



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2017/2018 Number 39  
26 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>  
*Facebook:* <http://www.facebook.com/pages/Runners-World/235649459888840>

### WALKER OF THE WEEK

My Walker of the Week this time around is 38 year old Geelong walker **Daniel Walters**. Walking in the Victorian Masters 20km Championship at Middle Park on Sunday, he powered through the 15km mark in **1:11:36**, breaking the Victorian Masters M35 record and setting a new VRWC M35 record. He then continued on to record a fine 20km time of **1:37:16**.

Since returning to the sport in January of this year, he has set a number of new VRWC/VMA records, including M35 5km Road Walk (22:24, 21/01/2018) and M35 1500m Track Walk (6:09.71, 25/03/2018).

These performances are not surprising, when you remember what a superb young walker he was. Consider 1999 when, at 19 years of age, he won the Victorian Open 5000m track walk (21.49.98), was second in the Victorian Open 20km roadwalk (1.31.37) and was second in the Australian Junior Men's 10km Roadwalk Championship (45:26).

His best ever walk was arguably in the VRWC Gus Theobald Memorial 20km roadwalk, held at Middle Park on Sunday 16<sup>th</sup> December 2001, when he walked away from the field to win with 1:27:20. He also had a 5000m PB of 20:34.9, recorded at Olympic Park in Melbourne on 13<sup>th</sup> March 2003.

He retired soon after this, after missing out on international representation. It was an era of great racewalking strength for us. It is great to have him back with us now as a Masters walker.



*Daniel Walters in action on Sunday at Middle Park (photo Terry Swan)*

## WHAT'S COMING UP

- Next Saturday sees further roadwalks at Middle Park, as part of our VRWC Winter Roadwalk season. Remember to pre-enter if you can at <http://vrwc.org.au/wp1/race-entries-2/>.

### Saturday 30<sup>th</sup> June 2018, Middle Park

**VRWC EVENTS and Coaching session:** Entries close for all events at 1.45pm sharp.

1.20pm	Coaching session (30 minutes) by Club Coach	
2.15pm	12km Points Race	Open
2.15pm	10km Points Race	Open
2.15pm	5km Points Race	Open
2.30pm	3km Points Race	Open
2.30pm	1.5km Points Race	Open

- A reminder that the 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](http://www.vrwc.org.au/documents/Twilight_Trivia_July14.jpg).
- Next Friday 29<sup>th</sup> June also sees the start of a very different race in Sweden – the **Fotrally** ( see <http://fotrally.se/>). This is a ridiculously tough walking race. I won't say any more at this stage. Simply read my report on last year's event in <http://www.vrwc.org.au/newsletters/heelandtoe-2017-num40.pdf>, and then get ready for next week's newsletter when I will report on the 2018 event.

## AV, AV SCHOOLS, VMA AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 24 JUNE 2018

It was a big morning of roadwalking at Middle Park on Sunday, with a variety of AV, AV Schools, VMA and VRWC championships and club races on offer. Conditions were perfect, with still mild conditions for the 59 walkers in attendance.

The 20km walkers were first to start, at 8:30AM. **Rhydian Cowley** led from start to finish, winning with 1:33:05 to take the men's AV Championship ahead of **Pramesh Prasad** (1:49:28) and **Adam Patterson** (1:59:43). Second fastest time of the day went to **Daniel Walters** who was the first of the VMA walkers to finish, with 1:37:16. Numbers were sparse in the women's field, with **Carolyn Rosenbrock** winning her inaugural Victorian Championship gold with 2:09:16, ahead of **Donna-Marie Elms** (2:27:52). Special mention to **Kevin Cassidy** who walked an excellent first up 1:51:41.

AV/VMA/VRWC Men 20 km				AV	VMA	VRWC Championship (Alf Robinson Trophy)
1.	Cowley, Rhydian	GHY	1:33:05	1		1
2.	Walters, Daniel	VMA	1:37:16		M35 - 1	2
3.	Prasad, Pramesh	COL	1:49:28	2	M40 - 1	3
4.	Cassidy, Kevin	VMA	1:51:41		M55 - 1	4
5.	Patterson, Adam	ANW	1:59:43	3	M45 - 1	5
6.	Smyth, David	VMA	2:05:08		M45 - 2	6
7.	Dickenson, Russ	VMA	2:28:45		M70 - 1	7
8.	Ilgoutz, Gunther	VMA	2:34:54		M75 - 1	
	Beaumont, Ian	VMA	DNF		-	-
	Garganis, Adam	COL	DNF		-	-
	Hess, Albin	VMA	DQ		-	-

AV/VMA Women 20 km				AV	VMA
1.	Rosenbrock, Carolyn	ANW	2:09:16	1	W55 - 1
2.	O'Neill, Karyn	VMA	2:24:34		W60 - 1
3.	Elms, Donna-Marie	PTN	2:27:52	2	W55 - 2
	Beaumont, Margaret	VMA	DQ		-
	Howorth, Sandra	VMA	DQ		-
	Ruddick, Kelly	BHA	DNS		
	Tallent, Rachel	BYC	DNS		-



*Rhydian Cowley, Daniel Walters, Pramesh Prasad and Adam Patterson (all photos by Terry Swan)*



*Carolyn Rosenbrock, Donna-Marie Elms and Kevin Cassidy*

The annual Victorian Schools Roadwalk Championships were held for the U14, U16, U18 and U20 age groups, with starters in all divisions. Well done to all the winners. Well done to winners **Alanna Peart, Fraser Saunder, Rebecca Henderson, Corey Dickson, Darcey Roberts and Charlotte Hay, Lachlan Feain and Luke Epps.**

**AV Schools U20 Boys 10km Championship**

- |    |                |                              |       |
|----|----------------|------------------------------|-------|
| 1. | Feain, Lachlan | Salesian College Rupertswood | 58:29 |
|----|----------------|------------------------------|-------|

**AV Schools U20 Girls 10km Championship**

- |    |                |                             |       |         |
|----|----------------|-----------------------------|-------|---------|
| 1. | Hay, Charlotte | Brentwood Secondary College | 56:02 | PB 1:45 |
|----|----------------|-----------------------------|-------|---------|

**AV Schools U18 Boys 5km Championship**

- |    |                |                        |       |           |
|----|----------------|------------------------|-------|-----------|
| 1. | Dickson, Corey | Tintern Grammar School | 23:56 |           |
| 2. | Dynes, William | Parade College         | 28:19 | Inaugural |

**AV Schools U18 Girls 5 km Championship**

- |    |                    |                           |       |         |
|----|--------------------|---------------------------|-------|---------|
| 1. | Henderson, Rebecca | Berwick Secondary College | 24:32 |         |
| 2. | Cocking, Holly     | Luther College            | 28:37 | PB 0:57 |
| 3. | O'Mahony, Kathleen | Mater Christi College     | 28:53 |         |

**AV Schools U16 Boys 3km Championship**

1. Saunder, Fraser	Ballarat Grammar School	14:50	PB 0:03
2. Beveridge, Heath	Overnewton Anglican College	14:59	PB 0:14
3. Hay, Angus	Brentwood Secondary College	16:47	
4. Costin, Owen	Kardinia International College	16:55	PB 0:54

**AV Schools U16 Girls 3km Championship**

1. Peart, Alanna	Ballarat High School	14:14	
2. Walker, Charli	Oberon High School	18:49	

**AV Schools U14 Boys 3km Championship**

1. Epps, Luke	Rowville Primary School	16:39	
2. Wakim, Marcus	Carey Baptist Grammar School	17:11	PB 0:26

**AV Schools U14 Girls 3km Championship**

1. Roberts, Darcey	Billanook Primary School	17:23	PB 1:26
2. Heikkila-Dubowik, Kaylah	Matthew Flinders Girls Sec Coll	18:29	
3. Tatlock, Riannah	Leopold Primary School	19:16	Inaugural
4. Langelaan, Tahlia	Marannatha Catholic School	20:35	Inaugural
5. Dynes, Catherine	Our Lady of Mercy College	21:29	Inaugural



*Darcey Roberts, Corey Dickson, Alanna Peart and Charlotte Hay*



*Fraser Saunder, Rebecca Henderson, Luke Epps and Lachlan Feain*

Finally, VRWC Championships for U12 and U10 walkers, along with non-championship VRWC scratch races, rounded out what was a big morning. Well done to club champions **Alannah Upton, Marcus Wakim, Alyssa Chapman** and **Hamish Blackwood**.

#### VRWC 2.5km U12 Club Championships

1.	Upton, Alannah	F	14:55
2.	Smith, Emily	F	15:08
1.	Wakim, Marcus	M	15:36
2.	Smith, Aiden	M	19:17

#### VRWC 1.5km U10 Club Championships

1.	Chapman, Alyssa	F	08:58	PB
2.	Heikkila-Dubowik, Zahlia	F	09:44	
3.	Upton, Tamisha	F	10:09	
4.	Uzun, Ela	F	10:22	
5.	Ali, Havanna	F	12:15	
1.	Blackwood, Hamish	M	08:05	PB
2.	Tatlock, Heath	M	14:21	

#### VRWC 10km Non-Championship Walk

1.	Swan, Kyle	M	44:55
2.	Kozica, Jason	M	47:50
3.	Muldoon, Wendy	F	60:03

#### VRWC 5km Non-Championship Walk

1.	Evans, Simon	M	31:20
2.	Barrow, Geoff	M	34:55
3.	Doran, Anthony	M	35:21
4.	Dingli, Isabella	F	35:31
5.	Steed, Gwen	F	35:39
6.	Machin, Sylvia	F	37:47
7.	Hugo, Beverly	F	44:48
8.	Mews, Pam	F	53:51

#### VRWC 2km Non-Championship Walk

1.	Morrey, Jan	F	15:41
----	-------------	---	-------

Thanks as always to our many officials, judges and helpers. I think I captured everyone; apologies for anyone left out.

**Officials:** Mark Donahoo, Tim Erickson, Ian Laurie, Paul Moritz, Simon Baker, Frances Attard, Bob Gardiner, Terry Swan

**Judges:** Shane Dickson (Chief), Brenda Felton, Stuart Cooper, Paul Nunn, Mark O'Mahony, Kathleen Marsh, Gordon Loughnan, Terry O'Neill (DQ Board), Peter Vysma (Bike)

**Canteen:** Wendy Cooper, Donna Elms

**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/474>).

Our judges awarded Style Award points as follows on Sunday – obviously Kyle Swan, Charlotte Hay, Rebecca Henderson and Daniel Walters caught their eyes with their stylish walking.

Kyle Swan	10	Charlotte Hay	11
Daniel Walters	7	Rebecca Henderson	9
Rhydian	6	Alanna Peart	5
Corey Dickson	3	Wendy Muldoon	3
Adam Patterson	2	Carolyn Rosenbrock	1
Jason Kozica	1	Holly Cocking	1
Hamish Blackwood	1		

The progressive points for all 3 of our VRWC winter season points comps are at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

**TRWC ROADWALKS, DOMAIN LOOP, HOBART, SATURDAY 23 JUNE**

Thanks to Wayne Fletcher for this weekend's results from Tasmania.

**3.5km Walk**

1.	Alice Randall	17.43
2.	Will Robertson	17.44
3.	Chloe Ahern	22.32
4.	Steve Ahern	22.34
5.	Ron Foster	24.09
6.	Wayne Fletcher	28.18
7.	David Moore	30.13

**4km Walk**

1.	Alice Randall	20.10
----	---------------	-------

**4.5km Walk**

1.	Will Robertson	22.31
----	----------------	-------

**5km Walk**

1.	David Moore	42.35
----	-------------	-------

**7km Walk**

1.	Steve Ahern	44.05
2.	Ron Foster	48.52
3.	Wayne Fletcher	56.51

**8km Walk**

1.	Ron Foster	55.38
----	------------	-------

**9km Walk**

1.	Steve Ahern	56.48
----	-------------	-------

**ACTRWC ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 23 JUNE**

Thanks to Robin Whyte for his weekly results from Canberra. Excellent PB walk by **Tim Fraser** in the 10km (45:39).

**10km Walk**

1.	Tim Fraser	45:39	PB 0:41
2.	Ian Rayson	46:36	
3.	Callum Burns	51:16	
4.	Ann Staunton-Jugovic	59:06	
5.	Greg Durr	1:03:36	
6.	Robin Whyte	1:06:00	
7.	Miriam McCarthy	1:11:02	
8.	Bob Parker	1:17:50	
9.	Doug Fitzgerald	1:19:45	
10.	Val Chesterton	1:28:24	
11.			
12.	<b>1km Walk</b>		
13.	Andrew Camp-Liddiard	6:10	

**5km Walk**

1.	Sidney Shaw	30:02
2.	Owen Toyne	30:06
3.	Kate Black	30:11
4.	David Mackenzie	43:15
5.	Raine Thompson	47:23
6.	Fran Black	49:10

**3km Walk**

1.	Laura Burns	17:06
2.	Helena Bialecki	19:33

**SAMA ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 23 JUNE**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Sunny, cold afternoon, followed by AGM.

**5km Turkey Handicap**

1.	George White	31:34	M73	<b>82.43%</b>
2.	Jack Russell	32:03	M66	74.56%
3.	Marie Maxted	32:38	W58	74.05%
4.	Gil McIntosh	36:23	M67	66.43%
5.	Helen Suridge	38:27	W67	70.20%
6.	Jan Layng	38:49	W69	71.53%
7.	Dave Fallon	39:19	M65	60.11%
8.	Ross Hill-Brown	43:12	M63	53.54%
9.	David Robertson	46:59	M84	65.38%

**5km Club Walk**

1.	Rodger Barber	38:31	M80	74.68%
2.	Julie Hayford	39:48	W61	62.82%
3.	Graham Harrison	40:22	M74	65.32%
4.	Margaret McIntosh	41:12	W65	63.79%
5.	Valmai Padget	42:57	W74	69.87%
6.	Gill White	43:35	W69	63.71%
7.	Edna Bates	45:49	W65	57.36%
8.	Jeff Kennett	47:46	M68	51.19%

**WARWC ROADWALKS, WILSON, PERTH, SUNDAY 24 JUNE**

Thanks to Terry Jones for this week's results from Perth. Good 20km walk by M43 **Andrew Duncan** (1:41:54).

**20km Handicap**

1. Andrew Duncan 1:41.54

**10km Handicap**

1. Ben Reid 52.50  
 2. Brad Mann 56.23  
 3. Cooper Anderton 56.42  
 4. Wayne Byram DNF

**5km Handicap**

1. Patrick Murphy 27.59

**1.5km Handicap**

1. Aslyn Spence 8.47  
 2. Jasmine Williams 10.01  
 3. Kaytee Bogaers 8.59  
 4. Luke Lawrence 9.00  
 5. Alessia Andritsos 8.26  
 6. Xavier Bernard 8.29  
 7. Amber Richards 9.26  
 8. Lataya Lawrence 8.17  
 9. Alexandra Griffin 8.01

**QRWC ROADWALKS, DAVIES PARK, BRISBANE, SUNDAY 24 JUNE**

Thanks to Robyn Wales for this week's results from Brisbane. Robyn commented: *Perfect race conditions and not a cloud in the sky...Old at its best!* I think the photo says it all – a lovely sunny day at Davies Park, alongside the Brisbane river. This course was used for our summer national roadwalk championships for a number of years in the late nineties.



*Davies Park Brisbane (photo Robyn Wales)*

**A Grade 10km Walk**

1. Ignacio Jimenez M 49.34  
 2. Jessica Pickles F 51.12  
 3. Peter Bennett M 57.18  
 4. Mark Carlile M 1.13.20  
 5. Noela McKinven F 1.22.03  
 Nelson McCutcheon M DNF

**B Grade 5km Walk**

1. Caitlin Hannigan F 26.23  
 2. Mackenzie Ofield F 30.19

**C Grade 3km Walk**

1. Jayda Anderson F 14.36  
 2. Camryn Novinetz F 15.37  
 3. Kai Norton M 16.31  
 4. Ashanti Heap F 16.41  
 5. Anika Clarke F 17.14  
 6. Sam McCure M 17.26  
 7. Amber Norton F 17.49  
 8. Ethan Clarke M 19.58

**D Grade 2km Walk**

1. Lyla Williams F 11.16  
 2. Rebecca Teahen F 12.11  
 3. Kamara Stewart F 13.17  
 4. Charlotte Brady F 16.49  
 5. Robyn Wales F 17.37

**E Grade 2km Walk**

1. Myles Callaghan M 10.31  
 2. Alex Bradley M 11.25  
 3. Alejandra Hannouf F 12.30  
 4. Lily Goulding F 13.17  
 5. Jacob Petrovic M 13.55

**F Grade 1km Walk**

1. Makenna Clarke F 6.07  
 2. Flynn Callaghan M 6.08  
 3. Knox Anderson M 7.23

E9.	Korey Brady	F	20.04
E9.	Jasmine McRoberts	F	20.04
11.	Amber Tofful	F	22.38

### BRITISH GRAND PRIX OF RACE WALKING, ROUNDHAY PARK, LEEDS, SUNDAY 24 JUNE

**Tom Bosworth** (1:23:10) and **Bethan Davies** (1:36:55) won 20km races at British Grand Prix of Race Walking in Roundhay Park in Leeds on Sunday, to qualify for August's European Championships in Berlin. Behind them, **Callum Wilkinson** (1:24:41) and **Heather Lewis** (1:39:06) took second places in the British trial to secure their places on the start line in Berlin, having achieved the qualifying standards earlier this year. A good walk also by junior **Tom Partington** who won the 10km walk in 44:04, setting a new Isle of Man record, a record which has father had held for the past 34 years. See the Athletics Weekly article <http://www.athleticsweekly.com/event-reports/british-race-walkers-shine-in-leeds-100189#ZfEysccSskJY2KSo.99>.

Slovakian walker **Miroslav Uradnik** also booked himself a trip to Berlin with his second placed time of 1:24:09. See <https://www.atletika.sk/chodec-uradnik-sa-na-20-km-zlepsil-o-viac-ako-minutu-za-odmenu-pojde-na-me-v-berline/>.

Lots of photos from Mark Easton at his excellent gallery at <http://markeaston.zenfolio.com/f406786978>.

#### 20km Open Men

1.	Tom Bosworth	Tonbridge AC	GBR	MSEN	1:23:10
2.	Miroslav Uradnik	SK Dukla Banska Bystrica	SVK	MU23	1:24:09
3.	Callum Wilkinson	Enfield and Haringey AC	GBR	MU23	1:24:41
4.	Guy Thomas	Tonbridge AC	GBR	MU23	1:29:32
5.	Dominik Cerny	SK Dukla Banska Bystrica	SVK	MU23	1:29:56
6.	Erick Jerome Caprice		MAU	MV35	1:32:57
7.	Andrew Miller	Wolverhampton & Bilston	GBR	MV45	1:47:55
	Ruslans Smolonskis	Ventspils SS "Spars"	LAT	MU23	DQ
	Cameron Corbishley	Medway & Maidstone AC	GBR	MU23	DQ

#### 20km Open Women

1.	Bethan Davies	Cardiff AAC	GBR	FSEN	1:36:55
2.	Heather Lewis	Pembrokeshire Harriers	GBR	FSEN	1:39:06
3.	Erika Kelly	Northern (Isle of Man) AC	GBR	FSEN	1:41:30
4.	Monika Hornakova	SK Dukla Banska Bystrica	SLV	FSEN	1:41:47
5.	Kate Veale	West Waterford AC	IRE	FSEN	1:42:35
6.	Gemma Bridge	Oxford City AC	GBR	FSEN	1:43:27

#### 10km

1.	Tom Partington	Manx Harriers	GBR	MU20	44:04
2.	Agata Kowalska	Hyde Park Harriers	POL	FU23	48:47
3.	Francisco Reis	Thames Valley Harriers	POR	MV55	53:10
4.	Natalie Myers	City Of Sheffield AC	GBR	FSEN	55:38
5.	Erika Pontarollo	Hyde Park Harriers	ITA	FU23	56:14

### USATF T&F CHAMPIONSHIPS, DRAKE UNIVERSITY, DES MOINES, IA, JUNE 21-24

And now to Des Moines in America where **Maria Michta-Coffey** (1:35:21.6) and **Nick Christie** (1:24:53.4) won the 20,000m track walks at the USA Outdoor T&F Championships. Good report at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3211](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3211). Further article on Michta-Coffey at <https://www.teamusa.org/News/2018/June/23/With-Win-No-42-Race-Walker-Dr-Maria-Michta-Coffey-Keeps-Piling-On-National-Titles>.

#### 20,000m Women, Friday 22 June

1.	Maria Michta-Coffey	Oiselle/Walk USA	1:35:21.6
2.	Katie Burnett	Unattached	1:37:56.0
3.	Robyn Stevens	Sketchers Performance/Wolfpack	1:40:29.0
4.	Anali Cisneros	Judson College, Elgin Il	1:46:48.6
5.	Melissa Moelier	Unattached	1:46:56.8
6.	Lydia McGranahan	Racewalkers Northwest	1:50:55.9
7.	Amberly Melendez	Unattached	1:52:13.6
8.	Jennifer Lopez	St. Ambrose	1:55:04.6
9.	Stephanie Casey	Unattached	1:55:11.9
10.	Sam Cohen	Wisconsin Runner Racing Team	1:58:23.1
11.	Katie Miale	Marist	2:01:07.9
12.	Chelsea Conway	Shore Athletic Club	DNF



**20,000m Men, Friday 22 June**

1.	Nick Christie	Unattached	1:24:53.4
2.	Emmanuel Corvera	New York Athletic Club	1:27:47.1
3.	John Cody Risch	Q Elite	1:28:29.5
4.	Matthew Forgues	Unattached	1:31:50.4
5.	Alexander Bellavance	Unattached	1:34:31.1
6.	Anthony Peters	St. Ambrose	1:36:32.5
7.	Anthony Joseph Gruttadauro	Shore Athletic Club	1:40:50.3
8.	Michael Giuseppe Mannozi	Shore Athletic Club	1:46:02.3
9.	David Swartz Pegasus A.C.		1:54:43.7
10.	Pablo Gomez	Chicago Walkers Club	DNF

**POLISH NATIONAL CHAMPIONSHIPS, WARSAW, POLAND, SATURDAY 23 JUNE**

The Polish 20km championships were decided last Saturday morning at the Warsaw Academy of Physical Education, with 13 men and 10 women in attendance. National titles to **Artur Brzozowski** (1:22:19) and **Paulina Buziak** (1:35:36), although the first to finish was Venezuelan visitor **Richard Vargas** (1:22:10). Well reported by [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3215](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3215).

**20km Men**

1.	VARGAS CARRILLO Richard	1994	VENEZUELA	1:22:10
2.	BRZOZOWSKI Artur	1985	AZS-AWF Katowice SL	1:22:19
3.	TOMALA Dawid	1989	AZS KU Politechniki Opolskiej	1:22:44
4.	SIKORA Rafal	1987	AZS-AWF Katowice SL	1:23:58
5.	AUGUSTYN Rafal	1984	LKS Stal Mielec PK	1:25:12
6.	FEDACZYNSKI Rafal	1980	AZS UMCS Lublin LU	1:25:54
7.	JELONEK Jakub	1985	CKS Budowlani Czestochowa SL	1:27:13
8.	BLOCKI Adrian	1990	AZS-AWF Katowice SL	1:30:24
9.	KLONOWSKI Adrian	1997	LKS Vectra Wloclawek KP	1:32:05
10.	CYNGOT Jacek	1996	UKS Olimp Kozenice MZ	1:39:41
11.	KOSECKI Kacper	1997	KL Lechia Gdansk PM	1:41:07
12.	BARANOWSKI Michal	1998	MKS Unia Hrubieszów LU	1:45:40
	BLOCKI Damian	1989	MKL Szczecin ZP	DNF

**20km Women**

1.	BUZIAK Paulina	1986	LKS Stal Mielec PK	1:35:36
2.	ZDZIEBLO Katarzyna	1996	LKS Stal Mielec PK	1:37:06
3.	NIEDZIALEK Olga	1997	WLKS Nowe Iganie MZ	1:37:08
4.	BEMOWSKA Joanna	1994	AZS UMCS Lublin LU	1:37:13
5.	KAPERA Monika	1990	AZS-AWF Katowice SL	1:38:48
6.	ELLWARD Agnieszka	1989	WKS Flota Gdynia PM	1:41:46
7.	CETNARSKA Malgorzata	1998	KKS Victoria Stalowa Wola PK	1:47:30
8.	MAJCHROWICZ Kinga	1995	CWKS Resovia Rzeszów PK	1:49:39
9.	LOREK Antonina	1995	KS AZS AWF Kraków MA	1:52:45
	AUGUSTYN Angelika	1996	UKS Olimp Kozenice MZ	DNF

**SWISS TRACK WALK CHAMPIONSHIPS, TESSERETE, SWITZERLAND, SATURDAY 23 JUNE**

To Switzerland for their Track Walk Championships, won by **Nathan Bonzon** (51:10.8) and **Madeleine Svae** (28:46.6). See Race report at <http://www.swisswalking.org/fr/news/detail/813>.

**10,000m Track Walk Men**

1.	Nathan BONZON	2000	CM Monthey	51:10.8
2.	Josef SMOLA	1964	Smola Chuze Prag - CZE	52:26.5
3.	Olivier BIANCHI	1973	CM Monthey	59:46.5
4.	Horst KIEPERT	1951	MBB-SG Augsburg	1:07:47.0
5.	Cédric BOUELE	1985	Délemont Athlétisme	1:09:15.3
6.	Zdenek GONSIOROVSKY	1941	SC Marton Pilzen - CZE	1:12:35.5
7.	Claude GREBER	1957	CM L'Écureuil La Tour-de-Peilz	1:13:34.5
	Roby PONZIO	1947	GAB Bellinzona	DNF

**5000m Track Walk Women**

1.	Madeleine SVAE	2002	ASD Polisportiva Olona - ITA	28:46.6
2.	Helen BAPTISTE	1950	CM Yverdon	35:57.7
3.	Birtukan BOUELE	1988	Délemont Athlétisme	37:14.5

## FRENCH ROUNDUP

Thanks to Emmanuel Tardi for his race reports from around France last weekend.

### Meeting National 2 de Blois, Blois, France, Saturday 23 June

First to Blois for a 5000m walk, with **Clemence Beretta** setting a new French U23 record of 21:57.91, finishing second behind Tunisian **Chahineze Nasri** (21:53.90).

#### 5000m Women

1.	NASRI Chahineze (TUN)	ESF/96	Ca Balma	21:53:90
2.	BERETTA Clemence	ESF/97	Athle Vosges Pays	21:57:91*
3.	MENUET Emilie	SEF/91	Aj Blois-onzain	22:17:71
4.	TERREC Eloise	SEF/98	Ac Roche-sur-yon	22:34:12
5.	MARCOU Amandine	SEF/92	Sa Merignac	22:46:05
6.	PERRICHON Julia	CAF/01	Grenoble Uc	23:58:37
7.	MOUTARD Camille	CAF/01	Athle 21	24:03:19
8.	ALI Sarah	CAF/01	Vineuil Sports	24:05:41
9.	TERREC Maelle	CAF/01	Ac Roche-sur-yon	24:44:57
10.	MOLIST Lucille	CAF/01	Ea Gillonnay-la Cot	25:17:67
11.	RIES Clementine	CAF/02	Aj Blois-onzain	25:41:59
12.	GIRAULT Marie	SEF/88	Ea Cergy Pontoise Athletisme	25:47:09
13.	MANARESI Marion	JUF/00	Ac Romorantin	25:54:03
14.	BRUSSEAU Gwladys	VEF/74	Ec Orleans Cercle Jules Ferry	26:12:51
15.	BODIN Kassandra	JUF/00	Aj Blois-onzain	26:21:37
16.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	DQ

### Challenge Lachiche à Dole, Dole, France, Friday 22 June

Then to Dole where U20 walker **Justin Bournier** recorded a big 5000m PB, breaking 20 minutes for the first time with 19:57.49

#### 5000m Men

1.	BOURNIER Justin	JUM/99	Dole Ac	19:57:49
----	-----------------	--------	---------	----------

#### 3000m Women

1.	RIGOLET Marie	ESF/98	Racing Club Haut-jura Morez	15:34:01
2.	DUCHENE Laurine	CAF/02	Dsa - S/I Macadam St Vitois	16:15:75
3.	PETETIN Beatrice	VEF/69	Racing Club Haut-jura Morez	19:31:82

### Soirée Athlé de Chateau-Thierry, Chateau-Thierry, France, Saturday 23 June

Now to Chateau-Thierry, where Emmanuel himself raced in a low key 5000m track walk, won by **David Durand-Pichard**.

#### 5000m Walk

1.	DURAND-PICHARD David	VEM/72	Athletisme Metz Metropole	24:31:65
2.	LANGLOIS Denis	VEM/68	Rcf Issy Avia	24:37:31
3.	GRESSIER Christophe	VEM/65	Asg Gauchy Athletisme	24:55:47
4.	LETOURNEAU Florian	SEM/88	Ac Chateau Thierry	25:29:89
5.	CYS Jeremy	VEM/78	Ac Chateau Thierry	25:55:74
6.	PELLERIN Alain	VEM/68	Ac Chateau Thierry	28:52:62
7.	DUCRUET Nadia	VEF/64	Ac Chateau Thierry	34:30:59
8.	LANGLOIS Lise	CAF/02	Dynamic Aulnay Club	36:00:90
9.	TARDI Emmanuel	VEM/67	La Postillonne Longjumeau	37:20:60
10.	MAURICE Fabienne	VEF/66	Ac Chateau Thierry	38:43:78
11.	HAGHEBAERT Eric	VEM/60	Ac Chateau Thierry	39:02:93

### Championnats LANA Masters à Talence, Talence, France, Saturday 23 June

And finally to Talence for a 3000m walk, won by **Jean-franck Vanoos Thuyse**.

#### 3000m Walk

1.	VANOOSTHUYSE Jean-franck	M35 M/79	Us Talence	14:05:14
2.	LE BONNIEC Philippe	M50 M/66	Elan Girondais Athle	14:18:81
3.	CARAYON Frederic	M45 M/69	Ca Beglais	15:40:00
4.	LE MOUROUX Annick	F50 F/64	Sa Merignac	15:47:60
5.	LANDRON Roland	M40 M/78	Ca Beglais	15:51:70
6.	COLOMAR Patrick	M60 M/53	Us Bazas	16:31:34
7.	LETANG Patrice	M55 M/61	Bordeaux Athle	16:49:98
8.	RIGAUX Veronique	F50 F/66	Aj Montmoreau	17:49:30
9.	AUDINETTE Laurent	M45 M/68	Us Cenon Athletisme	17:51:66
10.	VILLAIN Michel	M50M/63	Ua Gujan-mestras	18:11:25

11. LATASTE Patricia	F55F/60	Us Talence	18:13:17
12. PONGIN Catherine	F55F/63	Us Talence	18:31:32
13. CECILLON Eliette	F55F/63	Us Bazas	19:23:42
14. BERTHON Corinne	F60F/57	Sa Merignac	19:43:17
15. PUYOOU Laurence	F45F/69	Bordeaux Athle	20:00:04
16. SEN Gerard	M65M/48	Us Bazas	20:00:42
17. GUERINET Jacques	M65M/51	Sa Merignac	20:26:65
18. SEN Lucie	F65F/50	Us Bazas	20:48:88
19. ZORRILLA Christophe	M55M/59	Us Talence	21:17:91
20. COLOMAR Christine	F50F/64	Us Bazas	21:39:47
21. TROCMET Jean-paul	M55M/61	Elan Girondais Athle	22:54:69



Left: Chahineze Nasri, Emilie Menuet, Amandine Marcou and Clemence Beretta racing in Blois  
Right: Jeremy Cys, the city mayor, Florian Letourneau, Alain Pellerin, the race organizer, Emmanuel Tardi and David Durand-Pichard in Chateau-Thierry (photos Emmanuel Tardi)

#### 24 HEURES DE MARCHE DE HAUTE-SAINTONGE, MONTGUYON, FRANCE, 23-24 JUNE

Still in France for the latest ultra distance walk, namely the 24 Heures de Marche de Haute-Saintonge, held in Montguyon last weekend. This is a tough race, with a big hill climb to a medieval castle to be negotiated during every 2.195km lap. Thus the times are effected, but not the enthusiasm of the 158 walk entrants. This year, **Laurent Pineau** won with 171.076km, ahead of **Gilles Letessier** with 165.200km and **Daniel Duboscq** with 160.116km, while **Brigitte Courraud** repeated her win of last year in the women's division with 144.380km. Full results can be seen at <https://www.24heuresdemarche.com/>. The listing below is restricted to those who walked further than 100km in the requisite 24 hours.

#### 24 heures de marche de Haute-Saintonge (158 walkers)

1. PINEAU Laurent	1968	M78	ORIGNOLLES 17	171.076	23:53:35
2. LETESSIER Gilles	1950	M75	CONFLANS-STE-HONORI 78	165.200	23:50:56
3. DUBOSCQ Daniel	1954	M73	LA ROCHE BLANCHE 44	160.116	23:55:25
4. KIEFFER Pascal	1961	M70	MONTGUYON 17	154.040	23:54:56
5. SUAU Michel	1957	M69	CESTAS 33	152.748	23:44:36
6. DURAND Gérard	1967	M67	CROIX CHAPEAU 17	146.864	23:54:18
7. GUILLAUMIN Michel	1947	M66	PARIS 75	145.472	23:51:54
8. COURRAUD Joël	1956	M65	MONTGUYON 17	144.380	23:37:52
9. COURRAUD Brigitte	1956	F65	MONTGUYON 17	144.380	23:37:53
10. VIGNAUD Annette	1958	F62	PERIGUEUX 24	137.804	23:37:50
11. SPARFEL Jean-Marie	1954	M62	LES BILLAUX 33	136.104	23:47:51
12. BARBIER Florence	1968	F62	PLAISANCE DU TOUCH 31	136.104	23:58:44
13. MORIN Patrice	1954	M61	ST MARTIN D'ARY 17	135.512	23:39:05
14. DELANGE Dominique	1957	M59	CHAMPIGNELLES 89	131.328	23:38:35
15. LINARD Benoît	1965	M59	NEUVY DEUX CLOCHERS 18	129.928	23:54:31
16. SOULARD Eliane	1957	F58	VILLENAVE D'ORNON 33	128.936	23:40:12
17. MAZIERES Roger	1947	M56	RAZAC SUR L'ISLE 24	122.752	24:00:02

18.	ROBERT Danièle	1949	F55	MERIGNAC 33	121.560	23:50:36
19.	ROBERT Louis	1951	M55	MERIGNAC 33	121.560	23:50:37
20.	ARNAULT Jacques	1962	M55	COULLONS 45	121.160	23:54:01
21.	DELTEIL Laurent	1966	M55	MONTARDON 64	120.560	23:55:13
22.	SAKESYN Olivier	1965	M54	ECLAIBES 59	118.668	23:58:15
23.	CORNAGLIA Eléonore	1975	F54	ST MÉDARD EN JALLES 33	118.368	23:55:05
24.	AUBERGET Mireille	1963	F53	ST MÉDARD EN JALLES 33	116.376	23:50:20
25.	CHIFFOLEAU Alain	1942	M52	LA POMMERAYE 49	115.184	23:47:19
26.	ELMON Sandra	1973	F52	SOUBISE 17	113.984	21:15:23
27.	KEMPF Annie	1957	F52	BEYNAC ET CAZENAC 24	113.984	23:44:25
28.	ARNAULT Françoise	1948	F51	COULLONS 45	113.792	23:38:34
29.	DIEN Daniel	1950	M51	PANTIN 93	113.692	23:41:41
30.	PUYRAUD Rose-Marie	1958	F51	LANSAC 33	112.392	23:49:55
31.	RASSAIND André	1937	M51	ST SIMÉON BRESSIEUX 38	112.392	23:53:37
32.	LAFUGERE Gérard	1958	M51	BASSENS 33	112.192	22:24:15
33.	DICHARRY Dominique	1959	M51	TARNOS 40	112.192	23:51:06
34.	KEMPF Cécilia	1981	F51	NOAILLES 81	111.792	23:44:27
35.	MICHAU Philippe	1955	M50	SAINT-ASTIER 24	110.900	23:50:17
36.	BAUP Jean-René	1942	M50	SAMONAC 33	110.200	23:51:52
37.	BRUNET Patrick	1946	M50	BOSCAMNANT 17	110.200	23:51:56
38.	PIERRE Patrick	1948	M50	LABASTIDE DU TEMPLE 82	109.800	23:58:41
39.	LAUBRETON Stef	1973	M50	RÉAUX SUR TREFLE 17	109.700	23:56:25
40.	CASTAING Valérie	1971	F50	MORLAAS 64	109.600	22:46:43
41.	DELAHAIE Dominique	1959	M50	ECHILLAIS 17	109.600	24:00:02
42.	PISENTI Jean-Paul	1953	M49	ARTIGUES PRES BDX 33	108.008	23:53:00
43.	BARRAULT Dominique	1957	M49	CERCOUX 17	107.408	22:52:19
44.	DICHARRY Martine	1962	F48	TARNOS 40	105.616	23:51:05
45.	DUVAL Bernadette	1955	F48	VEYRE MONTON 63	105.616	23:53:25
46.	PARIS Jérémy	1987	M48	PEUGEARD 33	105.516	23:57:39
47.	GUELLERIN Patrick	1960	M48	PAU 64	105.216	19:10:40
48.	MARTY Michel	1949	M48	VAYRES 33	105.216	22:57:44
49.	ARSLANIAN Jacques	1961	M47	PARIS 75	103.024	23:58:23
50.	CAMBORIEUX Philippe	1972	M46	SAINT DENIS DE PILE 33	102.632	23:44:33
51.	BOULITEAU Bernard	1966	M46	MARMANDE 47	101.232	23:49:27
52.	GERON-MORETTI Christine	1954	F46	SALLES D'ANGLES 16	100.832	23:36:55
53.	RAIMBAULT Serge	1949	M46	PAREMPUYRE 33	100.832	23:47:27
54.	COUTURON Sylvie	1961	F45	SAINTE 17	100.440	23:35:20



*An ultra walk with a difference – up and down this steep hill each 2.2km lap, just to add an extra layer of toughness*

**106<sup>TH</sup> MANX TELECOM PARISH WALK (85 MILES), ISLE OF MAN, 23-24 JUNE**

The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The biggest walking event in the Isle of Man, it is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is enforced, and there are cut-off times for reaching

each stage. Only a small number of walkers complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish. You can read much more about it at [https://en.wikipedia.org/wiki/Parish\\_Walk](https://en.wikipedia.org/wiki/Parish_Walk).

This year, 1278 walkers started the challenge and an amazing 184 finished the full 85 very hilly but picturesque miles within the 24 hour cutoff. The first 16 attained the Gold standard (under 18 hours), the next 48 attained the Silver status (under 21 hours) and the remaining 120 finishers attained the Bronze standard, all beating the 24 Hour cutoff. The impressive full listing of all participants is found at <http://my3.raceresult.com/76933/RRPublish/pdf.php?name=RESULTS%7CResult%20Overall&contest=1&lang=en>.

My report is taken from the IOM Today newspaper (see <http://www.iomtoday.co.im/article.cfm?id=41412&headline=Richard+Gerrard+wins+fifth+Parish+Walk+title&sectionIs=sport&searchyear=2018>)

**Richard Gerrard** won the Manx Telecom Parish Walk for a fifth time on Saturday. Having been forced to withdraw from last year's event because of a back injury, Gerrard bounced back in style to claim his fifth title since 2012. Gerrard completed the 85-mile distance in a time of 15 hours 25 minutes and 10 seconds, crossing the finish line on Douglas Promenade shortly after 11.25pm. His nearest challenger was last year's winner **Liam Parker** who completed the gruelling endurance event in 16 hours and 53 seconds, nearly 14 minutes in front of third-placed man Peter Miller.

The 2017 women's winner **Karen Chiarello** finished at Peel - as expected due to her attempted a 100-mile centurion walk at the NSC in August. For a long time it looked as if this year's women's honours would go the way of **Ewa Kowalewska** who was going well in 11th overall at Maughold. However, by Onchan **Bernie Johnson** had overtaken her and opened up a gap of just over three minutes which she maintained to the finish to claim 12th overall and the women's honours.

My results listing is restricted to the first 50 finishers. Special mention to mate **John Constandinou** who finished 88<sup>th</sup> with 21:53:27. Well done John!

Manx Telecom Parish Walk		Category	Cat	Place	Time
1.	Richard Gerrard	Veteran Men	1		15:25:09
2.	Liam Parker	Men	1		16:00:52
3.	Pete Miller	Veteran Men	2		16:14:28
4.	Noel Ash	Veteran Men	3		16:19:14
5.	David Vandercoilden	Veteran Men	4		16:21:46
6.	Kevin Edwards	Men	2		16:50:03
7.	James Quirk	Veteran Men	5		16:57:57
8.	Robbie Callister	Veteran Men	6		17:02:33
9.	Tony Edwards	Veteran Men	7		17:09:00
10.	Dale Farquhar	Men	3		17:25:41
11.	Richard Leigh	Veteran Men	8		17:27:26
12.	Bernie Johnson	Veteran Ladies	1		17:37:17
13.	Lee Johnson	Veteran Men	9		17:39:49
14.	Michael Bonney	Veteran Men	10		17:42:37
15.	Ewa Kowalewska	Veteran Ladies	2		17:45:23
16.	Chris Cale	Veteran Men	11		17:50:55
17.	Alan Cowin	Veteran Men	12		18:07:15
18.	Paul Sayle	Men	4		18:14:05
19.	Tony Mackintosh	Veteran Men	13		18:24:32
20.	Karen Lawrie	Veteran Ladies	3		18:24:32
21.	Tony Holgate	Veteran Men	14		18:24:46
22.	James Bassett	Veteran Men	15		18:42:39
23.	Maureen Moffatt	Veteran Ladies	4		18:42:39
24.	Juan Readshaw	Men	5		18:47:07
25.	Juan Kinley	Veteran Men	16		18:49:05
26.	Andrew Titley	Veteran Men	16		18:49:05
27.	Werner Alberts	Veteran Men	18		18:53:00
28.	Heather Melvin	Veteran Ladies	5		19:20:24
29.	Michael Osborne	Men	6		19:31:48
30.	Sophie Dvorakova	Ladies	1		19:32:56
31.	Mark Hemsall	Veteran Men	19		19:32:56
32.	Tristan Shields	Men	7		19:38:15
33.	Louise Smith	Veteran Ladies	6		19:38:15
34.	John Mc clafferty	Veteran Men	20		19:43:20
35.	Stephanie Burton	Veteran Ladies	7		19:53:40
36.	David Anderson	Veteran Men	21		19:56:43
37.	Shaun Kelly	Men	8		19:59:23
38.	Steve Pevsner	Veteran Men	22		20:00:26
39.	Luke McKinlay	Men	9		20:02:14
40.	Kathryn Prince	Veteran Ladies	8		20:05:22
41.	Kenny Valerga	Veteran Men	23		20:10:04
42.	Viv Avery	Veteran Ladies	9		20:16:21

43.	Megan Thomas	Ladies	2	20:22:20
44.	Louise Thomas	Veteran Ladies	10	20:22:20
45.	Hattie Thomas	Ladies	2	20:22:20
46.	Julian Thomas	Veteran Men	24	20:22:20
47.	Emma Buckley	Veteran Ladies	11	20:24:40
48.	Jimmy Corkish	Veteran Men	25	20:32:26
49.	Charlotte Hemensley	Veteran Ladies	12	20:35:13
50.	Rupert Crookshank	Men	10	20:37:42



*Richard Gerrard on his way to winning the 2018 Manx Telecom Parish Walk, his fifth victory overall (Photo: John Watterson)*

#### GREEK U18 T&F CHAMPIONSHIPS, KATERINI, GREECE, 23-24 JUNE

Thanks to Zoe Gkini for results, race report and photos from the Greek U18 Track Championships. She reports

The Greek U18 National Championships were held last weekend in Katerini (500 km north from Athens), under the shadow of mount Olympus, the mountain of the gods of the ancient Greeks. The perfect weather (21C and cloudy) helped the athletes to good times and young walker Maria Dimitriadi attained the standard to participate in the European U18 Championships in Gyor, Hungary.

In the girls' 5000m, **Olga Fiaska** took the double with a very good time 23:22.11, after taking gold in the U20 10km last week in Trikala. The competition was very interesting because the second placed walker **Maria Dimitriadi** was trying to make the standard to participate to the European U18 Championships in Gyor, and she finally did it with 24:12.61. The girls' field was a big one.

In the boys' 10km, **Antimos Kelepouris** also took the double. After his success last week in Trikala when he won the gold medal in the U20 10km and booked his his ticket for Gyor, he won the U18 10,000m this weekend in a competition which was training for him and completed in 47:25.38, almost 2 minutes ahead of second place.

Most of the race walkers are very young and are the new blood for race walking in Greece.

The General Secretary of the Greek Federation, Mr Vasilis Sevastis, and the Competition manager of the Greek Federation, Mr Athanasios Raptis, who were there to present the medals to the winners, were surprised, happy and very satisfied with the walking and are looking forward to good performances in Gyor in early July.

#### 5000m U18 Girls

1.	FIASKA OLGA	17	A.S. ATHLOKINISI MYTILINIS	23:22.11
2.	SEFERIADI MARIA	17	A.E. OLYMPIADA PATRAS	24:12.61
3.	FLOROU PANAGIOTA	15	SOA FOKIANOS KARDITSAS	26:48.29
4.	SPOUDA MARTHA	16	AE ESPEROS 2004	26:56.36
5.	FATOUROU MARIA -ARIADNI	16	AO ACHAIAS GALINI	27:37.42
6.	KOKKINELOU EVGENIA	16	PAO THERSIPOS O EROEOS	27:59.55
7.	KARAGIORGOU ATHINA	15	APS FILIPPOS VERIAS	28:02.66

8.	RETZEPAL, SEMINA	16	PAO THERSIPOS O EROEOS	28:10.28
9.	TZATZIMAKI VASILIKI	15	GS EL. VENIZELOS	28:10.72
10.	NIFORA, ALEXANDRA	16	AE ESPEROS 2004	28:38.12
11.	GATI, MARIA-FILIPPA	16	SOA FOKIANOS KAPDITSAS	28:51.24
12.	TSIANAVA, CHPISTINA	17	SOA FOKIANOS KAPDITSAS	29:07.77
13.	TZIMA, DESPINA-OLYMPIA	15	APS FILIPPOS VERIAS	29:17.12
14.	FALIA, ALEXANDRA	16	GS ANAGENNISI LAMIAS	29:23.73
15.	MASATI, GRASIELA	15	GS ARION MYTILINIS	29:32.93
16.	VASILIOU VASILIKI ZOE	15	AGS ANATOLI NEAS IONIAS	29:55.87
17.	TSOMPANAKI MARIA	15	AS KENTAVROS	30:31.81

#### 10,000m U18 Boys

1.	KELEPOUPIΣ, ANTHIMOS	17	APS FILIPPOS VERIAS	47:25.38
2.	MIEKOULIS PAVLOS	16	GE AGRINIOU	49:13.78
3.	MORTZAKIS, ALEXANDROS	15	AE OLYMPIAS PATRAS	49:16.91
4.	MPIOUSDAS, ARISTOTELIS	15	SOA FOKIANOS KAPDITSAS	50:30.02
5.	VOUGIOUKAS STILIANOS	15	AO ARISVEOS	51:05.12
6.	TOLIAS DIONISIOS	16	AE ESPEROS 2004	53:13.02
7.	BACHOS GEORGIOS	15	AS ATHINODOROS	55:54.31
8.	TZELILAI, ALEXANDROS	15	PAO THERSIPOS O EROEOS	57:05.00



Left: The leading girls



Right: Podium from the boys' race

#### OUT AND ABOUT

- Five-time Tour de France winner Bernard Hinault has repeated his calls that Chris Froome should not be at the Tour de France, saying that the peloton should refuse to ride if the Briton lines out at the start. Froome provided a urine sample at last year's Vuelta a España which contained twice the permitted maximum level of Salbutamol. Because it is a controlled substance, he is under the rules allowed to keep racing until disciplinary proceedings have concluded. However, Hinault doesn't agree, and wants the riders to act. It's pathetic really. The UCI has no guts at all. See <https://cyclingtips.com/2018/06/hinault-badgers-froome-moscon-case-dropped-daily-news-digest/>.
- Are you finding it hard to believe how good the Russian team is in the World Cup Football in Russia? Well, we all have our suspicions as to why. The English Daily Mail paper has picked up on the doping scandal surrounding the Russian National team. Nothing new here – more of the ongoing story we have all been following for ages. See <http://www.dailymail.co.uk/sport/football/article-5878241/FIFA-knew-cover-Russia-players-positive-drug-test-18-months-ago.html> and <https://www.insidethegames.biz/articles/1066654/fifa-aware-of-doping-cover-ups-in-russian-football-for-18-months-report-claims#.WzCQN8Vfwpo.twitter>.

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are lots of additional results in the marciadalmondo and omarchador press releases this week so I leave it to readers to select those items which interest them.

There are 9 press releases for us from Marciadalmondo this week

- Sun 24 Jun - Banska Bystrica (SVK): victories of Lubomir Kubis and Alzbeta Ragasova in U18 Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3216](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3216)
- Sun 24 Jun - Warsaw (POL): Victories of Richard Vargas (VEN) and Paulina Buziak (POL)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3215](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3215)
- Sat 23 Jun - Modena (ITA): Great performance of Valentina Trapletti and victory of Leonardo Dei Tos  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3214](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3214)
- Sat 23 Jun - Gijon (ESP): Ana Pulgarin Cardeno wins Spanish U18 Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3213](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3213)
- Sat 23 Jun - Murcia (ESP): Marina Pena Alonso and Jose Manuel Perez Rubio win Spanish U20 Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3212](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3212)
- Fri 22 Jun - Des Moines (USA): Nick Christie and Maria Michta-Coffey win USATF Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3211](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3211)
- Thu 21 Jun - Great result of Maria Perez in Castellon (ESP)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3210](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3210)
- Wed 20 Jun - Preview of Italian Clubs Championships this coming weekend  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3209](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3209)
- Tue 19 Jun - Sumy (UKR): Oleksiy Kazanin and Mariya Filyuk win 20km Ukrainian Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3208](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3208)

and omarchador has 11 press releases

- Mon 25 Jun – Results of Portuguese U18 Track Champs in Vagos  
<http://omarchador.blogspot.com/2018/06/nacionais-de-sub-18-disputaram-se-na.html>
- Sun 24 Jun - Results of the Belarussian U20 Championships in Brest  
<http://omarchador.blogspot.com/2018/06/campeonatos-da-bielorrussia-sub-20-em.html>
- Sat 23 Jun - Spanish 50km legend Jesus Garcia to be village mayor for Mediterranean Games in Tarragona  
<http://omarchador.blogspot.com/2018/06/jesus-garcia-bragado-o-alcalde-da-vila.html>
- Sat 23 June - Vagos will host the Portuguese U18 Track Championships this weekend  
<http://omarchador.blogspot.com/2018/06/vagos-vai-acolher-os-campeonatos.html>
- Fri 22 Jun - Partanen sets Finnish 30km walk record in Espoo, Finland  
<http://omarchador.blogspot.com/2018/06/partanen-com-mais-um-recorde-nacional.html>
- Fri 22 Jun - Taylor Ewert sets USA U20 10,000m track walk record in Bloomington, IN  
<http://omarchador.blogspot.com/2018/06/taylor-ewert-bate-recorde-sub-20-dos-eu.html>
- Thu 22 Jun - Ukrainians Kazanin and Filyuk win in Sumy  
<http://omarchador.blogspot.com/2018/06/ucranianos-kazanin-e-filyuk-garantem-em.html>
- Thu 22 Jun - María Pérez and Álvaro Martín win the Clubs League Final in Spain  
<http://omarchador.blogspot.com/2018/06/maria-perez-e-alvaro-martin-vencem-na.html>
- Wed 20 Jun - Results of the Greek U20 Championships in Trikala  
<http://omarchador.blogspot.com/2018/06/campeonatos-da-grecia-sub-20-em-trikala.html>
- Wed 20 Jun - Results of the Italian U18 Championships in Rieti  
<http://omarchador.blogspot.com/2018/06/campeonatos-de-italia-sub-18-em-rieti.html>
- Tue 19 Jun - Latvia wins racewalks at the Baltic Championships  
<http://omarchador.blogspot.com/2018/06/letonia-vence-na-marcha-dos-campeonatos.html>
- Tue 18 Jun - Results of the English U20 and U18 track champs in Bedford  
<http://omarchador.blogspot.com/2018/06/campeonatos-de-inglaterra-de-sub-20-e.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**

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**

Sep 23-26, 2018      Cat B      Around Taihu International Race Walking 2018, Wuzhong, CHN

### **International Dates – 2018 and onwards**

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

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