



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 38
19 June 2018



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
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WHAT'S COMING UP

- Next Sunday sees another of our big championship days with Victorian, Victorian Schools, Victorian Masters and VRWC medals on offer. You can enter the VRWC and VMA races on the day or, more preferably, via our online panels at <http://vrwc.org.au/wpl/race-entries-2/race-entry-sun-24jun18/>. You must enter the AV or AV Schools races via the AV online entry panel at <http://athsvic.org.au/event/2018-av-20km-schools-walks-championships/>. Any school student can enter the AV Schools championships, but to compete in the AV 20km championship, you must be a current AV member. **AV entries close at 11:59PM on Thursday 21st June.** So there is something for everyone!

Sunday 24th June 2018, Middle Park

A.V., A.V. Schools, VMA & VRWC Championships

VRWC & VMA EVENTS: Entries close for all events at 45 minutes before the event.

8.30am	20km AV Championship	Open Men
8.30am	20km VRWC Championship - Alf Robinson Trophy	Open Men
8.30am	20km VMA Championships	Masters Men
8.30am	20km AV Championship	Open Women
8.30am	20km VMA Championships	Masters Women
8.30am	20km Non- championship	Open
9.15am	10km AV Schools Championship	U20 Men/Women
9.15am	10km Non- championship	Open
9.30am	3km AV Schools Championship	U16 Boys/Girls
9.30am	3km AV Schools Championship	U14 Boys/Girls
9.50am	5km AV Schools Championship	U18 Men/Women
9.50am	5km Non- championship	Open
10.00am	2km Non- championship	Open
10.15am	1.5km VRWC Championship	U10 Boys/Girls
10.25am	2.5km VRWC Championship	U12 Boys/Girls
11.00pm	Presentations	

- And a reminder that our **Twilight Trivia** has now been rescheduled to **Saturday 14 July**, starting at 4:30PM. See http://www.vrwc.org.au/documents/Twilight_Trivia_July14.jpg.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 16 JUNE 2018

It was cold and windy at Middle Park on Saturday afternoon, but it did not stop the 43 hardy walkers who contested our annual 'Guess Your Time' races. The concept is a simple one – nominate the time you will walk, then race without the aid of watches and progress time and see how close you can get. Those who get closest in each division are the winners and get to choose from the prizes table.

Well, the rain came down about halfway through and made it very tough going but some people were still spot on with their predictions. The results below are sorted on 'Guess Your Time'. Our best estimators were **Gwen Steed** (1 sec), **Mark Blackwood** (2 secs), **Ela Uzun** (2 secs) and **Kyla Chapman** (2 secs). Welcome also to first timers **Kyla Chapman** and **Tayesha Heikkila-Dubowik**. Fastest walks by **Kelly Ruddick** and **Adam Garganis**.

VRWC 8km Walk - Guess Your Time		Guess	Actual	Difference
1.	Albin Hess	55:45	56:14	0:29
2.	Pramesh Prasad	40:50	42:52	2:02
1.	Kelly Ruddick	38:00	37:42	0:18

VRWC 6km Walk - Guess Your Time		Guess	Actual	Difference	
1.	Karyn O'Neill	41:15	40:55	0:20	
2.	Paige De Lisen	33:20	32:41	0:39	
3.	Charlotte Hay	31:30	32:43	1:13	
4.	Donna Elms	36:50	38:18	1:32	
1.	Mark Blackwood	29:00	28:58	0:02	
2.	Adam Garganis	28:50	28:30	0:20	
3.	Heath Beveridge	33:30	32:28	1:02	

VRWC 4km Walk - Guess Your Time		Guess	Actual	Difference	
1.	Kathleen O'Mahony	23:47	24:00	0:13	
2.	Holly Cocking	22:55	23:25	0:30	
3.	Grace Louey	25:20	24:41	0:39	
1.	Steve Haverley	35:15	35:27	0:12	
2.	Geoff Barrow	28:20	28:03	0:17	
3.	Angus Hay	24:30	24:11	0:19	
4.	Ralph Bennett	25:00	25:25	0:25	
5.	Luke Epps	22:00	23:10	1:10	
6.	Barrie Wicks	28:00	36:12	8:12	

VRWC 2km Walk - Guess Your Time		Guess	Actual	Difference	
1.	Gwen Steed	14:05	14:04	0:01	
2.	Kaylah Heikkila-Dubowik	11:55	11:49	0:06	
3.	Beverly Hugo	16:30	16:20	0:10	
4.	Emily Smith	12:55	13:05	0:10	
5.	Isabella Dingli	13:20	13:33	0:13	
6.	Riannah Tatlock	12:20	12:07	0:13	
7.	Jan Morrey	15:50	15:33	0:17	
8.	Charli Walker	12:30	12:09	0:21	
1.	Liam Hutchins	10:58	11:01	0:03	
2.	Lachlan Feain	09:55	10:07	0:12	
3.	Aiden Smith	15:50	15:20	0:30	
4.	Hamish Blackwood	11:30	12:01	0:31	

VRWC 1km Walk - Guess Your Time		Guess	Actual	Difference	
1.	Ela Uzun	07:10	07:08	0:02	
2.	Kyla Chapman	06:07	06:05	0:02	First time with us
3.	Zahlia Heikkila-Dubowik	06:11	06:15	0:04	
4.	Alyssa Chapman	05:46	05:41	0:05	
5.	Taysha Heikkila-Dubowik	08:00	08:06	0:06	First time with us
6.	Sophie Blackwood	07:45	07:38	0:07	
7.	Darcey Roberts	05:30	05:18	0:12	
8.	Havana Ali	07:45	07:24	0:21	
9.	Pam Mews	13:00	11:57	1:03	
1.	Sebastian Weickhardt	06:50	06:38	0:12	
2.	Heath Tatlock	08:40	09:54	1:14	

Thanks as always to our many judges, officials and helpers. Apologies if I missed anyone. Your help is much appreciated.

Officials: Mark Donahoo, Ralph Bennett, Terry Swan, Tim Erickson, Simon Baker, Mark Roberts
Judges: Peter Vysma (Chief), Terry O'Neill, Mark O'Mahony, Michael Bodey, Diane Lowden, Shane Dickson
Canteen: Kate Suich, Eija Heikkila, Donna-Marie Elms
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/picture.php?/27088/category/473>)

Our points competitions (Handicap, Actual Times and Style Award) continued last Saturday. Updated progress points, along with points from Saturday, are to be found at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.



The longer races get underway – Adam Garganis, Mark Blackwood, Kelly Ruddick and Heath Beveridge in the front



The shorter distance races get underway



Kyla Chapman, Gwen Steed, Kayesha Heikkila-Dubowik, Ela Uzun and Aiden Smith (all photos Terry Swan)

ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 16 JUNE

Thanks to Robin Whyte for this week's results from Canberra. Robin commented: Well done to those who turned out in such bleak, cold and windy day!! At least we didn't get the forecast snow.

7km Walk

1.	Tim Fraser	31:00
2.	Mitchell Baker	31:59
3.	Ian Rayson	32:46
4.	Greg Durr	42:41
5.	Robin Whyte	46:03
6.	Laura Burns	47:50
7.	Miriam McCarthy	49:05
8.	Mick Saunders	49:17
9.	Lisa Casey	49:32
10.	Bryan Thomas	52:53
11.	David Mackenzie	1:06:34
12.	Raine Thompson	1:06:35

TASMANIAN ALL SCHOOLS AND OPEN 10KM ROAD CHAMPIONSHIPS, BRIGHTON, SATURDAY 16 JUNE

Thanks to Wayne Fletcher for this week's results from Hobart, in Tasmania. I am told the races were held in snowy, cold and windy conditions. Wayne reported:

On a very cold day, where the temp was 9C but felt like 3C, the Tasmanian All Schools and Athletics Tasmania Short walk titles were held. For the second half of each 1km loop, the walkers faced a strong westerly wind. It really affected me, and when judging later, I really felt for the younger athletes. In the Open 10km walk, **Will Robertson** and **Alice Randall** had a great battle, with Will drawing slightly away over the last 1.5km. In the underage events, the girls and boys had a great battle and they walked perfectly in the hard conditions. Look at the photos of the judges rugged up. In the Over 40 Men's 5km championships, **Stephen A'Hern** won ahead of **Eugene Gerlach**, with **Wayne Fletcher** and **David Moore** having their usual battle.

Open 10km Championships

1.	William Robertson	OVA	50.49
2.	Ron Foster	TMA	68.46
1.	Alice Randall	OVA	51.23

Over 40 5km Championship

1.	Stephen Ahern	OVA	32.34
2.	Eugene Gerlach	OVA	34.18
3.	Wayne Fletcher	NS	39.39
4.	David Moore	TMA	39.47

Tasmanian All Schools Championships

U11 Girls 1.5km Walk

1.	Macie Petterwood	St Thomas Moore	12.00
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U12 Boys 1.5km Walk

1.	Oliver Morgan	St Johns Primary	10.01
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U14 Boys 2km Walk

1.	Bryce Lawes	Scotch Oakburn	11.41
2.	Kaide Eastley	Deloraine PS	12.41

U14 Girls 2km Walk

1.	Chloe Ahern	Dominic College	11.48
2.	Demi Petterwood	St Patricks College	12.48

U16 Boys 5km Walk

1.	William Robertson	Rose Bay HS	25.08
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U18 Girls 5km Walk

1.	Anna Blackwell	St Marys College	28.04
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U20 Women 5km Walk

1.	Alice Randall	GYC	25.08
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And Rosie Coleman reported on a well deserved reward for **Wayne Fletcher** earlier in the weekend.

Wayne Fletcher was awarded the Official of the Year at the Athletics South annual Presentations. Wayne's contribution is spread over 50 years both as an athlete and official in the area of walks and throws, a unique achievement in Tasmanian athletics. Wayne has been a competitor across all events, and still competes in many events each weekend.

Wayne is still actively involved in walking at Club level and is always keen to pass on help to both athletes and officials to ensure that the sport of race walking remains a vital part of the athletic scene.

He has been prominent in Tasmanian athletics, having been President of Athletics Tasmania, and is a merit award holder and Life Member of Athletics South and a Life Member of Athletics Tasmania. A highlight for Wayne was his appointment as Assistant Technical Manager at the 2000 Olympics and Para Olympics, but his greatest love is race walking, in which he still officiates and competes in all year round. Wayne was appointed as an International Judge and has officiated at many local, National and International meets around the world. He was appointed as a walks judge for the 2008 Olympics, and many more on the International scene. To me, Wayne is one of those gentleman that you can rely on to do the little jobs, and he is such a great supporter of young people, inspiring them to do and be better at whatever they do, including assisting with young people to become officials. Race Walking Tasmania is proud to have Wayne on our team, congratulations Wayne.



*Left: Schools walkers Kaide Eastley, Bryce Lawes, Chloe Ahern and Demi Petterwood
Middle and right: Alice Randall and Will Robertson and Anna Blackwell*



*Left: Rugged up against the cold - Christine Randall and David Moore
Right: Wayne Fletcher (Athletics South Official of the year) receiving his trophy from AS Officials Director Rosie Coleman*

SAMA ROADWALKS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 16 JUNE 2018

Thanks to Colin Hainsworth for the latest report from the South Australian Masters in Adelaide. Good walk by **George White** after his recent heart attack. Colin advised it was a cold, wet afternoon.

15km SAMA Championship

1.	Raelene Schild	1:58:58	W53	61.86%
1.	George White	1:40:03	M73	81.49%
2.	James Hoare	2:05:56	M72	63.87%
1.	Peter Crump	1:32:46	M57	73.51%

15km Club Walk

1.	Neil Hayford	2:09:18	M65	57.11%
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10km Club Walk

1.	Dave Fallon	1:26:05	M65	56.37%
2.	David Robertson	1:32:18	M84	68.90%

4km Club Walk

1.	Cathie Hore	39:25	W67	53.98%
2.	Julie Hayford	32:59	W61	59.88%
3.	Jeff Kennett	40:29	M67	47.42%

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 17 JUNE

Thanks to Terry Jones for the latest results from Perth.

15km Handicap

1.	Andrew Duncan	77.53
2.	Wendy Farrow	103.13

10km Handicap

1.	Ben Reid	52.01
2.	Declan Tingay	46.21
3.	Brad Mann	56.03
4.	Wayne Byram	66.32

1.5km Handicap

1.	Jackson Almstrom	9.37
2.	Emily Bogaers	11.16
3.	Ellis Freeman	11.24
4.	Asha Freeman	10.11
5.	Jasmine Williams	9.44
6.	Casey Mortimore	7.58
7.	Lataya Lawrence	7.59
8.	Alessia Andritsos	8.29
9.	Luke Lawrence	9.08
10.	Sylvia Byers	13.40

3km Handicap

1.	Brooke Mortimore	16.43
2.	Ashlyn Spence	18.18
3.	Kaytee Bogaers	18.28
4.	Xavier Bernard	18.08
5.	Karyn Tolardo	17.28
6.	Patrick Murphy	16.40

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 17 JUNE

Thanks to Robyn Wales for this week's results from Brisbane. Robyn commented: It was a bit chilly! Excellent 10km walk by young **Nelson McCutcheon** (48:52).

A Grade 10km Walk

1.	Nelson McCutcheon	M	48.52
2.	Ignacio Jimenez	M	49.27
3.	Peter Bennett	M	58.51
4.	Noela McKinven	F	1.22.15
	Mark Carlile	M	DNF
	Jessica Pickles	F	DNF

D Grade 2km Walk

1.	Lyla Williams	F	11.05
2.	Rebecca Teahen	F	11.44
3.	Scarlett Schofield	F	12.44
4.	Bella Schofield	F	12.53
5.	Robyn Wales	F	17.30

B Grade 5km Walk

1.	Jonathan Wearne	M	25.42
2.	Mackenzie Ofield	F	29.24
3.	Amelia Schofield	F	31.25
4.	Di Adams	F	31.38
5.	Jasmine McRoberts	F	34.32
6.	Patrick Sela	M	40.15

E Grade 2km Walk

1.	Myles Callaghan	M	10.30
2.	Charlie Capps	M	11.03
3.	Jacob Petrovic	M	13.46

F Grade 1km Walk

1.	Makenna Clarke	F	5.34
2.	Flynn Callaghan	M	5.35

C Grade 3km Walk

1.	Jayda Anderson	F	14.48	3.	Chelsea Capps	F	5.37
2.	Ashanti Heap	F	16.28	4.	Siaan Fisher	F	6.28
3.	Kai Norton	M	17.35	5.	Knox Anderson	M	7.36
4.	Amber Norton	F	18.07				
5.	Torryn Fisher	F	18.46				
6.	Amber Tofful	F	21.55				

LANSW & ANSW STATE ROAD WALK CHAMPIONSHIPS, PENRITH LAKES, SYDNEY, SUNDAY 17 JUNE

Last Sunday was a huge day of walking at Penrith Lakes in Sydney, with the combined Athletics NSW Short Walks and Little Athletics NSW Road Walk Championships. Events on offer ranged from Open 20km to U19 1.2km. I counted 139 walkers in total. That is immense. No wonder NSW continues to be such a racewalking power on the Australian stage. I am not sure why, but there are now U12 races in the results. Best performances by **Tyler Jones** (1:33:35), **Oscar Tebbutt** (49:05), **Jack McGinniskin** (13:26), **Allanah Pitcher** (14:01), **Milly Broughton** (10:00) and **Sienna Pitcher** (6:00). Good article on the Athletics NSW website at <http://www.nswathletics.org.au/News/tyler-transitioning>.



Tyler Jones in action on Sunday in Sydney (photo David Tarbottom)

Women 15km Road Walk Open

1.	Goodhew, Chelsea	Westlakes At	1:25:55
2.	Dighton, Jasmine	Bankstown Sp	1:29:51
3.	Weekes, Anne	Sutherland D	1:34:08

Men 20km Road Walk Open

1.	Jones, Tyler	Mingara Athl	1:33:35
2.	Barendregt, Travis	Nepean	1:58:45
	Gibbons, Carl	Westlakes At	DNF
	Richardson, Dylan	Mingara Athl	DNF

Women 5km Road Walk Masters

1.	Parker, Carmel	U.T.S. North	32:40
2.	Challinor, Nicolle	Sutherland D	33:47
3.	Nilon, Nicole	Sutherland D	34:40
4.	Gore, Suzanne	Ryde	36:41
5.	Lloyd, Nancy	U.T.S. North	37:09
6.	Purcell, Joan	Nepean	38:25
7.	Brown, Judy	Nsw Masters	48:05

Men 5km Road Walk Masters

1.	Williams, Dennis	Hills Distri	32:05
2.	McDonald, Anthony	Nsw Masters	34:21
3.	White, Baden	Nsw Masters	DQ

Women 10km Road Walk U20

1.	Mison, Hannah	Koorinal -W	56:15
2.	O'Neill, Molly	Adamstown Ne	56:24
3.	Wang, Eaine	Adamstown Ne	1:00:15
4.	Bell, Bridget	Asics Wests	1:01:50
5.	Pengilly, Teegan	Bankstown Sp	1:02:57
6.	Lee, Janaya	Nepean	DNF

Men 10km Road Walk U20

1.	Tebbutt, Oscar	Gosford	49:05
2.	Thomson, Ryan	Nepean	52:32
3.	Bedford, Kyle	Nepean	55:25

Girls 3km Road Walk U17

1.	Bolton, Hannah	Mingara Athl	15:42
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Boys 3km Road Walk U17

1.	McGinniskin, Jack	Mingara Athl	13:26
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2.	Parker, Hannah	Randwick Botany	16:50	2.	Blaskett, Hayden	Sydney Strid	14:24
3.	Johnston, Lily	Asics Wests	17:20				
4.	Robertson, Brittany	St. George D	17:44				
5.	Martin, Brooke	Nepean	20:39				
6.	Douglas, Brodie	Nepean	20:59				

Girls 3km Road Walk U16

1.	Pitcher, Allanah	Mingara Athl	14:01
2.	Blanch, Emma	St. George D	15:10
3.	Dagher, Sophia	Westfields A	17:58

Girls 3km Road Walk U15

1.	DeCelis, Ellie	Illawong	16:20
2.	Thomson, Olivia	Sydney Pacif	16:43
3.	Thomson, Jada	Nepean	17:42
4.	Scott, Bethany	Westlakes At	18:40

Girls 2km Road Walk U14

1.	Dunne, Izabella	Mingara Athl	10:07
2.	Thomas, Emma	Parramatta C	10:19
3.	Farrell, Isabella	Campbelltown	11:02
4.	Torrens, Chelsey	Winston Hills	11:34
5.	Walters, Chia	Sutherland D	11:40
6.	Nilon, Isabelle	Parramatta C	11:44
7.	Schofield, Catherine	Nepean	12:08
8.	Varga-Strike, Zsafia	Nepean	12:58
9.	Dickson, Leila	Hills Distri	13:34
10.	Challinor, Emily	Illawong	15:38

Girls 2km Road Walk U13

1.	Boughton, Milly	Randwick Botany	10:00
2.	Krklinski, Chloe	Parramatta C	11:48
3.	Stojanovic, Marisa	Bankstown Sp	11:56
4.	Webber, Kailey	Hills Distri	12:13
5.	Olbrich, Chelsea	Hills Distri J	12:13
6.	Byatt, Laelia	Girraween	12:14
7.	Neale, Jacinta	Prestons Robins	12:42
	Munroe, Ella	Hills Distri	DNF

Girls 1.5km Road Walk U11

1.	Stanley, Jayda	Balmain	7:54
2.	Cassilles, Ciara	Revesby Workers	8:05
3.	Torrens, Samantha	Winston Hills	8:09
4.	Diaz, Ava	Balmain	8:20
5.	Wong, Jasmine	Winston Hills	8:48
6.	Berechree, Jessica	Glenbrook	9:50
7.	Webber, Ashlynn	Winston Hills	9:56
8.	Proszenko, Lucy	Ryde	10:02
9.	Matthias, Emma	Emu Plains	10:05
10.	Harris, Charlotte	Girraween	10:27
11.	Challinor, Sarah	Port Hacking	10:34
12.	Henderson, Abeni	Girraween	11:17

Girls 1.2km Road Walk U10

1.	Pitcher, Sienna	Gosford	6:00
2.	Beck, Grace	Ku-Ring-Gai	6:03
3.	Brice, Amy	Illawong	6:08
4.	Lamb, Chloe	Manly Warringah	6:12
5.	Blackley, Rudi	South Eastern	6:18
6.	Woods, Zoe	Ku-Ring-Gai	6:45
7.	Bektas, Jessey	Nepean	6:50
8.	Bektas, Abbey	Nepean	6:51
9.	Vella, Isabella	Nepean	7:21
10.	Giffney, Claire	Kings Langley	8:14
11.	Sivaraj, Summer	Ku-Ring-Gai	8:16
12.	Dukes, Mabel	Emu Plains	9:17

Boys 3km Road Walk U16

1.	Kemp, Joel	Mingara Athl	15:26
2.	Murphy, Sam	Balmain	16:30

Boys 3km Road Walk U15

1.	Pyda, Raven	Westfields A	16:29
2.	Tebbutt, Archie	Gosford	16:41
	Dickson, Adam	Hills Distri	DQ

Boys 2km Road Walk U14

1.	Robson, Jack	Hills Distri	10:52
2.	Pospischil, Brendan	Hills Distri	11:14
3.	Lusty, Max	Balmain	12:10
4.	Muir, Thomas	Nepean	12:14
5.	Colefax, Jesse	Edgeworth	12:28
6.	Reckerman, Xandar	Girraween	12:30

Boys 2km Road Walk U13

1.	Payne, Brodie	Winston Hills	10:18
2.	Bell, Darcy	Asics Wests	11:15
3.	Murphy, Liam	Glenbrook	11:59
4.	Bryce, Ryan	Illawong	13:21

Boys 1.5km Road Walk U11

1.	Beacroft, Isaac	Quakers Hill	7:45
2.	Elliott, Peter	The Ponds	7:57
3.	Ashby, Myles	Gosford	8:05
4.	Horton, Jai	Unattached	9:10
5.	Pospischil, Aidan	Winston Hills	9:16
6.	Baumgartner, Jayden	Penrith Valley	9:24
7.	Lusty, Louis	Balmain	9:41

Boys 1.2km Road Walk U10

1.	Muir, Alex	Nepean	6:09
2.	Byatt, Joel	Girraween	6:14
3.	Gonzalez, Sebastian	Balmain	6:25
4.	Varga-Strike, Thomas	Quakers Hill	6:27
5.	Wheeler, Jacob	Westlakes	6:43
6.	Ryan, Dylan	Jamison	7:33
7.	Francis, Cody	Nepean	7:46
8.	Penn, Jethro	Cherrybrook	7:49
9.	Armstrong, Mathew	Nepean	7:52

Girls 1.2km Road Walk U9

1.	Flahey, Natasha	Cherrybrook	6:37
2.	Stewart, Mia	Cherrybrook	6:49
3.	Skuodas, Wanda	Randwick Botany	7:10
4.	Drall, Dakshita	Winston Hills	7:41
5.	Gifford, Madeleine	Balmain	7:51
6.	Bryan, Ruby	Girraween	7:52
7.	Chandran, Emilie	Winston Hills	8:06
8.	Corvalan, Laura	Girraween	8:14
9.	Henderson, Elliana	Girraween	8:15
10.	Kaur, Sehejta	Winston Hills	8:24
11.	Ashby, Caetlin	Gosford	8:24
12.	Hearnden, Emma	Cardiff & District	8:46
13.	Sasinszki, Elizabeth	Mt Druitt	9:10
14.	Rose, Dallyce	Glenbrook	9:22
15.	Flecknoe, Cara-Lee	Riverstone	10:22

Men 1.2km Road Walk U9

1.	Nilon, Christopher	Nth Rocks Ca	6:47
2.	McKinnon, Tyler	Illawong	7:02
3.	Birmingham, Blake	Balmain	7:13
4.	Day, Harrison	Balmain	7:31
5.	Belunek, Jakub	Balmain	7:32
6.	Horton, Jaxson	Unattached	9:23
7.	Bell, Jacob	Glenbrook	10:15
8.	Menteith, Hayden	Prestons Robins	10:15
	Proszenko, Benjamin	Ryde	DQ
	Payne, Riley	Winston Hills	DQ

NQSF STUDENT GAMES/ALL COMERS MEET, TOWNSVILLE SPORTS RESERVE, SATURDAY 9 JUNE

Our 2018 World Junior representatives have been on a pre-departure training camp in Townsville, part of which included the opportunity of competing in the North Queensland Student Games / All Comers Meet a week ago. **Declan Tingay** and **Kyle Swan** contested the 5000m, with Declan breaking 20 minutes for the first time (19:43.64) and Kyle just outside his PB with 20:46.70. Good signs. Full meet results at http://liveresults.qldathletics.org.au/ANQ/2018/180608_anqallcomers/index.htm.

Men 5000m Race Walk Open

1.	Declan Tingay	19	AWA	19:43.64
2.	Kyle Swan	19	Athletics Victoria	20:46.70

UKRAINIAN 20KM WALK CHAMPIONSHIPS, SUMY, UKRAINE, SATURDAY 16 JUNE

I start off my overseas reporting with the results of the Ukrainian 20km Roadwalk championships which were held in Sumy, Ukraine, last Saturday. Results are taken from http://competitions.uaf.org.ua/2018.06.16_sumy/index.php?r=site/live. Wins to **Oleksiy Kazanin** and **Yuliya BalyM**.

20km Men

1.	KAZANIN, Oleksiy	1982	1:23:27
2.	ZABUZHENKO, Eduard	1998	1:23:51
3.	SOBCHUK, Dmytro	1995	1:24:52
4.	SUSYK, Serhiy	1993	1:25:07
5.	SVYSTUN, Oleh	1997	1:25:20
6.	MARCHUK, Andriy	1998	1:27:10
7.	LITANYUK, Valeriy	1994	1:27:32
8.	RADKO, Anton	1995	1:29:54
9.	ATLI, Mert	1993	1:30:18
10.	SHELEST, Oleksiy	1973	1:31:46
11.	ANDRUSHCHENKO, Kyrylo	1993	1:32:10
12.	HONCHARENKO, Ihor	2000	1:34:09
13.	BIRYUKOV, Vladyslav	2000	1:34:29
14.	HONTSOVSKYY, Volodymyr	1991	1:35:04
15.	MASHTAL, Stanislav	1998	1:35:37
16.	PASICHNYY, Stepan	1998	1:36:01
17.	KRASNOVSKYY, Andriy	1998	1:42:26
18.	STEPANYUK, Nazariy	1994	1:43:26
19.	KRAVCHENKO, Anton	1999	1:44:43
	BUDZA, Serhiy	1984	DNF
	HRECHKOVSKYY, Andriy	1993	DNF

20km Women

1.	BALYM, Yuliya	1997	1:44:46
2.	KHUSAINOVA, Darya	1998	1:46:10
3.	SOLOHUB, Yuliya	1997	1:46:15
4.	KULAHINA, Oksana	1997	1:46:28
5.	BYELOVA, Kseniya	1998	1:54:52
6.	DANYLYUK, Diana	1998	1:56:48
7.	KUSHKA, Yuliya	1997	1:58:00

8.	HUDACHOK, Mariya	1996	2:02:30
	PCHELINTSEVA, Viktoriya	1997	DNF
	VELYKA, Tetyana	1998	DNF

USA HIGH SCHOOL OUTDOOR NATIONALS, AGGIE STADIUM, GREENSBORO, NC, 15-17 JUNE

And now to USA for a couple of championships. First to Greensboro in North Carolina, for the USA High Schools Outdoor Nationals. Wins in the 3000m walks to **Sean Glaze** (14:24.95) and **Jess Heiser-Whatley** (14:50.50). Nice article on the women's race at http://www.dyestat.com/gprofile.php?mgroun_id=44531&do=news&news_id=537130.

3000m Boys, Friday 15 June

1.	Glaze, Sean	10	Greenon	14:24.95
2.	Crawford, Jordan	17-18	Legacy Athletics	14:27.05
3.	Davis, Jadon	11	Baltimore Polyte	14:59.63
4.	Cuestas, Jonah	Fr	Maximum Velocity	15:23.98
5.	Allen, Samuel	10	Kingsway Regiona	15:33.41
6.	Johnson, Carson	11	Johnson-Carson-K	15:59.15
7.	Jones, Jaedon	12	Highland Springs	17:30.95
8.	Brignall, Hunter		Mynderse Academy	17:37.80
9.	Judice, Lucas	11	Thornton Academy	17:48.98
10.	Sullivan, Scott		Oakton	18:22.40
11.	Kilbourne, Thoreau		Asheville	19:14.75
12.	Gronemeyer, Paine		Wakefield	19:24.53
13.	Lamont, Dylan		Gorham	20:21.16

3000m Girls, Friday 15 June

1.	Heiser-Whatley, Jess	17-18	Warriors Track C	14:50.50
2.	Atwood, Margaret	12	Sachem East	14:55.36
3.	Rogler, Isabella	10	West Islip	14:59.16
4.	Grover, Jessica	11	Half Hollow Hill	15:04.18
5.	Heiser-Whatley, Victor	17-18	Warriors Track C	15:04.27
6.	Durcan, Ciara	9	Pearl River	15:35.18
7.	Zahraban, Emily	9	Bellport	15:40.83
8.	Benedict, Chelsea	12	Sachem East	15:57.48
9.	Jones, Shaiel	8	Riverview	15:59.87
10.	Betties, Zoi	11	Stafford	16:02.01
11.	Roopnarine, Serena	11	Connetquot	16:02.65
12.	Flanagan, Moxie		Hampden Academy	16:11.52
13.	Arenth, Nicole		Huntington	16:21.14
14.	Ehlers, Natalie		Westhampton Beac	16:26.54
15.	Plummer, Kianna	11	Connetquot	16:28.40
16.	Porti, Emily		East Islip	16:38.56
17.	Arrigo, Anna	12	Sachem East	16:51.61
18.	Engin, Chloe		Pittsford Mendon	17:08.08
19.	Giudice, Gia		Sachem North	17:15.92
20.	Meacham, Stefanie		Gorham	17:22.12
21.	DiCarlo, Hayley	12	Sachem East	17:36.94
22.	Riegel, Sophie		George W Hewlett	18:36.84
23.	Fox, Audrey	12	New Rochelle	DQ

2018 USATF JUNIOR OUTDOOR CHAMPS, INDIANA UNIVERSITY, BLOOMINGTON, INDIANA, 15-17 JUNE

Staying in USA for the USATF Junior Outdoor Championships in Bloomington, Indiana. 10,000m walk wins to **Taylor Ewert** with a new American U20 record (49:09.52) and **Giovanni Cisneros** (53:50.24).

Ewert won, who the 2000m steeplechase at New Balance Nationals Outdoor in 6:38.79 and then won the 10,000m race walk the next day at the USATF Junior Championships in an American U20 record of 49:07.52, is one of the nominations for the DyeStat Performance of the Week. See http://www.dyestat.com/gprofile.php?mgroun_id=44531&do=news&news_id=537242 and <http://www.milesplit.com/articles/242968?page=6>.

10,000m Women, Sunday 17 June

1.	Taylor Ewert	Southwest Ohio TC	49:07.52
2.	Lauren Harris	Walk USA	54:32.03
3.	Victoria Heiser-Whatley	Warriors TC	56:54.99
4.	Jessica Heiser-Whatley	Warriors TC	1:00:35.48
5.	Zoi Betties	Unattached	1:05:40.39

Kayla Alien	Unattached	DNF
Grace Endy	Westfield Area Y Flyers	DQ

10,000m Men, Sunday 17 June

1.	Giovanni Cisneros	Elgin Sharks Track	53:50.24
2.	Eduardo Uria	Unattached	54:16.37
3.	Jordan Crawford	Elgin Sharks Track	55:51.39
4.	Logan Roberts	Thriller Track & Field	57:03.02
5.	Carson Johnson	Unattached	57:26.07
6.	Jadon Davis	Unattached	58:56.44

ENGLISH U/23 & U/20 CHAMPIONSHIPS, BEDFORD INTERNATIONAL STADIUM, BEDFORD, SUNDAY 17 JUNE

And now to England for what was, on paper, an astonishing result, with only 3 out of the 8 walkers in the English U23 & U20 Championships actually finishing the 10,000m races. Fastest time overall to **Cameron Corbishley** (43:37.34).

10,000m Walk U23 Men

1.	Cameron CORBISHLEY	Medway & Maidstone AC	43:37.34
2.	Luc Henry LEGON	Bexley AC	48:32.55
	Guy THOMAS	Tonbridge AC	DQ
	Callum WILKINSON	Enfield & Haringey AC	DQ

10,000m U20 Men

1.	Tom PARTINGTON	Manx Harriers	47:55.83
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10,000m U20 Women

	Jacqueline BENSON	Ashford AC	DQ
	Ana GARCIA	City of Sheffield & Dearne AC	DQ
	Emily GHOSE	Tonbridge AC	DQ

HORWICH FESTIVAL & BMA 5KM RACE WALKING CHAMPIONSHIPS, HORWICH, SUNDAY 17 JUNE

Staying in England for what was a big walks meet at the Horwich Festival. I publish the great facebook race report by Yorkshire RW Club secretary Trevor McDermot

Here we get a whole town centre completely closed to traffic, very accommodating Festival organisers (clearly delighted to have Race Walkers present once again), and superb 5km performances scattered throughout.

As usual, the walkers started a few minutes ahead of a field of runners that numbered in hundreds. Which after the first of 3 undulating laps gives the recorders a nice Sunday morning challenge. Today the PA announcer only had details to hand for walkers and so his booming voice gave them individual prominence. With music in the background, cyclists, supporters, crowds, and an instant stage presentation, this fixture is always a real gem and it is puzzling why it might remain unregarded in some quarters. There are terrific performances here every year.

Ian Richards is clearly enjoying himself in the M70 age group and, taking the helm from the start, raced to what is believed to be a NEW WORLD'S BEST of 25.29 (subject to confirmation). By any measure, far and away the best performance of the day. Indeed, a staggering 98.30 % on the veterans Richter scale. **Pat Murphy** (1st M55) paced his effort extremely well to close at the finish with a 25.51, followed by relative newcomer **David Annetts** (1st M50) in 26.14.

The international Team race - based on Age Grading scores - was expected to be very closely fought between the home nation and a highly impressive entry of Irish exponents. But **Noel Blatchford** set a new W70 CBP with 32.28, **Pete Boszko's** 28.36 (1st M65) was equally good and that redoubtable trio of repeat visitors - **Sinead McConnell** (1st W50), **Murphy** and **Sean McMullin** (2nd M70) - had to give best. Mainly due to the outstanding performance of that man Richards.

And it's not all about the old un's. 16 year old **Maria Flynn** had arrived from Naas, Co.Kildare, in an attempt to gain a European U18 Champs qualifying time and gave it a real go with Ian on that first lap before fading. Special arrangements had been made with the organisers to chip time her over the mats that the runners used. And to ensure that the correct grade of RW judges were present, Glyn Jones, John Hall and Sean Pender also travelled rather a long way and sacrificed their chances of certain BMAF medals to aid the attempt by officiating at the side of the road instead. What a great example of international co-operation for the benefit of sport that is.

In the club Team race, Birchfield Harriers showed impressive depth (**Mark Williams**, **Boszko** and **John Constandinou**).

Finally, it would be remiss not to mention that Eric and Pam Horwill should really be putting their feet up these days. And not working so very hard to deliver yet another popular event (this was year 12) despite key personnel being absent including Lancs WC stalwart Fred Pearce, in hospital for two serious operations. A get well card was signed by all present.

5km Walk

1.	Ian Richards	Steyning AC	ENG	M70	25.29	98.30%
2.	Pat Murphy		EIRE	W70	25.51	84.33%
3.	David Annetts	North Herts RR	ENG	M65	26.14	80.18%
4.	Sinead McConnell		EIRE	W50	26.27	84.37%
5.	Carolyn Derbyshire	Nuneaton H	ENG	M55	26.32	77.45%
6.	Mark Williams	Birchfield H	ENG	M70	27.44	75.84%
	Maria Flynn		EIRE	U18	28.02	73.19%
7.	Margaret Reid		EIRE	M70	28.17	75.60%
8.	Peter Boszko	Birchfield H	ENG	M65	28.36	86.54%
9.	Maggie O'Connor		EIRE	W60	28.39	75.28%
10.	Tony Malone	Lancashire WC	EIRE	M50	29.24	81.29%
11.	John Constandinou	Birchfield H	CYP	M70	30.01	65.57%
12.	Bill McFadden	Scotia RWC	SCO	W40	30.37	70.55%
13.	Sean McMullin		EIRE	W75	30.38	83.84%
14.	Roger Michell	Surrey WC	ENG	M75	30.48	81.33%
15.	Julie Bellfield	Halesowen AC	ENG	M80	30.50	71.73%
16.	Ann Wheeler	Nuneaton H	ENG	M50	31.10	81.18%
17.	Greg Smith	Lancashire WC	ENG	W45	31.33	74.91%
18.	Ian Torode	South West Vets	ENG	W45	31.55	70.97%
19.	Noel Blatchford	Abingdon AC	ENG	M70	32.28	86.81%
20.	Hilary Mann	Sparkhill H	SCO	M65	32.30	72.77%
21.	Lynn Bellfield	Halesowen AC	ENG	W55	33.24	68.06%
22.	Roy Gunnnett	Lancashire WC	ENG	M70	33.42	75.27%
23.	Joe Hardy	Lancashire WC	ENG	W45	33.48	78.01%
24.	Sailash Shah	Lancashire WC	ENG	M60	34.49	60.41%
25.	Brid Lawler		EIRE	M55	34.56	65.44%
26.	Stephen Sargent	Lancashire WC	ENG	W55	34.58	72.55%
27.	Anne Gormley		EIRE	W50	35.47	69.18%
28.	Stephen Walker	Lancashire WC	ENG	M45	36.25	61.60%
29.	Mick Barker	Northern Masters	ENG	W55	36.51	76.89%
30.	Gerard McConnell	Scotia RWC	SCO	M60	39.19	59.96%
31.	Andrea Lennon	Lancashire WC	ENG	M50	40.11	77.27%
32.	John Payn	Lancashire WC	ENG	M55	40.19	76.19%

MOTONET GRAND PRIX, ESPOO, FINLAND, WEDNESDAY 13 JUNE

Reports seem to be coming in doubles this week. So now to Finland for 2 walks.

It was 1995 when Valentin Kononen set a new Finnish 5000m walk record of 18:52.24. On Wednesday 13th June, 23 years later, **Veli-Matti Partanen**, trained by Kononen, beat the national record by 9 seconds with 18.43.17, at the Motonet Grand Prix in Espoo. It was a 52 second PB. Well reported in <http://omarchador.blogspot.com/2018/06/partanen-bate-recorde-da-finlandia-dos.html>.

5000m Men

1.	Veli-Matti Partanen	1991	Lappum	18:43.17
2.	Aleksi Ojala	1992	UrjU	20:10.98
3.	Elmo Koivunen	1994	EsboIF	21:17.06
4.	Eric Neisse	1964	France	24:20.41

3000m Women

1.	Hele Haapaniemi	1993	EspTa	13:23.20
2.	Enni Nurmi	1998	EspTa	13:42.69
3.	Venla-Nora Nirkkonen		TurWei	15:50.18

FINNISH ROADWALK CHAMPIONSHIPS, ESPOO, FINLAND, SUNDAY 17 JUNE

Fast forward 4 days to another top meet in Finland, when a number of different distances were on offer in the Finnish roadwalk championships. The men's 30km turned out to be a solo effort for **Veli-Matti Partanen** who won in a career best of 2:07:03, ahead of **Jarkko Kinnunen** (2:13:26) and **Aleksi Ojala** (2:14:20). It was yet another fine walk for the Finnish walker who, only 4 days previously, had set a new Finnish 5000m track walk record of 18:43.13 in the same city of Espoo. Going back only a few months, he was second behind Matej Toth in the Dudince 50km with a time of 3:44:43. He will be one of the main favourites for the European Championships later this year. **Elisa Neuvonen** won the women's Open 20km (1:38:31) ahead of **Tiia Kuikka** (1:39:56) and **Hele Haapaniemi** (1:42:51)

30km Men

1.	Veli-Matti Partanen	Lappeenrannan Urheilu-Miehet	2:07:03
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2.	Jarkko Kinnunen	Jalasjärven Jalas	2:13:26
3.	Aleksi Ojala	Urjalan Urheilijat	2:14:20
4.	Elmo Koivunen	Esbo IF	2:35:15
5.	Kari Laiho	Laitilan Jyske	2:57:51

20km Women

1.	Elisa Neuvonen	Lappeenrannan Urheilu-Miehet	1:38:31
2.	Tiia Kuikka	Lappeenrannan Urheilu-Miehet	1:39:56
3.	Hele Haapaniemi	Espoon Tapiot	1:42:51
4.	Venla Laiho	Laitilan Jyske	1:50:38
5.	Jonna Korpi	Ikurin Vire	2:07:45
6.	Sanna Rajala	Vihdin Viesti	2:09:11
7.	Jenni Lahtinen	Ikurin Vire	2:16:40

20km U23 Women

1.	Enni Nurmi	Espoon Tapiot	1:44:59
2.	Elina Heikkinen	Oulun Pyrintö	1:52:27

20km U20 Men

1.	Joni Hava	Kenttärheilijat	1:37:45
2.	Jaakko Määttänen	Keski-Uudenmaan Yleisurheilu	1:38:00
	Eero Joukas	Yläneen Kiri	DQ

10km U20 Women

1.	Anniina Kivimäki	Lapuan Virkiä	50:46
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10km U18 Men

1.	Jerry Jokinen	Naantalin Löyly	47:55
2.	Lauri Joukas	Yläneen Kiri	50:18
3.	Lauri Tossavainen	Savonlinnan Riento	53:50
4.	Rasmus Lerstrand	Vasa IS	58:28

10km U18 Women

1.	Heta Veikkola	Lapuan Virkiä	54:57
2.	Venla-Nora Nirkkonen	Turun Weikot Yleisurheilu	1:02:12
3.	Inka Sakkara	Elimäen Vauhti	1:03:26
4.	Maria Antola	Laitilan Jyske	1:04:17
5.	Hilda Oila	Espoon Tapiot	1:09:33

GREEK U20 T&F CHAMPIONSHIPS, TRIKALA, GREECE, 16-17 JUNE

Zoe Gkini reports on the Greek U20 Championships which were held last weekend in the city of Trikala, 300km north of Athens. The 10,000m track walks were held on Sunday morning, in good conditions, with the overnight rain clearing to a fine 23C. This was the last chance for athletes to qualify for the European Junior Championships in Gior and the World Junior Championships in Tempere, but it was during the school examination period so numbers were small.

In the men's 10,000m, **Anthimos Kelepouris** made the standard to participate in Gior with his second place time of 45:28.37, while winner **George Tzatzimakis** has already qualified for Tempere and had a good hitout with his winning time of 43:48.38. In the women's 10,000m, **Olga Fiaska** (2001) was the standout with 48:17.60 and has qualified for Gior.

10,000m Women

1.	Fiaska Olga	AS Athlokinisi Mytiline	2001	48:17.60
2.	Filtissakou Kiriaki	G.S.El.Venizelos	2000	49:05.24
3.	Kelemen Barime	A,S.Athkolkiniisi Mytiline	1999	50:12.22
4.	Salma Efstathia	GS Ermis Ilion	2000	56:38.04
5.	Tsianava Christina	SOA Foikianos Karditsa	2001	67:49.21

10,000m Men

1.	Tzatzimakis George	G.S. El. Venizelos	1999	43:48.38
2.	Kelepouris Anthimos	APS Filippou Verias	2001	45:28.37
3.	Stamos Anastasios	APS Filippou Verias	2000	48:11.48
4.	Tolios Dionisios	AE Esperos 2004	2002	51:20.02
	Mpekoulis Pavlos	GE Agrinio	2002	DNF

The general secretary of the Greek Athletics Federation, Mr Vasilios Sevastis, who presented the awards to the winners, expressed his congratulations and wished them all the best for their forthcoming international competitions.



Podium shots from Trikala (photos Zoe Gkini)

OUT AND ABOUT

- Boudin College is a university college in Maine, USA. This great article on jet lag comprehensively covers the subject. Worth keeping a copy. See <http://athletics.bowdoin.edu/information/at/files/jetlag.pdf?dec=>
- A great article on designing an endurance training program. Topics include periodization of training and the terms used to describe the various components of training. A great refresher for us all, whether coach or walker or simply enthusiastic follower. See <http://track.coachesdirectory.com/article/endurance-training-program-design-article.html>.
- A great article by Steve Landalls of the IAAF. As the 2012 Olympic 50km race walking champion and multiple winning World Championships medallist, **Jared Tallent** may today be a superstar in his art but back at the 2002 World Junior Championships his status was quite different. Here the Australian reflects on his underwhelming experience in Kingston, Jamaica and, crucially, what he learned from his Caribbean adventure. See <https://www.iaaf.org/news/series/jared-tallent-race-walking-australia>.
- More revelations about the scandalous doping behaviour in Russian football, just as the World Cup starts in Russia. It should never have been awarded to that dope ridden country. See <https://www.sportschau.de/doping/doping-russland-fussball-englisch100.html>.
- I thought this was always going to happen. South African middle-distance runner Caster Semenya will challenge a female classification rule imposed by the IAAF at the Court of Arbitration for Sport (CAS), her lawyers said yesterday. The double Olympic and triple world 800 metres champion faces having to take medication to lower her higher than normal levels of naturally-produced testosterone, which the sport's governing IAAF has deemed gives her an unfair advantage. See <https://antidopingworld.wordpress.com/2018/06/18/caster-semenya-rsa-is-challenging-iaafs-rule-of-testosterone/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 5 press releases for us from Marciadalmondo this week

- Tue 19 Jun - Georgios Tzatzimakis and Olga Fiaska win Greek U20 Championships in Trikala http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3207
- Mon 18 Jun - Cameron Corbishley wins British U23 10,000m walk in Bedford http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3206
- Sun 17 Jun - Espoo (FIN): Veli-Matti Partanen (FIN) wins Finnish 30km road walk Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3205
- Sat 16 Jun - Rieti (ITA): Davide Finocchietti and Simona Bertini win Italian U18 Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3204

- Thu 14 Jun - Focus on La Coruña - always beautiful and charming
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3203

and omarchador had 8 press releases

- Mon 18 Jun - Nádía Cancela and Rui Coelho the best in Portuguese Club Qualification walks
<http://omarchador.blogspot.com/2018/06/nadia-cancela-grecas-e-rui-coelho-cas.html>
- Sun 17 Jun - Portuguese walking team announced for the INAS Summer Games in Paris
<http://omarchador.blogspot.com/2018/06/marchadores-portugueses-nos-jogos.html>
- Sun 17 Jun - Results of the Ukrainian U16 Championships in Kharkiv
<http://omarchador.blogspot.com/2018/06/campeonatos-da-ucrania-de-sub-16-em.html>
- Sat 16 Jun - Preview of this weekend's Portuguese Club Championship walks
<http://omarchador.blogspot.com/2018/06/clubes-disputam-este-fim-de-semana.html>
- Fri 15 Jun - Partanen set new Finnish 5000m walk record
<http://omarchador.blogspot.com/2018/06/partanen-bate-recorde-da-finlandia-dos.html>
- Thu 14 Jun - Results of International Meet in Simnas, Lithuania
<http://omarchador.blogspot.com/2018/06/meeting-internacional-de-simnas.html>
- Thu 14 Jun - Results of Spanish U18 walks in regional championships
<http://omarchador.blogspot.com/2018/06/campeonato-de-espanha-sub-18-por.html>
- Wed 13 Jun - Results of the US 5000m walk champs in Framingham, Massachusetts
<http://omarchador.blogspot.com/2018/06/campeonatos-dos-eua-de-5-km-em.html>

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2018

Jun 24 (Sun), 2018	AV and AV Schools Roadwalk Championships, Middle Park, VIC
Jul 14 (Sat), 2018	VRWC Twilight Trivia, 4:30PM at Middle Park (after our race day)
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Lake Kawana, Sunshine Coast, QLD
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC

2018 Remaining IAAF Racewalking Challenge Events

Sept 23-26, 2018	Cat B Around Taihu International Race Walking 2018, Wuzhong, CHN
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International Dates – 2018 and onwards

July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belaruss
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.

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