



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 10
10 December 2014



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WALKER OF THE WEEK

There were a plethora of good performances to choose from this week so it was a tough decision but one performance stood out in terms of plain old fashioned courage and that was the walk of NSW ultra walker **Saul Richardson** in Malaysia last Saturday night. Saul was one of 3 Australians in action in the annual Malaysian International 12 Hour Walk, held this time around in Seremban, not far from Kuala Lumpur. He joined me and our top female exponent Michelle Thompson on the start line at 8PM on Saturday night, alongside some 350 other walkers intent on walking as far as possible in the 12 hour timeframe.

What made Saul's feat so outstanding was that he badly broke a big toe the previous Sunday when he dropped a heavy instrument case on his foot. He turned up in his moon boot and hobbled around in the last few days leading up to the race, then strapped the toe up and set off with the gun, hoping for the best. None of us expected him to get far but, amazingly, he completed the full 12 hours with a PB distance of around 88km. The effort was so great that he collapsed at the presentations and had to be given quite a bit of first aid treatment before he was stabilised. Then next day it was back into the moon boot. Talk about a gutsy performance!

A brief race report is included later in the newsletter. There are also plenty of great photos to be found at <https://plus.google.com/photos/107332403509555188897/albums/6090143224126000001>.



Our team in Malaysia – Tim Erickson, Saul Richardson, Emmanuel Tardi and Michelle Thompson

WHAT'S COMING UP

The Australian 50km championship will be held next Sunday morning at Fawkner Park, just south of the Melbourne CBD. The meet program reads as shown below and start lists are at <http://athletics.com.au/portals/56/Competition/Documents/2015/Australian%2050km%20Walk%20Entry%20List%204.12.14.pdf>. It is a great chance to come along and see our top walkers in action.

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: Men 2 hours, Women 2 hours 15 minutes
9.00am	10km Walk: U20 Men and Women	Cut-off: Men 56 minutes, Women 60 minutes
10.00am	5km Walk: U18 Men and Women	Cut-off: Men 28 minutes, Women 30 minutes

The **Athletics Victoria Shield competition** continues with two more rounds before Christmas and two further rounds in mid January

Sun Dec 14, 2014	AV Knockout – Round 1
Tues Dec 16 2014	AV Shield – Round 8 – Red Zone
Thur Dec 18, 2014	AV Shield – Round 8 – Yellow Zone
Sat Dec 20, 2014	AV Shield – Round 8 – Blue Zone, White Zone
Sat Jan 10, 2015	AV Shield – Round 9 (Zone v Zone)
Sat Jan 17, 2015	Shield - Round 10 (Zone v Zone)

Our next **VRWC Road Races** are on Sunday 18 January 2015 at Middle Park. This meet also includes the **AV 5km Teams Walks**.

Sun 18 January 2015, VRWC Road Races (and AV 5km Teams Walks), Middle Park		
8.30am	20km, 15km, 10km	Open
9:30am	AV 5km Teams Championship	Open Men / Women
	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

The rules for the AV Teams Championships read as follows:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed via the proper entry method as advised by Athletics Victoria.

I have fired an email off to AV today to get the online entry panel opened. It's time to start planning your teams and locking walkers in place.

AUSTRALIAN ALL-SCHOOLS T&F CHAMPIONSHIPS, ADELAIDE, 5-7 DECEMBER

The Australian All-Schools championships were held last weekend in Adelaide with events being contested in U14, U16 and U18 divisions and our young walkers were in action as part of the meet, contesting 3000m (U14 and U16) and 5000m (U18). It is a fairly restrictive meet with only the 3 age groups in action and with very limited teams per State – hence small fields overall with only 2 walkers per State per walk event – but normally sees many fine performances.

The U14 and U18 walkers contested their track walks on Friday evening with Samantha Brown 14:55.39 and Jamison Stovin 14:39.63 winning the U14 events in very impressive style. The U18 events were similarly of a high quality with the top 3 girls (Clara Smith, Jemima Montag and Jayde Hill) all under 25 minutes and the top 4 boys (Tyler Jones, Adam Garganis, Declan Tingay and Luke McCutcheon) all under 23:30.

Girls 3000m Walk Under 14

1.	Samantha Brown	01	NSW	14:55.39
2.	Zahra Hayes	01	VIC	15:21.23
3.	Abbey McMillen	01	NSW	15:26.00
4.	Jemma Peart	01	VIC	15:55.72
5.	Tenyka Chapman	01	QLD	16:03.32
6.	Jenna Lawrence	01	QLD	16:33.44
7.	Elizabeth Henderson	01	ACT	16:36.31
8.	Chloe Upton	02	SA	17:25.29

Boys 3000m Walk Under 14

1.	Jamison Stovin		QLD	14:39.63
2.	Joe Cross		SA	15:03.72
3.	Oscar Tebbutt		NSW	15:05.39
4.	Hayden Blaskett		NSW	15:09.87
5.	Mitchell Baker		ACT	15:23.04
6.	Alex Dando		QLD	16:54.04
	Tristan Camilleri		SA	DQ

Girls 5000m Walk Under 18

1.	Clara Smith	98	QLD	23:24.64
2.	Jemima Montag	98	VIC	23:58.88
3.	Jayde Hill	97	NSW	24:38.68

4.	Taylah Billington	97	VIC	25:06.20
5.	Zoe Hunt	97	ACT	25:41.45
6.	Tahlia Hunt	98	TAS	26:39.75
7.	Anna Cross	99	SA	26:43.53
8.	Sarah Damin	00	SA	28:29.14
9.	Stephanie Grujoski	97	NSW	29:29.13
10.	Samantha Findlay	97	SA	29:31.38
11.	Ally Grujoski	99	NSW	30:05.58
12.	Jesse Sims	97	QLD	DNF

Boys 5000m Walk Under 18

1.	Tyler Jones	98	NSW	21:03.56
2.	Adam Garganis	97	VIC	22:54.47
3.	Declan Tingay	99	WA	23:16.73
4.	Luke McCutcheon	98	QLD	23:27.28
5.	Luke Jobson	97	NSW	26:33.06
6.	Adam Mylonas	97	NSW	27:18.73
	Christopher Gerken	00	WA	DQ

The U16 walkers raced on Sunday with wins going to Declan Tingay (13:19.74) - he also took bronze in the U18 walk two days before - and Eliza Clarke (13:41.13).

Boys 3000m Walk Under 16

1.	Declan Tingay	99	WA	13:19.74
2.	Dylan Richardson	00	NSW	13:38.18
3.	Alix Harlington	99	SA	14:04.29
4.	Jake Vidler	00	SA	14:17.85
5.	Jordan Glover	99	NSW	14:35.11
6.	Jamie McCutcheon	99	QLD	14:41.03
7.	Connor Frew	00	ACT	14:51.20
8.	Ryan Thomson	00	NSW	15:37.92
9.	Mitchell Mellor	00	QLD	16:39.39
10.	Ben Mingin	99	QLD	17:24.18
	Callum Burns	00	ACT	DQ
	Christopher Gerken	00	WA	DQ

Girls 3000m Walk Under 16

1.	Eliza Clarke	00	VIC	13:41.13
2.	Katie Hayward	00	QLD	13:53.91
3.	Jasmyn McDonald	99	NSW	14:15.36
4.	Rhiannon Lovegrove	00	SA	14:30.24
5.	Anna Cross	99	SA	14:34.26
6.	Chelsea Goodhew	99	NSW	14:43.65
7.	Bethany Cross	00	SA	15:38.97
8.	Philippa Huse	99	VIC	15:43.47
9.	Emily Pivac	00	WA	15:55.11
10.	Aimee Brackin	99	QLD	15:55.14
11.	Alice Randall	00	TAS	15:57.78
12.	Sophie Crichton	00	NSW	16:39.81
13.	Emily Noonan	00	VIC	17:17.04
14.	Hayley Jackson	99	WA	18:30.65
15.	Chloe Treurnich	00	QLD	19:07.69
	Gabby Hunt	00	ACT	DQ

You can check out the full results set at http://athsaus.imgstg.com/results/all_schools_14/ and you can see videos of each of the races at the following links:

- U14 3000m Walks: <https://www.youtube.com/watch?v=eJ5T4r5njpo>
- U16 3000m Walks: <https://www.youtube.com/watch?v=T21cys8obcQ>
- U18 5000m Walks: <https://www.youtube.com/watch?v=BzaNIBzyYjl>



Eliza Clarke of Victoria leads the U16 walk (photo Simon Baker)



U18 walkers Tyler Jones, Jemima Montag, Clara Smith and Jayde Hill (photos Simon Baker)

ATHLETICS VICTORIA SHIELD ROUND 7, SATURDAY 6 DECEMBER

Athletics Victoria Shield competition continued last Saturday with rounds in all 7 zones. Quite a few of our top school aged walkers were in action here rather than in Adelaide at the All-Schools. Unfortunately, the All-Schools is a very expensive meet to attend with team related costs really pushing the price out of reach for some families.

AV Shield Round 7, Red Zone, Doncaster, Saturday 6 December

Wow, some great walks at Doncaster. 16 year old Emmet Brasier continues on his merry way with another great 5000m, this time in 22:25.5, while Michelle Laufer breaks the Victorian W45 3000m record with her time of 14:47.7 (and it is also a new VRWC club record). Further back, 14 year old Michael Taylor walks a great 15:07.9 while 78 year old Bob Gardiner walks an extraordinary time of 19:08.8.

Mixed 5000m Race Walk

1.	Brasier, Emmet	M16	DIAMOND VALLEY AC	22:25.5
2.	Mcdonough, Aaron	M42	PRESTON AC	25:38.0
3.	Hawkins, Trenton	M35	PRESTON AC	26:26.9
4.	Walburg, Kirsten	W16	DONCASTER AC	36:01.6
5.	Fisher, Sarah	W27	DIAMOND VALLEY AC	40:47.4
6.	Brown, Rickeylee	W14	RICHMOND HAR	45:33.6
7.	Campbell, Donna	W44	PRESTON AC	45:53.8

Mixed 3000m Race Walk

1.	Laufer, Michelle	W45	COLLINGWOOD	14:47.7
2.	Taylor, Michael	M14	DIAMOND VALLEY AC	15:07.9
3.	Keirl, Bernie	M51	DIAMOND VALLEY AC	17:13.8
4.	Reid, Ross	M60	COLLINGWOOD	17:17.2
5.	Dawson, Thomas	M13	COLLINGWOOD	19:05.0
6.	Gardiner, Bob	M78	COLLINGWOOD	19:08.8
7.	Noonan, Claire	W10	COLLINGWOOD	20:43.6
8.	Quinn, Karen	W50	DIAMOND VALLEY AC	22:18.8
9.	Lazar, Dennis	M58	DIAMOND VALLEY AC	24:43.0

AV Shield Round 7, Blue Zone, Knox, Saturday 6 December

Rhydian Cowley was the standout at Knox with a strong 21:21.8 for the 5000m. My guess is that this was a warmup for this week's Zatopek 10,000m track championship which he normally runs (with some distinction!).

Mixed 5000m Race Walk

1.	Cowley, Rhydian	M23	GLENHUNTLY AC	21:21.8
2.	Walmsley, Reese	M16	KNOX AC	25:53.7
3.	Van Dongen, Rupert	M40	CASEY CARDIN	30:17.2
4.	De Lisen, Paige	W16	KNOX AC	30:26.4
5.	Hutton, Philip	M68	GLENHUNTLY AC	35:17.1
6.	Doran, Anthony	M62	GLENHUNTLY AC	37:07.0
7.	Morrison, John	M75	SANDRINGHAM AC	37:51.0
8.	Bowden, Kuniko	W48	MENTONE AC	38:31.7

Mixed 3000m Race Walk

1.	Bird, Kyle	M18	MORNINGTON P	15:20.4
2.	Henderson, Rebecca	W13	CASEY CARDIN	15:55.4
3.	Walmsley, Hayden	M13	KNOX AC	16:12.8
4.	Rickard, Joseph	M13	MORNINGTON P	16:57.2
5.	Dickson, Corey	M12	KNOX AC	17:32.7
6.	Bennett, Ralph	M73	VICTORIAN MA	17:44.9
7.	Paten, Ruby	W11	CASEY CARDIN	17:48.1
8.	Dickenson, Russell	M69	VICTORIAN MA	18:07.3
9.	Gourlay, Marlene	W63	VICTORIAN MA	18:23.0
10.	Richardson, Brodie	W14	KNOX AC	18:53.0
11.	Lillie, Jessica	W15	KNOX AC	19:41.2
12.	Steed, Gwen	W72	VICTORIAN MA	20:34.7
13.	Pelgrim, Annette	W60	KNOX AC	21:23.0
14.	Murphy, Christopher	M56	GLENHUNTLY AC	28:38.0

AV Shield Round 7, White Zone, East Burwood, Saturday 6 December

Jason Kozica battled out the 5000m at East Burwood with super-masters walker Andrew Jamieson, eventually getting up with a time of 24:47.7. 68 year old Andrew defied the years with his time of 24:55.2. He is an entrant in next Sunday's Australian 50km at Fawkner Park and anything is possible there!

Mixed 5000m Race Walk

1.	Kozica, Jason	M27	ST KEVINS AC	24:47.7
2.	Jamieson, Andrew	M68	OLD SCOTCH C	24:55.2
3.	Tindal, Pam	W55	ATHLETICS NU	27:35.3
4.	Geisler, Sandra	W37	RINGWOOD AC	28:15.5
5.	Evans, Simon	M54	BOX HILL AC	29:28.0
6.	Rosenbrock, Carolyn	W52	ATHLETICS NU	32:51.5
7.	Benke, Geza	M58	OLD MELBURNI	36:01.2
8.	McCann, Adam	M38	ATHLETICS NU	36:32.2
9.	Harvey, Christopher	M53	MALVERN HARRIERS	36:45.1
10.	Sofianos, Gerald	M65	ST KEVINS AC	36:54.5
11.	Zonneveldt, Matthew	M29	ATHLETICS WAVERLEY	37:44.3
12.	Beavis, Mark	M58	YARRA RANGES	42:40.8

Mixed 3000m Walk

1.	Swan, Kyle	M15	ATHLETICS NU	14:48.0
2.	George, Stephanie	W18	SOUTH COAST	15:52.5
3.	Hunter, Pia	W48	BOX HILL AC	18:55.5
4.	Taylor, Lee	W13	YARRA RANGES	21:00.0
5.	Williams, Steven	M43	ATHLETICS WAVERLEY	21:04.1
6.	Riddoch, Clyde	M61	ATHLETICS WAVERLEY	24:34.6
7.	Harper, Amanda	W46	BOX HILL AC	26:09.2
8.	Venour, David	M45	ATHLETICS WAVERLEY	36:45.1

AV Shield Round 7, Yellow Zone, Williamstown, Saturday 6 December

Williamstown saw an injection of real class with visiting walkers Quentin Rew (NZL), Siamu Fujisawa (JAP) and Evan Dunfee (CAN) all joining Chris Erickson for a 5000m hitout a week out from Fawkner Park. Quentin was in fine form, winning in a PB time of 19:15, ahead of Isamu 19:30, Evan 10:31 and Chris 19:57. Chris was also allocated the fastest 2000m time in the official AV Shield comp, passing that point in a brisk 7:47.5 ahead of a quickly improving Connor McShanag (a season best of 9:46.7). Caitlin Campbell is another who is steadily getting back into good walking form this summer, her time being 11:07.0.

Mixed 5000m Walk

1.	Quentin Rew	MOP	NZL	19:15.0
2.	Isamu Fujisawa	MOP	JAP	19:20.0
3.	Evan Dunfee	MOP	CAN	19:31.0
4.	Chris Erickson	MOP	ATE	19:57.2

Mixed 2000m Walk

1.	Chris Erickson	MOP	ATE	7:47.5
2.	Connor McShanag	MU20	ATE	9:46.7
3.	Mark Donahoo	M40+	ATE	10:03.0
4.	Paul Kennedy	MOP	KSB	10:14.8
5.	John Kondogonis	M40+	KSB	10:36.2
6.	Duncan Knox	M40+	ATE	11:39.0
7.	Phillip Dunstone	M40+	WES	11:45.1
8.	Peter Keighery	M40+	KSB	12:28.2
9.	Stephen Wright	M40+	WES	14:07.0
10.	Dominic Sykes	MU14	KSB	15:49.5
11.	Ian Rickard	MOP	BWK	17:48.0

2000m Women

1.	Caitlin Campbell	WOP	ATE	11:07.0
2.	Julia Irons	WU18	KSB	12:02.0
3.	Robyn Shaw	W40+	WES	12:25.0
4.	Tania Kapetanovic	W40+	KSB	13:03.6
5.	Janice Hodgart	W40+	WES	14:06.0
6.	Elaine Irons	WU16	KSB	14:12.9
7.	Roslyn Ireland	WOP	BWK	14:42.0
8.	Jacque Roberts	WU16	KSB	14:43.1
9.	Kelly Spiteri	WOP	COB	14:55.0
10.	Nicole Gunn	WOP	KSB	15:00.7
11.	Louise Davey	WOP	COB	15:30.0
12.	Alecia Gianiotis	WU16	KSB	15:57.3
13.	Felicity Sadler	WU16	KSB	16:14.0
14.	Emily-Layne Kapetanovic	WU16	KSB	16:15.6
15.	Heather Lamb	WOP	BWK	17:00.0
16.	Gemma Rickard	WU20	BWK	17:45.0

Finally to our three country zones where fields were small . Best walk was probably by Ebony Whiley with 11:04.7 for the 2000m.

AV Shield Round 7, Ballarat Zone, Ballarat, Saturday 6 December

3000m Race Walk

Trower, Brian	55	BALLARAT HAR	18:27.52
Ruddick, Kevin	64	BALLARAT HAR	21:13.92

AV Shield Round 7, Geelong Zone, Geelong, Saturday 6 December

Mixed 3000m Race Walk

1. Christmass, James	M47	CORIO ATHLETIC CLUB	14:49.61
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Mixed 1500m Race Walk

1. Leamer, Jordyn	W11	CORIO ATHLETIC CLUB	9:16.35
2. Mirarchi, Thomas	M14	CORIO ATHLETIC CLUB	10:26.04
3. Charli	W11	BELLARINE AT	11:25.68

AV Shield Round 7, Bendigo Zone, Bendigo, Saturday 6 December

Mixed 2000m Walk

1. Whiley, Ebony	EAG	U20	11:04.7
2. Hill, Madison	SBE	U16	11:12.8
3. Watson, John	BGO	40+	15:28.8

SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 3 DECEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide.

1000m Walk

1.	Jake Vidler	04:21		
2.	Rhiannon Lovegrove	04:32		
3.	Sarah Damin	04:59		
4.	George White	05:12	M69	M65
5.	John Leydon	05:21	M52	M50
6.	Chloe Upton	05:28		
7.	Marie Maxted	05:42	W54	W50
8.	John Hore	06:39	M66	M65
9.	Roger Lowe	06:42	M71	M70
10.	Rodger Barber	06:54	M76	M75
11.	Valmai Padget	07:00	W70	W70
12.	Des Mulqueen	07:01	M68	M65
13.	Doug Smart	07:04	M71	M70
14.	James Hoare	07:06	M68	M65
15.	Leigh Smith	07:13	M79	M75
16.	Harry Hayford	07:22	M62	M60
17.	Linda Whitelaw	07:25	W60	W60
18.	Jan Layng	07:30	W66	W65
19.	Gill White	07:30	W66	W65
20.	Jill Rogers	08:00	W70	W70
21.	Mathew Anderson	08:12	M43	M40

2000m Walk

1.	George White	10:53	M69	M65
2.	John Leydon	11:15	M52	M50
3.	Marie Maxted	13:06	W54	W50
4.	James Hoare	13:47	M68	M65
5.	John Hore	13:54	M66	M65
6.	Rodger Barber	13:59	M76	M75
7.	Des Mulqueen	14:29	M68	M65
8.	Leigh Smith	14:41	M79	M75
9.	Roger Lowe	14:56	M71	M70
10.	Doug Smart	14:56	M71	M70
11.	Paul Boyce	16:16	M78	M75
12.	Gill White	16:27	W66	W65
13.	Jill Rogers	16:27	W70	W70

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 5 DECEMBER

Mixed 3000m Walk

1.	Gannon, Brenda	W	AWA	15:37.6
2.	Holt, Kate	W	MLV	16:07.7
3.	Hughes, Holly	W	MLV	17:18.3
4.	Johns, Mikayla	W	MLV	17:24.4
5.	Johns, Courtney	W	MLV	17:54.1
6.	Reid, Benjamin	M	AWA	19:37.6

GEELONG WALKERS CLUB CATCHUP

Thanks to Michelle de Graaf for the last couple of walk results from the Geelong Walkers Club in Victoria.

Program 7, 2000m & 4000m Handicaps, Thursday 20 November

	Age	Time	H'cap	Diffence	
1.	Colin Silcock-Delaine	VET M	32.53	33.52	-59
2.	Michelle de Graaf	VET F	28.46	29.35	-49
3.	Jennie Van Dreumel	VET F	35.22	35.47	-25
4.	Gayle Jepson	VET F	35.22	35.47	-25
5.	James Christmass	VET M	22.12	22.25	-13
6.	Wayne Carmichael	VET M	16.25	16.33	-8
7.	Rinie Van Dreumel	VET M	19.09	19.12	-3
8.	Mark Wiffen	VET M	31.31	31.29	-2
9.	Jessikah Tidd	U/12 F	21.50	21.37	13
10.	Barbara Fairbrother	VET F	21.50	21.37	13
11.	Sheldon Thomson	VET M	16.50	16.33	17
12.	Carla de Graaf	VET F	23.12	20.25	141

Program 8, 30 Minute Time Trial to Nominated Distance, Thursday 27 November

	Age	Distance	Nominated	Difference	
1.	Jennie Van Dreumel	VET F	3445	3427	18
2.	Gayle Jepson	VET F	3445	3427	18
3.	Mark Wiffen	VET M	3738	3710	28
4.	Rinie Van Dreumel	VET M	3151	3122	29
5.	James Christmass	VET M	4458	4500	42
6.	Colin Silcock-Delaine	VET M	3512	3560	48
7.	Wayne Carmichael	VET M	3075	3126	51
8.	Carla de Graaf	VET F	2935	2990	55
9.	Jenny Larkins	VET F	3276	3210	66

10. Jessikah Tidd	U/12 F	2675	2754	79
11. Barbara Fairbrother	VET F	2675	2754	79
12. Michelle de Graaf	VET F	3940	4112	172
13. Sheldon Thomson	VET M	3075	2850	225
14. Mackayla Davison	U/14 F	3100	3400	300

BALLARAT WALKERS PHOTO

Thanks to Sarah Brennan for this great photo of some of the young Ballarat Racewalking Club walkers, taken at Ballarat Little Athletics on Sat 29th November with none other than Jared and Claire Tallent. Thanks Sarah – great one!



NZ ALL SCHOOLS T&F CHAMPIONSHIPS, WANGANUI, 6-7 DECEMBER

The New Zealand All Schools T&F Championships were also contested last weekend with the girls racing over 2000m and the boys over 3000m. 2014 World Cup rep Jared Free had a battle on his hands but fought hard (as the photo below shows) to outlast Jamie Shaw, their times 13:33.21 and 13:34.54 respectively. Samantha Parkinson and Kerri Batin had a similar battle in the girls' race with Samantha 11:20.47 just getting the nod ahead of Kerri 11:20.85.



Jared Free and Jamie Shaw sprint to the line last weekend in Wanganue

Girls 2000m Race Walk Open

1.	Samantha Parkinson	Rutherford College	11:20.47
2.	Kerri Batin	Hagley Community	11:20.85
3.	Estelle Schuler	Te Aroha College	11:28.41
4.	Jenna Rae McIntyre	Timaru Girls' Hi	12:20.36
5.	Jemesa Landers	Hillview Christi	12:21.10
6.	Jessica Duthie	Chanel College	12:58.74

Boys 3000m Race Walk Open

1.	Jared Free	Kelston Boys Hig	13:33.21
2.	Jamie Shaw	Nelson College	13:34.54
3.	Fraser Samson	St Patricks Coll	16:21.29
4.	Jared Neighbours	PapanuiHigh Sc	18:01.19
5.	Sam Walker	Christ's College	18:13.64

Full meet results at <http://www.athletics.org.nz/Events/Live-Results-Page/NZ-Sec-Schools-2014>

HILLINGDON OPEN 10K/20KM, HILLINGDON, UK, SATURDAY 29 NOVEMBER

Thanks to Ron Wallwork for the results of last week's ERWL races at Hillingdon in London. The event incorporated both the British Masters and the Essex & Middlesex 20km championships as well as the usual BMAF 10km races, etc. Ron reported:

The weather was kind for the time of the year and once again the BMAF along with the Essex and Middlesex 20km championships were embraced within the League's final event over 10km. Callum Wilkinson won his ninth race out of the eleven he contested and in doing so became the youngest ever League winner. Grazina Narviliene improved her 2013 winning time by over 90 seconds to win on this occasion. Relative newcomers Keith Vallis and Richard McChesney demonstrated potential and if they can fully master the race walking technique they will, with their running fitness backgrounds improve dramatically.

ERWL 10km Walk Men © = Centurion - *=pb

1.	Callum Wilkinson	(Enfield HAC)	50.33	U20
2.	Ian Richards ©	(Steyning AC)	51.04	M65
3.	Fabian Deuter	(Hillingdon AC)	51.30	SM
4.	Fransisco Reis	(Ilford AC)	51.46	M50
5.	Trevor Jones	(Steyning AC)	56.11	M55
6.	Steve Uttley	(Ilford AC)	58.02	M55
7.	Graham Chapman	(Abingdon)	59.02	M55
8.	Sean McMullin	(Mullinger H)	60.21	M65
9.	Steve Allen	(Barnet & DAC)	60.23	M55
10.	John Ralph	(Enfield HAC)	60.48	M55
11.	Keith Vallis	(Ilford AC)	61.06	M45
12.	Roger Michell ©	(Surrey WC)	61.07	M60
13.	Richard McChesney©	(Stragglers)	61.39	M45
14.	Mark Culshaw	(Belgrave H)	61.43	M45
15.	Arthur Thomson	(Enfield HAC)	62.49	M75
16.	Andrew Cox	(Hillingdon AC)	63.13	M60
17.	Ken Bobbett	(Hillingdon AC)	63.14	M70
18.	Amos Seddon	(Enfield HAC)	63.39	M70
19.	Gary Smith ©	(Enfield HAC)	64.36	M55
20.	Mark Byrne ©	(Redcar RWC)	65.03	M50
21.	Sean Pender ©	(Enfield HAC)	65.13	M60
22.	Colin Vesty	(Leicester WC)	65.13	M45
23.	Peter Hannell	(Surrey WC)	65.28	M70
24.	Chris Flint ©	(Surrey WC)	65.41	M65
25.	Ron Penfold	(Steyning AC)	65.46	M70
26.	Dan Maskell	(Surrey WC)	67.10	M65
27.	Bob Dobson ©	(Ilford AC)	68.00	M70
28.	Richard McKenzie	(Hillingdon AC)	69.12	M45
29.	David Hoben	(Surrey WC)	72.02	M60
30.	Russell Vroobel	(Hillingdon AC)	72.57	M55
31.	Norbert Will	(N.Ireland M)	74.22	M75
32.	Mick Barnbrook ©	(Ilford AC)	77.02	M70
33.	Jon May	(Enfield HAC)	77.18	M60
34.	Harry Corbett	(Belgrave H)	79.00	M55
35.	John Payn ©	(Lancs WC)	80.27	M80
36.	Dave Ainsworth©	(Ilford AC)	86.50	M65
37.	Ken Livermore ©	(Enfield HAC)	90.05	M80

ERWL 10km Women

1.	Grazina Narviliene	(Belgrave H)	54.05	W35
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2.	Helen Middleton	(Enfield HAC)	63.51	W50
3.	Maureen Noel	(Belgrave H)	66.07	W50
4.	Judy Howard	(Abingdon)	67.13	W55
5.	Anne Jones	(Steyping AC)	67.32	W60
6.	Fiona Bishop	(Woking AC)	69.15	W55
7.	Naomi Sharma	(Abingdon)	69.52	W45
8.	Angela Martin	(Surrey WC)	71.39	W50
9.	Jo Miles	(Hillingdon AC)	71.42	W55
10.	Kay Koeslag	(Belgrave H)	72.53	W35
11.	Jenny Middleton	(Hillingdon AC)	72.59	W40
12.	Norma Grimsey	(Enfield HAC)	74.22	W55

ERWL 5km Walk

1.	Ron Wallwork ©	(Enfield HAC)	42.16	M70
2.	Bernie Hercock	(Enfield HAC)	53.56	M75

Trevor Jones, second last year walked an excellent race to finish almost 10 minutes ahead of his nearest rivals, Steve Allen and John Ralph in the BMAF 20km championship and shaved 47 seconds off the time he set last year. Maureen Noel was the ladies winner with Judy Howard, who we don't see a lot of, only two minutes behind. John Ralph, Arthur Thomson and Sean Pender combined to ensure an Enfield team victory over Surrey WC. As the results show, Leaguers Ken Bobbett, Andrew Cox, Arthur Thomson, Sean Pender all scored age category victories and others place medals.

BMAF 20km Championship Men

1.	Trevor Jones	(Steyping AC)	1.52.53	M65
2.	Steve Allen	(Barnet & DAC)	2.02.26	M55
3.	John Ralph	(Enfield HAC)	2.03.36	M55
4.	Keith Vallis	(Overton H)	2.05.59	M45
5.	Ken Bobbett	(Hillingdon AC)	2.06.01	M70
6.	Sean McMullin	(Mullinger H)	2.07.02	M65
7.	Andrew Cox	(Hillingdon AC)	2.07.42	M60
8.	Roger Michell ©	(Surrey WC)	2.07.58	M65
9.	Arthur Thomson	(Enfield HAC)	2.09.05	M75
10.	Sean Pender	(Enfield HAC)	2.11.38	M60
11.	Colin Vesty	(Leicester WC)	2.13.08	M45
12.	Dan Maskell	(Surrey WC)	2.15.18	M65
13.	Chris Flint ©	(Surrey WC)	2.16.39	M65
14.	Bob Dobson ©	(Surrey WC)	2.18.50	M70
15.	John Borgars	(Loughton AC)	2.21.18	M65
16.	Norbert Will	(N.Ireland M)	2.26.59	M75
17.	John Payn	(Lancs WC)	2.42.07	M80
	Ian Richards ©	(Steyping AC)	DQ	M65

BMAF 20km Championship Women

1.	Maureen Noel	(Belgrave H)	2.17.06	W50
2.	Judy Howard	(Abingdon)	2.19.34	W55
3.	Angela Martin	(Surrey WC)	2.25.49	W50
4.	Kay Koeslag	(Belgrave H)	2.31.00	W35
	Fiona Bishop	(Woking AC)	DQ	W55

MALAYSIAN 12 HOUR WALK, SEREMBAN, MALAYSIA, 6-7 DECEMBER

Last weekend saw the annual staging of the MKH Seremban International 12 Hour Walk in Malaysia. A regular event on the world ultra walking scene, it normally sees large numbers of local Malaysian walkers, along with a number of walkers from Hong Kong, Singapore and more widespread countries. It is an event that I have wanted to do for some years now so I finally bit the bullet and made the trip this time around, along with fellow Aussie ultra walkers Saul Richardson (NSW) and Michelle Thompson (VIC). The 8PM start time on the Saturday evening ensures that conditions are less severe than during the day but it is still normally hot and humid and hence a challenging experience for those not used to racing on the equator.

The race this year was moved from Putrajaya to Seremban and was to be held around a 1km block in the inner city. Close to the event, it had to be moved to another city block due to a festival which was scheduled for the same weekend and the course distance was changed to 800m. Come the day and we found that the lap had been further reduced in distance with only a partial lap of the block rather than the full lap to cut off a very busy corner and section. The race results announced on the day were amended to reflect a lap distance of somewhere around 720m but it is my opinion that the lap distance was less than that. The winning distances of 115km are not realistic and indicate that further recalculations are required. Perhaps for this reason, the website is not yet showing the full results sets (see <http://www.racewalkermalaysia.com/12-hour-walk.php>).

But this does not detract from what was a wonderful event, With around 350 walkers participating (and most of them actually finishing), it was an impressive event that was excellently run and well supported by sponsors.

For our own part, Michelle Thompson and I walked the whole way together, starting off conservatively, catching the leaders mid race and then drawing away in the second half for comprehensive wins. Ironically, our first prize of MR1500 each was significantly more than I ever won during my career as an international walker in my younger days! At this stage, I can only quote the first 4 places in each event:

12 Hour Women

1.	Michelle Thompson	AUS	115.362 km (11:57:47)
2.	Norliana Binti Rusni	MAS	97.266 km
3.	Irène Tai Sau King	HKG	90.048 km
4.	Chooi Fern	MAS	90.048 km

12 Hour Men

1.	Tim Erickson	AUS	115.362 km (11:56:56)
2.	Umasuttan Ganesen	MAS	108.576 km
3.	Anipoobarathi Barathithasen	MAS	107.068 km
4.	Michael Campaniello	USA	104.806 km



Tim and Michelle in the last hour of the overnight walk

The tireless traveller Emmanuel Tardi was also in action and toughed it out to record a distance of a little over 60km. Emmanuel, Michelle, Saul and I entered as a 4 person team in the additional team category, finishing third overall in that division.

Unfortunately, it was announced after the event that this would be the final 12 Hour event staged in Malaysia. That being the case, we are glad we made the trip this year. It was as enjoyable as is possible in such an event!

JOHANN DINIZ SETS A NEW FRENCH 5000M INDOOR NATIONAL RECORD

French walk star Yohann Diniz, the European 50km champion in 2006, 2010 and 2014, and the 50km track (3:38:45) and road world record holder (3:32:33), had his first hitout in the new 2014/2015 season last Sunday in an indoors 5000 meters in Reims. He did not let the bystanders down, powering to a new French National record of **18:16.76**. In so doing, he bettered his own French record by some 13 secs and was not actually far outside the 1995 World Record of world record of Russian walker Mikhail Shchennikov (18:07.08). He said after the race that he intends to try for the 20km / 50km double in the IAAF champs in Beijing next year - and you would be silly to discount him in either event after this particular hitout. Results and article at http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1946 and race video at <http://vimeo.com/113858192>.

OUT AND ABOUT

- Our sincerest sympathies to Simon and Alison Baker on the passing of Simon's dad Frank. Frank had been in poor health for some time and passed away peacefully a few days ago. Frank was well known to many of the older VRWC members as he was a regular judge during the 1980s as well as the proud father of a wonderful walker. The funeral will be held at noon on Friday at Le Pines Funeral Parlours, Dandenong Road, Oakleigh. Our thoughts are with Frank's widow Monica.

- More information has now been released about the replacement for next year's Paris-Colmar Classic - see <http://www.vosgesmatin.fr/vosges/2014/12/04/paris-colmar-est-mort-vive-paris-alsace>. In summary, it will be held from 3-6 June and will take place between Neuilly-sur-Marne and Ribeauvillé.
- Racewalking + Bee Gees = Perfection. See https://www.youtube.com/watch?v=_Cw-s0em1hl
- Dave McGovern has posted the 2015 US Racewalk Calendar: <http://www.racewalking.org/american.htm>
- The Herald Sun last week obtained a copy of the 39-page Athletics Australia report into performance and issues coming out of the 2014 Commonwealth Games. See <http://www.heraldsun.com.au/sport/more-sports/report-into-australias-commonwealth-games-debacle-pinpoints-lack-of-leadership/story-fnibbyyv-1227147903868/>. To quote from the leading sentence of the article: A report into Athletics Australia's Commonwealth Games debacle which resulted in its head coach being sent home has found a lack of leadership throughout the organisation contributed to the Glasgow mess. AA has since released the report itself and it makes for interesting reading: see [file:///home/tim/Downloads/The%20Glasgow%202014%20Campaign%20Review%20Report%20\(Web\).pdf](file:///home/tim/Downloads/The%20Glasgow%202014%20Campaign%20Review%20Report%20(Web).pdf).
- Changes are mooted for future Olympics, perhaps even beginning with 2020 in Tokyo. The Sydney Morning Herald reported a few days ago (see <http://www.smh.com.au/olympics/olympics-swimming-triple-jump-and-race-walking-under-threat-20141209-123ixg.html#ixzz3LSglK43G>) that the has IOC approved a change to cap the total number of athletes at a summer games at 10,500 and 310 events instead of a 28-sport limit. The changes will be not be introduced in time for the 2016 Olympics in Rio de Janeiro, but they appear likely to foreshadow the return of baseball, softball and squash for the 2020 Games in Tokyo given the popularity of baseball in particular in Japan. Naturally racewalking is one of the disciplines mooted for possible exclusion to make way for new sports. However, it's all hearsay at the moment so just reporting on the discussion for completeness.
- The latest edition of the English Race Walking Record has been released - now in its 74th year! Download it from <http://racewalkingrecord.co.uk/wp-content/uploads/2014/12/November-2014-RWR.pdf>.
- Results and discussion of the Championships of Galicia in Spain. See <http://omarchador.blogspot.pt/2014/12/93-marchadores-no-campeonato-galego-de.html>
- Reports on and results for the South American Youth Championships in Cali, Colombia. <http://omarchador.blogspot.pt/2014/12/sul-americanos-de-juvenis-em-cali-na.html>
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1940

MARCIADALMONDO CONTINUES APACE

I continue to be most impressed by the frequency of the press releases put out by Nicola Maggio of MarciaDalMondo. This week sees 11 offerings, all of them interesting and varied. They read as follows

- Comparison of race walking prowess country by country, based on the number of athletes in the first 100 of the world lists: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1950
- World list Junior Women 10 km / 10.000m: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1948
- Ronald Daniel awarded the "Lori Maynard Award": http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1947
- Yohann Diniz new French 5000m Indoor walk record: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1946
- World list Junior Men 10 km / 10.000m: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1945
- World list U23 Men 20 km: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1944
- World list U23 Women 20 km: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1943
- World list men Open 50 km: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1942
- World list Open Women 20 km: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1941
- South American U18 Championships: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1940

- World list Open Men 20 km: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1939

MARCIADALMONDO REVIEWS RACEWALKING RANKINGS BY COUNTRY

I thought I must reproduce Nicola's excellent comparison of race walking prowess country by country, based on the number of athletes in the first 100 of the world lists: see http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1950. You can read the finer details in the article – here is the final chart which ranks all countries in one column. Australia ranks 9th in this particular world view, having 18 walkers ranked in the top 100 in the world in their respective age groups. China, Russia, Japan and the Ukraine stand out at the leading racewalk nations – nothing surprising there!

	50km M	20km W	20km M	20km U23W	20km U23M	10km Jun M	10km Jun W	Total
1. China	12	19	7	26	19	40	28	151
2. Russia	10	14	9	14	11	12	20	90
3. Japan	7	5	11	8	20	2		53
4. Ukraine	11	6	7	9	6	4	8	51
5. Italy	5	3	4	3	4	6	4	29
6. Poland	5	6	6	5		2	3	27
7. Spain	3	6	5	3	4	3	3	27
8. Mexico	6	2	4	3	4	2	2	23
9. Australia	2	2	4	2	3	2	3	18
10. Germany	2		5	1	3	3	3	17
11. Colombia	3	2	2	2	4	1	1	15
12. France	3	1	2	2	2	2	1	13
13. India	4	1	5	2	1			13
14. Korea	1		5	3		2	2	13
15. Lithuania	2	3	1	1	2	2	2	13
16. Portugal	1	4	1	1	1	1	3	12
17. Slovakia	3	2	2	1	1	1	2	12
18. Belarus	1	3	4	2			1	11
19. Brazil	1	2	3		2	1		9
20. Ecuador	3	2	1	1		1		8
21. Hungary		1	1	2	1	2	1	8
22. Czech Republic	2	2				1	2	7
23. Greece	1	1	1	1		2		6
24. Guatemala	2	3		1				6
25. Canada		1	3			1		5
26. Finland	2				1	1	1	5
27. Great Britain		1	1	1	1		1	5
28. Ireland	2	1	1		1			5
29. Peru	1	1		1		1	1	5
30. USA		2			1		2	5
31. Bolivia				2	1		1	4
32. Kazakhstan			1	1			2	4
33. Sweden	1		2		1			4
34. Turkey					2	1	1	4
35. Egypt					1	1		2
36. Norway			1		1			2
37. South Africa	1						1	2
38. Switzerland		2						2
39. Chile			1					1
40. Ethiopia				1				1
41. Georgia	1							1
42. new Zealand	1							1
43. Romania	1							1
44. Taipei				1				1
45. Tunisia							1	1
46. Venezuela					1			1

WADA TO INVESTIGATE ALLEGATIONS OF RUSSIAN SYSTEMATIC DOPING AFTER TV DOCO

Wow, influential website InsideTheGames posted an article last Wednesday discussing a German documentary which sought to lift the lid on what it suggested was systemic doping in the Russian athletics system. See <http://www.insidethegames.biz/sports/summer/athletics/1024155-wada-to-investigate-allegations-of-russian-systematic-doping-after-german-tv-documentary>. Here's a brief summary of the doco

Germany's ARD tonight aired a documentary, **Top-secret Doping: How Russia makes its Winners**, in which athletes such as 800 metres runner Yuliya Rusanova, currently banned because of abnormalities in her biological passport, reigning 800m

Olympic champion Mariya Savinova and marathon runner Liliya Shobukhova appear to have evidence of corruption among sport officials in the nation that hosted this year's Winter Olympics and Paralympics. The broadcast includes claims of doping cover ups and features secretly recorded video footage.

Followup articles came thick and fast from around the world. Here is an initial selection.

<http://www.telegraph.co.uk/sport/othersports/athletics/11272052/Russias-London-2012-800m-champion-caught-in-doping-storm.html>

<http://www.supersport.com/athletics/article.aspx?Id=2761784>

<http://www.bbc.com/sport/0/athletics/30331065>

http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11369206&ref=rss

<http://www.bbc.com/sport/0/athletics/30335834>

<http://www.athleticsweekly.com/featured/iaaf-issues-statement-response-grave-allegations-14338/>

The corkrunning blogspot has translated the program transcript into English (see <http://corkrunning.blogspot.co.uk/2014/12/german-tv-documentary-exposes-drugs.html>): Here are the opening paragraphs

With a degree of clarity previously never seen, athletes, coaches and other whistleblowers have undermined the reputation of this year's Olympic host Russia - before the camera and with plenty of evidence. In the programme "Top-secret Doping: How Russia makes its Winners" (Wednesday, December 3rd 18.50 - 19.50 hrs., Das Erste - First German TV Channel), several people involved in Russian sport deliver extensive evidence about doping and massive corruption and cover-ups. "You cannot achieve the results that you are getting, at least in Russia, without doping. You must dope. That's how it is done in Russia. The officials and coaches clearly say by using natural ability you can only do so well. To get medals you need help. And the help is doping, prohibited substances", Vitaliy Stepanov told the ARD. Stepanov was an employee of the Russian Anti- Doping Agency RUSADA for three years and even advised the Director- General. He reports for the first time and openly before the camera about his experiences.

His wife Yuliya Stepanova (former Yuliya Rusanova), a world-class 800-metre runner, currently suspended because of doping, accuses the Russian sports system of only having achieved many of its successes through large-scale fraud: "That is hammered into the coaches and the coaches hammer it into the athletes. The athletes, therefore, do not think when they are taking banned drugs that they are doing something wrong".

In order to prove the allegations, Yuliya Stepanova has secretly made numerous audio and video recordings at her own risk and made these files available to the ARD. Thus, the recordings prove the involvement of coaches as well as physicians in the drug procurement system or the cover-up of positive doping tests. No one of them responded to inquiries from the ARD.

The President of the Russian Athletics Federation, Valentin Balakhnichev, also left questions from the ARD unanswered and in an interview situation avoided any possible confrontation. Whereby according to research by the ARD-Doping Editorial Group, he was personally probably even involved in the arguably biggest corruption case in the history of athletics. According to her own evidence in the ARD documentary, Liliya Shobukhova, one of the world's best marathon runners, bought herself the right to participate at the 2012 London Olympics in return for a payment of 450,000 Euros to Russian officials, apparently to ensure that her extremely noticeable blood levels would not be sanctioned at that time.

In a cell phone-video passed on to the ARD-Doping Editorial Group, the 800-metre Olympic champion from London 2012, Mariya Savinova, talks about her doping practices, for example, the taking of the banned anabolic agent oxandrolone. Savinova did also not respond to inquiries from the ARD.

The World Anti-Doping Agency is shocked in view of the available concrete and circumstantial evidence. WADA Director-General David Howman said, "Well, the combination of all is terribly shocking. Individual components are disappointing. When you combine everything and you look at the facts of this documentation and oft the other things, that I have heard and seen, of course it is shocking."

The TV Station followed up on Sunday with part II of the expose, further focusing on Russia and broadening its investigation at the same time. The furor has been swift and this time it will be difficult for Russia to get away without having a transparent investigation. We wait expectantly.

VRWC CLUB RECORD UPDATE

45 year old Michelle Laufer broke her own W45 VRWC 3000m track club record last Saturday at Doncaster with her time of 14:47.7. Well done Michelle!

Michelle Laufer W45 3000m Track Walk 14:47.7 AV Shield, Doncaster 2014/12/07

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.

2014/2015 Australian/Victorian Summer Season Key Dates

Sun Dec 14, 2014	Australian 50km Championship meet, Fawkner Park, VIC
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See https://www.facebook.com/groups/726992100645163/
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks)
Sun Feb 22, 2015	Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA
Mar 11-15, 2015	Australian Junior T&F Championships, Sydney, NSW
Mar 14-15, 2015	2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

2015 IAAF Race Walking Challenge Dates

Feb 22, 2015	Oceania Race Walk Championships	Adelaide, AUSTRALIA
May 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11th European Cup Race Walking	Ivano-Frankivsk, UKRAINE
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, Niarobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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