



## HEEL AND TOE ONLINE

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

It doesn't take much to guess my My walkers of the Week this time around – Commonwealth Games gold medalists **Dane Bird-Smith** and **Jemima Montag**. They produced a sensational double-gold for Australia in the 20km Race Walks on the first day of athletics at the Commonwealth Games on the Gold Coast. It was the first double gold in athletics since 2006 when Jane Saville and Nathan Deakes also won on home soil.

- 25 year old Dane never seems to walk a bad race. With Olympic bronze in the Rio Olympics, with 6<sup>th</sup> in last year's World Championships in London and with a win in last year's Lake Taihu 4 Day Rally in China, he has shown himself to be a big occasion walker. His victory here was a hard fought one as he prevailed in a battle royale over the closing stages with England's Tom Bosworth to set a new Games record of **1:19:34**, shattering Nathan Deakes 2006 standard by 21 seconds.
- 20-year old Jemima stunned onlookers (but not those of us who knew better) in the women's 20km, taking an early lead in only her third walk over that distance, maintaining a strong pace throughout, and crossing for the gold medal in **1:32:50**, a mere four seconds outside Jane Saville's 2006 Games record of 1:32.46. Jemima became the youngest ever winner of a Commonwealth walk crown and credited her composure over the final lap to coach Brent Vallance, "I made sure to listen out for him, reminding me to stay strong over the last lap".



Read more in this great article from Athletics Australia: <http://athletics.com.au/News/Jemima-and-The-Birdman-win-Double-Gold-Day-1-Morning-Session-CG2018> and this one from the IAAF: <https://www.iaaf.org/news/report/commonwealth-games-day-1>

Australia has a proud history in Commonwealth Games racewalking, having won medals in every Games in which the discipline has been contested, except for 1966 (when the racewalk was introduced) and 1982.

1970	1 <sup>st</sup>	2:33:33	20 Miles Men	Noel FREEMAN	VIC
1970	2 <sup>nd</sup>	2:35:55	20 Miles Men	Bob GARDINER	VIC
1974	3 <sup>rd</sup>	2:42:08	20 Miles Men	Peter FULLAGER	SA
1978	2 <sup>nd</sup>	2:22:59	30km Men	Willi SAWALL	VIC
1978	3 <sup>rd</sup>	2:26:34	30km Men	Tim ERICKSON	VIC
1986	1 <sup>st</sup>	2:07:47	30km Men	Simon BAKER	VIC
1990	1 <sup>st</sup>	45:03	10km Women	Kerry SAXBY-JUNNA (Saxby)	NSW
1990	2 <sup>nd</sup>	2:09:09	30km Men	Andrew JACHNO	VIC
1994	1 <sup>st</sup>	2:07:53	30km Men	Nicholas AHERN	NSW
1994	1 <sup>st</sup>	44:25	10km Women	Kerry SAXBY-JUNNA (Saxby)	NSW
1994	2 <sup>nd</sup>	44:37	10km Women	Anne MANNING (Pembroke)	NSW
1998	1 <sup>st</sup>	1:24:59	20km Men	Nicholas AHERN	NSW
1998	1 <sup>st</sup>	43:57	10km Women	Jane SAVILLE	NSW
1998	2 <sup>nd</sup>	4:10:30	50km Men	Duane COUSINS	VIC
1998	2 <sup>nd</sup>	44:27	10km Women	Kerry SAXBY-JUNNA (Saxby)	NSW
1998	3 <sup>rd</sup>	1:26:06	20km Men	Nathan DEAKES	VIC
1998	3 <sup>rd</sup>	4:12:52	50km Men	Dominic MCGRATH	VIC
2002	1 <sup>st</sup>	1:25:35	20km Men	Nathan DEAKES	VIC
2002	1 <sup>st</sup>	1:36:34	20km Women	Jane SAVILLE	NSW
2002	1 <sup>st</sup>	3:52:40	50km Men	Nathan DEAKES	VIC
2002	2 <sup>nd</sup>	1:26:03	20km Men	Luke ADAMS	NSW
2006	1 <sup>st</sup>	1:19:55	20km Men	Nathan DEAKES	VIC
2006	1 <sup>st</sup>	1:32:46	20km Women	Jane SAVILLE	NSW
2006	1 <sup>st</sup>	3:42:53	50km Men	Nathan DEAKES	VIC
2006	2 <sup>nd</sup>	1:21:38	20km Men	Luke ADAMS	NSW
2006	2 <sup>nd</sup>	1:33:33	20km Women	Natalie SAVILLE	NSW
2006	3 <sup>rd</sup>	1:23:32	20km Men	Jared TALLENT	VIC
2006	3 <sup>rd</sup>	1:36:03	20km Women	Cheryl WEBB	NSW
2006	3 <sup>rd</sup>	3:58:22	50km Men	Chris ERICKSON	VIC
2010	1 <sup>st</sup>	1:22:18	20km Men	Jared TALLENT	VIC
2010	2 <sup>nd</sup>	1:22:31	20km Men	Luke ADAMS	NSW
2010	2 <sup>nd</sup>	1:36:55	20km Women	Claire TALLENT (Woods)	SA
2018	1 <sup>st</sup>	1:19:34	20km Men	Dane BIRD-SMITH	QLD
2018	1 <sup>st</sup>	1:32:50	20km Women	Jemima MONTAG	VIC

#### WHAT'S COMING UP

Next weekend sees more big international events

- Saturday 14 April International Racewalk Meet, Naumburg, Germany (Includes German 20km Championships)
- Saturday 14 April Balkan Race Walking Championships, Pirot, Serbia
- Sunday 15 April 102<sup>nd</sup> Japan National Championships – 50km Walk, Wajima, Ishikawa

The winter season has kicked off for a number of our Australian based racewalking clubs. For us in Melbourne, the VRWC winter season commences on Saturday 28<sup>th</sup> April. See our club fixture at <http://www.vrwc.org.au/vrwcw18.shtml>.

#### XXI COMMONWEALTH GAMES, 4-15 APRIL, GOLD COAST, QUEENSLAND

The XXI Commonwealth Games 20km roadwalks were held on Sunday morning on a 1km course alongside the Carrumbin beachfront in the southern Gold Coast area. Crowds numbering in the thousands lined the course, with vocal support for the various countries represented.

#### 20km Walk Men, 7AM, Sunday 8 April

The men's 20km was first up at 7AM, with the temperature already in the low twenties and quickly building, as the early morning sun made its presence felt.

The pace was on from the start, with a first lap of 4:10 followed by laps consistently under the 4 minute mark. Favourites **Dane Bird-Smith** (AUS) and **Tom Bosworth** (ENG) led out, and by 5km (20:07), the leading group was down to 6, with **Ben Thorne** (CAN), **Samuel Gathimba** (KEN), **Simon Wachira** (KEN) and **Manish Singh** (IND) the only other walkers left in contention. It was surprising to see that **Legogang Shange** (RSA) and **Evan Dunfee** (CAN) had already drooped off the pace.

By 8km (32:04), the lead pack was down to 4, with Bird-Smith, Bosworth, Gathimba and Thorne all taking turns to push the pace. The 10km mark was passed in 39:57, with all 4 still in contention.

By 15km (59:48), Thorne had dropped behind and it was down to a final three to fight out the medals.

Fast forward to 18km with no real change, all three still looking in control and thinking of a win. It was in the 19<sup>th</sup> kilometre that the Kenyan finally started to fall back and it left to Bird-Smith and Bosworth to fight for gold. It was fitting that the first athletics gold medal would be fought out between Australia and England, the top two countries in the overall medal count.

It was not until the bottom turn in the last lap that Bird-Smith could break free, unleashing a withering final 300m burst to take gold with 1:19:34, 4 secs clear of Bosworth with 1:19:38, a new PB and a new British record. The final lap was a withering 3:41, with most of the pace injected in the final sprint to the line. Bird-Smith was rewarded with a new Commonwealth Games record, beating Nathan Deakes' 2006 winning time of 1:19:55. It was perhaps fitting that Nathan was handing out the medals at the subsequent medals presentation.

Third place went to Gathimba with 1:19:51, nearly a minute clear of Thorne, who finished fourth with 1:20:49. As expected, **Quentin Rew** (NZL) walked a well judged race to finish 5<sup>th</sup> with 1:21:47, ahead of Singh of India with 1:22:20. **Michael Hosking** (AUS) and **Rhydian Cowley** (AUS) both walked solid races, finishing 10<sup>th</sup> (1:25:35) and 11<sup>th</sup> (1:26:12). Michael in particular had gone out hard early with the leading group, passing the 10km mark in a very quick 41:03 and looking on target for a big PB. The second half was tough for both of them but they fought it out to the end.

Although a number of walkers finished with 2 reds, there were no disqualifications, and all 15 contestants finished the race. See full results, including all racesplits, at <https://results.gc2018.com/en/athletics/result-men-s-20km-race-walk-fnl-000100-.htm>.

1.	Dane BIRD-SMITH	AUS	1:19:34	GR
2.	Tom BOSWORTH	ENG	1:19:38	NR
3.	Samuel Ileri GATHIMBA	KEN	1:19:51	
4.	Benjamin THORNE	CAN	1:20:49	
5.	Quentin REW	NZL	1:21:47	
6.	Manish SINGH	IND	1:22:22	
7.	Callum WILKINSON	ENG	1:22:35	
8.	Evan DUNFEE	CAN	1:23:26	
9.	Lebogang SHANGE	RSA	1:23:27	
10.	Michael HOSKING	AUS	1:25:35	
11.	Rhydian COWLEY	AUS	1:26:12	
12.	Simon WACHIRA	KEN	1:26:33	
13.	rfaan KOLOTHUM THODI	INDI	1:27:34	
14.	Wayne SNYMAN	RSA	1:28:09	
15.	Jerome CAPRICE	MRI	1:33:12	

Dane's 2km lapsplits read impressively: 8:10, 7:58, 7:59, 7:57, 7:54, 7:54, 7:58, 7:59, 8:05 and 7:42.

### 20km Walk Women, 9:15AM, Sunday 8 April

The women's 20km, which started at 9:15AM, was a much more torrid affair, with the temperature already 27C and rising. On a course with little or no shade and with the sun now out and at full strength, it was little surprise to see a very slow first lap of around 5 minutes. But the jockeying for positions stopped there, with **Jemima Montag** (AUS) and **Alana Barber** (NZL) taking the initiative and reeling off laps of 4:37, 4:36, 4:30 and 4:32. By the time the 5km mark was reached in 23:15, the lead pack was down to 7.

Within one further lap, the lead group was down to 4, with **Beki Lee** (AUS) and **Claire Tallent** (AUS) the only ones able to stay with Montag and Barber.

Montag broke away to a small lead around the 8km mark, and the injection of pace was enough to drop Lee from the group. It was now down to three, with the remaining two Australians and the New Zealander all looking strong.

By the 10km mark, reached in 46:00, Barber had dropped off and was 14 secs in arrears, with Lee some 35 secs further back. Tallent was on two reds so was in dangerous territory, but she did not bat an eyelid, continuing to force the pace alongside Montag.

By 12km, Montag had attempted another break and had opened a gap of 2 seconds to Tallent. The lead had extended to 6 seconds by the 14km mark and Montag looked set for gold. Alas, her pace started to slow around the 16km mark, allowing Tallent to slowly bridge the gap. They passed the 17km mark together and the race looked set for an exciting finish.

In the next km, it was Tallent who took the initiative, working to a lead of around 15km at the 18km mark. She looked strong! But disaster struck as she passed the start/finish line, with the chief judge showing her the red paddle, confirming that she has picked up her third red. She had given her all in the quest for gold, only to have it snatched from her in the final stages.

This left Montag well in front and she enjoyed the moment, smiling and waving as she worked her way to the finish to win with 1:32:50, only 4 secs outside Jane Saville's 2006 Commonwealth Games record. She would surely have taken the record if she had wanted it but it seemed that the gold was sufficient for the 20 year old Melbourne walker.

Barber had walked on her own for the second half of the race but no one was ever going to catch her as she crossed the line in second place with 1:34:18. **Bethan Davies** (WAL) came through to take the bronze with 1:36:08, ahead of **Khushbir Kaur** (IND) with 1:39:21 and **Emma Bridge** (ENG) with 1:39:31. Beki Smith eventually finished in 6<sup>th</sup> with 1:41:41, obviously disappointed but still waving to the crowd and smiling. Great sportsmanship!

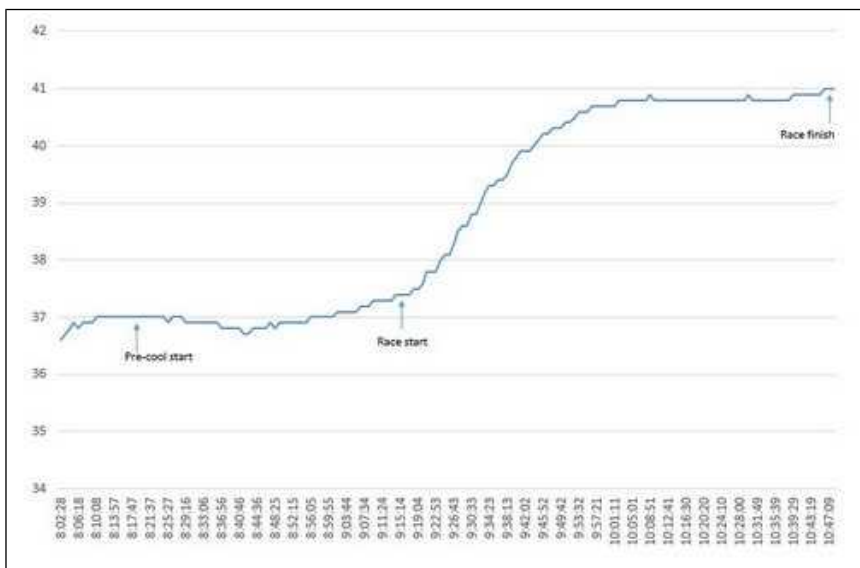
**Soumya Baby** (IND) was also disqualified, meaning that 11 of the 13 starters were able to finish. See full results, including all racesplits, at <https://results.gc2018.com/en/athletics/result-women-s-20km-race-walk-fnl-000100-.htm>.

1.	Jemima MONTAG	AUS	1:32:50
2.	Alana BARBER	NZL	1:34:18
3.	Bethan DAVIES	WAL	1:36:08
4.	Khushbir KAUR	IND	1:39:21
5.	Gemma BRIDGE	ENG	1:39:31
6.	Beki SMITH	AUS	1:40:41
7.	Heather LEWIS	WAL	1:41:45
8.	Grace Wanjiru NJUE	KEN	1:42:23
9.	Erika KELLY	IOM	1:47:29
10.	Fadekemi Florence OLUDE	NGR	1:49:31
11.	Lindah WAWERU	KEN	1:53:41
	Soumya BABY	IND	DQ
	Claire TALLENT	AUS	DQ

Interestingly, both Jemima and Alana prepared for the hot conditions with tested pre-race strategies. They knew it was going to get hotter and hotter out there as the race progressed and were aware of the stress that would place on the body. Chris Stevens, lecturer and researcher in sport and exercise science at Southern Cross University, has given us an insight into what they did to mitigate the effect of the heat. See [https://twitter.com/Chris\\_Stevens1](https://twitter.com/Chris_Stevens1).

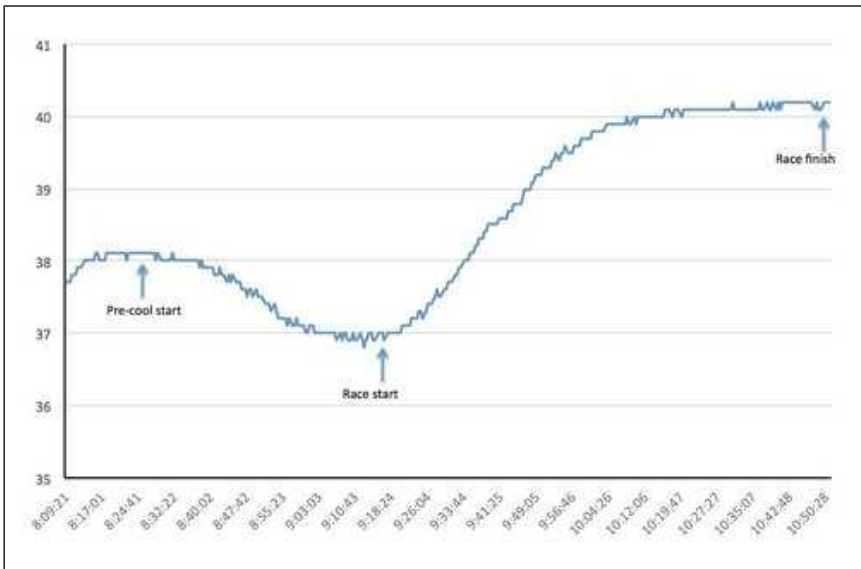
- Jemima's procedure involved pre-race-cooling for 30 minutes with ice towels, followed by warmup with an ice vest. Race cooling was via facial water spray & sponges. Her max core temp reached 41.0 but levelled out there! The heat did still take its toll on her, as evidenced by her 2km lapsplits: 9:38, 9:05, 9:04, 9:03, 9:11, 9:17, 9:21, 9:21, 9:25 and 9:25. But it was only a gradual slowing and she was still moving well at the end.
- Alana's procedure was slightly different, pre-race-cooling with 10 minutes cold water immersion (CWI), ingestion of a 250g slushie and then warmup with an ice vest. Race cooling was via facial water spray and sponges. Her max core temperature levelled out at a slightly lower 40.2C! Different body, different reaction to heat!

A lot of work has gone into testing the various cooling scenarios at the AIS summer study camps of the last few years. The walkers are reaping the benefits of the knowledge gained on these occasions.



*Jemima – ice vest pre-race to slow the rise in body temperature during the race (photos Chris Stevens)*





*Alana Barber – keeping cool during the race to help control core temperature (photos Chris Stevens)*

The big crowd was treated to two exciting races, confirming that the racewalks do indeed have their place in these top competitions. The walk remains the one athletics discipline that can be freely watched from start to finish. Let's hope that these wonderful races pave the way for racewalking to be upgraded from optional to compulsory disciplines in all future Commonwealth Games.

Lots of Comm Games walk photos from Terry Swan:

20km Men: <http://www.vrwc.org.au/piwigo/index.php?category/459>

20km Women: <http://www.vrwc.org.au/piwigo/index.php?category/460>

Mark Easton has his usual great selection available at <http://markeaston.zenfolio.com/f36335063>.

A selection of Terry's photos follows:



*The early pack, then there were 3 – Samuel Gathimba, Tom Bosworth and Dane Bird-Smith*



*Quentin Rew, BenThorne, Michael Hosking and Rhydian Cowley*

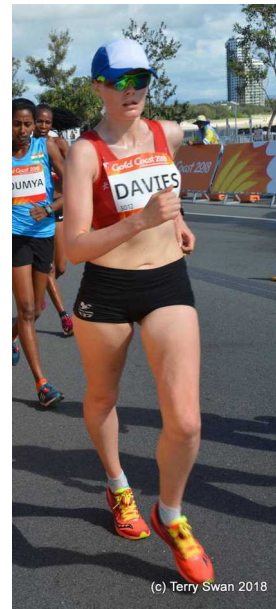


*The early group of women, before a breakaway by Jemima Montag, Alana Barber, Beki Smith and Claire Tallent*





*Claire Tallent and Jemima Montag fight out the finishing laps*



*Bronze medalist Bethan Davies*



*Medalists Alana, Jemima, Bethan, Tom, Dane and Samuel*



*Australian team – Claire, Beki, Rhydian, Michael, Jemima and Dane at the Opening Ceremony*

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 4 APRIL**

Thanks to Colin Hainsworth for the results of the South Australian Masters Summer Championship walks in Adelaide last Wednesday. Colin commented: This year Walkers had the choice to walk in a fully judged walk or one where 'knees' would not be judged. Worked out quite well.

**1500m Walk**

1.	Marie Maxted	09:12	W57	71.85%
1.	James Hoare	10:54	M71	66.83%
1.	Ross Hill-Brown	11:39	M63	59.21%
1.	Mark Worthing	08:18	M55	75.11%
1.	Richard Everson	07:57	M54	76.94%
	David Robertson	DQ		

**3000m Walk**

1.	Jan Layng	23:12	W69	69.17%
1.	Marie Maxted	19:40	W57	70.82%
1.	James Hoare	21:59	M71	67.79%
1.	Ross Hill-Brown	24:15	M63	56.08%

**3000m Club Walk**

1.	Valmai Padget	23:40	W73	
1.	Margaret McIntosh	25:05	W65	
2.	Edna Bates	26:56	W65	
1.	Kate White	27:12	W52	
1.	Rodger Barber	22:58	M80	
2.	David Robertson	25:23	M84	
1.	Graham Harrison	23:06	M74	

**ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 5 APRIL**

Thanks to Robin Whyte for the latest results from Canberra.

**3000m Walk**

1.	Mitchell Baker	13:26
2.	Tim Fraser	13:32
3.	Ann Staunton-Jugovic	16:12
4.	Hannah Manning	17:01
5.	Kate Black	18:31
6.	Ewen Thompson	18:53
7.	Robin Whyte	18:56
8.	Ruth Baussmann	21:52
9.	Ricky Somerville	23:33
10.	Sheryl Greathead	24:27
11.	Doug Fitzgerald	25:00
12.	Margaret McSpadden	25:05
	Bryan Thomas	DQ

**1000m Walk**

1.	Tom Hunt	4:53
2.	Zoltan Bacskai	6:38
3.	Nikki Phelps	7:50
4.	Jim White	7:58
5.	Val Chesterton	8:35

**SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 8 APRIL**

Thanks to Peter Crump for the results of the opening round of the South Australian Walkers Club winter season. Only small fields but that will build as the season progresses.

**3km Walk**

1.	Kiera Ross	16:28
2.	Mathew Bruniges	17:40
3.	Liz Downs	24:01

**5km Walk**

1.	Darren Bown	25:08
2.	Tristan Camilleri	25:33
3.	Bethany Cross	28:21

**2km Walk**

1.	Kitarni Upton	10:32
2.	Victoria Upton	10:32
3.	Seth Upton	12:46
4.	Royrie Upton	13:21
5.	Adrian Upton	14:01

**1km Walk**

1.	Edward Upton	7:45
2.	Xavier Upton	8:53
3.	Zahra Kamish	9:17



**EAA PERMIT RACEWALK MEET, PODEBRADY, CZECH REPUBLIC, SATURDAY 7 APRIL**

Last Saturday saw the 86<sup>th</sup> edition of the well-known Racewalking Grand Prix in Podebrady, in the Czech Republic. It was classed as a European Athletics Association permit meet and incorporated 20km national championships for a number of countries. It was a huge meet with almost 300 walkers from 23 countries enrolled in the various events. The 20km races saw 77 men and 51 women and the U20 10km saw 44 men and 29 women, very impressive indeed. See more at <https://www.podebrady-walking.cz/en/>.

German Christopher Linke won twice in Podebrady last year and was understandably one of the main favourites in the men's 20km while the main favourites in the women's 20km would have to have been Czech Anezka Drahotova and Italian Eleonora Giorgi.

In the women's 20km, Italian **Eleanor Giorgi** took off fast, with the Czech **Anežka Drahotová** the only one to keep pace with her. But Giorgi soon cleared out, going on to win in a meet record of 1:28:49. Lithuanian **Brigitta Varbalitė-Dimšienova** came through strongly to finish second with 1:31:05, ahead of Italian **Valentina Trapletti** (1:31:36). Drahotová eventually finished in fifth place (1:32:22) to claim her fourth Czech 20km championship win.

The men's race saw a leading group of three for most of the race, with Germany's **Christopher Linke** and Mexicans **Horacio Nava** and **Ricardo Ortiz** out in front. It was not until the start of the last lap that Linke out the pedal down, clearing out on his two rivals to claim his third victory in this even (1:21:55). Nava took silver with 1:22:13, ahead of Ortiz with 1:22:28. The best Czech competitor was **Lukas Gdula**, as expected, at 32<sup>nd</sup> place at 1:31:04, taking the Czech title for a fourth time.

The U20 Women's 10km saw German favourite **Julia Richter** fade to third (50:35) while Irish walker **Orla O'Connor** won with a big PB of 49:23, ahead of **Yekaterina Slykovova** (KAZ) with 50:15.

The U20 Men's 20km saw a great battle between favourites **David Kuster** (FRA) and **Yeóryios Tzatsimakis** (GRE) who broke away from the rest of the field just after the start. Tzatsimakis managed to break away around the 7km mark, no doubt helped by the fact that Kuster had 2 red cards by this time. The young Greek walker went on to win with a PB 41:45, ahead of David Koster (42:07) and **Lukasz Niedzialek** of Poland (42:14).

Results are reproduced below for the Open 20km and U20 10km. See the results set at <https://www.podebrady-walking.cz/en/results> for the U18 and Masters 5km results.

**20km Men**

1.	Linke Christopher	1988	GER	1:21:55
2.	Nava Horacio	1982	MEX	1:22:13
3.	Ortiz Ricardo	1995	MEX	1:22:28
4.	Bordier Gabriel	1997	FRA	1:23:02
5.	Pohle Hagen	1992	GER	1:23:20
6.	Brzozowski Artur	1985	POL	1:23:22
7.	Barrondo José Alejandro	1996	GUA	1:23:25
8.	Olivas Andrés Eduardo	1998	MEX	1:23:45
9.	Sánchez Eder	1986	MEX	1:24:23
10.	Sierra Omar Daniel	1988	COL	1:24:29
11.	Jelonek Jakub	1985	POL	1:24:29
12.	Piocchittino Gianluca	1996	ITA	1:24:33
13.	Raymundo José Maria	1993	GUA	1:24:35
14.	Augustyn Rafal	1984	POL	1:24:35
15.	Wright Alex	1990	IRL	1:24:36
16.	Junghannß Karl	1996	GER	1:25:59
17.	Chama Noel Ali	1997	MEX	1:26:02
18.	Brandi Giacomo	1998	ITA	1:26:03
19.	Sikora Rafal	1987	POL	1:26:25
20.	Quinion Aurelien	1993	FRA	1:26:46
21.	Smolonskis Ruslans	1996	LAT	1:27:45
22.	Cerný Dominik	1997	SVK	1:27:49
23.	Mastianica Artur	1992	LTU	1:28:33
24.	Corchete Luis Manuel	1984	ESP	1:28:48
25.	Atli Mert	1993	TUR	1:29:43
26.	Ojala Aleksii	1992	FIN	1:29:50
27.	Colunga Anguel	1998	MEX	1:30:55
28.	Gdula Lukáš	1991	CZE	1:31:04
29.	Rízek Milan	1978	SVK	1:31:21
30.	Bagdány Tomasz	1995	HUN	1:32:08
31.	Bernabe Fabien	1995	FRA	1:32:13
32.	Hlavác Vít	1997	CZE	1:32:40
33.	Corbishley Cameron	1997	GBR	1:32:47
34.	Liesting Rick	1977	NED	1:32:49
35.	Kovács Soma	1997	HUN	1:35:50

36.	Tokodi Dávid	1991	HUN	1:36:12
37.	Hlavenka Tomáš	1977	CZE	1:36:19
38.	Micheletti Juriy	1998	ITA	1:38:10
39.	Cañas Jaime	1990	ESP	1:38:12
40.	Nedvídek Martin	1987	CZE	1:39:29
41.	Koivunen Elmo	1994	FIN	1:42:51
42.	Kolár Rostislav	1987	CZE	1:45:59
43.	Smola Josef	1964	CZE	1:47:17
44.	Sánchez Rafael	1988	ESP	1:48:06
45.	Tesovnik Anže	1998	SLO	1:51:39
	Tomala Dawid	1989	POL	DNF
	Sánchez Carlos	1985	MEX	DNF
	Ketner Karel	1990	CZE	DNF
	Dušek Miloš	1971	CZE	DNF
	Malysa Alexandr	1997	CZE	DNF
	Dei Tos Leonardo	1992	ITA	DNF
	Úradník Miroslav	1996	SVK	DNF
	Saulgriezis Raivo	1994	LAT	DNF
	Guinaudeau Keny	1993	FRA	DNF
	Cicalò Stefano	1998	ITA	DNF
	Fedaczynski Rafal	1980	POL	DNF
	Hilbert Jonathan	1995	GER	DNF
	Drozdowicz Arkadiusz	1998	POL	DNF
	Barrondo Bernardo	1993	GUA	DQ
	Vega Jesús Tadeo	1994	MEX	DQ
	Thomas Guy	1997	GBR	DQ
	Terekhin Vitaliy	1996	KAZ	DQ
	Zabbeni Pietro	1998	ITA	DQ

#### 20km Women

1.	Giorgi Eleonora Anna	1989	ITA	1:28:49
2.	Virbalytė-Dimšienė Brigita	1985	LTU	1:31:05
3.	Trapletti Valentina	1985	ITA	1:31:36
4.	Vaiciukeviciūtė Živilė	1996	LTU	1:31:53
5.	Drahotová Anežka	1995	CZE	1:32:22
6.	Ortuño Valeria	1998	MEX	1:32:29
7.	González Alegna	1999	MEX	1:33:43
8.	Carrillo Yeseida	1993	COL	1:33:46
9.	Herrera Mayra Carolina	1988	GUA	1:34:40
10.	Feige Saskia	1997	GER	1:35:25
11.	Zurek Teresa	1998	GER	1:35:58
12.	Menuet Emilie	1991	FRA	1:36:16
13.	Guerrero Ilse Adriana	1993	MEX	1:36:25
14.	Buziak Paulina	1986	POL	1:36:32
15.	Averous Violaine	1988	FRA	1:37:16
16.	Marcou Amandine	1992	FRA	1:37:20
17.	Kovács Barbara	1993	HUN	1:37:22
18.	Poncio Maritza Rafaela	1994	GUA	1:37:43
19.	Vaiciukeviciūtė Monika	1996	LTU	1:37:54
20.	Enriquez Rebeca Pamela	1997	MEX	1:38:06
21.	Kuikka Tiia	1994	FIN	1:39:12
22.	Barcella Lidia	1997	ITA	1:39:36
23.	Torma Anett	1984	HUN	1:40:47
24.	Martínez Andrea	1988	MEX	1:41:43
25.	Hornáková Monika	1995	SVK	1:41:53
26.	Récsei Rita	1996	HUN	1:41:58
27.	Cérantola Laury	1992	FRA	1:43:57
28.	Auffret Lucie	1988	FRA	1:44:44
29.	Veale Kate	1994	IRL	1:46:17
30.	Ansaldi Martina	1996	ITA	1:46:18
31.	Silva Lizbeth	1989	MEX	1:47:31
32.	Jáuregui Zayra	1987	MEX	1:47:49
33.	Foresti Beatrice	1998	ITA	1:52:58
34.	Kuzmickaitė Aušrinė	1998	LTU	1:59:29
35.	Glennon Rachel	1998	IRL	1:59:40
36.	Borovicková Lenka	1973	CZE	1:59:57
37.	Dušková Nadežda	1980	CZE	2:03:26
38.	Netolická Martina	1982	CZE	2:07:55

Cetnarska Malgorzata	1998	POL	DNF
Haapaniemi Hele	1993	FIN	DNF
Dittrich Bianca Maria	1993	GER	DNF
Krupka Katarzyna	1998	POL	DNF
Quennehen Marine	1991	FRA	DQ
Niedzialek Olga	1997	POL	DQ
González Gabriela	1991	MEX	DQ

#### 10km U20 Men

1.	Tzatzimakis Yeóryios	1999	GRE	0:41:45
2.	Kuster David	1999	FRA	0:42:07
3.	Niedzialek Lukasz	2000	POL	0:42:14
4.	Finocchietti Davide	2001	ITA	0:43:57
5.	Chirivi Diego	1999	ITA	0:44:14
6.	Kováč Daniel	2001	SVK	0:44:44
7.	Kubiš Lubomír	2001	SVK	0:45:02
8.	Gallo Matteo	1999	ITA	0:45:05
9.	Kenny David	1999	IRL	0:45:23
10.	Bournier Justin	1999	FRA	0:45:30
11.	Stramka Jan	2000	GER	0:45:31
12.	Duc Matteo	2001	FRA	0:45:31
13.	Breda Daniele	2002	ITA	0:45:42
14.	Sárosi Bálint	2000	HUN	0:45:48
15.	Schmidt Jakob Johannes	2001	GER	0:45:52
16.	Hava Joni	1999	FIN	0:46:07
17.	Gamba Gabriele	2000	ITA	0:46:20
18.	Partington Tom	1999	GBR	0:46:28
19.	Rožnovský Rostislav	2000	CZE	0:46:33
20.	Frenzl Johannes	2001	GER	0:46:52
21.	Meli Mikias	2000	ITA	0:47:00
22.	Juozaitis Paulius	2000	LTU	0:47:32
23.	Määttänen Jaakko	1999	FIN	0:47:33
24.	Carroll Andrew	1999	IRL	0:47:41
25.	Tóth Norbert	2001	HUN	0:47:43
26.	Jokinen Jerry	2002	FIN	0:47:49
27.	McMahon Gearoid	2000	IRL	0:47:50
28.	Gál Vencel	2001	HUN	0:47:57
29.	Richter Niklas	1999	GER	0:48:23
30.	Rudenska Arminas	2001	LTU	0:48:46
31.	Liutinskis Arnoldas	2001	LTU	0:49:57
32.	Hamzic Alan	2000	SVK	0:50:10
33.	Varga Dávid	2001	HUN	0:50:15
34.	Bonzon Nathan	2000	6SUI	00:50:5
35.	Junghannß Otto	2000	GER	0:51:15
36.	Schubert Kryštof	1999	CZE	0:52:11
37.	Benini Davide	2002	ITA	0:52:56
38.	Dario Constantino	2001	ITA	0:54:24
39.	Zástava Jan	2000	CZE	0:55:34
	Libnar Vojtech	1999	CZE	DNF
	Snook Christopher	2000	GBR	DNF
	Angioletti Andrea	2002	ITA	DNF
	McInerney Adam	1999	IRL	DQ

#### 10km U20 Women

1.	O'Connor Orla	2000	IRL	0:49:23
2.	Shlykova Yekaterina	1999	KAZ	0:50:15
3.	Richter Julia	1999	GER	0:50:35
4.	Hacundová Ema	1999	SVK	0:51:04
5.	Disabato Valeria	1999	ITA	0:51:09
6.	Lefresne Manon	2000	FRA	0:51:23
7.	Kavaliauskaitė Austėja	2000	LTU	0:51:43
8.	Drygalska Zuzanna	1999	POL	0:51:51
9.	Perrichon Julia	2001	FRA	0:51:56
10.	Mastrangelo Ida	2001	ITA	0:52:12
11.	Dimanopoulosz Daphne	1999	HUN	0:52:27
12.	O'Connor Niamh	2000	IRL	0:52:56
13.	Kivimäki Anniina	1999	FIN	0:53:16
14.	Burzalová Hana	2000	SVK	0:53:18



15.	Jennings Abigail	2000	GBR	0:53:30
16.	Ali Sarah	2001	FRA	0:53:39
17.	Casiraghi Martina	2002	ITA	0:54:09
18.	Csörgö Dóra	2001	HUN	0:54:11
19.	Tóth Katalin	2002	HUN	0:58:32
20.	Ulbrich Yasmin	2000	GER	0:58:47
21.	Zalevskaya Valentina	2000	KAZ	0:58:57
22.	Zikmundová Jana	2002	CZE	1:01:21
23.	Bocková Sabina	2001	CZE	1:04:12
24.	Johanová Adéla	1999	CZE	1:04:40
	Giordani Vittoria	2000	ITA	DNF
	Žárská Klaudia	1999	SVK	DNF
	Lacatus Andrada	2000	ITA	DQ

Emmanuel Tardi has lots of great photos at

[https://photos.google.com/share/AF1QipOgXKWROTHqXCnjVysn60SbH\\_WKSsfdSgEFKxc4aRceSa8SF5vV7cAqHiFZdRSyw?key=aV82UUhyVzZEWf9GSGhGR01UUEU:QVF3TXhWNEhn](https://photos.google.com/share/AF1QipOgXKWROTHqXCnjVysn60SbH_WKSsfdSgEFKxc4aRceSa8SF5vV7cAqHiFZdRSyw?key=aV82UUhyVzZEWf9GSGhGR01UUEU:QVF3TXhWNEhn).



*20km action in Podebrady - Ricardo Ortiz, Christopher Linke, Horatio Nava, Anežka Drahotova and Eleanora Giorgi*



*U20 10km action – Orla O'Connor, David Kuster and Yeóryios Tzatsimakis (all photos Emmanuel Tardi)*

Last Saturday also saw another high quality meet, this time in Rio Maior in Portugal. China's **Qieyang Shenjie** took her second win in the Portuguese city while young Spanish walker **Diego Garcia** pulled off a major surprise when he collected his first international victory. Wind and rain provided adverse conditions in both 20km contests at the IAAF Race Walking Challenge meet, but particularly for the women who started 12 minutes before the men. My report is taken from that of António Manuel Fernandes for the IAAF (see <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/qieyang-garcia-win-rio-maior-race-walking-cha>).

Also well reported by omarchador (<http://omarchador.blogspot.com.au/2018/04/diego-garcia-triunfa-nos-20-km-em-rio.html> and <http://omarchador.blogspot.com.au/2018/04/shenjie-qieyang-dominadora-em-rio-maior.html>).

### 20km Women, 5:30PM

The race soon turned into a battle between a group of six, two Portuguese walkers among them, including local heroine **Inês Henriques**. But as they approached the midway point, Qieyang, the 2012 Olympic silver medallist, upped the pace to forge a lead which she later extended with each turn en route to a 1:28.04 victory, 12 seconds slower than her winning time on this course in 2016. She nonetheless won with a healthy 38-second margin over Italy's **Antonella Palmisano**, the 2017 world bronze medallist, who walked the final 5 km alone. Up to that point, Henriques, the world champion and world record holder at 50km, tagged along with the two 20km specialists. She eventually finished third in 1:29:15, the third fastest performance of her career. Portugal's **Ana Cabecinha** was next, just off the podium but also reaching the finish in under 1:30, clocking 1:29:53, to improve her season's best and show that she's returning to form one month ahead of the IAAF World Race Walking Team Championships in Taicang. Brazilian **Erica de Sena**, the Challenge leader prior to the race, dropped out after the 12<sup>th</sup> kilometre, unable to maintain contact with the leaders.

"This was a good race," Qieyang said. "I expected to win again in this competition, and I'm looking forward to the team championship in Taicang, where I intend to fight for the gold."

Henriques was also very pleased with her performance. "At my my age, and with my goals focused on 50km, producing one of my best performances ever in the 20km leaves me really happy for upcoming events," said Henriques, who is from Rio Maior. "It's my first time competing in my town as world champion and the crowd really pushed me," she said, after thanking them for helping with their "love and support".

It was Ines Henriques' 105<sup>th</sup> 20km appearance and she did not disappoint. She first raced in Rio Maior in 1999, recording a humble 1:57:35. What a stellar career she has built from this humble start. Make sure you read the superb article on her career at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3134](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3134).

1.	Shijie QIEYANG	CHN	1:28:04
2.	Antonella PALMISANO	ITA	1:28:41
3.	Inês HENRIQUES	POR	1:29:15
4.	Ana CABECINHA	POR	1:29:53
5.	Yingliu WANG	CHN	1:31:36
6.	Laura GARCÍA-CARO	ESP	1:33:51
7.	Chahinez NASRI	TUN	1:35:09
8.	Edna BARROS	POR	1:35:35
9.	Viviane LYRA	BRA	1:36:33
10.	Mara RIBEIRO	POR	1:37:50
11.	Elianay PEREIRA	BRA	1:38:07
12.	Nádia CANCELA	POR	1:41:51
13.	Lluna CAPDEVILA	ESP	1:43:09
14.	Laura LEAL	POR	1:45:00
15.	Paula Raissa DA SILVA	BRA	1:45:40
16.	Sandra SILVA	POR	1:48:29
17.	Mariana MOTA	POR	1:50:21
18.	Macarena RUIZ	ESP	1:51:51
19.	Ieva ŠUKEVICIUTE	LTU	1:56:41
20.	Mariana PATRÃO	POR	2:22:22
21.	Fátima PEREIRA	POR	2:28:33
22.	Erica DE SENA	BRA	DNF
	Carolina FONTOURA	BRA	DNF
	Irene MONTEJO	ESP	DNF
	Vitória OLIVEIRA	POR	DNF
	Vera PORTELA	POR	DNF
	Lidia SÁNCHEZ-PUEBLA	ESP	DNF

### 20km Men, 5:42PM

The men's race was very competitive. A strong group stayed together through the first 5km, and by the 10km mark five remained in contention. After 15km, Swede **Perseus Karlstrom** took the lead, upped the tempo and changed the dynamic. Looking for their moment, Spanish walkers **Alvaro Martin**, the winner in 2016, and **Diego Garcia**, the 2014 world U20 silver medallist, then moved to the front before Garcia eventually pulled away to take the victory in 1:21:15. Martin was second in 1:22:00, just ahead of Mexican

**José Leyver Ojeda** who clocked a 1:22:01 personal best for third. The 2018 Challenge leader, Ecuador's **Andres Chocho**, was fourth, ahead of another Mexican, **José Luis Doctor**.

"I'm very happy to take my first international win here in Portugal," Garcia, 22, said. "It was a great day, also because I achieved the standard for the European Championship." Garcia admitted he was wasn't expecting to win, especially after his recent race in Castellon where he finished fourth more than two minutes slower than today. "But now, everything went well."

1.	Diego GARCÍA CARRERA	ESP	1:21:15
2.	Álvaro MARTÍN	ESP	1:22:00
3.	José Leyver OJEDA	MEX	1:22:01
4.	Andrés CHOCHO	ECU	1:22:24
5.	José Luis DOCTOR	MEX	1:22:34
6.	Aléxandros PAPAMICHAÍL	GRE	1:22:48
7.	Perseus KARLSTRÖM	SWE	1:23:07
8.	Xiangqian JIN	CHN	1:23:13
9.	José Alessandro BAGIO	BRA	1:23:23
10.	Francesco FORTUNATO	ITA	1:23:23
11.	Juan Manuel CANO	ARG	1:23:26
12.	Miguel CARVALHO	POR	1:23:31
13.	Richard VARGAS	VEN	1:24:42
14.	Ever PALMA	MEX	1:25:15
15.	Jiaxing YIN	CHN	1:25:21
16.	Miguel RODRIGUES	POR	1:26:27
17.	Pedro ISIDRO	POR	1:27:07
18.	Wenbin NIU	CHN	1:27:30
19.	Raouf BEN BEHI	TUN	1:27:51
20.	Luis BUSTAMANTE	MEX	1:28:16
21.	Iván PAJUELO	ESP	1:29:36
22.	William Israel AYMAR CELI	ECU	1:29:46
23.	Pedro SANTOS	POR	1:33:06
24.	Jesus ABAD	ESP	1:33:40
25.	Max DOS SANTOS	BRA	1:36:06
26.	Vítor CABRAL	POR	1:37:38
27.	Pedro SANTOS	POR	1:42:09
28.	Vítor SILVA	POR	1:44:53
29.	Jaime SANTOS	POR	1:48:08
30.	Paulo CUNHA	POR	1:59:58
	Marco AMARAL	POR	DNF
	Cristiano ANTÓNIO	POR	DNF
	Rui COELHO	POR	DNF
	Cláudio COTRIM	POR	DNF
	Luis SILVA	POR	DNF



*Qieyang Shenjie and Diego Garcia win in Rio Maior last weekend (photos [www.iaaf.org](http://www.iaaf.org))*



**60<sup>TH</sup> CHALLENGE FACOETTI, MONTREUIL-SOUS-BOIS, FRANCE, SUNDAY 8 APRIL**

Yohann Diniz, 50km world champion and world record holder, was the main attraction last Sunday in Montreuil, Ile de France, wearing race number 60 to mark the 60<sup>th</sup> edition of the traditional Facoetti Challenge. The main 20 km events were well supported, with 49 men and 28 women entered. The competition incorporated regional championships as well as providing a qualify opportunity for next year's French Championships.

Thanks to Emmanuel Tardi for his report and photos. Yes, he got there in time after spending Saturday in Podebrady. He reported:

I arrived back in Paris on Sunday morning, just in time for the start of the 60<sup>th</sup> edition of Challenge Facoetti in Montreuil-sous-bois, an eastern suburb of Paris. This was a sunny day (one of the first of the year). There was 88 starters at 2pm on the track, including the world champion **Yohann Diniz**. The race consisted of 1km on the track of the stadium, then 19 laps on the road. Diniz easily won the race with 1:27:29, He had passed the 10km in 42:20 but had some pitstops in the second part of the race. The women's 20km saw a battle between **Cecile Naze** (FRA) and **Tatyana Gabelone** (ITA) with Naze winning out in 1:47:27. There was lots of DNF because of the hot weather.

**20km Men**

1.	DINIZ Yohann	VE M Efs Reims A.	1:27:29
2.	LECAPLAIN Maxime	SE M Ea Mondeville Herouville	1:37:48
3.	LEAUTE Benjamin	SE M Lille Metropole Athletisme	1:39:22
4.	GIORDANO Manuel	SE M Centro Lazio Rome ITA	1:39:32
5.	VALLEE Kyrian	SE M Ca Balma	1:40:46
6.	CHENU Joffrey	SE M Cill Armentieres	1:43:07
7.	BOUTRAIS Andy	SE M Stade Sottevillais 76	1:44:22
8.	BERCHEBRU Benoit	SE M Ca Montreuil 93	1:44:24
9.	LEGENTIL Laurent	SE M Dynamic Aulnay Club	1:44:43
10.	POTIER Nicolas	SE M Athle Pays De Fougères	1:45:57
11.	SWAIEH Meftah	VE M Ea Mondeville Herouville	1:47:41
12.	VAN HILLE Dominique	VE M Nice Cote D'azur Athletisme	1:49:02
13.	DELECOLLE Sebastien	VE M Us Athletiques De Lievin	1:49:26
14.	LE MEUR Steven	ES M Us Bannalec	1:51:21
15.	DUMAIRE Thomas	SE M Pays De Fontainebleau Athle	1:52:53
16.	ROBIDOU Philippe	VE M Athle Pays De Fougères	1:53:13
17.	SEGÉAT Benjamin	ES M Athle Pays De Fougères	1:54:18
18.	LEGENTIL Cyril	SE M Dynamic Aulnay Club	1:54:29
19.	LEGENTIL Marc	SE M Dynamic Aulnay Club	1:55:04
20.	BOLLINGER Vincent	SE M Dynamic Aulnay Club	1:56:27
21.	GRENET Bruno	VE M Usm Gagny	1:57:04
22.	DURAND-PICHARD David	VE M Athletisme Metz Metropole	1:58:01
23.	CARIELLO Matteo	JU M Centro Lazio Rome ITA	1:58:17
24.	HAUMESSER Marc	VE M Villeneuve D Ascq Fretin Athle	1:58:53
25.	BECQUERELLE Maxime	SE M Stade Dieppois	2:00:39
26.	BERGEAL Arthur	SE M Elan 91	2:03:08
27.	COTTEVIEILLE Maxime	SE M Ca Montreuil 93	2:03:43
28.	DAHM Florent	SE M Ca Montreuil 93	2:05:57
29.	OLIVARES Mathieu	VE M Neuilly Sur Marne Athletisme	2:06:03
30.	MACRE Tony	VE M Mouy Atac	2:06:06
31.	DEGRYSE Jean-claude	VE M Ea Douchy	2:06:40
32.	LE GARGASSON Patrick	VE M Ua Des Cotes D'armor	2:10:05
33.	STEFANELLY David	VE M Ouest Yvelines Athle	2:10:48
34.	MARIE Franck	VE M Ea Cergy Pontoise Athletisme	2:20:36
35.	BOVIN Laurent	VE M Am St Thibaults des Vignes	19km/2:19:40
36.	GLOWACHINI Loic	VE M Ca Montreuil 93	17km/2:25:21
37.	TARDI Emmanuel	VE M La Postillonne Longjumeau	16km/2:19:08
38.	MONTIGNY Patrick	VE M Elan Chevilly-larue	15km/2:17:58
	DEQUIN Alain	VE M ULA De Cornouaille	DNF
	BROU Florent	SE M Ac Paris-joinville	DNF
	CHENU Remy	SE M Cill Armentieres	DNF
	VERGNOLLE Laurent	VE M Entente Franconville Cesame Va	DNF
	ANDREOTTI Pier-giorgio	VE M Centro Lazio Rome ITA	DNF
	VICTOR Etienne	VE M Cag Arnouville Gonesse Villier	DNF
	TURETTE Didier	VE M Entente Athletique Saint Malo	DNF
	PENOLAZZI Claudio	VE M Centro Lazio Rome ITA	DNF
	RIGAL Jean-marc	VE M Domont Athletisme	DQ
	LEMOGNE Loic	VE M C.c. Taverny Athletisme	DQ

### 20km Women

1. NAZE Cecile	SE F Mouy Atac	1:47:27
2. GABELLONE Tatyana	SE F Centro Lazio Rome ITA	1:48:38
3. DEMON Sonia	VE F Efs Reims A.	1:53:44
4. JOUAN Christele	VE F Rouen Maromme Mont Saint Aig.	1:54:41
5. BRAY Violaine	VE F Entente Athletique Saint Malo	1:56:04
6. LETERTRE Marine	SE F Ea Cessonaise	1:56:27
7. LEON ASENSIO Raquel	SE F C.A. Valladolid ESP	1:57:10
8. BRASTEL Adeline	VE F Efs Reims A.	2:00:23
9. POUILLY Caroline	SE F CIII Armentieres	2:00:46
10. BUAUD Elise	SE F Athletisme Metz Metropole	2:01:29
11. SARRAZIN Annelies	SE F Entente Sambre Avesnois 59	2:01:37
12. LEBRETON Maelenn	ES F Haute Bretagne Athletisme	2:05:18
13. LIARD Laura	ES F Athletisme Le Bourget Drancy	2:09:05
14. VINCENT Anais	VE F Ao Nivernaise	2:12:04
15. MAIRESSE Lea	ES F Us Valenciennes Athletisme	2:14:14
16. STEINVILLE Nathalie	VE F Asfi Villejuif	2:16:50
17. ROYER Vanessa	VE F Athletisme Metz Metropole	2:18:26
18. LEMOGNE Jocelyne	VE F C.c. Taverny Athletisme	2:24:33
19. DORE Sophie	VE F Uai Nogent-sur-marne	19km/2:20:43
20. DE SOUSA Marie-lise	VE F Ao Charenton	19km/2:22:29
CHAPILLON Roseline	VE F Ca Balma	DNF
CORTESI Maria Teresa	SE F Centro Lazio Rome ITA	DNF
DUQUESNE Corinne	SE F Ca Montreuil 93 I	DNF
GALMICHE Catherine	VE F Cag Arnouville Gonesse Villier	DNF
LANGLOIS Cloe	ES F Dynamic Aulnay Club	DNF
OSMONT Caroline	ES F As Tourlaville	DNF
BESSOT Veronique	VE F Domont Athletisme	DNF
DAOULAS Roxanne	SE F Tregueux Athletisme	DNF



Left: Yohann Diniz



Right: Podium 20km Women (photos Emmanuel Tardi)

### 10km U20 Men

1. GOGNIES Ryan	JU M Efs Reims A.	46:25
2. CHAUMETTE Valentin	JU M Beauvais Oise Union Club	49:18
3. BONNOMET Arthur	JU M Co Champagne Aa	59:44
HAGUE Anthony	JU M Stade Brestois	DNF

### 10km U20 Women

1. DUCLOS Adele	JU F Us Champagne-sur-seine	57:05
2. ROTTIER Marine	JU F La Postillonne Longjumeau	1:00:12
3. FORNES Marie	CA F Efs Reims A.	1:01:32
4. NICOLAS Zoe	CA F Efs Reims A.	1:01:34
5. BACHELART Domitille	JU F Efs Reims A.	1:05:06

6.	VELLETRIE Esa-keren	JU F Ca Montreuil 93	1:09:22
7.	DAFNIET Romane	JU F Us Nemours St Pierre Athle	1:21:22
	WINTREBERT Pauline	CA F Villeneuve D Ascq Fretin Athle	DNF

#### AUSTRIAN RACE WALKING CHAMPIONSHIPS, VIENNA, SUNDAY 8 APRIL

Last Sunday saw the Austrian Roadwalk Championships in Vienna, with events including Open 10km, U23 10km, Masters 10km and U18 10km (men) and 5km (women). Full results at <http://www.oelv.at/UserFiles/News/2018/Ergebnis%20OMS%20Gehen.pdf>.

##### 10km Men

1.	Roman Brezezowsky	1964	AUT	M50	0:53:30
2.	Rainer Heinzl	1972	AUT	M45	0:55:27
3.	Markus Reifinger	1960	AUT	M55	0:56:35
4.	Ludwig Niestelberger	1948	AUT	M70	1:03:48
5.	Franz Kropik	1968	AUT	M50	1:04:09
6.	Johann Siegele	1948	AUT	M70	1:05:49
7.	Gerhard Brouschek	1954	AUT	M60	1:08:44
8.	Kurt Binder	1957	AUT	M60	1:10:14
9.	Rafael Schrapf	2004	AUT	MU18	1:12:36
10.	Hermann Strieder	1941	AUT	M75	1:14:00
11.	Robert Kruschina	1969	AUT	M45	1:16:24
12.	Werner Glockengießler	1954	AUT	M60	1:21:39
	Bernhard Dvorak	1950	AUT	M65	DQ
	Bastian Wagner	2002	AUT	MU18	DQ

##### 10km Women

1.	Andrea Kovacs	1980	HUN	W35	0:53:12
2.	Kathrin Schulze	1981	AUT	W35	0:53:26
3.	Katalin Bodorkós-Horváth	1967	HUN	W50	0:54:54
4.	Andrea Scheibl	1984	AUT	W	0:57:06
5.	Brigitte Orsolits	1958	AUT	W60	1:04:40
6.	Lyla Reshed	1993	ETH	W	1:05:45
7.	Dorothea Grolig	1951	AUT	W65	1:06:06
8.	Monika Schwantzer	1955	AUT	W60	1:09:35
9.	Christa Triebel	1960	AUT	W55	1:10:29
10.	Christina Bachl	1998	AUT	WU23	1:12:48
11.	Urszula Agnieszka Radziewinska	1972	POL	W45	1:14:33
12.	Julia Senger	2000	AUT	WU23	1:14:35
	Laura Croll	1999	AUT	WU23	DQ
	Elisabeth Siegele	1961	AUT	W55	DQ

#### USA WORLD TEAM RACE WALK CHAMPIONSHIP TRIALS, PHILADELPHIA, SUNDAY 8 APRIL

The USA trials for the World Race Walking Team Championships were held last Sunday in Fairmount Park, Philadelphia. Wins to **Nick Christie** (1:27:21) and **Maria Michta-Coffey** (1:32:09). The meet also included the U20 10km trials, with the first Americans to finish being **Eduardo Uria** (49:33) and **Lauren Harris** (49:38). Full results at <https://results.leonetiming.com/?mid=1389>.

##### Men 20km Walk Open

1.	Nick Christie	26	Unattached	1:27:21
2.	Emmanuel Corvera	25	Unattached	1:28:45
3.	John Cody Risch	27	Q Elite	1:28:56
4.	Anthony Joseph Gruttauro	20	West Virgini	1:29:01
5.	Marc Mundell (Guest)	34	Unattached	1:31:13
6.	Alger Liang (Guest)	20	Unattached	1:31:19
7.	Jorge Mendez Sr. (Guest)	27	Fda	1:33:33
8.	Luke Jobson (Guest)	21	West Virgini	1:33:42
9.	Steven Smith	20	West Virgini	1:35:19
10.	Benjamin Young	28	Roadkill Rac	1:51:48
	Luis Espada Cruz (Guest)	21	Unattached	DQ
	Hugh Kuchta	60	Ann Arbor tr	DQ
	Florin Dumitru (Guest)	43	Athletics RO	DQ

##### Women 20km Walk Open

1.	Maria Michta-Coffey	31	Walk USA	1:32:09
2.	Miranda Melville	29	Skechers Per	1:33:56
3.	Robyn Stevens	34	Skechers Per	1:34:26



4.	Dalia Oliveras-Claudia (Guest)	19	Cupey Track	1:37:31
5.	Amberly Melendez	20	Northwest Un	1:41:32
6.	Anali Cisneros	20	Judson Unive	1:43:47
7.	Melissa Moeller	27	Unattached	1:45:27
8.	Katie Michta	21	Walk USA	1:45:55
9.	Meaghan Podlaski	20	Unattached	1:48:12
10.	Chelsea Conway	28	Shore Athlet	1:51:22
11.	Rachel Zoyhowski	26	Unattached	1:54:52
12.	Miriam Andablo	24	Unattached	1:55:47
13.	Maegan Allen	19	New England	1:59:36
	Molly Josephs	24	Unattached	DNF
	Mereth Zalba (Guest)	24	Unattached	DNF
	Rachel Seaman (Guest)	32	New York Ath	DNF
	Katie Smith	30	Unattached	DNF
	Teresa Vaill	55	Unattached	DNF

**Men 10km Walk U20**

1.	Jan Moreu Sánchez (Guest)	16	Unattached	45:58
2.	Eduardo Uria	18	Harrier Trac	49:33
3.	Giovanni Cisneros	16	Algin Sharks	50:45 (60 Second Penalty)
4.	Jacob Lawson	15	Unattached	53:37
5.	Jadon Davis	16	Unattached	54:39
6.	Alexander Lim (Guest)	20	West Virgini	59:26
	Logan Roberts Jr	17	Thriller Tra	DQ

**Women 10km Walk U20**

1.	Rachelle De Orbeta (Guest)	18	Unattached	47:57
2.	Lauren Harris	18	Marist Colle	49:38
3.	Kayla Allen	18	Unattached	52:09
4.	Grace Endy	15	Westfield Y	52:52
5.	Kayla Torres	19	Walk USA	54:02
6.	Jessica Heiser-Whatley	18	Warriors Tra	56:30
7.	Kayla Shapiro	19	Walk USA	56:35
8.	Zoi Betties	15	Unattached	57:22
9.	Victoria Heiser-Whatley	18	Warriors Tra	57:59
10.	Sandy Karam (Guest)	22	Let's Run	1:07:47



*John Cody Risch, Luis Espada Cruz, Nick Christie and Maria Michta-Coffey (photos Tim Seaman)*

**ASA U18 & U20 CHAMPIONSHIPS, DAL JOSAFAT STADIUM, PAARL, SOUTH AFRICA, 5-7 APRIL**

Finally to South Africa for their U20 and U18 T&F Championships. Great to see plenty of walkers in action. Results sourced from <https://www.athletics.org.za/>.

**Men U18 10,000m Walk, 8AM, Thursday 5 April**

1.	MNYAMANE,Bheki	2002/01/05	AGN	51:18.71
2.	NDLAZI,Nhlanhla	2002/12/30	AGN	52:07.81
3.	GUMEDE,Lucky	2001/06/13	KZNA	52:26.50
4.	NHLAPO,Vincent	2001/03/12	AGN	53:15.94
5.	NGAKE,Kgosi	2001/12/11	CGA	54:49.10
6.	MOKATSOLA,Lebogang		CGA	57:02.75
7.	VAN AARDE,Petrus	2002/12/09	ACNW	58:04.62
8.	KLINK,Tariq	2001/05/24	BOLA	1:04:00.07

**Women U18 5000m Walk, 4PM, Thursday 5 April**

1.	SWANEPOEL,Marissa	2002/01/22	AGN	26:34.48
2.	ERASMUS,Meanri	2001/02/28	ACNW	27:02.78
3.	VAN RENSBURG,Nolene		ASWD	27:51.18
4.	PIETERSE,Leone	2002/04/17	BOLA	29:16.38
5.	BARTHOLOMEW,Kiara Paige		KZNA	29:27.09
6.	BESTER,Cara	2002/01/11	BOLA	29:50.87
7.	VAN ZYL,Stephanie	2001/10/04	BOLA	30:00.95
8.	MTSHEBE,Dimakatso	2001/03/12	CGA	30:41.51
9.	RAMAKGOAKGOA,Katlego		AGN	31:47.93
10.	MUCHNA,Shae'lee	2001/11/20	KZNA	32:13.51

**Women U20 10,000m Walk, 8AM, Friday 6 April**

1.	KOEN,Annette	1999/06/04	ACNW	1:00:13.44
2.	DU TOIT,Hilda	2000/07/15	BOLA	1:00:44.29
3.	MASUKU,Noxolo	2000/05/31	KZNA	1:08:17.55

**Men U20 10,000m Walk, 08:30AM, Saturday 7 April**

1.	JACOBS,Francois	2000/09/23	BOLA	47:24.55
2.	FARMER,Antonio	2000/12/21	ASWD	48:10.54
3.	HEYMANS,Jaques	2000/02/14	AFS	48:53.75
4.	SHONGWE,Siyabonga	1999/04/24	KZNA	48:57.94
5.	KALANIE,Sylvester	2000/08/23	AGN	49:51.71
6.	PRATT,Russel	2000/01/03	BOLA	50:00.06
7.	VAN NIEKERK,Austin	1999/05/02	WPAI	50:45.68
8.	SITHOLE,Sandile	2000/10/31	KZNA	52:31.75
9.	SESANE,Siphiwe	1999/03/29	CGA	52:48.63
10.	MERKUUR,Wentsley	2000/02/13	WPAI	54:47.86
11.	MAZIBUKO,Khulani	1999/05/18	KZNA	56:19.19
12.	ZWANE,Sithembayena	1999/03/20	KZNA	56:32.98

**TAICANG 2018 SERIES - FOCUS ON THE 50 KILOMETRE WALK**

And finally, another article by our resident 50km expert Paul DeMeester. With the women's 50km now included for the 2018 World Race Walking Team Championships, we can expect to see big 50km fields in both the men's and women's 50km championships in Taicang. Another insightful piece – thanks Paul!

**THE 50K: GIVING CREDIT TO THE TERM ATHLETICS**

By Paul F. DeMeester

**Easy Does Not Do It**

*We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard...*

U.S. President John F. Kennedy  
September 12, 1962

JFK might as well have been talking about the 50km Race Walk Event. But let's first talk about an easy event. For instance, the 100 meters. A quick burst of speed and anywhere from 9 to 20 seconds later, most of us will be done. It's so easy that major championships, like the Euros this August in Berlin, require top 100-meter runners to contest the semi-final and final on the same day less than three hours apart.

No surprise then that there are more sprinters than marathon runners. But why are there more marathon runners than 50K race walkers? Enter the second hardship factor: the need for race walkers to adhere to technical rules. Running, on the other hand, is like freestyle swimming: anything goes; the clock is the sole judge. But a race walker has to last the distance and do so in technically correct fashion. The attrition rates for the 50K races held so far this year bear out the hardship. The numbers of starters who did not complete the race against the total number of starters are as follows:

<u>City</u>	<u>Date</u>	<u>Men</u>	<u>Women</u>
Hong Kong	1/01/18	1 / 4	2 / 5
Porto de Mós	1/07/18	4 / 9	0 / 1
Marathonas	1/15/18	3 / 6	3 / 7
Santee	1/20/18	2 / 11	2 / 10
Campo de Marte	2/10/18	0 / 6	-
New Delhi	2/17/18	9 / 19	-
Burjassot	2/25/18	16 / 28	7 / 11
Monterrey	2/25/18	6 / 15	1 / 6
Huangshan	3/04/18	9 / 12	-
Sucúa	3/10/18	3 / 13	0 / 6
Merignac	3/18/18	5 / 17	0 / 4
Dudince	3/24/18	10 / 25	2 / 9
Subtotals		68 / 165 (41.2%)	17 / 59 (28.8%)

TOTAL: 85 out of 224 (37.9%) starters did not complete their race.

Note: Four athletes completed the distance twice. Two walkers started two races, finishing one each.

### **Technically Difficult Events Represent More Than The Few Who Complete Them**

Technically difficult events draw fewer competitors: pole vaulting, butterfly-style swimming, figure skating, completing the full set of exercises at an Olympic gymnastics program, and of course, race walking. But only the 50km race walk event faces Olympic extinction. Yet, even though few athletes world-wide ever contest the cited events in their Olympic format, these select few represent much more than their numbers would suggest.

Take gymnastics, for instance. In the USA, a country of more than 300 million people, only 79 women and 136 men were eligible in 2009 to earn invites to Olympic trials, even though USA Gymnastics counted 92,600 athletes in its various programs that year. (See [https://usagym.org/pages/home/publications/usagymnastics/2009/32\\_stats.pdf](https://usagym.org/pages/home/publications/usagymnastics/2009/32_stats.pdf).) Yet, U.S. high school gymnastics draws thousands of participants each year, even though those students do not perform all of the parts of the technically challenging Olympic program; and millions of Americans get up early to start their day in a gym. Olympic gymnastics represents the pinnacle of people's efforts to improve their physique gymnastically, whether for purposes of health, fitness or the competitive spirit. Those millions of early risers may harbor no intention whatsoever to perfect the pommel horse, vaulting or the uneven bars. Yet, their use of the treadmill, the stationary bike, and using the floor mat for some stretching, connect the many to that small Olympic gymnastics elite.

Likewise, Olympic marathon runners represent all those who do any kind of distance running, not just those competing over 42.195km. That's millions of folks on a daily basis who, somewhere on this earth, go for a run or a jog.

But the daily total of people who skate, swim, or run is dwarfed by only one other activity: walking! Millions may run on any given day. But most of the world's 7.6 billion population have this is common: they walk. Kids going to school, people going to work, retired folks strolling in the park, soldiers marching, heart patients following the advice of their cardiologists, and the list goes on. Nowadays, people don't just wear a watch. Many carry some device that tells them not just the time but also how many steps they took that day and how much ground they covered. Unless disabled, infirm, or too young, everybody walks. Moreover, walking lends itself to longer distances. When trying to catch a bus that's arriving down the street, walking makes no sense. Instead, we'd run like heck. But think of a rail and bus strike in London on any given business day, and walking may just be the one way of getting to wherever "there" is. Yet, sports officials have talked about eliminating one of two distances that represent something that billions of people do on any given day. No other sport can lay claim to such number. Just like the marathon represents any form of long distance running or jogging, the 50km race walk event represents any amount of distance walking. Having 20 and 50km race walk events at the Olympics and Worlds is an acknowledgment of all the walking billions of us engage in on a daily basis.

Billions walk but the same cannot be said for pole vaulting. Yet, no one is threatening pole vault's position on the Olympic program. Nor should they. The point is that the athletics community should come together to protect its entire program, including the 50K, the 200m and the hammer throw.

### **Let's Hear It For A Safe Sport: Race Walking**

In the discussion about whether to delete the 50K, one positive factor in favor of race walking was ignored: safety. American football is losing youthful practitioners as U.S. parents are loath to see their kids injured. Headers in football (soccer) may exit the game due

to medical concerns. In athletics, the hammer, the javelin and the discus have been known to inflict fatal injuries, but not to the athlete who launched those objects. Only one athletic event incurs a high risk of serious injury to its participants: pole vaulting. A 2001 study reviewed 32 catastrophic pole-vault injuries in the U.S. that were reported to the National Center for Catastrophic Sports Injury Research at the University of North Carolina at Chapel Hill, between 1982 and 1998. Half those injuries were fatal. Six vaulters were permanently disabled. (Boden, BP et al., "Catastrophic Injuries in Pole Vaulters," The Am J Sports Med, 2001 Jan-Feb;29(1):50-4.) Rule changes for pole vaulting were instituted in 2003, including enlarging the minimum dimensions of the landing pad. The study's authors reviewed the impact of the changes from 2003 to 2011. Only 19 catastrophic injuries occurred resulting in one fatality, ten vaulters with major head injuries and one who was rendered paraplegic. The authors concluded that "the 2003 rule changes have markedly reduced the number of catastrophic injuries, especially fatalities, from pole vaulters missing the back or sides of landing pads; however, the average annual rate of catastrophic injuries from pole vaulters landing in the vault box has more than tripled over the past decade and remains a major problem." (Boden, BP et al., "Catastrophic injuries in pole vaulters: a prospective 9-year follow-up study," Am J Sports Med 2012 Jul;40(7):1488-94.)

And that was in just one country. Again, the risk factor in pole vaulting is not an argument to try to do away with the event. It's certainly an argument for trying to make it safer.

At the opposite end of the injury spectrum stands race walking as a safe event. Not only is walking good for a person's health; conducting it in fast fashion is incredibly safe. For sure, our shins and harmstrings may make themselves known and plantar fasciitis may cause us pain. But somehow, the 50km event is not in the same favor of Olympic officials as for instance the half-pipe snowboarding event, in which an Austrian Olympian recently showed how easy it is to break one's neck. Imagine how many kids get injured trying to emulate their snowboarding sports heroes.

### **Broadcasting Events vs. Staging Events for Ratings Jumps**

When the Olympic 50K was under attack last year, one of the three concerns cited by the IAAF for its doubts about the event was broadcast interest. Suffice it to say that if broadcast interest was the norm for what sports events to organize, all of us in athletics might as well become ushers at football games, the Super Bowl or F1 races.

Walking by its very nature is a long distance sport. Doing anything over a long period of time can be boring to the spectator. That applies to the 50K, marathons and long-distance swimming alike. But precisely because so much athleticism and endurance are required, any 'sports' organization worth the appellation ought to put such events on a pedestal.

Since 2008, the Olympics have included a 10km open water marathon swim which takes a little under two hours. That pales in comparison with the Argentinian Santa Fe-Coronda Marathon swim race (57km which takes about eight hours), Australia's Rottneest Channel Swim (20km), Switzerland's Lake Zurich Marathon Swim (26km) but it definitely represents long distance swimming. Just like the 50km race walk represents all long distance walking, whether done for health or a memento medal in the many walkathons throughout Europe or competitively over any long distance. These ventures are noble endeavors in their own right. Long distance competition should be encouraged by sports officials, not cut because some broadcaster thinks that showing lengthy races eats into ad revenue. Merriam-Webster's Dictionary defines "broadcast" as being "made public by means of radio or television." Sports officials lose the meaning of the word as well as the word "sports" itself by letting the medium to publicize events dictate what events should be held.

### **Conclusion: Long Live The Fifty**

The 50K race walk is a tough, technical, arduous event that few are able to master. Which is precisely the reason why it belongs on major competition programs. The term athletics, derived from Greek words denoting "combatants in public games," "prize" and "competition," ended up in more modern times describing sporting competitions based primarily on human physical feats, a perfect description of the 50K race walk event. It is about time the IAAF lived up to the third letter in its name and starts supporting the 50K.

## **MARCIADALMONDO AND OMARCHADOR ROUNDUP**

Marciadalmondo has 2 press releases this week

- Sun 8 Apr - Results of Commonwealth Games roadwalks  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3135](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3135)
- Tue 3 Apr - Focus on Ines Henriques as she prepares for next weekend's Rio Maior meet  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3134](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3134)

and Omarchador has 18 press releases

- Tue 10 Apr - Linke wins in Podebrady  
<http://omarchador.blogspot.com.au/2018/04/linke-soma-vitorias-em-podebrady.html>
- Tue 10 Apr - Giorgi wins in Podebrady with meet record  
<http://omarchador.blogspot.com.au/2018/04/giorgi-vence-em-podebrady-com-recorde.html>



- Mon 9 Apr - Rio Maior - Promotion Lage (results)  
<http://omarchador.blogspot.com.au/2018/04/rio-maior-legua-de-promocao-resultados.html>
- Mon 9 Apr - Jemima Montag wins women's walk in Commonwealth Games  
<http://omarchador.blogspot.com.au/2018/04/jemima-montag-alcanca-ouro-nos-cwg-em.html>
- Mon 9 Apr - Dane Bird-Smith wins men's walk at Commonwealth Games  
<http://omarchador.blogspot.com.au/2018/04/dane-bird-smith-vitorioso-nos-20-km-dos.html>
- Sun 8 Apr - Diego García wins men's 20km in Rio Maior  
<http://omarchador.blogspot.com.au/2018/04/diego-garcia-triunfa-nos-20-km-em-rio.html>
- Sun 8 Apr - Shenjie Qieyang dominates in Rio Maior, Inês Henriques on the podium  
<http://omarchador.blogspot.com.au/2018/04/shenjie-qieyang-dominadora-em-rio-maior.html>
- Sat 7 Apr - live streaming details for Podebrady and Rio Maior  
<http://omarchador.blogspot.com.au/2018/04/podebrady-e-rio-maior-em-live-streaming.html>
- Sat 7 Apr - Diniz headlines the "Facoetti Challenge", tomorrow in Montreuil  
<http://omarchador.blogspot.com.au/2018/04/diniz-e-cabeca-de-cartaz-no-facoetti.html>
- Sat 7 Apr - Results of the Belarussian Walks Cup  
[http://omarchador.blogspot.com.au/2018/04/taca-de-marcha-da-bielorrussia-com-bons\\_7.html](http://omarchador.blogspot.com.au/2018/04/taca-de-marcha-da-bielorrussia-com-bons_7.html)
- Sat 7 Apr - Preview of Commonwealth Games walks next weekend  
<http://omarchador.blogspot.com.au/2018/04/golden-coast-2018-20-km-masculinos-e.html>
- Fri 6 Apr - Preview of Commonwealth Games  
<http://omarchador.blogspot.com.au/2018/04/jogos-da-commonwealth-ja-decorrem-em.html>
- Fri 6 Apr - 86<sup>th</sup> Grand Prix and 'EA Permit Meeting' in Podebrady, this Saturday  
<http://omarchador.blogspot.com.au/2018/04/86-grande-premio-e-ea-permit-meeting-em.html>
- Fri 6 Apr - On Maurizio Damilano's birthday  
<http://omarchador.blogspot.com.au/2018/04/no-aniversario-de-maurizio-damilano.html>
- Thu 5 Apr - Portuguese announces change to European Champs women's 50km qualifying standards  
<http://omarchador.blogspot.com.au/2018/04/50-km-femininos-de-berlim-agora-com.html>
- Thu 5 Apr - Preview of Rio Maior meet this weekend  
<http://omarchador.blogspot.com.au/2018/04/rio-maior-com-presenca-de-medalhas.html>
- Wed 4 Apr - Results of the Bulgarian championships in Dobrich  
<http://omarchador.blogspot.com.au/2018/04/dobrich-foi-palco-dos-campeonatos-da.html>
- Tue 3 Apr - Results of the Serbian walk championships in Bor  
<http://omarchador.blogspot.com.au/2018/04/campeonatos-de-marcha-da-servia-em-bor.html>

#### OUT AND ABOUT

- Japan's team for the IAAF World Racewalking Championships is a big one: See <https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships/news/world-race-walk-champs-2018-japan-team>.
- It looks like the Alex Schwazer doping case is getting closer to final resolution, with the Italian police circling and his conspiracy theory looking more and more unlikely. See <http://www.lamarcia.com/en/2018/04/05/schwazer-urine-contains-only-one-dna-the-conspiracy-theory-falls-apart>.
- Three Irish walkers will contest the World Race Walking Team Championships in Taicang - **Brendan Boyce** (50km), **Alex Wright** (20km) and **Cian McManamon** (20km). See <https://www.donegaldemocrat.ie/news/sport/306840/brendan-boyce-confirmed-for-ireland-team-for-iaaf-world-race-walking-team-championships.html>.

## TIME FOR OUR ANNUAL RACEWALKING VICTORIA UNIFORM ORDER

All Racewalking Victoria walkers must wear official RWV uniform in the LBG Carnival in Canberra in June. We need to finalise our order by **Saturday 5 May**. I will add a few extra items to the order in case your sizing guess is not quite right. It's all online – you place your order for hoodies or crop tops or bike shorts at <http://vrwc.org.au/wp1/rwv-uniforms/>. You don't need to order singlets as we have plenty of them on stock at our clubrooms.



## 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

Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See <a href="http://www.mastersathleticswa.org/perth2018/">http://www.mastersathleticswa.org/perth2018/</a>
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

### 2018 Remaining IAAF Racewalking Challenge Events

May 5-6, 2018	Cat A	IAAF World Race Walking Team Championships, Taicang, CHN
May 26, 2018	Cat B	XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

### International Dates – 2018 and onwards

Apr 14 (Sat), 2018	International Racewalk Meet, Naumburg, GER
Apr 28 (Sat), 2018	International Walks Meet and Mikenas Memorial, Birstonas, LTU
May 5-6, 2018	<b>28<sup>th</sup> IAAF World Race Walking Team Championships</b> , Taicang. See <a href="http://www.taicang2018.org.cn/">http://www.taicang2018.org.cn/</a> .
May 9-11, 2018	Melanesian Regional Championships, Port Vila, Vanuatu (AA team - U18 walks)
Jun 8 (Fri), 2018	44 <sup>th</sup> International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018	<b>16<sup>th</sup> World Junior T&amp;F Championships</b> , Tampere, Finland
Aug 7-12, 2018	<b>European Athletics Championships</b> , Berlin, Germany
Sept 4-16, 2018	<b>22<sup>nd</sup> World Masters Athletics T&amp;F Championships</b> , Malaga, Spain
Mar 24-30, 2019	<b>World Masters Indoors T&amp;F Championships</b> , Torun, Poland
July 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belaruss
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 18-30, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.

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