIC, Marija	SER	01.01.2000	54:54
6.	SALMÁ, Efstathía	GRE	01.01.2000	54:58
7.	PETROSIUK, Karyna	UKR	09.09.2000	1:06:09

USATF JUNIOR 20 KM, OPEN & MASTERS 30 KM RACE WALK, HAUPPAUGE, USA, SUNDAY 21 OCTOBER

The annual USATF Open & Masters 30 km Championship was held in Hauppauge, NY, last Sunday morning, with a start time of 9AM. The meet also included USATF U20 20km championships, as well as other non-championship categories. It was great to see walkers from Ecuador, South Africa, Mexico, Colombia, Venezuela, Costa Rica and Puerto Rico.

The USATF 30km titles went to **AJ Gruttaduro** (2:35:36) and **Kayla Torres** (3:31:18), although the races themselves were won by **Xavier Mena** of Ecuador (2:21:00) and **Erika Moralez Cruz** of Mexico (2:34:13). Some walkers also entered the concurrent 50km, with South African international **Marc Mundell** (4:09:07) and Cruz (4:20:36) both finishing the full distance. Yet another women knocking out a top 50km time. How fantastic!

The Ecuadorians dominated the 20km walk, with **Jordy Jimenez Arrobo** (1:25:27) winning ahead of fellow countrymen **Jonatan Amores** (1:26:19) and **Xavier Mena** (1:29:33).

Full results at <https://www.elitefeats.com/race-results.asp?ID=581>.

USATF Open and Masters 30km Championship

1.	Xavier Mena	Ecuador	20	M	2:21:00
2.	Marc Mundell	South Africa	35	M	2:31:10
3.	Erika Moralez Cruz	Mexico	32	F	2:34:13
4.	AJ Gruttaduro	USA	20	M	2:35:36
5.	Ray Sharp	USA	58	M	2:50:08
6.	Nate Vanderwall	USA	26	M	2:53:16
7.	Adrian Zamudio	USA	42	M	3:24:13
8.	Kayla Torres	USA	19	F	3:31:18
9.	Bruce Logan	USA	53	M	3:32:50
10.	Barry Blake	USA	63	M	3:41:29
	Tom Finn	USA	61	M	DNF
	Leon Jasinowsky	USA	74	M	DNF
	Pablo Rosario Santos	Puerto Rico	21	M	DNF
	Dorit Attias	USA	56	F	DNF
	Jennifer Marlborough	USA	44	F	DNF

50km Walk

1.	Marc Mundell	South Africa	35	M	4:09:07
2.	Erika Moralez Cruz	Mexico	32	F	4:20:36
	Ray Sharp	USA	58	M	DNF

20km Walk

1.	Jordy Jimenez Arrobo	Ecuador	24	M	1:25:27
2.	Jonatan Amores	Ecuador	20	M	1:26:19
3.	Xavier Mena	Ecuador	20	M	1:29:33
4.	Noella Vargas Mena	Costa Rica	18	F	1:36:20
5.	Sara Pulido	Colombia	24	F	1:39:47
6.	Natalia Alfonso	Venezuela	22	F	1:41:38
7.	Kayla Shapiro	USA	20	F	1:56:59
8.	Kayla Torres	USA	19	F	2:09:53
9.	Vyacheslav Troskin	USA	70	M	2:19:52
	Tom Finn	USA	61	M	DNF

10km Walk

1.	Angel Ortiz Espada	Puerto Rico	18	M	53:54
2.	Paola Sotomayor Pierantoni	Puerto Rico	16	F	55:35
3.	Clara Vallejo Colon	Puerto Rico	17	F	58:33
4.	Maria Garcia	USA	20	F	1:03:00
5.	John Kosa	USA	61	M	1:03:54



*Erika Cruz, Xavier Mena and Marc Mundell in action in Hauppauge
(photos https://www.facebook.com/pg/elitefeats/photos/?tab=album&album_id=957192631143664)*

50KM ITALIAN CHAMPIONSHIPS, REGGIO EMILIA, SUNDAY 21 OCTOBER

The Italian 50km championships for men and women were scheduled last Sunday morning in the Italian city of Reggio Emilia, along with 20km and U20 and 10km walks for various categories. The 2km course through the city centre was quite technical, with some slopes to be negotiated. The 50km races kicked off the meet at 8AM, with foreign walkers allowed to compete for the first time. The meet is well reported, as usual, by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3317). Excellent report and photos also at <https://marcia.it/marcia-50-km-e-10-km-master-reggio-emilia-21-ottobre-2018/>.

The men's 50km championship saw **Dominik Cerny** (SVK) leading early, shadowed by **Stefano Chiesa** (ITA), **Leonardo Dei Tos** (ITA), **Gregorio Angelini** (ITA) and **Michal Morvay** (SWK). Cerny gradually built up a small gap, leading through the 20km mark with 1:35:48, but was caught and passed soon afterwards by Angelini. As the second half of the race unfolded, it became a three way battle, with Dei Tos eventually taking the lead and winning with 3:59:48. Angelini hung on for second with 4:01:17, ahead of Cerny with 4:01:51.

The inaugural women's 50km championship saw victory to 19 year old **Beatrice Foresti** (ITA) with 4:52:07. She turns 20 at the end of the month and is obviously not daunted by the long distances. Most of the women in the 50km were debutantes. Second place went to Serbian **Danica Gogov** (5:01:02) while third spot went to British (and former Commonwealth Games) walker **Lisa Langford-Kehler** (5:40:38).

50km Men

1.	DEI TOS Leonardo	1992	ITALY	3:59:48
2.	ANGELINI Gregorio	1996	ITALY	4:01:17
3.	CERNY Dominik (I)	1997	SLOVAKIA	4:01:51
4.	MORVAY Michal (I)	1996	SLOVAKIA	4:03:19
5.	KING Daniel (I)	1983	GREAT BRITAIN	4:16:19
6.	COPPINI Niccolo'	1997	ITALY	4:16:30
7.	ERENT Bruno (I)	1990	CROATIA	4:29:44
8.	MONTOLEONE Luca	1990	ITALY	4:46:23
9.	SCORDO Giuseppe	1994	ITALY	4:57:43
10.	GRABEREC Ivan (I)	1964	CROATIA	5:55:46
	CHIESA Stefano	1996	ITALY	DQ
	GOMEZ GARCIA Jose Manue (I)	1973	SPAIN	DQ
	SMOLONSKIS Ruslans (I)	1996	LATVIA	DQ
	DEVICIC Berislav (I)	1966	CROATIA	DQ
	KING Dominic (I)	1983	GREAT BRITAIN	DNF
	HUGO Andrieu (I)	1992	FRANCE	DNF
	LAMMENDOLA Gianluca	1959	ITALY	FTM *

* Walker had covered 49.760 km when the cutoff was reached

50km Women

1.	FORESTI Beatrice	1998	ITALY	4:52:07
2.	GOGOV Danica (I)	1996	SERBIA	5:01:02
3.	LANGFORD-KEHLER Lisa (I)	1967	GREAT BRITAIN	5:40:38
	MARCHIORI Maura	1959	ITALY	DQ
	SANSONI Adelaide	1982	ITALY	DNF
	CARACCIA Roberta	1950	ITALY	FTM *

* Walker had covered 49.180 km when the cutoff time was reached



Leonardo Dei Tos (num 4) and Beatrice Foresti (number 21) lead their respective 50km races (photos Self Atletica Montanari Gruzza)

The men's 20km saw race favourite **Gianluca Picchiottino** stopped by the judges after 3 red cards, clearing the way for **Vito di Bari** to win with 1:28:28. The women's 20km was won by **Renic Ivana** (CRO) with 1:38:33.

Davide Finocchietti and **Aldo Andrei** fought out an exciting finish in the U18 Men's 10km, both being credited with the same time of 44:58. But it was very different to what you might have thought as the Pit Lane came into play. See [marciadalmondo's explanation](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3318) in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3318.

20km Men

1.	DI BARI Vito	1990	ITALY	1:28:28
2.	MICHELETTI Juriy	1998	ITALY	1:32:08
3.	COZZA Cesare	1997	ITALY	1:36:56
4.	CAPOGROSSI Luca	1996	ITALY	1:39:13
5.	AMOROSO Michele	1993	ITALY.	1:43:29
6.	QUACQUARELLI Giuseppe	1993	ITALY	1:47:29
7.	DE CEGLIA Domenico	1978	ITALY	1:47:56
8.	LOPETUSO Antonio	1958	ITALY	1:48:04
	PICCHIOTTINO Gianluca	1996	ITALY	DQ
	GRILLO Ettore	1997	ITALY.	DQ
	ZABBENI Pietro	1998	ITALY	DQ
	GENTILE Giovanni	1984	ITALY	DNF

20km Women

1.	RENIC Ivana (I)	1996	CROATIA	1:38:33
2.	VITIELLO Sara	1996	ITALY	1:39:39
3.	GALLI Ilaria Camilla	1987	ITALY	1:46:22
4.	STACH Marta	1995	ITALY	1:46:41
5.	ANSALDI Martina	1996	ITALY	1:47:42
6.	VALSECCHI Viviana	1992	ITALY	1:48:15
7.	GRAFEO Sascia	1992	ITALY	1:50:42
8.	TERZI Linda	1998	ITALY	1:55:01
9.	RUGGERI Giulia	1997	ITALY	1:59:46
10.	KARAM Sandy (I)	1996	LEBANON	2:05:24
11.	STEFANOVIC Petra (I)	2000	CROATIA	2:07:20

12.	KING Aloisia (I)	1998	IRELAND	2:09:36
13.	ERCEG Mateja (I)	1997	CROATIA	2:14:46
	PONTICIELLO Rosanna	1995	ITALY	DNF

20km U20 Men

1.	ORSONI Riccardo	2000	ITALY	1:30:27
2.	DISARO' Michele	1999	ITALY	1:32:26
3.	BERTOLINI Ettore	2000	ITALY	1:38:15
4.	PERRONE Alessandro	2000	ITALY	1:40:10
5.	ANNOSCIA Leonardo	2000	ITALY	1:40:34
6.	DEPONTE Simone	2000	ITALY	1:43:48
7.	GALLO Mattia	2000	ITALY	1:51:00
	ALBERGA Alfonso	1999	ITALY	DQ
	GALLO Matteo	1999	ITALY	DQ
	MELI Mikias	2000	ITALY	DNF

15km U20 Women

1.	LACATUS Andrada Lavinia	2000	ITALY	1:18:19
2.	CRIVELLARO Camilla	2000	ITALY	1:19:28
3.	VULPIS Maria Teresa	1999	ITALY	1:19:42
4.	CAPITANI Matilde	2000	ITALY	1:21:39
5.	VERTERAMO Chiara	1999	ITALY	1:22:21
6.	MASTRONICOLA Alessia	2000	ITALY	1:25:57
7.	PETRINI Natalia	1999	ITALY	1:27:44
8.	MICONI Giulia	2000	ITALY	1:30:27
9.	FERRETTI Alessandra	2000	ITALY	1:30:41
10.	CICCARONE Nunzia	2000	ITALY	1:56:28

10km U18 Men

1.	FINOCCHIETTI Davide	2001	ITALY	44:58
2.	ANDREI Aldo	2001	ITALY	44:58
3.	COSI Andrea	2001	ITALY	45:34
4.	SCOLI Giulio	2001	ITALY	47:20
5.	GUELI Giorgio	2001	ITALY	47:23
6.	DARIO Costantino	2001	ITALY	47:39
7.	GRECO Carmine	2001	ITALY	48:34
8.	MARCHETTI Pietro	2002	ITALY	49:12
9.	CAPOSTAGNO Filippo Anto	2002	ITALY	49:45
10.	ANGIOLETTI Andrea	2002	ITALY	50:00

10km U18 Women

1.	CASIRAGHI Martina	2002	ITALY	48:57
2.	BERTINI Simona	2001	ITALY	51:33
3.	MASTRANGELO Ida	2001	ITALY	52:28
4.	DI FABIO Angela	2002	ITALY	52:47
5.	GATTI Camilla	2001	ITALY	53:22
6.	TITONE Alessia	2002	ITALY	53:57
7.	PERINI Ginevra	2001	ITALY	54:39
8.	MIGLIARDI Ilaria	2002	ITALY	55:30
9.	KACBUFI Natasha	2001	ITALY	55:42
10.	VINCI Veronica	2002	ITALY	56:11

The Masters 10km championship races saw huge fields (49 men and 30 women). Absolute victories to **Francesco Scafuro** (M40 49:51) and **Tatiana Zucconi** (W40 52:31). Special mention to **Romolo Pellicciawho** who bettered his own M80 10 km road record (which had stood at 1:01:07, set in Grottammare in 2016) with his time of 59:55.

Masters Men 10km

1.	SCAFURO Francesco	M40	ASD TRACK & FIELD MASTER GROSS	49:51
2.	LATORRE Luca	M40	GS MATERA	49:53
3.	PAULINI Luigi	M45	ASD KRONOS ROME	51:12
4.	CAMILLETTI Giancarlo	M50	ASD KRONOS ROME	51:18
5.	SAPONARO Giuseppe	M45	ATL BRUGNERA PN FRIULINTAGLI	52:25
6.	NASO Andrea	M55	LONATO ATHLETICS	52:26
7.	SCOTTI Riccardo	M50	NEW ASTRO ATHLETICS	53:35
8.	DE LELLO Gennaro	M35	ASD TRACK & FIELD MASTER GROSS	53:40
9.	DE MASIS Michele	M60	LONATO ATHLETICS	53:48
10.	AMATI Fabio	M50	COPPARO ATHLETIC CENTER	54:44
11.	CALO Samuele	M40	AS THE BROTHERHOOD 1874	55:00

12.	STELLA Giovanni	M55	ASD ARETUSA MARCIA SYRACUSE	55:06
13.	DE PAOLI Massimo	M60	ASD KRONOS ROME	55:23
14.	SIRAGUSA Gianni	M50	FUTURE ATHLETIC TUSCANY	56:34
15.	PETRUNGARO Rosario	M60	ASD KRONOS ROME	57:15
16.	OLIVO Enrico	M60	EXPANDIA ATL. TOGETHER VERONA	57:51
17.	FANIGLIULO Ciro	M50	ASD PODISTICA GROTTAGLIE	59:53
18.	PURICHS Romulus	M80	ASS.ATL.LIBERTAS ORVIETO	59:55
19.	COLLAMATI Andrea	M45	ATHLETIC 85 FAENZA	1:01:32
20.	MORETTI Gabriele	M60	LONATO ATHLETICS	1:01:57
21.	PALESTINI Giuseppe	M55	SEF STAMURA ANCONA ASD	1:02:24
22.	FLOWERS Mario	M70	ATHLETIC OSIMO	1:02:27
23.	MONTI Learco	M65	GS AMLETO MONTI	1:02:32
24.	PIASER Roberto	M70	ATLETICA SAN BIAGIO	1:02:38
25.	RONCONE Sebastiano	M55	ITALY MARATHON CLUB SSDRL	1:03:06
26.	USAI Antonio	M65	ASD KRONOS ROME	1:03:16
27.	MANCINI Valter	M55	ITALY MARATHON CLUB SSDRL	1:03:26
28.	MUGIANESI Massimo	M45	ITALY MARATHON CLUB SSDRL	1:03:35
29.	VENTURI DEGLI EXPOSTI F	M60	US SCANZOROSCIATE	1:03:39
30.	MONETTI Marco	M65	ATL. AMBROSIANA	1:04:37
31.	CARBONARO Corrado	M70	ASD ARETUSA MARCIA SYRACUSE	1:04:49
32.	MARANDOLA Maurizio	M55	ASD TRACK & FIELD MASTER GROSS	1:06:26
33.	FORTUNATI Pier Angelo	M65	LONATO ATHLETICS	1:06:36
34.	ANGELINI Mario	M70	ITALY MARATHON CLUB SSDRL	1:08:47
35.	FIORESI Massimo	M60	ITALY MARATHON CLUB SSDRL	1:08:51
36.	DECANDIA Stefano	M70	GS AMLETO MONTI	1:09:14
37.	DOMIZI Sergio	M60	ATL. AVIS MACERATA	1:09:38
38.	IRON Antonio	M70	ITALY MARATHON CLUB SSDRL	1:10:01
39.	CAVEDAGNI Marco	M65	SEF VIRTUS EMILSIDER BO	1:10:10
40.	CHURCH Renato	M70	ASD LIBERATLETICA	1:10:14
41.	GIANNONE Biagio	M75	ASD TRACK & FIELD MASTER GROSS	1:10:16
42.	SCIANANDRONE Vincenzo	M60	A.MARATONETI ANDRIESI	1:11:53
43.	DE LUCIA Gianfranco	M75	ASD KRONOS ROME	1:13:44
44.	MUSCAS Paolo	M70	ITALY MARATHON CLUB SSDRL	1:17:04
45.	PERNICIARO Ettore	M75	JOGGING TEAM PATERLINI	1:17:19
46.	BRUNETTI Rinaldo	M65	ITALY MARATHON CLUB SSDRL	1:19:05
47.	MARIOTTI Enrico	M80	ITALY MARATHON CLUB SSDRL	1:19:28
	NIGRO Gabriele (FC)	M70	CITADEL 1592 PARMA	DQ
	GERONIMO Franco	M50	ATL. REGGIO ASD	DNF

Masters Women 10km

1.	ZUCCONI Tatiana	F40	ASD ROMATLETICA FOOTWORKS	52:31
2.	CINCA Elena	F45	ATL BRUGNERA PN FRIULINTAGLI	54:12
3.	LUCAFERRO Manuela	F55	LONATO ATHLETICS	59:57
4.	BIOCCHI Silvia	F45	ASD TRACK & FIELD MASTER GROSS	59:58
5.	MOMBELLI Roberta	F50	LONATO ATHLETICS	1:00:08
6.	FRANCESCHINI Sandra	F45	ATHLETICS GROSSETO BANCA THEME	1:00:33
7.	COCCIMIGLIO Simona	F40	ASS.ATL.LIBERTAS ORVIETO	1:00:41
8.	PALANDRI Simona	F40	ASD TRACK & FIELD MASTER GROSS	1:00:43
9.	AURIZZI Melania	F45	ASD LIBERATLETICA	1:01:31
10.	RICCIUTELLI Daniela	F60	ASD LIBERATLETICA	1:01:32
11.	FUREGON Patrizia	F50	ASD LIBERATLETICA	1:02:03
12.	CASASOLE Luisa	F50	ASS.ATL.LIBERTAS ORVIETO	1:03:00
13.	BATTLE Lucia	F35	ACQUADELA BOLOGNA	1:03:18
14.	BETTUCCI Paola	F50	ATL. AVIS MACERATA	1:03:44
15.	CANUTI Alessandra	F35	ASD TRACK & FIELD MASTER GROSS	1:04:20
16.	BELLAGOTTI Elena	F40	ASD TRACK & FIELD MASTER GROSS	1:05:18
17.	COMBA Giuseppina	F60	ASD ATL. FOSSANO '75	1:05:24
18.	MESCOLINI Martina	F35	ASD LIBERATLETICA	1:06:19
19.	MICHETTI Donatella	F50	ASD ROMATLETICA FOOTWORKS	1:07:23
20.	CIANTAR LEQUIO Dominiqu	F55	ASD LIBERATLETICA	1:07:53
21.	MASTROFRANCESCO Paola	F50	ASD LIBERATLETICA	1:09:21
22.	DEL PINTO Rita	F65	ASD LIBERATLETICA	1:10:16
23.	VISINTINI Marina	F50	ASD LIBERATLETICA	1:10:27
24.	BENCIVENGA Anna	F50	ASD TRACK & FIELD MASTER GROSS	1:12:11
25.	MURESAN Georgeta	F35	ASD TRACK & FIELD MASTER GROSS	1:14:22
26.	CAPITANI Simona	F45	ASD TRACK & FIELD MASTER GROSS	1:14:24
27.	FRANCI Angela	F55	ASD TRACK & FIELD MASTER GROSS	1:16:26
28.	CISTARO Teresa	F50	ASD LIBERATLETICA	1:20:17

29. CHELINI Cheti	F40	ASD TRACK & FIELD MASTER GROSS	1:20:42
30. BERTI Sonia	F55	ASD TRACK & FIELD MASTER GROSS	1:25:58

WALKS MEET, BAYONNE, FRANCE, SUNDAY 21 OCTOBER

Last Sunday saw **Emmanuel Tardi** in the French city of Bayonne, 750km south of Paris, for a local walks meet, with 10km and 20km races scheduled. He tells me that most of the walkers came from the Bazas racewalking club. The races started at 10AM and the course was 1km in length. The weather was perfect: fresh, with no wind, and some fog early. It was a small meet but but the races were good and everybody was happy.

10km Walk

1. Adrien Saint Marc	JUM	US Bazas	50:37
2. Philippe Le Bonniec	VEM	Elan Girondais Athlétisme	52:57
3. Annick Le Mouroux	VEF	SA Mérignac	56:59
4. Eliette Cecillion	VEF	US Bazas	1:06:27
5. Corinne Berthon	VEF	SA Mérignac	1:06:40
6. Laetitia Broleze	VEF	Elan Girondais Athlétisme	1:09:01
7. Lucie Sen	VEF	US Bazas	1:11:52
8. Rodrigue Souc	VEM	US Bazas	1:14:59
9. Emmanuel Tardi	VEM	LPO Longjumeau	1:15:52
10. Jean-Paul Trocmet	VEM	Elan Girondais Athlétisme	1:16:28
11. Myriam Segas	VEF	US Bazas	1:17:10

20km Walk

1. Bernard Cerda	VEM	US Bazas	1:57:50
2. Patrick Colomar	VEM	US Bazas	1:58:41
3. Marc Lassus	VEM	US Bazas	2:17:16
4. Gerard Sen	VEM	US Bazas	2:19:56
5. Maryse Lassus	VEF	US Bazas	2:43:30

Lots of photos on the facebook page for Urtxintxak Hasparren Athlétisme.



Left: Patrick Colomar and Bernard Cerda (photos Emmanuel Tardi)
 Right: Emmanuel Tardi (photo <https://www.facebook.com/pg/UrtxintxakHasparrenAthletisme/photos/>)

AFRICAN CENTURIONS 24H QUALIFIER, CAPETOWN, SA, 20-21 OCTOBER

And finally to Cape Town in South Africa for the third annual African Centurions 24 Hour Qualifying walk. Like all centurion qualifying races, the aim was to walk 100 miles within the requisite 24 hour timeframe. For the third and last time, the walk was scheduled to be held on Robben Island, the penitentiary where Nelson Mandala was incarcerated for so many years, and the timing was of huge significance, given that this year marks 100 years since his birth.

Unfortunately, the best laid plans are sometimes turned on their heads and so it was in this case when, due to inclement weather, no ferries were permitted to travel to and from the island, and the race had to be moved to the Bellville Stadium in the Cape Town suburb of Belville Park. So the event became a track based 100 mile rather than a road based course around the island.

Results are sparse (see <http://africancenturion.com/>) but they have published the following bare bones and we are pleased to welcome 6 new African Centurions, 3 men and 3 women. The overall winner was Isle of Man walker **Andy Green** (20:57:39). The great news is that Australian husband and wife team **Justin and Sharon Scholz** were amongst the finishers, Justin finishing as the third man with 22:47:45 and Sharon finishing as the first woman with 27:47:46. See my 'Walkers of the Week' right at the start of the newsletter for a discussion of their wonderful achievement in Cape Town.

And I can't finish this report without mentioning Dutch walker **Jantinus Meints** who clinched his fifth centurion badge with his second placed walk in Cape Town. You can see the full multiple badge listing at <https://www.walk100miles24hours.com/wp-content/uploads/2018/10/Multi-Centurions-1.pdf>.

MEN

1.	Andy Green	IOM	20:57:39	C30
2.	Jantinus Meints	NED	22:11:41	C31
3.	Justin Scholz	AUS	22:47:45	C32

WOMEN

1.	Sharon Scholz	AUS	22:47:46	C33
2.	Nontuthuko Mgabhi	RSA	23:29:51	C34
3.	Bernie Johnson	IOM	23:32:53	C35

2 MAN TEAM

1.	The Bees	21:52:01
2.	Tawwe Tekkies	22:42:10
3.	AWTY (Are We There Yet)	22:44:32
4.	Standard Two	22:49:30

4 MAN TEAM

1.	Double Entry Bandits	20:29:10
2.	Hotsteppers	20:30:14
3.	Northlink	20:58:20

DUO TEAM

1.	Hilton Murray, Anita Engelbrecht	23:46:23
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Justin and Sharon Scholz and Jantinus Meints after their successful walks in Cape Town last weekend (photos facebook)

OUT AND ABOUT

- At least the 50km walk is not the only discipline fighting for its life. Beset by allegations of corruption and links to organised crime, boxing finds itself in danger of exclusion for the Tokyo 2020 Olympic program, or if it does feature, will be taken over like a company that has sunk into administration. See <https://www.smh.com.au/sport/boxing/olympic-boxing-fighting-for-survival-as-controversy-engulfs-the-sport-20181019-p50asb.html>.
- A Duke University research team has found a way to help sporting officials detect whether an athlete's blood has been doped by an infusion of their own stored blood. While tests have been developed to detect two of the three most common methods of dramatically boosting the oxygen-carrying capacity of a competitor's blood, so-called "autologous" or self-transfusions have been impossible to detect up till now. See https://www.eurekalert.org/pub_releases/2018-10/du-nfc101818.php.
- The full results set from the 2018 WMA Out Of Stadia Champs in Malaga have now been compiled and can be downloaded from <https://www.facebook.com/download/249590962401256/2018%20WMA%20Malaga%20Out%20of%20Stadia%20Results.pdf?hash=AcrCTH2oBuwOSOJU>.
- Last week, we were all shattered by the news that 1968 Olympic gold medallist **Kip Keino** was amongst seven senior Kenyan officials to be charged over alleged corruption surrounding the 2016 Olympic Games. See <https://www.bbc.com/news/world-africa-45851507>. Talk about an idol being taken down. It now seems that Keino may not actually be charged but may be called as a witness against former Sports Ministry officials who are accused of various omissions and commissions leading to the loss of large amounts of money. See <https://www.capitalfm.co.ke/sports/2018/10/18/legendary-keino-likely-witness-in-rio-olympics-case/>.
- Racewalking Australia president **Bob Cruise** explains the new IAAF World Ranking System and what walkers now need to do. See <http://www.rwa.org.au/wp/2018/10/22/iaaf-world-ranking-system/>.
- There were two very happy young VRWC members when Commonwealth Games gold medallist **Jemima Montag** visited the Whittlesea city Little Athletics Club last Saturday. **Ela Uzun** and **Havana Ali** got to meet their idol and got a signed photograph.



Ela and Havana pose for the camera with Jemima (photo Ece Uzun)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 6 press releases for us from Marciadalmondo this week

- Mon 22 Oct - Report on U18 10km race in Italian 50km Championship meet http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3318
- Sun 21 Oct - Reggio Emilia: Leonardo Dei Tos wins Italian 50km championship http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3317

- Thu 18 Oct - Preview of Italian 50km championship and 57th All-Japan Race Walking Meeting
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3316
- Wed 17 Oct - Profile of Chinese/Tibetan racewalker Xi Ricuo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3315
- Tue 16 Oct - Buenos Aires (ARG): Xi Ricuo (CHN) wins the second stage and gold
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3314
- Tue 16 Oct - Profile of Indian World Youth Olympic walker Suraj Panwar
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3313

and omarchador has 15 press releases

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- Mon 22 Oct - Day 2: Eduard Zabuzhenko and Vasylyna Vitovshchuk win 20km walks in Ivano-Frankivsk
<http://omarchador.blogspot.com/2018/10/os-20-km-em-ivano-frankivsk-com.html>
- Mon 22 Oct - Day 1: Dmytro Sobchuk and Valentyna Myronchuk win 50km walks in Ivano-Frankivsk
<http://omarchador.blogspot.com/2018/10/dmytro-sobchuk-e-valentyna-myronchuk.html>
- Sun 21 Oct - Profile of young German walker Mathilde Frenzl
<http://omarchador.blogspot.com/2018/10/mathilde-frenzl-promissora-jovem-alema.html>
- Sun 21 Oct - Results of 6 Hour walk in St Petersburg, Russia
<http://omarchador.blogspot.com/2018/10/tradicional-marcha-de-outono-em-sao.html>
- Sat 20 Oct - results of ERWL 5 Miles walk in Lee Valley, Enfield
<http://omarchador.blogspot.com/2018/10/5-milhas-em-lee-valley-1310-erwl-2018.html>
- Sat 20 Oct - Preview of Italian 50km championship meet tomorrow in Reggio Emilia
<http://omarchador.blogspot.com/2018/10/reggio-emilia-recebe-os-campeonatos-de.html>
- Sat 20 Oct - Results of Regional 20km championships in Ontario, Canada
<http://omarchador.blogspot.com/2018/10/campeonatos-de-20-km-marcha-de-ontario.html>
- Fri 19 Oct - Preview of this weekend's Ukrainian 50km championships in Ivano-Frankivsk
<http://omarchador.blogspot.com/2018/10/campeonatos-da-ucrania-de-50-km-em.html>
- Fri 19 Oct - Juan Porras and Carmen Hernández win in Alcolea del Río
<http://omarchador.blogspot.com/2018/10/juan-porras-e-carmen-hernandez-vencem.html>
- Fri 19 Oct - A bit of Portuguese racewalking history from 1974
<http://omarchador.blogspot.com/2018/10/viseu-e-carlos-albano-nos-primeiros.html>
- Thu 18 Oct - Romolo Pelliccia does M80 3000m world record in Viterbo
<http://omarchador.blogspot.com/2018/10/romolo-pelliccia-bate-recorde-mundial.html>
- Thu 18 Oct - Results of the final leg of the Lazio Trophy in Viterbo, Italy
<http://omarchador.blogspot.com/2018/10/viterbo-recebeu-ultima-etapa-do-trofeu.html>
- Wed 17 Oct - Profile of Christoph Höhne, one of the great figures of racewalking
<http://omarchador.blogspot.com/2018/10/christoph-hohne-uma-das-grandes-figuras.html>
- Wed 17 Oct - Ricuo Xi (China) wins the march again and is the Olympic youth champion
<http://omarchador.blogspot.com/2018/10/ricuo-xi-china-vence-de-novo-na-marcha.html>
- Tue 16 Oct - Llerena Municipal Track of Athletics named after Álvaro Martín
<http://omarchador.blogspot.com/2018/10/alvaro-martin-da-nome-pista-municipal.html>

1976 OLYMPIC 20KM WALK

Vic Miller, one of my racewalking stamps contacts, sent me the following wonderful photo from the 1976 Olympic 20km walk, highlighting the main contenders during the early stage of the race



The three (East) Germans and the trio of Mexicans who battled for the medals at the 1976 Summer Olympics are visible here: Domingo Colín (#7), Daniel Bautista (#13), Karl-Heinz Stadtmüller (towering behind Bautista), Peter Frenkel (#23), Hans-Georg Reimann (mostly obscured by Frenkel) and Raul Gonzalez (faded in the background - and the race)
(photo http://www.elfinanciero.com.mx/uploads/2018/07/23/d98c1545b71532370541_standard_desktop_medium_retina.jpeg)

So time for a bit of a story on this event.

In a black segment of Olympic history, the 50km racewalk was dropped after the 1972 Olympics, one of a number of events targeted in a move to reduce the size of what was seen as a bloated monster. Thus West German walker **Bernd Kanneberg** was deprived of the chance of back to back Olympic 50km golds. There is little doubt that he would have won, having set new world records for 1 Hour, 2 Hours, 20,000m, 30,000m and 50,000m track walks in the final years leading up to the 1976 Games.

But the scenario was even worse than that, with the 20km also rumoured to be on the chopping block, and with the prospect of no walks at all in the 1980 Games.

The lack of a 50km event had the effect of concentrating all the world's walking talent into one race. Mexican **Daniel Bautista** went in as the firm favourite, but the minor places were wide open, with the other Mexicans, the East Germans, the Russians and, of course, Kanneberg himself, all in contention.

Now to the race itself, which saw 38 walkers from 29 nations, ensuring the strongest field of walkers ever assembled for a single race. Alas, 3 walkers failed to make it to the start line, with two Ethiopians and one Kenyan falling victim to the African withdrawal. With countries like Colombia, Honduras, Japan and Malaysia entering walkers, the sport was at last gathering a world wide following. The 20km walk also provided one of the widest age ranges in the Olympics. Eighteen year old **Bengt Simonsen** of Sweden finished 26th while 48 year old **Alex Oakley** of Canada placed 35th.

The race started with four laps of the track and, by the time the walkers left the stadium for the 500m climb to the 8x2km park circuit, the Mexicans and the East Germans were in front, with the rest of the field already spreading out behind them. By 10km, **Domingo Colín** had been disqualified and the leading group was down to five – **Peter Frenkel** forcing the pace with 42:23, just ahead of team mates **Hans-Georg Reimann** and **Karl-Heinz Stadtmüller**, along with Daniel Bautista and **Raúl González**.

González was the first to fall off the pace, just before the 13km mark and, by 15km, it was Bautista in front and forcing the pace, level with Reimann, Frenkel on his heels and Stadtmüller a little way behind.

Bautista timed his race to perfection, breaking clear with 2km to go and storming home to win by 33 secs in a new Olympic record of 1:24:40.6. The short, supple and long striding Mexican was clearly in a class of his own. One of the best stylists of all time, you should check him out his winning walk in this youtube video: <https://www.youtube.com/watch?v=38LrvculKM>.

Defending champion Frenkel, who had bravely forced the pace for most of the race, was eventually relegated to third behind his countryman Reimann, the Munich bronze medallist four years before. With Stadtmüller fourth, it was a dominant East German performance. Fifth place went to Raúl González, who would eventually win his Olympic gold 8 years later in Los Angeles. **Volodymyr Holubnychiy**, the great Russian walker, failed to win his fifth consecutive Olympic medal but was by no means disgraced, finishing 7th. History shows that Kannenberg, the 20km world record holder, failed to finish. Losing contact with the leading group, he retired after only 5km. He did not race again in major international competition. For Holubnychiy, Reimann and Frenkel, this was also their last international appearance.

Bautista's win was Mexico's first ever athletics gold medal. He was so dehydrated at the end that he had to drink 10 cans of soft drinks before he could produce enough urine for the dope test.



Daniel Bautista wins in the 1976 Olympic 50km – perfection in motion

Australia's sole walking representative was Victorian **Ross Haywood**. Ross was a top walker and a top runner and he narrowly missed selection for the 1970 Commonwealth Games in the 3000m steeplechase. Putting this disappointment behind him, he concentrated on his walking, winning 6 successive Australian and Victorian 3000m track walk championships from 1971 to 1976. He finally earned an Australian vest with selection for the 1974 Commonwealth Games 20 mile walk where he finished 7th. He followed this up with selections in both the 20km walk and the marathon in the 1976 Olympics. His 12th placing in the walk (out of 38 finishers) in 1:30:59 cemented his place as an international standard walker. At the age of 31, he retired from serious training to concentrate on his business in 1978.

20km Walk Men

1.	Daniel Bautista	MEX	1:24:40.6
2.	Hans-Georg Reimann	GDR	1:25:13.8
3.	Peter Frenkel	GDR	1:25:29.4
4.	Karl-Heinz Stadtmüller	GDR	1:26:50.6
5.	Raúl González	MEX	1:28:18.2
6.	Armando Zambaldo	ITA	1:28:25.2
7.	Volodymyr Holubnychiy	URS	1:29:24.6
8.	Vittorio Visini	ITA	1:29:31.6
9.	Gérard Lelièvre	FRA	1:29:53.6
10.	Roberto Buccione	ITA	1:30:40.0
11.	Brian Adams	GBR	1:30:46.2
12.	Ross Haywood	AUS	1:30:59.2
13.	Otto Barch	URS	1:31:12.4
14.	Olly Flynn	GBR	1:31:42.4
15.	Viktor Semyonov	URS	1:31:59.0
16.	Imre Stankovics	HUN	1:32:06.6
17.	Jan Ornoch	POL	1:32:19.2
18.	Gerhard Weidner	FRG	1:32:56.8
19.	Ernesto Alfaro	COL	1:33:13.8
20.	Ron Laird	USA	1:33:27.6
21.	Boguslaw Duda	POL	1:33:53.4
22.	Larry Walker	USA	1:34:19.4

23.	Marcel Jobin	CAN	1:34:33.4
24.	Vinko Galušić	YUG	1:34:46.8
25.	Godfried De Jonckheere	BEL	1:35:03.8
26.	Bengt Simonsen	SWE	1:35:31.8
27.	Santiago Fonseca	HON	1:36:07.0
28.	Lucien Faber	LUX	1:36:21.2
29.	Todd Scully	USA	1:36:37.4
30.	Paul Nihill	GBR	1:36:40.4
31.	Rafael Vega	COL	1:37:27.4
32.	Khoo Chong Beng	MAS	1:40:16.8
33.	Pat Farrelly	CAN	1:41:36.2
34.	Yoshio Morikawa	JPN	1:42:20.6
35.	Alex Oakley	CAN	1:44:08.8
36.	Henry Klein	ISV	1:50:50.4
	Bernd Kannenberg	FRG	DNF
	Domingo Colín	MEX	DQ

And what of the 50km. The IAAF, always a strong supporter of walking, staged its own IAAF 50km World Championship in Malmo, Sweden, later in the year. 42 walkers turned up, with **Veniamin Soldatenko**, the 1972 silver medallist, winning with 3:54:40. One can only guess at the mighty battle which would have ensued if it had remained an Olympic event and Soldatenko and Kannenberg had faced the starter's gun shoulder to shoulder.

History tells us that, as a result of continued lobbying by the IAAF, the 50km walk was reinstated for the 1980 Olympics and has been staged in every Olympics since. But that's a story for another day.

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2018

Oct 27 (Sat), 2018	AV Shield (Round 4 at various venues)
Oct 28 (Sun), 2018	VRWC Summer Season races, Middle Park
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 3 – Feb 3, 2018	Supernova Walks Study Camp, AIS, Canberra
Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo
Feb 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	Victorian Masters T&F Championships, Albert Park
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park

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

Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	Memorial Jerzy Hausleber, Monterrey, Mexico
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar

International Dates – 2019 and onwards

Feb 10 (Sun), 2019	Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)
Mar 17 (Sun), 2019	Lugano Trophy Walks Meet, Lugano, SWI
Mar 23 (Sat), 2019	Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
Mar 24-30, 2019	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	Memorial Jerzy Hausleber, Monterrey, Mexico
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar

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

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

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

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)