



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 14
6 January 2015



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WHAT'S COMING UP

STOP PRESS

Entries close for the Canberra Track Classic 5000m Walks on Friday 9 January.
Entries close for the Victorian Country T&F Championships in Bendigo on Sunday 11 January.
Entries close for Victorian 5km Teams Roadwalk Championships at Middle Park in the next week.

And now onto the detail. **Athletics Victoria Shield competition** continues in 2015 with the next two further rounds in mid January. Key dates read as follows

Sat Jan 10, 2015	AV Shield – Round 9 - Zone v Zone
Sat Jan 17, 2015	AV 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 Walk Championships**. Registrations for the AV Teams Walks are now open – go to <http://athsvic.org.au/events/calendar/> and click on the registration button for this event. So get busy and get your team organised if you haven't done it yet. This event is often quite open and you never know your chances of scoring a place and being in the medals! The timetable for the day reads as follows:

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.

The AV 5km Teams Championships are one of a number of key dates for which you must pre-enter. Others on the radar include

Jan 23-25, 2015	Victorian Country T&F Championships, Bendigo. Entries close Sunday 11 January. Enter at http://athsvic.org.au/event/2015-victorian-country-championships/
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks). Entries close Friday 9 January. Enter at http://www.athletics.com.au/Compete/Online-Entries
Sun Feb 22, 2015	Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA. Entries close on Friday 30 January. Enter at http://www.athletics.com.au/Compete/Online-Entries

TIM'S TOP TEN WOMEN FOR 2014

This week I focus on our women and select my Top Ten Australians for the year. As for my selections for the men in last week's newsletter, it is very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As usual, it was a very tough task.



1. Tanya Holliday

26 year old Tanya suffered an early season setback with a DQ in the Australian Summer 20km champs in Hobart in February but bounced back with some excellent 5000m walks in March and April (21:36 and 21:41). A win in the Australian 10,000m track championship in Melbourne (45:08) was followed by 39th place in the IAAF World Cup in China (1:32:26). For the second year in a row, she doubled in the LBG Carnival in Canberra in June, winning the 10 Mile (1:14:52) and the 5km (22:07). Further good 20km walks in August (1:33:07) and in December (1:36:57) in Melbourne cemented her place as our top performing woman for the year.



2. Kelly Ruddick

41 year old Kelly was a very close second to Tanya, amazing us with her W40 record performances. Starting the year with a 13:16 3000m in Ballarat in January, she won the Australian 20km Summer championship in Hobart (1:34:44) and took a very good 7th in the IAAF Challenge event in Chihuahua, Mexico (1:39:24) in Mexico, was second to Tanya in the Queensland Track Classic 5000m (21:46) in March, walked 45:25 in the Australian 10,000m track championship in April and finally walked 1:34:00 for 49th in the IAAF World Cup in Taicang, China, in May. What a fantastic 5 month period. The second half of her year was very quiet with only a few appearances and no major championship starts but she did enough in the first half to cement her place at the top.



3. Clara Smith

16 year old Clara had some great battles with Jemima Montag in the early part of the year but drew clear when it counted. She was second to Jemima in the World Cup Junior 10km trial in Hobart in Feb in a PB 48:17, second to her again in the Australian U17 5000m in Sydney in March (23:30) but bridged the gap as the first Australian to finish in the IAAF World Cup in Taicang in May (8th with 46:33). She also walked well in the 4 Day Lake Taihu Rally in China in October and won the Australian All-Schools U18 5000m championship in December (23:24) to round out a very successful year which also included PBs at 3km (12:52) and 5000m (22:42).



4. Jemima Montag

16 year old Jemima started the year explosively, winning the World Cup U20 10km trial in Hobart with a huge PB of 47:00 in February. A further win in the Victorian U17 5000m (22:32) was also a leading U20 time. She then upped the ante, winning both the U17 5000m (22:43) and the U20 10,000m (48:25) at the Australian Junior T&F Champs in March. Alas, she was carrying an injury by the time the IAAF World Cup came around in May and she had to be content with 12th place in a time of 47:34. She had the winter off to recover and did not reappear until the current summer season, doing some Victorian Shield comps and then taking second behind Clara in the Australian All-Schools U18 5000m in Adelaide (23:58).



5. Heather Carr

The amazing Heather Carr turned 65 in August 2014 and is now busy rewriting the W65 World and Australian walking records, just as she has done in every Masters age group since she started in the W35 division. She started the year with 3 golds in the Oceania Masters Champs in Geelong in early January, won 3 golds in the Australian Masters Champs in Hobart in March and raced locally in Victoria all year, never failing to finish and always finishing in times that are outstanding for her age. Her yearly bests read excellently - 7:47 (1500m), 16:28 (3000m), 28:09 (5000m), 58:31 (10km) and 2:08:54 (20km).



6. Michelle Thompson

45 year old Michelle is our dominant ultra distance walker, far ahead of any other women and bettering our ultra men on just about every occasion into the bargain. Her one appearance in racewalking circles was in January when she recorded 2:02:05 for a VRWC 20km event at Middle Park. Apart from that, she focused on the more traditional longer distances, winning the Caboolture Dawn to Dusk 12 Hour in February (96.054km), winning the Coburg 6 Hour Championships in March (55.731km) and winning the Coburg 24 Hour Championship in April with an astonishing 190.984 km (the second longest distance ever walked in Australia behind the late great Jim Gleeson). Her performance in this race saw her set new Australian women's records for 12 Hours, 100km, 100 miles and 24 Hours. She next fronted in the Australian Centurions 12 Hour in Melbourne in October, winning easily with 101.660 km. Her year finished with a great win in the Malaysian International 12 Hour walk in Seramban in December, her official time of 115km unfortunately incorrect but still a huge walk.



7. Eliza Clarke

14 year old Eliza moved up from U14 to U16 this year and made her presence felt immediately. She started the year with a win in the Victorian 5km Open Teams Roadwalk in Melbourne in January (25:36), won the U15 3000m at the Australian Junior Champs in Sydney in March (14:44), won the U14 1500m walk at the Victorian Little Athletics Champs (6:40) that same month and set a whole swag of PBs as the summer progressed. She was 4th in the LBG U16 3km (15:04), won the U16 3000m (13:41) at the Australian All-Schools in Adelaide in December and continued to chip away at her PBs as the current summer unfolded. A hugely talented walker with a big future.



8. Beki Smith

28 year old Beki finally returned to competition in June of this year, a year after the birth of her first child and nearly 2 years after her walk appearance at the 2012 Olympics. She took a good second in the LBG 10 Mile walk in Canberra in 1:20:12, then won the NSW 20km State Championship in July (1:36:38) before finishing off the year with a win at Fawkner Park in December (20km in 1:35:37). Only 3 races for the year but a welcome comeback after 2 years away from the sport.



E9. Nicole Fagan

25 year old Nicole was a DNF in the Australian 20km Summer Championships in Hobart in February but bounced back well, winning 5000m walks at the NSW Champs and at the Sydney All-Comers meet (22:27 and 22:37). She finished off her summer season with an inspired second place behind Tanya in the Australian 10,000m track championship in Melbourne in April (45:21). She completed a good double at the LBG Carnival in Canberra in June, winning the Open 10km (48:17) and taking second in the Open 5km (23:00). She then recorded two good 20km times, first in winning the NSW championship in July (1:37:45) and then winning the Australian 20km Winter Championship in Albany in August (1:41:07). Her last two races for the year were a win in the Australian University Games in Sydney in Sept (24:31 for 5000m) and 4th in the 20km invitational race at Fawkner Park in December (1:43:01). Overall, a good year.



E9. Stephanie Stigwood

24 year old Stephanie raced only sparsely this year but, when she did race, the results were good. She started the year with 2nd in the Australian 20km Summer champs with a PB 1:37:39. She followed this up with another good walk, this time in Nomi, Japan, in March, coming 14th in 1:39:01. A very good 23:05 in the Tasmanian Open 5000m track championship that same month (23:05) set the stage for a great year. Alas, she was a DNF in the Australian 10,000m championship in Melbourne in April and then she did not race again nationally until fronting at Fawkner Park in December, coming 3rd with 1:40:03.



E10. Tayla-Paige Billington

17 year old Tayla had done 49:08 in December 2013 at Fawkner Park so was one of the front contenders for 2014 international selections. Unfortunately, her 2014 trials did not go well – DNF in the World Cup U20 trial in February and a distant 9th in the World Junior trial in March with 55:08. The selectors took into account her health issues during this period and still selected her for the IAAF World Junior champs. She bounced back with 5km times of 24:17 and 24:26 in May/June but it was not until July in Oregon where she hit her straps, coming 18th in the World Junior champs in a PB 48:40. She made very few appearances in the second half of the year, the best of them being 4th place in the Australian All-Schools champs in Adelaide in December (25:06). So a patchy year by her usually high standards but a major highlight mid year in the World Juniors.



E10. Jasmine Dighton

18 year old Jasmine started the year explosively, taking third place behind Jemima and Clara in the World Cup trial in Hobart in Feb, her time of 49:11 a big PB. She then backed up for 2nd in the World Juniors trial in Sydney in March (50:39). With selectors advising that school aged walkers could only walk in one of the two internationals, she was duly selected for the World Junior Championships in July. Alas, the pressures of year 12, combined with a number of niggling injuries meant that she could not replicate this form as the year progressed. Her 6th place in the LBG Open 5km (24:57) was slower than she had hoped and her subsequent DQ in Eugene in July was a shattering experience. She then put her head down for Y12 studies and did not race again until December. A classic case of how hard it is to mix a successful racing year with a year of intense academic study. She is currently at our Falls Creek camp and keen to get back to full fitness once again.



E10. Elizabeth Hosking

19 year old Elizabeth had walked 49:43 in the Fawcner Park meet in December 2013 so was one of a number of girls in contention for international teams in 2014. Her 6th place in the World Cup trial in Hobart (53:25) made a World Cup placed unlikely but her 3rd place in the Australian Junior 10,000m championship in Sydney (50:40) brought her back into the selection spotlight and she was duly selected for the World Cup. She justified her spot in the team, coming 25th in Taicang in May in a PB 49:21. Her only other walk for the year was in the LBG Carnival in June when she finished 4th in the Open 5km in 24:24. So good enough to make my list but a partial year at best.

ATHLETICS TASMANIA SHIELD, DOMAIN, HOBART, SATURDAY 3 JANUARY 2014

Racing will not get underway in Australia until next weekend but I did find one result from the new year in Tasmania with Ron Foster the sole competitor.

3,000 Metre Walk

1. Ron Foster NS 19:54.62

TEXAS' LARGEST 1 MILE RACE WALK, PSJA STADIUM, PHARR, TEXAS, FRIDAY 2 JANUARY

It's also very quiet on the world scene over the new year but one set of results to report from Pharr in Texas where Vince Peters reported on their annual racewalk development camp and associated races.

Amberly Melendez, a junior at Thomas Jefferson Early College High School, won Friday morning's Texas' Largest 1 Mile Race Walk. Melendez, from Pharr, took the lead early in the Olympic development event for 14 to 19 year old athletes and led thru the first 400m in a blazing 1:51. She was closely chased by Elgin, Illinois, high school junior Anali Cisneros and college fresh Brenda McCollum from Fall River, Kansas. Amberly's advantage never waned and she dominated the field with a 45 meter victory in 7:29.1. Her time is the fastest ever walked by a South Texas female walker in the history of the club and will be submitted as the new Texas high school record for 1 mile walk. Tim Seaman, a two-time Olympian, and Cuyamaca College coach from California remarked, "Amberly has shown that she has the potential to win the race walk at the high school indoor national track & field championships in New York City this year."

The women's mile was just one of three races held on the cold, wet morning at Pharr's PSJA Stadium. The men's mile was won by 23 year old Nick Christie of El Cajon, California. Christie, a surprise bronze medallist in the 2012 Olympic Trials completed the 4 circuits of the 400m oval in 6:31.8, narrowly outlasting 18 year old Anthony Peters of Bartlett, Illinois. Peters, a member of the USA junior team that competed in Beijing, China, last year, walked his mile in 6:32.4. Third place in the mile went to Emmanuel Corvera of San Diego, California. The top high school finisher was Greenon high school sophomore Cameron Haught. He hails from Enon, Ohio, and walked his mile in 6:48.4.

The final event of the day was the open 3,000m walk for men and women. The men's winner of the qualifier for the USATF indoor nationals and Collegiate NAIA indoor nationals was Ian Whatley from Greer, South Carolina. Whatley won in 14:02.9. Doug Hutcherson, a sophomore at Central Missouri University was second in 14:26.2. Third place went to Alex Peters, college freshman competing for the Elgin Sharks Track Club out of Illinois. His time was 14:44.5. The women's 3,000m walk was won by Miriam Andablo, a junior at Roosevelt University, an NAIA college in downtown Chicago, Illinois. Her winning time of 15:36.4 was well under the collegiate national championship qualifying standard of 16:30. Jennifer Lopez, a freshman at St. Ambrose University in Davenport, Iowa, was second in 15:54.0. Third went to Cassandra Delgado, competing for the Elgin Sharks TC from Illinois.

After observing all of the walkers compete Seaman stated, "Our hard work this past week with these athletes will pay off huge dividends in the future for not only race walking but also USA Track & Field."

Seaman and his wife Rachel, also an Olympic athlete, are in town as instructors for the annual week-long training camp hosted by the South Texas Walking Club. This event brings together 40 of the USA's top 14 to 21 year olds in the T&F event of race walking. The high level training and technique analysis, along with instruction in bio-mechanics by coach Ian Whatley, training management, injury prevention and sports nutrition and psychology is part of USA program in preparing the next generation of American stars in track & field. It is sponsored in part, locally, by Lone Star National Bank and Orthodontist Joel Martinez, and across South Texas by North Park Lexis Dealership of San Antonio.

The camp concludes with a 5k walk and 5k run that is open to anyone in the Tri City area of McAllen, Pharr and Edinburg. Day of race registration starts at 7am for the 9am event that begins and ends at Liberty Middle School on Fir road. The 10k race walk competitions for the campers gets underway at 7:15am. It will have an international affair with athletes from Mexico, Canada and Hong Kong expected to compete.

1 mile Women

1.	Amberly Melendez	(F17)	South Texas Walkers	7:29.1
2.	Anali Cisneros	(F17)	Elgin Sharks	7:55.1
3.	Brenda McCollum	(F19)	Baker Univ	8:11.9
4.	Camila Vicens	(F12)	Track Houston	8:18.9
5.	Nayeli Cisneros	(F16)	Elgin Sharks-	8:28.4
6.	Kirra Facer	(F14)	Temecula Rangers	8:29.3
7.	Julisa Juarez	(F14)	South Texas Walkers	8:30.7
8.	Melissa Endy	(F15)	Westfield YMCA Flyers	8:33.2
9.	Emely Antuna	(F13)	South Texas Walkers	8:41.4
10.	Jessica Heiser-Whatley	(F15)	Warriors TC	8:50.2
11.	Gladys Sanchez	(F13)	South Texas Walkers	8:59.4
12.	Victoria Heiser-Whatley	(F15)	Warriors TC	9:03.2
13.	Itzel Gonzalez	(F14)	South Texas Walkers	9:28.4
14.	Carolina Hernandez	(F10)	South Texas Walkers	10:52.0
15.	Celeste Sanchez	(F10)	South Texas Walkers	10:59.5
16.	Kenya Antuna	(F10)	South Texas Walkers	11:31.5

1 mile Men

1.	Nick Christie	(M23)	Missouri Baptist Univ	6:31.8
2.	Anthony Peters	(M18)	St Ambrose Univ	6:32.4
3.	Emmanuel Corvera	(M21)	San Diego State Univ	6:46.0
4.	Cameron Haught	(M16)	Southwest Ohio TC	6:48.4
5.	Rachel Seaman	(F28)	New York AC	6:53.1
6.	Matias Serna	(M16)	South Texas Walkers	7:29.8
7.	Steven Berry	(M15)	Unattached (Utah)	7:30.7
8.	Eduardo Uria	(M15)	South Texas Walkers	7:38.4
9.	Christian Rios	(M13)	South Texas Walkers	8:06.1
10.	Angelo Peters	(M14)	Elgin Sharks	8:12.2
11.	Luis Figueroa	(M14)	South Texas Walkers	10:08.8

3000m Women

•	Miriam Andablo	(F21)	Unattached (illinois)	15:36.4
•	Jennifer Lopez	(F18)	St Ambrose Univ	15:54.0
•	Cassandra Delgado	(F19)	Elgin Sharks	16:05.4
•	Kaitlyn Loeffler	(F22)	Central Methodist Univ	16:45.1
•	Val Vaitones	(F18)	New England Walkers	17:02.9

3000m Men

1.	Ian Whatley	(M55)	Warriors TC	14:02.7
2.	Douglas Hutcherson	(M19)	Central Methodist Univ	14:26.2
3.	Alex Peters	(M18)	North Central College	14:44.5
4.	Alex Chavez	(M21)	Missouri Baptist Univ	14:47.4
5.	Emilio Mancha	(M18)	Benedictine Univ	15:58.5

JABLONEC NAD NISOU, CZECH REPUBLIC, SATURDAY 27 DECEMBER

The Drahotova sisters were in action in the Czech Republic just after Christmas, with Anežka walking an excellent 22:14.5.

Women 5000m Race Walk Indoor

1.	Anežka DRAHOTOVÁ	CZE	95	22:14.5
2.	Eliška DRAHOTOVÁ	CZE	95	24:26.3

ALL-ATHLETICS.COM RACE WALKERS OF THE YEAR

www.All-Athletics.com is without doubt the most comprehensive T&F statistics website in the world, with results of most races world wide and with an incredibly detailed statistics section. It has both public and private sections, the private sections offering greater detail and available only to those who take out a paid subscription.

For each athletic performance, the site allocates the appropriate number of IAAF ranking points and from this base, they calculate their yearly ranking tables for each discipline. Since we are at the end of yet another big year of athletics, they have published their yearly rankings which show the top walkers world wide and the top walkers within each major geographic area - see <http://www.all-athletics.com/en-us/2015-01-04/race-walkers-year-2014>. Here's the final breakdown

All-Athletics.com World Race Walkers of the Year	Male: Ruslan Dmytrenko (Ukraine) Female: Hoing Liu (China)
All-Athletics.com African Race Walkers of the Year	Male: Lebogang Shange (South Africa) Female: Grace Wanjiru Njue (Kenya)
All-Athletics.com Asian Race Walkers of the Year	Male: Yusuke Suzuki (Japan) Female: Hoing Liu (China)
All-Athletics.com European Race Walkers of the Year	Male: Ruslan Dmytrenko (Ukraine) Female: Lyudmila Olyanovska (Russia), Vera Sokolova (Russia)
All-Athletics.com Central American Race Walkers of the Year	Male: Eric Bernabé Barrondo (Guatemala) Female: Mirna Sucely Ortiz Flores (Guatemala)
All-Athletics.com Oceanian Race Walkers of the Year	Male: Jared Tallent (Australia) Female: Kelly Ruddick (Australia)
All-Athletics.com Central American Race Walkers of the Year	Male: Caio Oliveira De Sena Bonfim (Brazil) Female: Erica Rocha de Sena (Brazil)

Dmytrenko and Liu were also the winners of the 2014 IAAF World Race Walking Challenge series, doubly confirming their status as the best in the world for the year.



The above ranking are based on the scores of the best 3 performances for each walker, with a complex set of rules that award more points to 20km and 50km performances and lesser points to 15km, 30km, 35km distances. Bonus points are also awarded for world records and for major races like World Champs, etc. If you are interested in reading a bit more about how they do it, then check out <http://www.all-athletics.com/en-us/rules-all-athletics-world-rankings-2014-race-walking>

Yohann Diniz, who won the European Championship 50km in a new world record last year, did not satisfy the rules which dictate that you must have at least 2 finishes in 20km / 50km. Hence, even though he had the following fantastic races

Date	Competition	Event	Pos	Result	Point & B
15.08.2014	Zurich - European Championships	50km	1.	3:32:33	1269+20
12.07.2014	Reims - French Track Championships	10,000m	1.	38:08.12	1222

he needed one further 20km race to satisfy the rules. All he needed was a 20km finish in 1:23:15 or faster and he would have topped the year and beaten Dmytrenko.

And how did the Australians rank - as shown below, we had 4 men and 4 women in the top 100, led by **Jared Tallent (12) and Kelly Ruddick (41)**, who were the top Oceania walkers, according to All-Athletics. It is many years since Jared missed out on a top-10 yearly finish and I am sure that he will be out to rectify that in 2015.

Men's Race Walking: 20km-50km (10km-30km-35km) – see <http://www.all-athletics.com/current-rankings?evtg=22>

1.	Ruslan DMYTRENKO	86	UKR	1292
2.	Miguel Angel LOPEZ	88	ESP	1284
3.	Mikhail RYZHOV	91	RUS	1278
4.	Matej TÓTH	83	SVK	1277
5.	Yusuke SUZUKI	88	JPN	1275
6.	Ivan NOSKOV	88	RUS	1268
7.	Takayuki TANII	83	JPN	1257
8.	Zelin CAI	91	CHN	1253
9.	Denis STRELKOV	90	RUS	1234
10.	Hyun-Sub KIM	85	KOR	1231
12.	Jared TALLENT	84	AUS	1227
18.	Dane Alex BIRD-SMITH	92	AUS	1209
33.	Chris ERICKSON	81	AUS	1183
91.	Rhydian COWLEY	91	AUS	1114

Women's Race Walking: 20km (5km-10km-50km) – see <http://www.all-athletics.com/current-rankings?gender=F&evtg=44>

1.	Hong LIU	87	CHN	1265
2.	Vera SOKOLOVA	87	RUS	1258
2.	Lyudmila OLYANOVSKA	93	UKR	1258
4.	Elmira ALEMBEKOVA	90	RUS	1247
5.	Eleonora Anna GIORGI	89	ITA	1244
6.	Anežka DRAHOTOVÁ	95	CZE	1238
7.	Xiuzhi LU	93	CHN	1236
8.	Ana CABECINHA	84	POR	1228
9.	Antonella PALMISANO	91	ITA	1227
10.	Lina BIKULOVA	88	RUS	1206
41.	Kelly RUDDICK	73	AUS	1133
43.	Tanya HOLLIDAY	88	AUS	1126
75.	Rachel TALLENT	93	AUS	1058
84.	Stephanie STIGWOOD	90	AUS	1041

FALLS CREEK CAMP CONTINUES

Our annual VRWC Falls Creek camp is well onto week 2 and we have only 4 days to go until the camp finishes on Saturday. Some walkers went home after week one and some joined us for week two so that our overall numbers stayed much the same – 25 in the first week and 24 in the second week. We have just finished a solid 4 day block of walking with everyone challenging themselves with big personal loads and some great performances. A rest day tomorrow with our own edition of The Amazing Race and possibly another swim at Mt Beauty, then some more speed work on Thursday and we are in sight of the end.

We've now got lots of photos uploaded to our gallery at <http://www.vrwc.org.au/fallscreek-pics/thumbnails.php?album=6>. Here are some of the more recent ones



Speed work – another 1km rep kicks off



Kyle, Brad and Alana



Above - Bushwalk day

Below – the card game





Lucas, Ally, Zoe, Courtney, Zoe (again!), Kyle and Alana



Left: Like father, like son



Right: Ross, Lucas, Anna, Jared and Samantha

BITS AND PIECES

- Published on 18 Feb 2013, this video provided a short portrait of the wonderfully inspiring 90 year old artist and racewalker Leonard Creo - <https://www.youtube.com/watch?v=HPG-av1IGCc>
- Drug cheats in sport face a minimum four-year ban under new rules which came into effect from 1 January- see <http://www.bbc.com/sport/0/30648392>

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 18 Jan, 2015	AV 5km Teams Roadwalk Champs and VRWC races, Middle Park, VIC
Jan 23-25, 2015	Victorian Country T&F Championships, Bendigo. Entries close Sunday 11 January. Enter at http://athsvic.org.au/event/2015-victorian-country-championships/
Sun Feb 1, 2015	VRWC Roadwalks, Middle Park, VIC
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks). Entries close Friday 9 January. Enter at http://www.athletics.com.au/Compete/Online-Entries
Sun Feb 8, 2015	VMA 5000m Walk Champs and VRWC track races, Mentone Athletics Track, Mentone, VIC
Sun Feb 22, 2015	Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA. Entries close on Fri 30 January. Enter at http://www.athletics.com.au/Compete/Online-Entries
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
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
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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