



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 40  
4 July 2017



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**WALKER OF THE WEEK**

My Walker of the Week this time around is 13 year old NSW walker **Allanah Pitcher**. Walking in the NSWRWC roadwalks a week ago, she recorded an inaugural 10km time of **51:31**. Now I don't know of any comparable U14 10km performance in Australia so I am assuming it is an age group best ever.

Allanah took all before her nationally last year in the U13/U14 age group category and was in my 2016 Top Ten Women list. She is continuing on in 2017 right where she left off at the end of 2016 – from the front! She was my Walker of the Week back in February, when she walked 14:19.11 to win the U15 3000m walk at the NSW Junior T&F Championships. She recently won the LBG Carnival U14 2km and U18 5km championships, and now has upped the ante with her fantastic 10km time. She is a truly exciting prospect.



*Allanah wins the U14 2km championship at the LBG Carnival in Canberra last month*

**WHAT'S COMING UP**

Next Saturday sees VRWC walkers back at Middle Park for more winter roadwalks. It's a prize day, with the pick of the table for the winner of the Handicap in each race. Club handicapper Mark Donahoo sets your handicap, based on your most recent performances over that distance of a similar one. Remember we prefer you to pre-enter if possible via our online panels at <http://vrwc.org.au/wp1/>.

<b>Saturday 8<sup>th</sup> July 2017, Middle Park</b>			
<b>VRWC EVENTS: Entries close for all events at 1.45pm sharp. Handicap prizes day.</b>			
2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Michelle James from Athletics Australia advises that the **Australian Roadwalk Championships** course is along the bike path on Squires Way opposite the **Wollongong University** (Innovation Campus). Final details and timetable are expected to be available later this week. Online entries opened last week via the A.A. online entry panel <https://winterwalks2017.eventdesq.com/>. The championships will be held on **Sunday 27<sup>th</sup> August**. Entries close Monday 21<sup>st</sup> August at 9:00pm.

**VRWC ROAD WALKS, MIDDLE PARK, SATURDAY 1 JULY**

Cold conditions greeted the 36 walkers who turned out for our latest VRWC winter season roadwalks at Saturday at Middle Park. **Kyle Swan** (58:00) was the fastest over 12km, **Rebecca Henderson** (50:56) was fastest in the 10km, **Mark Blackwood** was fastest in the 5km (23:59), **Nikolaj Djordjevic** was fastest in the 3km (15:48) and **Liam Hutchins** was fastest in the 1.5km (8:15).

**12km Walk**

1.	Madeleine Feain	Open	1:17:26	First one
2.	Karyn O'Neill	M60+	1:23:19	
1.	Kyle Swan	U18	58:00	
2.	Terry O'Neill	M60+	1:16:24	
3.	Albin Hess	M40-59	1:21:51	

**10km Walk**

1.	Rebecca Henderson	U16	50:56	
2.	Alison Thompson	M60+	1:03:57	
1.	Corey Dickson	U16	57:47	
2.	Bernie Keirl	M40-59	1:01:51	
	Bob Gardiner	M60+	DNF	

**5km Walk**

1.	Paige De Lisen	U18	28:34	
2.	Kathleen O'Mahony	U16	30:09	
1.	Mark Blackwood	Open	23:59	
2.	Will Thompson	U14	25:01	PB 0:51
3.	Reese Walmsley	Open	25:43	
4.	Russ Dickenson	M60+	33:14	

**3km Walk**

1.	Holly Cocking	U16	16:47	
2.	Brianna Briet	U14	17:56	PB 0:42
3.	Donna-Marie Elms	M40-59	18:00	
4.	Grace Louey	U14	18:57	
5.	Gemma Lillie	U12	19:31	
6.	Gwen Steed	M60+	21:22	
1.	Nikolaj Djordjevic	U14	15:48	
2.	Luke Epps	U10	16:23	PB 0:27
3.	Angus Hay	U14	17:40	
4.	Gerard Feain	M40-59	18:56	
5.	Barrie Wicks	M60+	25:07	

**1.5km Walk**

1.	Kaylah Heikkila-Dubowik	U12	09:34	
2.	Ella Cunningham	U10	10:35	
3.	Merilyn Thompson	M40-59	11:02	
4.	Pam Mews	M60+	14:23	
1.	Liam Hutchins	U10	08:15	
2.	Nikita Djordjevic	U12	09:03	
3.	Hamish Blackwood	U10	09:29	
4.	Lucas Kent	U10	10:53	
5.	Christopher Kent	M40-59	10:54	

Thanks to our officials and judges and helpers. Sorry if I have missed anyone

**Officials and Helpers:** Mark Donahoo, Ralph Bennett, Terry Swan, Tim Erickson, Michelle Walmsley, Terry O'Neill, Karyn O'Neill, Bob Gardiner, Bernie Keirl

**Judges:** Peter Vysma (Chief), Stuart Cooper, Shane Dickson

**Canteen:** Kate Suich, Wendy Cooper  
**Photos:** Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?category/434>)  
**Timing:** Ralph Bennett (<http://vrwc.org.au/wp1/race-splits-laps/>)



*Rebecca Henderson, Kyle Swn, Madeleine Feain and Mark Blackwood (photos Terry Swan)*



*Will Thompson, Nikolaj Djordjevic, Luke Epps, Liam Hutchins and Brianna Briett*

Updated VRWC Handicap, Actual Time and Style Award points are found at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

**ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 1 JULY**

Thanks to Robin Whyte for his weekly report from Canberra. **Mitchell Baker** (48:58) and **Tim Fraser** (49:19) had their usual battle. Australian 50km champion **Matt Griggs** won the 20km club championship (1:46:43).

**20K Championship**

- |                         |         |
|-------------------------|---------|
| 1. Matt Griggs          | 1:46:43 |
| 2. Ann Staunton-Jugovic | 2:04:47 |
| 3. Greg Durr            | 2:09:56 |
| 4. Robin Whyte          | 2:10:27 |
| 5. Bryan Thomas         | 2:29:42 |

**5K Championship**

- |                    |       |
|--------------------|-------|
| 1. Hannah Manning  | 28:31 |
| 2. Derek Robinson  | 34:49 |
| 3. Jane Bates      | 35:30 |
| 4. Rod Gilchrist   | 37:15 |
| 5. Rosemary Parker | 37:22 |

6.	Monika Short	2:35:39	6.	Jennifer Gilchrist	38:24
7.	Geoff Barker	2:52:04	7.	Terry Munro	41:23
8.	Val Chesterton	3:04:31	8.	David Mackenzie	41:49
			9.	Raine Thompson	46:15

#### 10K Championship

1.	Mitchell Baker	48:58
2.	Tim Fraser	49:19
3.	Gabby Hunt	55:58
4.	Bob Parker	1:15:30

#### 3K Championship

1.	Laura Burns	16:01
2.	Sidney Shaw	18:31
3.	Kai Jeong-Reuss	21:53
4.	Helen Munro	28:20

#### 1.5K Championship

1.	Ella Baker	09:52
2.	Jayden Elphick	10:23
3.	Harry Baker	10:36
4.	Otis Jeong-Reuss	10:53

### SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 1 JULY

Thanks to Peter Crump for this week's results from the South Australian Racewalking Club in Adelaide.

#### 15km Walk

1.	Bill Starr	1:54:46
	James Hoare	DNF

#### 2km Walk

1.	Toby Wilks	10:00
2.	Eli Pusonjic	11:21
3.	Tarique Kamish	19:16
4.	Edward Upton	19:16

#### 1km Walk

1.	Sam Wilks	6:19
2.	Natalie Bruniges	9:26
3.	Zahra Kamish	9:26
4.	Xavier Upton	9:46

#### 8km Walk

1.	Tristan Camilleri	40:48
2.	Greg Metha	51:18
	Samantha Findlay	DNF

#### 5km Walk

1.	Olivia Sandery	26:31
2.	Victoria Upton	26:35
3.	Mathew Bruniges	29:35
4.	Olivia Phillips	37:37

#### 3km Walk

1.	Kiera Ross	16:09
2.	Chloe Upton	17:00
	Kitarni Upton	DNF

### SAMA ROADWALKS, PEACOCK RD, ADELAIDE SOUTH PARKLANDS, ADELAIDE, SATURDAY 1 JULY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Cool arvo – calm and sunny. **George White** (15km, 1:33:59 M72 85.58%) was the outstanding walker of the meet.

#### 15km Walk Championship

1.	Marie Maxted	1:46:08	W57	72.59%
1.	Raelene Schild	2:02:12	W52	59.57%
1.	Cherie Rothery	1:44:18	W47	66.38%
1.	David Robertson	2:12:08	M83	72.39%
1.	George White	1:33:59	M72	<b>85.58%</b>
2.	Graham Harrison	1:58:21	M73	68.89%
1.	Gil McIntosh	1:45:53	M66	70.54%
1.	Richard Moyle	1:58:07	M61	59.95%
1.	Peter Crump	1:29:49	M56	75.25%

#### 4km Walk

1.	Trevor Mayhew	26:24	M71	76.28%
2.	Helen Suridge	29:28	W66	71.26%
3.	Rodger Barber	30:14	M79	74.35%
4.	Dave Fallon	30:27	M64	60.98%
5.	Jan Layng	30:44	W68	70.18%
6.	Jill Rogers	34:54	W72	65.49%
7.	Edna Bates	35:03	W64	58.40%
8.	Jeff Kennett	38:33	M67	49.80%

## WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 2 JULY

Thanks to Mike Reid for the latest results from Perth. **Declan Tingay** was fastest in the 10km with 50:05.

### 5km Walk

1.	Wayne Byram	33.40
2.	John Smith	42.15

### 2km Walk

1.	Thomas Millard	10.52
2.	Amy Holland	12.20
3.	Xavier Bernard	13.29

### 10km Walk

1.	Declan Tingay	50.05
2.	Ben Reid	51.42
3.	Andrew Duncan	52.15
4.	Karyn Tolardo	62.15

## NSWRWC ROADWALKS, WOY WOY, SATURDAY 24 JUNE

Back a week for the NSWRC roadwalks at Woy Woy. 40 walkers in total. **Dylan Richardson** won the 12km with 59:13 while **Kyle Bedford** won the 10km with 36:56. Special mention to 13 year old **Allanah Pitcher** who walked her first ever 10km, recording an outstanding 51:31.

### 10km Open

1.	Kyle Bedford	46.56
2.	Allanah Pitcher	51.31
3.	Jack McGinniskin	54.55
4.	Jasmyn McDonald	57.47
5.	Janaya Lee	68.08
	Oscar Tebbutt	DNF
	Brendan Hyde	DNF

### 5km Open

1.	Joel Kemp	26.58
2.	Isabella Dunne	29.12
3.	Molly O'Neill	29.50
4.	Renee Hardy	30.07
5.	Brittany Robertson	30.54
6.	Amy Walker	31.17
7.	Brooke Martin	32.46
8.	Davina Lee	34.34
9.	Nicolle Challinor	36.42
10.	Nicole Nilon	36.42
11.	Antoinette Woodward	37.18
	Baden White (INV)	38.48
	Joan Purcell (INV)	40.23
	Hannah Bolton	DNF

### 12km Open

1.	Dylan Richardson	59.13
2.	Anne Weekes	79.47
	Carl Gibbons	DNF

### 3km U16

1.	Elizabeth McMillan	15.51
2.	Emma Thomas	16.12
3.	Chloe Krklinski	17.22
4.	Shaquille Lee	18.08
5.	Isabella Nilon	18.19
	Chloe McLoughlin (INV)	18.36
6.	Brendan Pospischil	18.56
7.	Brodie Douglas	19.39
8.	Aiden Hardy	22.16

### 2km U12

1.	Peter Elliott	10.15
2.	Milly Boughton	10.26
3.	Sienna Pitcher	12.50
4.	Amelia Crocker	16.59

### 1km U10

1.	Christopher Nilon	6.32
2.	Cara Lee	8.59

## OCEANIA AREA CHAMPIONSHIPS, SUVA, FIJI, 28 JUNE – 1 JULY

The **Oceania Area Championships** (<https://athletics-oceania.com/oceania-athletics-area-championships-2017/>) in Suva, Fiji, have now been completed. Overall, more than 20 nations descended on Fiji for the four days of athletics competition.

**Rhiannan Lovegrove** (SA), **Mackayla Davison** (VIC), **Ryan Thomson** (NSW) and **Connor Frew** (ACT) were the only walkers in the U18 division, so they automatically medalled as shown below in the U18 5000m races which were held on Day 2.

### U18 Women 5000m Walk, Thursday 29 June

1.	RHIANNON LOVEGROVE	00	Aus	26:59.32
2.	MACKAYLA DAVISON	00	Aus	30:20.01

### U18 Men 5000m Walk, Thursday 29 June

1.	CONNOR FREW	00	Aus	23:08.46
2.	RYAN THOMSON	00	Aus	24:21.05

**Pramesh Prasad** (VIC) was competing for his native Fiji in the Open Men division. Unfortunately, he was disqualified in the 5000m after finishing in around 23:50. He returned to the track on Saturday to win the 10,000m.



**Open Men 5000m Walk, Thursday 29 June**

RAJESHWAR PRASAD	90	Fij	DQ
PRAMESH PRASAD	74	Fij	DQ

**Open Men 10000m Walk, Saturday 1 June**

1. PRAMESH PRASAD	74	FIJ	1:06:53.42
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**ITALIAN T&F CHAMPIONSHIPS, TRIESTE, ITALY, 30 JUNE - 2 JULY**

The Italian T&F Championships, held in the renowned Grezar Stadium in Trieste, saw walk wins to Eleonora Giorgi and Federico Tontodonati. Excellently reported by [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2837](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2837).

For **Eleonora Giorgi**, it was a welcome return to racing after surgery in December, following her Rio Olympic walk. She won the women's 10,000m walk championship, held on Friday evening, with a 37 sec PB time of 43:56.95. **Valentina Trapletti**, also selected for London, was second with 44:04.9, while 21 year old **Nicole Colombi** recorded a big PB of 46:28.34 to take third. The men's 10,000m, which was held on Saturday morning, saw **Federico Tontodonati** win for a fourth time (previous wins in 2011, 2012 and 2015) with 40:34.09. The minor placings went to **Leonardo Dei Tos** (41:17.49) and **Vito Minei** (41:27.67).

Discussion in the marciadalmondo article on the number of red cards which did seem perhaps excessive.

**10,000m Women, Friday 30 June**

1. GIORGI Eleonora Anna	1989	RM002 G.S. FIAMME AZZURRE	43:56.95
2. TRAPLETTI Valentina	1985	RM052 C.S. ESERCITO	44:04.94
3. COLOMBI Nicole	1995	BS181 ATL. BRESCIA 1950	46:28.34
4. SANSONI Adelaide	1982	TN109 U.S. QUERCIA TRENTINGRANA	49:07.00
5. BARCELLA Lidia	1997	MI221 BRACCO ATLETICA	49:37.56
6. GALLI Ilaria Camilla	1987	FI002 ATLETICA FIRENZE MARATHON S.S.	49:58.11
7. CANI Lisa	1996	MO052 A.S. LA FRATELLANZA 1874	50:24.06
8. DISABATO Valeria	1999	SI361 ATLETICA 2005	50:35.99
9. PEDETTI Valeria	1973	PG018 ATL. LIBERTAS ARCS CUS PERUGIA	50:59.97
10. PANCONI Giulia	1997	FI007 TOSCANA ATL.EMPOLI NISSAN	51:01.06
11. ANSALDI Martina	1996	CN001 A.S.D. ATL. FOSSANO '75	51:10.92
12. MASTRONICOLA Alessia	2000	BA089 ALTERATLETICA LOCOROTONDO	51:16.55
13. STACH Marta	1995	BS181 ATL. BRESCIA 1950	51:32.71
14. FORESTI Beatrice	1998	BG003 ATL. BERGAMO 1959 ORIOCENTER	51:54.62
15. RAIA Elisa	1978	TS010 C.U.S. TRIESTE	51:59.41
16. PISANO Arianna	1998	SV070 ATLETICA ARCOBALENO SAVONA	52:49.59
17. MENIS Giorgia	1996	PN039 ATL BRUGNERA PN FRIULINTAGLI	52:50.62
18. BERTINI Simona	2001	BO015 A.S.D. FRANCESCO FRANCA	53:55.48
19. VALSECCHI Viviana	1992	CO208 ATL. LECCO-COLOMBO COSTRUZ.	54:51.24
20. SILLI Laura	1999	UD030 ATLETICA MALIGNANI LIBERTAS UD	55:27.17
GRAFEO Sascia	1992	PG018 ATL. LIBERTAS ARCS CUS PERUGIA	DQ
MIRABELLO Angelica	1999	RM057 FIAMME GIALLE G. SIMONI	DQ
BECCHETTI Mariavittoria	1994	RI223 ATL.STUD. RIETI ANDREA MILARDI	DQ
DI VINCENZO Sibilla	1983	MI221 BRACCO ATLETICA	DQ
GABELLONE Tatyana	1984	BA089 ALTERATLETICA LOCOROTONDO	DNF
VERTERAMO Chiara	1999	TO001 C.U.S. TORINO	DNF

**10,000m Men, Saturday 1 July**

1. TONTODONATI Federico	1989	RM053 C.S. AERONAUTICA MILITARE	40:34.09
2. DEI TOS Leonardo	1992	BZ066 ATHLETIC CLUB 96 ALPERIA	41:17.49
3. MINEI Vito	1994	PD131 G.S. FIAMME ORO PADOVA	41:27.67
4. CHIESA Stefano	1996	PV110 ATL. CENTO TORRI PAVIA	41:37.85
5. ANGELINI Gregorio	1996	BA089 ALTERATLETICA LOCOROTONDO	41:55.89
6. COZZA Cesare	1997	MO052 A.S. LA FRATELLANZA 1874	42:48.55
7. MANSUTTI Stefano	1995	LT260 A.S.D. INTESATLETICA	43:13.32
8. DESSI Lorenzo	1989	RM056 G.A. FIAMME GIALLE	43:19.65
9. MARCHESI Davide	1999	MI080 ATL. RICCARDI MILANO 1946	44:27.51
10. GRILLO Ettore	1997	FI002 ATLETICA FIRENZE MARATHON S.S.	45:04.96
11. MONTOLEONE Luca	1990	BO015 A.S.D. FRANCESCO FRANCA	45:11.90
12. BARATTINI Fabio	1999	LI036 ATLETICA LIVORNO	45:49.77
13. VERDE Vincenzo	1982	BN208 ASD ENTERPRISE SPORT & SERVICE	46:59.42
GIUPPONI Matteo	1988	BO011 C.S. CARABINIERI SEZ. ATLETICA	DQ
ZABBENI Pietro	1998	BG003 ATL. BERGAMO 1959 ORIOCENTER	DQ
STANO Massimo	1992	PD131 G.S. FIAMME ORO PADOVA	DQ
ALBERGA Alfonso	1999	BA005 AMATORI ATL. ACQUAVIVA	DQ
CHIRIVI' Diego	1999	TO001 C.U.S. TORINO	DQ

FANELLI Nicolas	1999	BR104 ATL. AMATORI CISTERNINO	DQ
AMOROSO Michele	1993	FI002 ATLETICA FIRENZE MARATHON S.S.	DQ
FINOCCHIETTI Davide	2001	LI035 ATL LIBERTAS RUNNERS LIVORNO	DNF

### 13<sup>TH</sup> AFRICAN U20 T&F CHAMPIONSHIPS, TLEMEN, ALGERIA, 29 JUNE - 2 JULY

To Algeria for the All African U20 T&F Championships which included 10,000m walks. Ethiopia dominated with 2 golds and one silver medal. Photo finish analysis was required to separate the first two walkers in the men's 10000m racewalk. Where were the Kenyans and South Africans. Walkers only from the northern African countries of Ethiopia, Tunisia, Algeria and Morocco.

#### 10,000m Walk U20 Boys, Friday 30 June, 8AM

1.	Yonanis Algaw WALE	ETH	44:43.47
2.	Bahaeddine GATRI	TUN	44:43.47
3.	Said TOUCHE	ALG	45:37.41
4.	Billal DJAFRI	ALG	46:13.26
5.	Ayoub ZAROUAL	MAR	46:29.63
6.	Othman CHIBANI	ALG	48:40.08
	Birara Alem CHEKO	ETH	DQ

#### 10,000m Walk U20 Girls, Sunday 2 July, 8AM

1.	Ayalnesh Dejene NIGATU	ETH	52:14.73
2.	Yehualeye Beletew MITUKU	ETH	52:15.14
3.	Souhila AZZI	ALG	53:49.98
4.	Souad AZZI	ALG	54:13.12
5.	Mereim Amel ZOUBIRI	ALG	59:06.79
6.	Soukaina BOUAOUD	MA	63:18.08



*Yohanis Algaw (ETH) and Bahaeddine Gatri (TUN) cross the finish line together in the All-African U20 10,000m walk*

### HARRY JEROME INTERNATIONAL TRACK CLASSIC, VANCOUVER, BC, CANADA, WEDNESDAY 28 JUNE

Canadian Olympians **Ben Thorne** (5:41.89) and **Evan Dunfee** (5:42.87) finished first and second in the Harry Jerome Track Classic 1 Mile Track Walk in Vancouver last Wednesday evening, recording what are probably the two fastest one mile walk times ever done by Canadians. "I believe those are record times," said Evan, who warmed up for the race with a 25 miles training session on Wednesday morning. USA walker **Katie Burnett** was the only female walker in the field and she walked well, recording 7:01.14.

#### Mixed 1 Mile Race Walk 1 mile Athletics Canada

1.	Ben Thorne	M	Canada	5:41.89
2.	Evan Dunfee	M	Canada	5:42.87
3.	Nick Christie	M	United States	6:13.24
4.	Caleb Cheng	M	Canada	6:34.06
5.	Dmitry Babenko	M	Canada	6:35.15
6.	Katie Burnett	W	United States	7:01.14



Ben leads Evan in the 1 Mile Walk (photo <https://www.harryjerome.com>)

#### HYDE PARK HARRIERS SUMMER MILE MEET, LEEDS, WEDNESDAY 28 JUNE

England also saw a very fast 1 Mile Walk last Wednesday evening, as part of a night of time graded mile runs put on by the Hyde Park Harriers in Leeds. The race walk was scheduled at 7:30PM, right in the middle of the programme. With several athletes in Leeds for a week as part of an IAAF funded Race Walking Biomechanics Research Camp, some raced in this meet and others raced in the World Trials 5000 m races at Birmingham on Sunday (see separate report below). Some like Callum, Bethan, Alana and Gemma did both meets.

As for this one, **Callum Wilkinson** won with 6:00, ahead of **Cameron Corbishley** (6:04), **Bethan Davies** (6:37), **Alana Barber** (6:43) and **Gemma Bridge** (6:46). Now to put that in context, 1 Mile translates to 1609m. So to translate those times to 1500m, probably take off 23-26 secs.

#### 1 Mile Walk

1.	Callum Wilkinson	U23	M	Enfield & Haringey/Leeds Beckett Uni	6:00
2.	Cameron Corbishley	U23	M	Medway & Maidstone	6:04
3.	Bethan Davies	SEN	W	Cardiff/Leeds Uni	6:37
4.	Alana Barber	SEN	W	Hyde Park Harriers/New Zealand	6:43
5.	Gemma Bridge	SEN	W	Oxford City/Leeds Beckett Uni	6:46
6.	Tom Partington	U20	M	Manx	6:56
7.	Agata Kowalska	SEN	W	Poland	7:04
8.	Elisa Neuvonen	SEN	W	Finland	7:08
9.	Erika Kelly	SEN	W	Northern (Isle of Man)	7:15
10.	Natalie Le Roux	V35	W	South Africa	7:49
11.	Ester Montaner	SEN	W	Hyde Park Harriers/Leeds Beckett Uni/Spain	8:11
12.	Eilidh Brailey	U23	W	Hyde Park Harriers	9:23
13.	Morgan Price	U23	M	Hyde Park Harriers	9:23

#### BRITISH ATHLETICS TEAM TRIALS, ALEXANDER STADIUM, BIRMINGHAM, 1-2 JULY

And now to Sunday when **Tom Bosworth** stormed to the British 5,000m track walk title, breaking the British record in the process. Stopping the clock at 18.43.28 he sliced over 15 seconds off his old record set two years ago, earning £2500 in the process. Chasing him home was his training partner and World Junior champion **Callum Wilkinson** who was also inside the old record with his 18.56.96 performance. Callum was rewarded with a new U/23 National record. Tom commented: “No Brit has ever gone inside 19 minutes, so to get two in one race is pretty special going into London (World Championships). I’ve felt a lot of pressure this year to back up my result from Rio, so to go 17 seconds quicker than I did last year is really exciting.”

**Bethan Davies** was an easy winner in the women’s 5000m, breaking the British 5000m track walk record with a stunning 21.21.52 and also earning £2500 record breaking bonus. **Alana Barber** also starred with a PB of 21:59.14 in second place. Her conqueror last week over 20km, Gemma Bridge was shoulder to shoulder with her but was disqualified mid race. The walks were the only events



where foreign competitors are able to compete and, as can be seen from the results, they had a big impact and helped contribute to a high standard event. They were ineligible to take medals.

#### Men 5000m Race Walk, Sunday 2 July

1.	Tom BOSWORTH	GBR	90	18:43.28
2.	Callum WILKINSON	GBR	97	18:56.96
3.	Damian BLOCKI	POL	89	19:43.39
4.	Cian MCMENAMON	IRL	91	20:24.37
5.	Christopher SNOOK	GBR	00	21:39.09
6.	Tom PARTINGTON	GBR	99	22:04.01
7.	Luc LEGON	GBR	97	22:53.81
8.	Francisco REIS	POR	60	23:52.75
	Guy THOMAS	GBR	97	DQ
	Jonathan HOBBS	GBR	93	DQ
	Dominic KING	GBR	83	DQ

#### Women 5000m Race Walk, Sunday 2 July

1.	Bethan DAVIES	GBR	90	21:21.52
2.	Alana BARBER	NZL	87	21:59.41
3.	Elisa NEUVONEN	FIN	91	22:46.85
4.	Erika KELLY	GBR		23:20.19
5.	Kate VEALE	IRL	94	23:53.98
6.	Sophie LEWIS WARD	GBR	99	24:57.51
7.	Natalie LE ROUX	RSA		25:02.99
8.	Ester MONTANER NOVELLON	ESP	91	25:47.85
9.	Emily GHOSE	GBR		28:10.30
	Ana GARCIA	GBR		DQ
	Gemma BRIDGE	GBR		DQ

Mark Easton was there as usual with his camera – gallery at <http://markeaston.zenfolio.com/f885698559>. Thanks to Mark for the following photos.



*Bethan Davies, Alana Barber and Erika Kelly (photos Mark Easton)*



*Tom Bosworth, Callum Wilkinson and Adrian Blocki (photos Mark Easton)*



*Callum Wilkinson, Tom Bosworth, Chris Snook, Kate Veale, Alana Barber, Bethan Davies, Eliza Neuvonen and Erika Kelly*

**FRENCH UNDERAGE T&F CHAMPIONSHIPS, DREUX, FRANCE, 1-2 JULY**

Thanks to Emmanuel Tardi for the results of the track walks at the French U20 and U18 T&F Championships last Sunday in Dreux. He tells me that it was wet but still good conditions for racewalkings, with the temperature around 15°C.

In the U20 Men's race, **David Custer** lead early but had to slow after a number of yellows and reds. He was caught at the 8000m mark by **Justin Bournier** but cleared away again in the final 1000m to win with 2:34.95.

In the U20 Women's race, the top two girls had failed twice this year to achieve the required standard (48:35) for the European Championships in Grosseto. They walked 48:36 and 48:44 in Podebrady in April. Sunday was their last opportunity to succeed so they decided to walk together. They swapped the lead regularly before finishing well under the necessary mark, with **Camille Aurriere** first with 48:20.98 and **Eloise Terrec** second with 48:22.07.

In the U18 Boys' race, the best walker, Ryan Gognies, was an absentee, being on an altitude training camp in preparation for the World youth Championships in Kenya. In his absence, **Valentin Chaumette** (22:13.36) just held off **Matteo Duc** (22:13.41).

In the U18 Girls's race, **Manon Lefresne** and **Sarah Ali** walked together early on, before Ali was forced to slow due to yellow cards, ensuring an easy victory for Lefresne with 24:18.12.

**U20 Men 10,000m Walk, 8AM**

1.	KUSTER David	99	Csl Neuf-brisach	42:34.95
2.	BOURNIER Justin	99	Dole Ac	42:47.29
3.	LEBON Hugo	99	As Fleury Les Aubrais Saran	47:31.10
4.	LE MEUR Steven	98	Cep Lorient	48:04.71
5.	HAGUE Anthony	99	Stade Brestois	48:23.17
6.	BRACHET Thomas	98	Afa Feyzin-venissieux	48:49.69
7.	HFEF Mohamed ali (TUN)	99	Ca Balma	49:04.33
8.	LE GALLUDEC Kirwan	99	Larmor Estran Athlé	49:22.58
9.	GRELLIER Hugo	99	Ac Roche-sur-yon	49:24.35
10.	HERICIER Hugo	98	Havre Ac	51:18.75
11.	PI Max	98	Val-de-reuil Ac	52:28.65
12.	CHARROIN Jerome	98	Coquelicot 42	54:02.32

**U20 Women 10,000m Walk, 9:05AM**

1.	AURRIERE Camille	98	Us St Berthevin	48:20.98
2.	TERREC Eloise	98	Ac Roche-sur-yon	48:22.07
3.	HFEF Amel (TUN)	98	Ca Balma	53:30.52
4.	CELLARD Loanie	98	Carquefou Ac	54:41.26
5.	PESLERBE Bertille	98	Ea Pays De Broceliande	55:01.93
6.	CORMIER Chloe	98	As Fleury Les Aubrais Saran	56:12.31
7.	AMIMOUR Alicia	99	Haute Tarentaise	56:20.60
8.	DOUMENJOU LARROQUE Clarys	98	Ua Gujan-mestras	56:33.32
9.	LEBRETON Gwennan	99	Ta Rennes	56:41.58
10.	THIEBAUT Laure	98	Es Thaon	57:06.97
11.	COURAUD Elisa	99	Us Luceenne Athletisme	60:46.18

**U18 Men 5000m Walk, 10:20AM**

1.	CHAUMETTE Valentin	00	Froissy Athletic	22:13.36
2.	DUC Matteo	01	Haute Tarentaise	22:13.41
3.	SAINT-MARC Adrien	00	Us Bazas	23:37.02
4.	HENQUEZ Clement	00	As Marck	23:37.73
5.	KERJEAN Loick	00	Vga Compiègne	24:01.47
6.	CHABLAT Valentin	00	Ac La Chapelle/erdre	24:09.61
7.	RENOLLET Quentin	00	Charleville Mezieres Ath	24:15.38
8.	BREAUD Gaetan	01	Entente Nimes Athletisme	24:48.92
9.	WALLET Thomas	01	Nogent Sur Oise Athlé	24:52.22
10.	LEBRETON Killian	00	Ta Rennes	25:05.95
11.	MARON Thibault	00	Ecla Albi	25:14.51
12.	BESSONIER Raphael	00	Aj Blois-onzain	25:15.04
13.	HUE Aymeric	01	Ec Orleans Cercle Jules Ferry	25:24.15
14.	BARRIERE Loic	00	Bergerac Athletique Club	25:42.65

**U18 Women 5000m Walk, 10:55AM**

1.	LEFRESNE Manon	00	La Vigilante Fougères	24:18.12
2.	ALI Sarah	01	Vineuil Sports	24:40.77
3.	GOUIDER Karima (TUN)	00	Us Creteil	25:49.69
4.	PERRICHON Julia	01	Grenoble Uc	26:16.98
5.	TERREC Maelle	01	Ac Roche-sur-yon	26:23.13
6.	TORREZ Emeline	00	Ac Cauffry-liancourt	26:25.78
7.	PREVOST Emmie	01	As Marck	26:32.52
8.	WINTREBERT Pauline	01	Jogging Et Athletisme	26:42.65
9.	DUCLOS Adele	00	Us Champagne-sur-seine	26:51.54
10.	HAUCHARD Aline	00	Ea Du Plateau Est	27:01.07
11.	STEY Pauline	01	Rohan Athletisme	27:01.62
12.	BODIN Kassandra	00	Aj Blois-onzain	27:13.72
13.	THEOLIER Lily	00	Ea Romans-bourg De Peage	27:16.90
14.	BODIN Alexia	01	Cas Renwez	27:46.83
15.	MOUTARD Camille	01	Athle 21 Ao A	27:53.24
16.	ROTTIER Marine	00	La Postillonne Longjumeau	27:57.23
17.	DEMAREST Lucie	01	Vga Compiègne	28:04.63
18.	CABARET Clementine	01	As Marck	28:08.04
19.	HOUDMON Margaux	00	Racing Club Nantais	28:09.36
20.	DUTOT Auriane	00	Ea Du Plateau Est	28:53.72
21.	GASNIER Kathleen	00	Cote De Jade Athlétisme	28:59.76
22.	ROUX-FOUGERE Camille	01	Grenoble Uc	30:36.38
	RODRIGUES Lou-anne	01	As Fleury Les Aubrais Saran	DQ





U20 Podiums in the French Underage Championships last weekend (photos Emmanuel Tardi)

**2017 SWEDISH FOTRALLY, SWEDEN, FROM THURSDAY 29 JUNE FOR AS LONG AS IT TAKES!**

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

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

Wow! What a concept. The 2014 event was fought out between Swedish walkers **Silvio Cannavá** and Lena Jensen. Lena eventually had to call it quits after 55 hours of walking, leaving Silvio as the last man standing. In fact, Swedish walkers filled the first 25 places that year. Then the 2015 staging really upped the ante on what was possible with winner **Fredrik Forsström** walking for an amazing **87 hours and 45 minutes**, just over 32 hours above the previous record. Jonas Davidsson took second place in the same time (but obviously could no longer continue) while Silvio Cannavá, Pia Rosvall, PerOla Axelsson and Niklas Grebäck also shattered the 2014 record of 55 hours. For 44 year old Forsström, it was his 4<sup>th</sup> Fotrally – his previous placings had been 20<sup>th</sup> (2012 24:20), 3<sup>rd</sup> (2013 33:26) and 5<sup>th</sup> (2014 48:18). 5km/hr for some 88 hours comes out at around 440km of continuous walking. In 2016, it came down to another two person duel, with **PerOla Axelman** eventually winning with 72 hours 12 minutes, after Robert Jonsson had to stop, total distance 361km! Obviously Axelsson could have gone on but he called it quits at that stage, content with being the last person standing. It was his sixth attempt and gave him his first victory after 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup> and 2<sup>nd</sup> placings in previous years.

The improvement in the event can be traced with the winning times from the 8 annual stagings held up till and including last year.

Year	Name	Location	Time (hh:mm)
2009	Thomas Gjutarenäfve	Tullinge, Sweden	9:45
2010	Maria Thomsen	Stockholm, Sweden	29:58
2011	Jonas Davidsson	Hägersten, Sweden	33:21
2012	Jonas Davidsson	Hägersten, Sweden	50:40
2013	Silvio Cannavá	Stockholm, Sweden	48:05
2014	Silvio Cannavá	Stockholm, Sweden	55:00
2015	Fredrik Forsström	Huddinge, Sweden	87:45

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



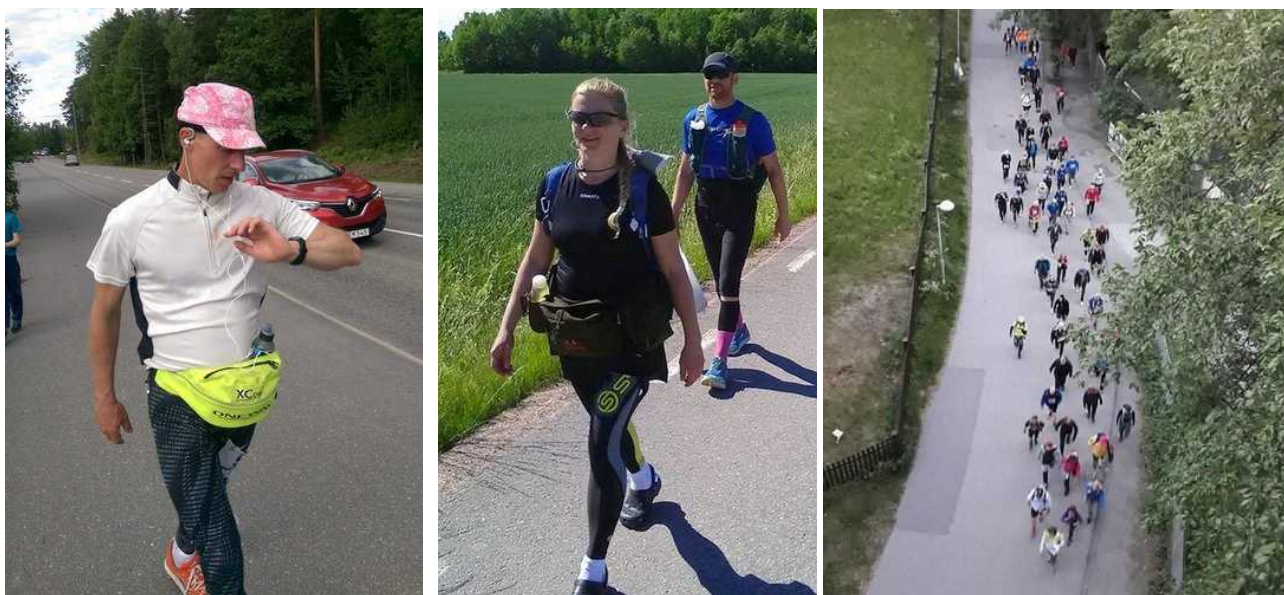
So the big question was – how far could they go this year? The 2017 race saw a record 327 entrants starting in the Stockholm suburb of Gärdet and hoping to complete the huge lap around Lake Mälaren, taking in as many cities as possible before returning to the starting point at the end of 3 days, ready to go into a second lap if required. Last year 30 walkers lasted 24 hours or more. This year, 57 walkers made it to the 24 hour mark. By 30 hours, the field had been reduced to 21 walkers. By 40 hours, it was down to 9. By 48 hours, it was down to 5, then 4, then finally to 3 as last year's winner PerOla Axelsson called it quits at 56 hr 44 min. It would be another 20 hours before one of the final 3 cracked, with **Fredrik Holst** stopping at 76 hr 10 min, a new PB and the same placing as in 2016. Then it was two first timers 50 year old **Richard Andersson** and 39 year old **Ange Truss**. A further 5 hours and Agne Truss could go no further, stopping at 81 hr 00 min. That left Richard Andersson as the last person walking. He had been non-stop for 81 hours and had covered 405km! Here are those who walked for 24 hours or more. Full results can be seen at <http://fotrally.se/resultat>.

1.	Richard Andersson	Lund	Sweden	81 hr 00 min
2.	Agne Truss	Södertälje	Sweden	81 hr 00 min
3.	Fredrik Holst	Stockholm	Sweden	76 hr 10 min
4.	PerOla Axelsson	Bandhagen	Sweden	56 hr 44 min
5.	Björn Ohlsson	Lidingö	Sweden	50 hr 05 min
6.	Christer Janzon	Stockholm	Sweden	48 hr 20 min
7.	Niklas Yjord	Glumslöv	Sweden	48 hr 20 min
8.	Anders Jungefors	Stockholm	Sweden	48 hr 20 min
9.	Angelo Törnblom Welander	Rönninge	Sweden	45 hr 08 min
10.	Mikael Anderson	Skulptuna	Sweden	36 hr 32 min
11.	Tomas Sjölander	Bandhagen	Sweden	34 hr 46 min
12.	Bjørn Fliflet Johannessen	Oslo	Norway	32 hr 26 min
13.	Olof Modin	Johanneshov	Sweden	32 hr 21 min
14.	Charlotta Sahlstöm	Täby	Sweden	32 hr 18 min
15.	Mohamed AbuBaker	Stockholm	Sweden	32 hr 02 min
16.	Stefan Jonsson	Mariefred	Sweden	30 hr 46 min
17.	Kim Karlsen	Huddinge	Sweden	30 hr 42 min
18.	Per Nordström	Stockholm	Sweden	30 hr 32 min
19.	Anders Ganslandt	Klagstorp	Sweden	30 hr 30 min
20.	Stefan Edström	Järfälla	Sweden	30 hr 30 min
21.	Linda Nordmark	Järfälla	Sweden	30 hr 30 min
22.	Stephen Claw	Tullinge	GBR	29 hr 03 min
23.	Anders Lundgren	Strängnäs	Sweden	29 hr 01 min
24.	Stefan Olsson	Bromma	Sweden	28 hr 30 min
25.	Olof Torbrand	Skövde	Sweden	28 hr 03 min
26.	Oscar Rasmusson	Tranås	Sweden	27 hr 04 min
27.	Pernilla Otto	Johanneshov	Sweden	27 hr 00 min
28.	Anna-Lena Brolin	Bromma	Sweden	26 hr 33 min
29.	Kristoffer Sjöberg	Nacka	Sweden	26 hr 22 min
30.	Noomi Grimstad	Skellefteå	Sweden	26 hr 13 min
31.	Niklas Skagerman	Stockholm	Sweden	26 hr 08 min
32.	Fredrik Lindqvist	Åkersberga	Sweden	26 hr 06 min
33.	Erik Allenius Somnell	Stockholm	Sweden	25 hr 59 min
34.	Mikael Ramstedt	Hölö	Sweden	25 hr 35 min
35.	Calle Ortner	Stockholm	Sweden	25 hr 28 min



36.	Beatrice Lenkert	Nacka	Sweden	25 hr 24 min
37.	Ronny Belin	Sollentuna	Sweden	25 hr 21 min
38.	Fredrik Månsson	Stockholm	Sweden	25 hr 05 min
39.	Siri Gidlund	Stockholm	Sweden	25 hr 05 min
40.	Ingela Klitthed	Eskilstuna	Sweden	25 hr 04 min
41.	Birger Fält	Norsborg	Sweden	24 hr 48 min
42.	Kalle Paulsson	Skarpnäck	Sweden	24 hr 39 min
43.	Lars Hagstedt	Örebro	Sweden	24 hr 38 min
44.	Anders Mörch	Älvsjö	Sweden	24 hr 15 min
45.	Fredrik Karlsson	Huddinge	Sweden	24 hr 00 min
46.	Sofia Lindberg	Göteborg	Sweden	24 hr 00 min
47.	Niklas Mylfalk	Stockholm	Sweden	24 hr 00 min
48.	Jonatan Jonsson	Bandhagen	Sweden	24 hr 00 min
49.	Bengt-Ove Hilmer	Torslanda	Sweden	24 hr 00 min
50.	Jonas Bergström	Hägersten	Sweden	24 hr 00 min
51.	Tomas Olovsson	Borlange	Sweden	24 hr 00 min
52.	Pär Isaksson	Kullavik	Sweden	24 hr 00 min
53.	Marcus Forsblad	Malmö	Sweden	24 hr 00 min
54.	Lars Molin	Bromma	Sweden	24 hr 00 min
55.	Anders Thudén	Rönninge	Sweden	24 hr 00 min
56.	Karl Yttermyr	Stockholm	Sweden	24 hr 00 min
57.	Karl Lewenhagen	Mariefred	Sweden	24 hr 00 min

See more at the event website <http://fotrally.se/> or facebook page <https://www.facebook.com/groups/1629007183995219>.



*Richard Andersson, Ange Truss and the field early on*

#### 24 HEURES DE MARCHÉ DE HAUTE-SAINTONGE, MONTGUYON, FRANCE, 24-25 JUNE

Back a week for the latest ultra distance walk result from France, namely the 24 Heures de Marche de Haute-Saintonge, held in Montguyon on the weekend of 24-25 June. This is a tough race, with a big hill to be negotiated during every 2.195km lap. Thus the times are effected, but not the enthusiasm of the 115 walk entrants. This year, **Gérard Durand** won with 176.200km, ahead of **Daniel Duboscq** with 173.605km and **Laurent Pineau** with 173.110km, while **Brigitte Courraud** was the first woman to finish with 140.185km. Full results can be seen at [http://docs.wixstatic.com/ugd/0f5b7f\\_4dcba4a277fb458fa70a773958486e01.pdf](http://docs.wixstatic.com/ugd/0f5b7f_4dcba4a277fb458fa70a773958486e01.pdf). The listing below is restricted to the those who walked further than 100km in the requisite 24 hours.

24 Heures de Marche de Haute-Saintonge					Laps	Distance	Time
1.	DURAND Gérard	1967	M	80	176.200 km	23:55:51	
2.	DUBOSCQ Daniel	1954	M	79	173.605 km	23:58:26	
3.	PINEAU Laurent	1968	M	78	173.110 km	23:44:33	
4.	LETESSIER Gilles	1950	M	77	170.115 km	23:50:20	
5.	SUAU Michel	1957	M	71	155.845 km	23:59:48	
6.	COURRAUD Brigitte	1956	F	63	140.185 km	23:34:45	
7.	COURRAUD Joël	1956	M	63	140.185 km	23:34:47	

8.	CHAIGNE Christophe	1967	M	63	139.585 km	23:46:10
9.	DELANGE Domijnique	1957	M	62	137.690 km	23:45:09
10.	LINART Benoît	1965	M	59	130.405 km	23:46:21
11.	GUILLAUMIN Michel	1947	M	59	129.505 km	21:34:17
12.	PIERRE Patrick	1948	M	58	129.210 km	23:41:15
13.	DIEN Daniel	1950	M	57	126.315 km	23:49:14
14.	SOULARD Eliane	1957	F	56	123.420 km	23:54:44
15.	RASSAIND André	1937	M	56	123.020 km	23:59:31
16.	LAUBRETON Stéphane	1973	M	56	122.920 km	23:50:37
17.	BOULITEAU Bernard	1966	M	54	118.730 km	23:58:28
18.	ROBERT Danielle	1949	F	53	118.235 km	23:41:18
19.	BRUNET Patrick	1946	M	53	116.335 km	23:59:54
20.	VARIN Sylviane	1952	F	52	115.340 km	23:47:57
21.	ROBERT Louis	1951	M	52	115.240 km	23:50:21
22.	SERVANTY Pascal	1966	M	52	114.140 km	21:41:20
23.	BAUP Jean-René	1942	M	51	112.445 km	23:54:19
24.	COULONGEAT Michel	1953	M	51	111.945 km	23:58:22
25.	MAZURIER Dominique	1958	M	50	109.750 km	23:57:16
26.	PUYRAUD Rose-Marie	1958	F	48	107.260 km	22:35:40
27.	CHAIGNE Isabelle	1969	F	48	106.860 km	23:46:09
28.	SCHEFFER Christian	1955	M	48	106.060 km	23:52:56
29.	COUTURON Sylvie	1961	F	48	105.360 km	23:57:14
30.	KIEFFER Pascal	1961	M	47	104.765 km	23:46:19
31.	BELUTAUD Jeann-Marie	1962	F	47	103.165 km	23:05:00
32.	LAFUGERE Gérard	1958	M	46	102.470 km	23:43:47
33.	EYMERIT Yann	1968	M	46	101.270 km	23:57:43
34.	PORTES Philippe	1967	M	46	101.070 km	23:20:51
35.	LEGER William	1981	M	46	100.970 km	22:26:33

Lots of photos at

<https://photos.google.com/share/AF1QipMzrjM2EnfHMhLrHWpEFFbGSEoc6NjSQoCJdv7zCkewzbpA2k2c49wz5oZnpaz3nA?hl=fr&key=aWpJdzBULXVZLUVEVF9iWGND0GhLVzZVX11URWiB>.



*What does up must come down – a tough course in Montguyon*



*Gérard Durand, Daniel Duboscq, Brigitte and Joël Courraud (all photos Guy Destré)*

### HONVÉD KUPA MEET, BUDAPEST, HUNGARY, FRIDAY 30 JUNE

The annual Honvéd Kupa Classic in Budapest last Friday evening saw national records to the winners of the men's and women's 5000m track races. The men raced first at 8:35PM, with South African **Lebogang Shange** breaking his own national record by 1 second with his time of 18.55.60. Overall, 7 of 10 walkers did PBs, with second going to Hungarian **Bence Venyercsán** (20:07.64) and third going to fellow Hungarian **Miklós Srp** (20:50.05).

The women's walk, at 9:10PM, was the last event on the program and what a way to finish, with Hungarian **Viktória Madarász** breaking one of the oldest national records on the books (Mária Rosza-Urbanik, 1990, 21:24.76) with her time of 21:02.72. This is in fact a world leading time for 2017. Fellow Hungarians **Rita Récsei** (23:11.43) and **Anett Torma** (24:02.75) completed the podium with their best times of the season. Ahead of the main events, an U16 3000m for women was held, with victory going to 14-year-old **Tiziana Spiller** with 15:58.24.

#### Men 5000m Race Walk - 30.06.2017

1.	Lebogang SHANGE	RSA	90	18:55.60
2.	Bence VENYERCSÁN	HUN	96	20:07.64
3.	Miklós SRP	HUN	93	20:50.05
4.	Soma KOVÁCS	HUN	97	20:58.65
5.	Dávid TOKODI	HUN	91	21:20.21
6.	Donát BURGER	HUN	97	21:37.53
7.	Bruno ERENT	CRO	90	21:44.84
8.	Bruno ROŽMAN	CRO	01	22:48.51
9.	Dávid VARGA	HUN	01	23:01.10
10.	Vencel GÁL	HUN	01	23:24.51

#### Women 5000m Race Walk

1.	Viktória MADARÁSZ	HUN	85	21:02.72
2.	Rita RÉCSEI	HUN	96	23:11.43
3.	Anett TORMA	HUN	84	24:02.75
4.	Ivana RENIC	CRO	96	24:07.40
5.	Tamásné BODORKÓS	HUN	67	26:50.86
6.	Kata TATAY	HUN	99	29:29.36
	Brigitta MATALIN	HUN	87	DNF

#### U16 Women 3000m Race Walk

1.	Tiziana SPILLER	HUN	03	15:58.24
2.	Elizabet KOCSI	HUN	02	16:38.67
3.	Dorottya TAMÁS	HUN	03	16:50.68
4.	Bernadett RÉPÁSI	HUN	02	17:54.67
5.	Boglárka MOLNÁR	HUN	03	18:22.39
6.	Babett MÉSZÁROS	HUN	04	19:16.59



**CATALAN T&F CHAMPIONSHIPS, BARCELONA, SPAIN, 28-29 JUNE**

The Catalan Athletics Championships, held in the Joan Serrahima Stadium in Barcelona last Thursday, saw wins to **Kevin Cerro** (12:29.95) and **Maria Gallardo** (22:33.49). Well reported in <http://omarchador.blogspot.com.au/2017/07/miting-internacional-ciutat-de.html>

**Men 5000m Race Walk**

1.	Kevin CERRO	ESP	98	21:29.95
2.	Nil RODES	ESP	96	22:08.27
3.	Adria GALIN	ESP	93	22:24.80

**Women 5000m Race Walk**

1.	Maria JUAREZ GALLARDO	ESP	93	22:33.49
2.	Raquel GONZALEZ	ESP	89	23:18.97
3.	Gemma MORA	ESP	00	26:34.09

**T&F MEET, PLASENICA, SPAIN, WEDNESDAY 28 JUNE**

There were a couple of fantastic walks at the 30th Encontro de Atletismo Diputación de Cáceres, played out last Tuesday evening on the track of the Cidade Desportiva de Plasencia.

20 year old **Lidia Sánchez-Puebla**, after an interesting duel with **Julia Takacs**, eventually won with a new Spanish U23 record time of 21:02.42. Interestingly, the previous record had been held by Takacs who took second with 21:17.58. U20 Portuguese walker **Inês Reis** was third with 24:48.28. **Álvaro Martín** won the men's 5000m with a super fast 18:54.27, ahead of **Marc Tur** with 19:59.93 and **Francisco Arcilla** with 20:29.96. Well discussed in <http://omarchador.blogspot.com.au/2017/06/lidia-sanchez-puebla-bate-recorde-de.html>

**Men 5000m Race Walk**

1.	Alvaro MARTIN	ESP	94	18:54.27
2.	Marc TUR	ESP	94	19:59.93
3.	Francisco ARCILLA	ESP	84	20:29.96
4.	Mario SILLERO	ESP	90	20:41.41
5.	Rui COELHO	POR	94	20:59.10
6.	Pedro SANTOS	POR	86	21:49.23
7.	Jose Manuel MURILLO NARANJO	ESP	01	21:55.82
8.	Amaro TEXEIRA	POR	89	21:59.18

**Women 5000m Race Walk**

1.	Lidia SANCHEZ-PUEBLA	ESP	96	21:02.42
2.	Júlia TAKÁCS	ESP	89	21:17.58
3.	Inês REIS	POR	99	24:48.28
4.	Laura SANABRIA SANCHEZ	ESP	00	26:22.15

**SLOVENIAN U18 T&F CHAMPIONSHIPS, SLOVENJ GRADEC, SLOVENIA, 1-2 JULY**

Small walking base in Slovenia but always happy to report.

**Women 5000m Race Walk**

1.	Eva CANADI	SLO	00	27:18.53
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**UKRAINIAN U20 T&F CHAMPIONSHIPS, LUTSK, UKRAINE, 26-28 JUNE**

**Men 10,000m Race Walk**

1.	Viktor SHUMIK	UKR	98	42:00.60
2.	Eduard ZABUZHENKO	UKR	98	42:25.60
3.	Andriy MARCHUK	UKR	98	44:31.37
4.	Andriy SYNYUK	UKR	99	44:45.16
5.	Illya BILYK	UKR	99	44:54.27
6.	Dmytro MEDVEDCHUK	UKR	00	48:13.74
7.	Nazar SAVKO	UKR	99	48:14.11
8.	Stepan PASICHNYY	UKR	98	50:27.45
9.	Anton KRAVCHENKO	UKR	99	51:21.78
	Andriy KRASNOVSKYY	UKR	98	DQ
	Viktor KONONENKO	UKR	99	DNF

**Women 10,000m Race Walk**

1.	Dariya KHUSAYNOVA	UKR	98	49:44.15
2.	Iryna CHERNUKHA	UKR	98	51:35.57
3.	Daryna KASYAN	UKR	02	53:21.49
4.	Yevheniya SYCHOK	UKR	00	56:56.17
5.	Diana DANILYUK	UKR	98	57:22.89
6.	Viktoriya ZINCHENKO	UKR	99	58:33.81
7.	Vira GUBANOVA	UKR	99	59:21.38
	Ksenia BYELOVA	UKR	98	DQ

**2017 COMMONWEALTH RANKINGS – 20KM WALK MEN**

Last week, I published the 2017 Commonwealth Ranking List for the women's 20km walk, compliments of **Mark Wall**. This week, Mark has produced the 2017 Commonwealth 20km list, including all men under 1:29:00. Thanks Mark! It is great to see the first 6 places taken by walkers from 6 different countries. Now that omens well for a very competitive race in Gold Coast next year.

1.	Dane Bird-Smith	AUS	1:19:37	Adelaide (AUS)	19.02.2017
2.	Evan Dunfee	CAN	1:20:49	Adelaide (AUS)	19.02.2017
3.	Tom Bosworth	GBR	1:20:58	Rio Maior (POR)	01.04.2017
4.	Kolothum Thodi Irfan	IND	1:20:59	Nomi (JPN)	19.03.2017
5.	Lebogang Shange	RSA	1:21:00	Adelaide (AUS)	19.02.2017
6.	Quentin Rew	NZL	1:21:12	Adelaide (AUS)	19.02.2017
7.	Benjamin Thorne	CAN	1:21:16	Lima (PER)	13.05.2017
8.	Wayne Snyman	RSA	1:21:26	Adelaide (AUS)	19.02.2017
9.	Devender Singh	IND	1:21:38	Nomi (JPN)	19.03.2017
10.	Rhydian Cowley	AUS	1:22:09	Adelaide (AUS)	19.02.2017
11.	Callum Wilkinson	GBR	1:22:17	Podebrady (CZE)	21.05.2017
12.	Krishnan Ganapathi	IND	1:22:57	New Dehli	18.02.2017
13.	Manish Singh Rawat	IND	1:23:58	Taicang (CHN)	15.04.2017
14.	Brendan Reading	AUS	1:24:37	Adelaide (AUS)	19.02.2017
15.	Sunil	IND	1:24:53	Nomi (JPN)	19.03.2017
16.	Cameron Corbishley	ENG	1:26:00	Podebrady (CZE)	08.04.2017
17.	Dominic King	ENG	1:26:08	Leeds (GBR)	25.06.2017
18.	Eknath Sambhaji Turambekar	IND	1:26:09	Nomi (JPN)	19.03.2017
19.	Jai Bhagwan	IND	1:26:11	Nomi (JPN)	19.03.2017
20.	Mathieu Bilodeau	CAN	1:27:04	Adelaide (AUS)	19.02.2017
21.	Tyler Jones	AUS	1:27:12	Adelaide (AUS)	19.02.2017
22.	Adam Garganis	AUS	1:27:27	Adelaide (AUS)	19.02.2017
23.	Sandeep Kumar Sangwan	IND	1:27:44	Pataila (IND)	03.06.2017
24.	Lo Choon Sieng	MAS	1:27:52	Nomi (JPN)	19.03.2017
25.	Guy Thomas	WAL	1:28:38	La Coruna	03.06.2017
26.	Marek Adamowicz	CAN	1:28:59	Lima (PER)	13.05.2017

Overall, IND (8), AUS (5), CAN (4), ENG/WAL/GBR (5), MAS (1), RWA (2), NZL (1)

**MARCIADALMONDO AND OMARCHADOR ROUNDUP**

Marcialalmondo has 5 press releases this week

- Mon 3 Jul - Italian racewalking legend Elisa Riguardo celebrates her retirement with the local community in Robilante  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2839](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2839)
- Mon 3 Jul - REport on a round table on the health of athletics in Italy  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2838](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2838)
- Fri 30 June - Eleonora Giorgi and Federico Tontodonati win Italian walk championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2837](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2837)
- Tue 27 Jun - Preview of the Italian T&F Championship walks in Trieste  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2836](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2836)
- Mon 26 June - Results of Greek U18 Championships in Trikala  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2835](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2835)



and Omarchador has 18 press releases

- Mon 3 Jul - Madarász and Shange break national records in Budapest  
<http://omarchador.blogspot.com.au/2017/07/madarasz-e-shange-batem-recordes.html>
- Mon 3 Jul - Portuguese selections for the UEFA European U23 Championship  
<http://omarchador.blogspot.com.au/2017/07/selecao-portuguesa-para-o-campeonato-da.html>
- Mon 3 Jul - Edna Barros and Miguel Rodrigues win Portuguese U23 championships  
<http://omarchador.blogspot.com.au/2017/07/edna-barros-e-miguel-rodrigues-campeoes.html>
- Sun 2 Jul - Ethiopians dominate women's U23 All-African track walk in Tlemcen, Algeria  
<http://omarchador.blogspot.com.au/2017/07/etiopes-em-evidencia-na-marcha-feminina.html>
- Sun 2 Jul - Spanish dominate Iberian Youth (U18) Athletics Cup in Avila  
<http://omarchador.blogspot.com.au/2017/07/dominio-espanhol-nos-sub-18-em-avila.html>
- Sat 1 Jul - Results of Catalan Athletics Championships in Barcelona  
<http://omarchador.blogspot.com.au/2017/07/miting-internacional-ciutat-de.html>
- Sat 1 Jul - Preview of Iberian Youth (U18) Athletics Cup in Avila  
<http://omarchador.blogspot.com.au/2017/07/taca-iberica-de-atletismo-sub-18-hoje.html>
- Fri 30 Jun - Pombal to host Portuguese U23 Champs this weekend  
<http://omarchador.blogspot.com.au/2017/06/pombal-recebe-os-campeonatos-de.html>
- Fri 30 Jun - Ethiopian Yonanis Algaw is African U20 Champion  
<http://omarchador.blogspot.com.au/2017/06/etiope-yonanis-algaw-e-campeao-de.html>
- Fri 30 Jun - Results of Spanish Masters T&F Championships in Elche  
<http://omarchador.blogspot.com.au/2017/06/campeonato-de-espanha-de-veteranos-em.html>
- Thu 29 Jun - Taylor Ewert and Cameron Haught win USA U20 walk championships  
<http://omarchador.blogspot.com.au/2017/06/campeonatos-sub-20-dos-eua-resultados.html>
- Thu 29 Jun - Lidia Sánchez-Puebla sets Spanish U23 record in Cáceres  
<http://omarchador.blogspot.com.au/2017/06/lidia-sanchez-puebla-bate-recorde-de.html>
- Wed 28 Jun - Results of Lithuanian U18 Championships  
<http://omarchador.blogspot.com.au/2017/06/campeonatos-sub-18-da-lituania.html>
- Wed 28 Jun - Michta-Coffey and Corvera win USA 20km titles  
<http://omarchador.blogspot.com.au/2017/06/michta-coffey-e-corvera-sagram-se.html>
- Tue 27 Jun - Results of Brazilian U18 walk championships  
<http://omarchador.blogspot.com.au/2017/06/campeonatos-do-brasil-de-atletismo-sub.html>
- Tue 27 Jun - Emma Bridge and Tom Bosworth win British 20km titles in Leeds  
<http://omarchador.blogspot.com.au/2017/06/bridge-e-bosworth-triunfam-nos-20-km-de.html>
- Mon 26 Jun - Results of Spanish U18 walk championships  
<http://omarchador.blogspot.com.au/2017/06/campeonatos-de-espanha-de-sub-18-em.html>
- Mon 26 Jun - Paola Pérez and Mauricio Arteaga beat South Americans in Paraguay  
<http://omarchador.blogspot.com.au/2017/06/paola-perez-e-mauricio-arteaga-vencem.html>

## OUT AND ABOUT

The Good:

- At the annual AMA presentation night at the recent AMA T&F Championships in Darwin, Victorian walking legend **Andrew Jamieson** was inducted into the Australian Masters Association Hall of Fame.
- Latest comment fromk Ron Wallwork: Your chance to walk in London during the staging of the IAAF World championships. Entries have started to trickle in for the **ERWL Friendship Walks** on Wednesday 9<sup>th</sup> August in Enfield, London, but it would be a great help in the organisation of the race, if anyone intending to take part submitted their entry as soon as possible or contacted me to indicate their intentions 01638 751869 or at [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com). Entries will

be taken on the day, but to guarantee a memento UK entries need to be received by Friday 28<sup>th</sup> July. Entry forms on <http://enfieldleague.weebly.com>.

- The USA 2018 World Race Walking Team Championships Trials will be hosted by Mid-Atlantic Association in Philadelphia on Sunday, April 8<sup>th</sup> 2018. This is a team selection race for athletes to represent the United States at the IAAF World Race Walking Team Championships in Taicang, China.
- I have just signed up to do the free online anti-doping course offered by the Australian Sports Anti-Doping Authority (ASADA). The Level 1 anti-doping course is a free e-learning initiative designed to educate athletes, support staff and the public. Although this course is for an Australian audience, the content is universal. The interactive course comprises six modules and an assessment. Total time to complete this course is approximately 70 minutes. **Everyone should to this or a similar course.** See [http://blogs.bmj.com/bjasm/2017/06/26/australian-sports-anti-doping-authority-asada-level-1-anti-doping-e-learning-course-free-online-anti-doping-course-everyone/?utm\\_campaign=shareaholic&utm\\_medium=twitter&utm\\_source=socialnetwork](http://blogs.bmj.com/bjasm/2017/06/26/australian-sports-anti-doping-authority-asada-level-1-anti-doping-e-learning-course-free-online-anti-doping-course-everyone/?utm_campaign=shareaholic&utm_medium=twitter&utm_source=socialnetwork).
- Malaysian IAAF Walks judge Khoo Chong Beng has emailed to invite all longer distance walkers to the **MKH 12 Hour Walk 2017** which will be held on November 11, 2017 in Kajang, Selangor. Links are <http://www.racewalkermalaysia.com/12-hour-walk-2017.php>  
<http://www.racexasia.com/event/mkh-kajang-international-12-hour-walk-2017/>
- The IAAF Diamond League in London on 9<sup>th</sup> July will include a Men's 1 Mile Track Walk. Although part of the warmup timetable, it will showcase our event before a huge world wide audience. Tom Bosworth will be looking for another top walk. See the timetable at <http://www.britishathletics.org.uk/wp-content/uploads/2017/05/M%C3%Bcller-Anniversary-Games-July-2017-v5.pdf>.

#### The Bad and the Ugly:

- USA Olympic gold medallist Gil Roberts has been cleared of any wrongdoing and will not face a ban after an arbitrator from the American Arbitration Association (AAA) ruled he had not deliberately taken a banned substance. Roberts, a member of the United States team which won the men's 4x400 metres relay title at last year's Olympic Games in Rio de Janeiro, tested positive for probenecid, a diuretic and masking agent, in an out-of-competition test in March. However, the AAA has ruled that the 28-year-old from Oklahoma had "ingested a prohibited substance without fault or negligence". Hmmmm....perhaps one set of rules for some people and another set for others. See <http://www.insidethegames.biz/articles/1052044/olympic-gold-medallist-roberts-cleared-of-anti-doping-rule-violation>.
- WADA announced on Tuesday a decision to give the Russian Anti-Doping Agency the right for planning and collecting of doping samples. "WADA announces that it permits RUSADA to plan and coordinate testing," the statement on the agency's official site said. "RUSADA is authorised to do so, using its trained doping control officers under the supervision of WADA-appointed international experts and the UK Anti-Doping Agency (UKAD)." See <http://www.iol.co.za/sport/more-sport/russian-anti-doping-ban-partially-lifted-9997423>.
- The controversial decision to award the 2021 World Athletics Championships to Eugene, Oregon, is being investigated by the FBI and the Criminal Division of America's Internal Revenue Service (IRS). The US city was awarded the event in 2015 with athletics' governing body the IAAF bypassing the usual formal bidding process. French prosecutors investigating corruption within the IAAF launched their own inquiry into the awarding of the event in 2015. See <http://www.bbc.com/sport/athletics/40438287>.
- The IOC last Wednesday praised Japanese organisers for slashing costs for the 2020 Tokyo Games, but warned that soaring Olympic budgets could see future bids dry up. See <http://www.nation.co.ke/sports/athletics/Soaring-costs-threaten-Games-future-IOC-warns/1100-3990876-a34uacz/index.html>.
- German sports broadcaster ARD has done it again, releasing another investigative video about drugs in sport. How deeply was football involved in Russian state-sponsored doping? A year before the World Cup in Russia, doping allegations are becoming increasingly loud. WADA special investigator, Richard McLaren, believes FIFA is duty bound to take action. See <http://www.sportschau.de/doping/video-state-sponsored-doping-in-russias-football-100.html>. See also [http://www.playthegame.org/news/news-articles/2017/0321\\_russian-doping-scandal-widens-world-cup-team-now-under-investigation/](http://www.playthegame.org/news/news-articles/2017/0321_russian-doping-scandal-widens-world-cup-team-now-under-investigation/).
- WADA has defended the International Bobsleigh and Skeleton Federation (IBSF) following criticism from Olympic champion Lizzy Yarnold for omitting Russian skeleton athletes from their 2017-2018 whereabouts list. The IBSF revealed a list of 35 athletes who will be subjected to regular anti-doping checks during the upcoming Winter Olympic season. There were no Russian skeleton competitors listed despite Canadian lawyer Richard McLaren producing evidence that more than 1,000 Russian athletes were allegedly implicated in a scheme where samples were tampered with and manipulated at events including the 2014 Winter Olympic and Paralympic Games in Sochi. What!!!! See <http://www.insidethegames.biz/articles/1052107/wada-defend-ibsf-after-criticism-from-olympic-champion>.
- Portugal's André Cardoso has been suspended by Trek-Segafredo after erythropoietin (EPO) was detected in an out-of-competition test. Cardoso had been due to start the Tour de France. As far as I am concerned, elite cycling is still a drugs

ridden sport. See <http://www.insidethegames.biz/articles/1052074/contador-team-mate-to-miss-tour-de-france-after-testing-positive-for-epo>.

- WADA has confirmed that urine samples held at the Moscow laboratory are still under the protection of Russian State authorities. it's a joke! See <http://www.sportsintegrityinitiative.com/urine-samples-moscow-lab-still-russian-protection/>.
- Nine Russian athletes have been given permission to compete as neutral athletes at this month's IAAF World Under-18 Championships in Nairobi. The list includes racewalkers Ekaterina Gorshenina, Salavat Ilkaev, Elvira Khasanova, Sergey Kozhevnikov. Presumably Saransk products! See <http://www.nation.co.ke/sports/athletics/Nine-Russians-to-compete-in-Nairobi-as-neutral-athletes/1100-3994580-11waixsz/index.html>.
- WADA has revoked the accreditation of the Athletes' Anti-Doping Laboratory in Almaty, Kazakhstan and of the South African Doping Control Laboratory in Bloemfontein, South Africa due to non-compliance with the International Standard for Laboratories (ISL) and the related Technical Documents. See <http://www.sbs.com.au/news/article/2017/07/01/wada-revokes-accreditation-two-labs>.
- A scientific paper published yesterday found that women who produce higher-than-normal amounts of testosterone have up to a 4.5 percent advantage over their competition on the track, evidence the sport's governing body will use to potentially sideline Olympic gold medalist Caster Semenya and others with so-called intersex conditions. See <http://en.omriyat.com/european-athletics/new-study-affect-semenya-eligibility>.

## 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.

### 2016/2017 Australian/Victorian Key Dates

Aug 6 (Sun), 2017 Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne  
Aug 6 (Sun), 2017 AMA 20km Roadwalk Championships, Adelaide, SA  
Aug 27 (Sun), 2017 Australian Roadwalk Championships, Woolongong, NSW  
Sept 10 (Sun), 2017 Victorian 50km Championship, Middle Park, Melbourne

### 2016/2017 International Dates

Jun 29 – Jul 1, 2017 Oceania Area Championships, Suva, Fiji  
July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION  
August 4-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>  
On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London  
9 Aug (Wed), 2017 2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)  
August 19-30, 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan  
Sept 9, 2017 8<sup>th</sup> Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED  
Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

### 2017 Remaining IAAF Racewalk Challenge Series

August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK.

### Looking Further Ahead

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See [www.mastersathleticsoceania.com](http://www.mastersathleticsoceania.com)  
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>  
Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April  
May 5-6, 2018 28<sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China  
July 2018 16<sup>th</sup> World Junior T&F Championships, Tampere, Finland  
Sept 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
Sept 28 – Oct 6, 2019 17<sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  
July 2019 30<sup>th</sup> Summer Universiade, Brasilia, Brazil  
2019 World Masters Indoors T&F Championships, Torun, Poland  
July 24 – Aug 9, 2020 32<sup>nd</sup> Olympic Games, Tokyo  
July 20 – Aug 1, 2020 23<sup>rd</sup> World Masters T&F Championships, Toronto, Canada  
Aug 2021 18<sup>th</sup> IAAF World Championships in Athletics, Eugene, USA  
July 18-30, 2022 XXII Commonwealth Games, TBA  
On 13<sup>th</sup> March 2017, Durban announced that it would not host the Games, due to financial constraints.

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