



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 19
10 February 2015



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WALKERS OF THE WEEK

This week's Walker of the Week is a two way affair with the honour shared between Ralph Bennett and Rebecca Henderson.

- 73 year old VRWC walker **Ralph Bennett** was the top scoring walker in Sunday's Victorian Masters 5000m track championship, his time of 29:28 scoring 88.31% on the Age Graded tables. Ralph, who earned 3 golds in the 2013 World Masters Championships in Porto Alegre (5000m, 10km and 20km), has continued his fine form since then and shows no signs of slowing as yet.
- 13 year old **Rebecca Henderson** has had a fantastic summer season and continued her good form with a big PB of 14:41 in the VRWC 3km track walk last Sunday at Mentone. She is one of our large pool of talented young walkers here in Victoria.



WHAT'S COMING UP

Next weekend sees the **Victorian Junior T&F Championships** at Lakeside Stadium in Albert Park. The final timetable shows the walks as follows

- | | | |
|--------------|---------|------------------------------------|
| • Fri 13 Feb | 5:30PM | U17,U18,U20 5000m Walks, Men/Women |
| • Sat 14 Feb | 10:30AM | U14 3000m Walks, Boys/Girls |
| • Sat 14 Feb | 11:00AM | U15,U16 3000m Walks, Boys/Girls |

Don't forget to regularly check the AV calendar (<http://athsvic.org.au/events/calendar>) for details of upcoming championships:

- | | | |
|-------------------------------------|---------------------|----------------------------------|
| • Vic Open T&F Champs | 27 Feb – 1 Mar 2015 | Entries close Sunday 15 February |
| • Vic Masters T&F Champs | 14-15 Mar 2015 | Entries close Sunday 11 March |

Sunday 22nd February sees the **Australian 20km Summer Championships and Oceania 20km Championships** in Adelaide. Webpage <http://www.athletics.com.au/Compete/Events/australian-20km-race-walk-championships-4> indicates that races will be held

at a course alongside War Memorial Drive, North Adelaide Parklands. I can't find a competitor list yet. The timetable reads as follows:

7:00AM	Men's Oceania & Australian Open 20km Race Walk Championship
7:00AM	Women's Oceania & Australian 20km Race Walk Championship
8:00AM	Men's Under 20 Invitational 10km Race Walk
8:00AM	Women's Under 20 Invitational 10km Race Walk
9:00AM	Mixed Invitational 5km Race Walk

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WED 4 FEBRUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Conditions good with an occasional breeze.

800m Yacht Handicap

1.	Georgia Norman	5:28	W9
2.	Geraldine Waites	5:06	W65
3.	Margaret McIntosh	6:35	W62
4.	Gil McIntosh	5:09	M64
5.	David Robertson	6:20	M81
6.	Adrian Upton	4:57	
7.	Seth Upton	4:57	
8.	Aphy Hughes	6:11	W56
9.	Jill Rogers	6:15	W70
10.	Victoria Upton	4:19	
11.	Mathew Anderson	6:16	M43
12.	John Hore	5:09	M66
13.	Helen Suridge	5:19	W63
14.	Des Mulqueen	5:45	M68
15.	Julia Lycett	5:15	W50
16.	Rhiannon Lovegrove	3:44	
17.	Kitara Upton	4:50	
18.	Rodger Barber	5:30	M76
19.	Marie Maxted	4:42	W54
20.	Roger Lowe	5:37	M71
21.	George White	4:10	M69
22.	Chloe Upton	4:32	
23.	Graham Harrison	5:50	M71
24.	Doug Smart	6:14	M71

5000m Yacht Handicap

1.	Des Mulqueen	37:19	M68	65.53%
2.	Colin Hainsworth	40:25	M85	77.34%
3.	George White	27:47	M69	89.06%
4.	Roger Lowe	39:24	M71	64.37%
5.	Rodger Barber	36:58	M76	73.33%
6.	Margaret Trengove	37:52	W70	74.42%
7.	Linda Whitelaw	39:36	W60	62.41%
8.	Colin Trengove	39:21	M77	69.88%
9.	Graham Harrison	36:55	M71	68.69%
10.	Doug Smart	42:03	M71	60.31%
11.	Marie Maxted	36:28	W54	63.55%

3000m Yacht Handicap

1.	Jill Rogers	24:39	W70	66.02%
2.	Helen Suridge	21:33	W63	69.00%
3.	Margaret McIntosh	25:21	W62	57.98%
4.	Gil McIntosh	21:29	M64	63.97%
5.	Geraldine Waites	20:17	W65	75.10%

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 4 FEBRUARY

Thanks to Paul Rance for his weekly report from Bendigo. He explains:

The Bendigo Walkers Club held sealed handicap events over 1.6km and 3.2km in Rosalind Park on Wednesday evening with the 1.6km won by Carissa Brook from Caitlyn Tozer and Sheridan Commons while the 3.2km seeing a strong victory to John Carter with the improving Annette Major 2nd and Barb Bryant taking 3rd place with her time of 18.35 less, than 1 second outside her own Club record.

1.6km Walk

1.	Carissa Brook	8.40
2.	Caitlyn Tozer	14.13
3.	Sheridan Commons	12.09

3.2km Walk

1.	John Carter	22.26
2.	Annette Major	18.55
3.	Barb Bryant	18.35
4.	Norm West	25.50
5.	Annette Curtis	23.29
6.	Zahra Hayes	16.43
7.	Jenny Payne	21.59
8.	Madison Hill	19.37
9.	Peter Curtis	18.31

GEELONG WALKERS CLUB 2000M STAGGERED START, GEELONG GRAMMAR, THURS 5 FEB

Thanks to Michelle de Graaf for the results of the first of the Geelong Walkers Club 2015 races. James Christmass was a long way in front in terms of overall times but he was did not manage to win the handicap, that honour going to Col Silcock-Delaney.

2000m Handicap			Start	H'cap	Finish	Actual Time
1.	Colin Silcock-Delaney	VET M	4.15	17.00	19.38	15.23
2.	Wayne Carmichael	VET M	4.45	16.30	20.13	15.28
3.	Rinie Van Dreumel	VET M	1.55	19.20	20.18	18.23
4.	Gayle Jepson	VET F	3.05	18.10	20.20	17.15
5.	Jennie Van Dreumel	VET F	3.05	18.10	20.21	17.16
6.	James Christmass	VET M	10.45	10.30	20.22	9.37
7.	Jenny Larkins	VET F	2.15	19.00	20.24	18.09
8.	Carla De Graaf	VET F	0.00	21.15	20.28	20.38
9.	Michelle de Graaf	VET F	6.40	14.35	20.51	14.11
10.	Mackayla Davison	U/14 G	9.35	11.40	22.03	12.28
11.	Darcie		4.45	16.30	22.07	18.22
12.	Dianne Drinkwater	VET F	4.45	16.30	22.12	18.30

ACT WALKERS CLUB TRACKWALKS, AIS TRACK, CANBERRA, THURSDAY 5 FEBRUARY

Thanks to Robin Whyte for the latest results from the ACT Walkers club which raced on Thursday evening at the AIS track. Fastest times to Gabby Hunt (9:52) and Spencer Burns (9:59).

2000m Handicap		Time	(Start)
1.	Jack Thackray	18:32	(00:00)
2.	Geoff Barker	13:54	(04:40)
3.	Doug Fitzgerald	14:19	(04:40)
4.	Edna Dundas	18:25	(00:40)
5.	John Donovan	14:57	(04:15)
6.	Val Chesterton	16:26	(03:10)
7.	Gabby Hunt	09:52	(09:45)
8.	Spencer Burns	09:59	(09:45)
9.	Robin Whyte	12:30	(07:15)
10.	Tom Hunt	10:46	(09:00)
11.	Venesser Rogic	14:13	(05:35)
12.	Kate Black	11:59	(07:50)
13.	Rod Gilchrist	13:51	(06:05)
14.	Peter Baker	11:14	(08:50)
15.	Ruth Baussmann	14:09	(05:55)
16.	Barbara Eddowes	13:45	(06:25)
17.	Bryan Thomas	13:51	(06:25)
18.	Margaret McSpadden	16:08	(04:10)
19.	Jennifer Gilchrist	14:34	(05:50)
20.	Sheryl Greathead	15:56	(04:30)
21.	Dylan Eddowes	12:42	(08:25)

AACT SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, SATURDAY 7 FEBRUARY

The weekly Athletics ACT Interclub competition was held on the Saturday afternoon as a leadin to the Canberra Track Classic. Talk about close times in the 3000m walk!

3000m Walk			
1.	Gabby Hunt	WU16	16:03
2.	Callum Burns	MU16	16:03
3.	Spencer Burns	MU14	16:04
4.	Mitchell Baker	MU16	16:05

1500m Walk			
1.	Dylan Eddowes	MU18	8:54
2.	Robert Kennelly	MOP	DQ

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SAT 7 FEB

Good walking by Stephanie Stigwood in Hobart on Saturday.

3000m Walk

1.	Stephanie Stigwood	OVA	13:20.83
2.	Elizabeth Leitch	ES	18:57.17
3.	Ron Foster	NS	19:47.16

CANBERRA TRACK CLASSIC, AIS TRACK, BRUCE, ACT, SATURDAY 7 FEBRUARY

The 5000m walks kicked off the track program at 4PM in the Canberra Track Classic last Saturday but, while the very hot and sunny conditions might have suited the shorter distance athletes, it made it a hard day in the office for the walkers with the temperature in the low thirties and the day clear and sunny. In the men's race, Dane Bird-Smith made his intentions clear from the gun, storming through the first 1000m in around 3:42, with Chris Erickson and Rhydian Cowley in pursuit in around 3:50 and Jared Tallent a little further back. Chris cleared out from Rhydian with around 2000m to go to claim second place and Jared also came over the top of Rhydian to take third place. Times were understandably slow in the oppressive conditions. In the women's event, Alana Barber, Rachel Tallent and Nicole Fagan staged a good battle most of the way before Alana cleared out in the final 1000m to claim a comprehensive victory. Unfortunately the women's race was robbed of some interest with the withdrawal of Tanya Holliday and Beki Smith and the non-entry of Kelly Ruddick.

Men 5000m Walk Open

1.	Dane Bird-Smith	92	QAS	19:44.60
2.	Chris Erickson	81	VIS	20:16.66
3.	Jared Tallent	84	SASI	20:35.41
4.	Rhydian Cowley	91	VIS	20:43.10
5.	Brendon Reading	89	ACT	22:18.34
6.	Declan Tingay	99	WA	22:53.42
7.	Kyle Bird	96	QLD	23:36.20
8.	Danny Hawksworth	79	VIC	25:34.93
	Michael Reading	90	ACT	DNS

Women 5000m Walk Open

1.	Alana Barber	87	NZL	22:43.37
2.	Rachel Tallent	93	VIC	22:55.74
3.	Nicole Fagan	89	NSW	22:56.56
4.	Mari Olsson	86	SWE	23:12.99
5.	Jemima Montag	98	VIC	23:38.78
6.	Clara Smith	98	QLD	24:04.88
7.	Tayla-Paige Billington	97	VIC	25:05.33
	Heather Lewis	93	GBR	DQ
	Zoe Hunt	97	ACT	DNS
	Tanya Holliday	88	SASI	SCR

There were lots of good photos from various sources so I include a few of them.



Dane Bird-Smith, Chris Erickson and Jared Tallent in action



The women's field and eventual winner Alana Barber



Some of the walkers post-event: Nicole Fagan, Brendon Reading, Heather Lewis, Jared Tallent, Rachel Tallent, Alana Barber and Mari Olsson

AV ALL-COMERS MEET, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 7 FEBRUARY

The latest AV All-Comers meet at Lakeside Stadium last Saturday failed to attract many walkers, which is interesting considering how popular the general AV Shield comps and the special Zone vs Zone meets have been. It perhaps illustrates the special nature of club vs club competition compared to meets which target individual athletes. Anyway, good walking by Eliza Clarke (9:17.28) and Aaron McDonough (19:21.62) as the two standouts in the 2000m walk.

Mixed 2000m Walk

1.	Clarke, Eliza	WU16	Diamond Valley AC	9:17.28
2.	McDonough, Aaron	MOP	Preston AC	9:21.62
3.	Gillies-Smith, Michael	MOP	Eaglehawk YMCA AC	9:44.35
4.	McInnes, Simone	WOP	Glenhuntly AC	10:39.97
5.	Taylor, Lucas	MU20	Yarra Ranges	10:58.98
6.	Langford, Taylor	WU16	Diamond Valley AC	11:36.34
7.	Noonan, Emily	WU16	Collingwood	11:39.49
8.	Van Dongen, Rupert	MOP	Casey Cardin	11:56.38
9.	Elms, Donna-Marie	WOP	Preston AC	12:36.01
10.	Taylor, Lee	WU16	Yarra Ranges	13:00.30

ATHLETICS SA INTERCLUB, ASA STADIUM, MILE END, ADELAIDE, SATURDAY 7 FEBRUARY

Justin Hill 14:01.63 and Anna Cross 14:59.95 were the standout walkers in Adelaide on Saturday.

3000m Walk

1.	Justin Hill	M	ADELAIDE HARRIERS	14:01.63
2.	Anna Cross	W	PEMBROKE	14:59.95
3.	Alix Harlington	M	SALISBURY	15:26.70
4.	Rhiannon Lovegrove	W	PORT ADELAIDE	15:58.53
5.	Bethany Cross	W	PEMBROKE	16:20.19
6.	Peter Crump	M	SAINTS	17:26.74
7.	Tristan Camilleri	M	COASTAL DISTRICTS	17:27.96
8.	Sarah Damin	W	SAINTS	17:35.18
9.	Samantha Findlay	W	SOUTHERN	18:19.23
10.	Matthew Lovell	M	SOUTHERN	21:26.19
11.	Jake Vidler	M	SOUTHERN	DNF

1500m Walk

1.	Joe Cross	M	PEMBROKE	7:41.50
2.	Angus Harper	M	ATHLETICS SA	DNF

WA STATE CHAMPIONSHIPS, WAAS, PERTH, SUNDAY 8 FEBRUARY

The final day of the Western Australian T&F Championships included the U14-U16 3000m walks.

Women 3000m Walk U16

1.	Pivac, Emily	00	AWA	15:35.2
2.	Johns, Mikayla	00	MLV	17:47.8

Men 3000m Walk U16

Gerken, Christophe	00	WTC	DQ
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Women 3000m Walk U15

1.	Ruane, Tiahna	01	WTC	14:58.9
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Men 3000m Walk U15

1.	Newton, Zachary	01	CCKB	15:35.2
2.	Reid, Benjamin	01	AWA	15:54.7

Women 3000m Walk U14

1.	Johns, Courtney	02	MLV	17:56.1
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VMA AND VRWC CARNIVAL, DOLOMORE OVAL, MENTONE, SUNDAY 8 FEB 2015

We completed our VRWC summer season last weekend, with a track fixture at Dolomore Oval in Mentone, a southern Melbourne suburb. Conditions were excellent (cool and overcast), ideal for some quality racing.

The first events on the card were the Victorian Masters 5000m championships. As per common practice, the Age Graded percentages are included for each performance, to show their relative merit. The top performers were Ralph Bennett, Pam Tindal, Heather Carr, Bob Gardiner, Gwen Steed and Mark Donahoo, all with age graded percentages above 84.0%, while fastest overall went to Stuart Kollmorgen (24:16) and Pam Tindal (25:42). And a special mention to Clyde Riddoch who has come back so quickly from a full hip replacement earlier this summer – M60 30:41!

VMA 5000M CHAMPIONSHIPS - WOMEN

				AG%
1.	Sandra Geisler	W35	27:48	72.50%
1.	Donna Elms	W50	32:05	71.53%
2.	Carolyn Rosenbrock	W50	32:11	71.31%
3.	Sandra Howorth	W50	37:46	60.19%
1.	Pam Tindal	W55	26:42	87.68%
1.	Alison Thompson	W60	31:29	79.42%
1.	Heather Carr	W65	30:07	87.26%
1.	Gwen Steed	W70	34:20	84.63%
1.	Margaret Beaumont	W75	43:45	72.26%
1.	Pam Mews	W80	56:45	58.97%

VMA 5000M CHAMPIONSHIPS - MEN

				AG%
1.	Rupert Van Dongen	M40	34:22	55.03%
1.	Stuart Kollmorgen	M45	24:16	81.08%
2.	James Christmass	M45	26:00	77.55%
3.	David Smyth	M45	28:28	69.12%
1.	Simon Evans	M50	26:48	79.18%
2.	Bernie Keirl	M50	27:59	73.90%
1.	Mark Donahoo	M55	25:33	84.54%
1.	Clyde Riddoch	M60	30:41	73.84%

2.	John Graham	M60	32:09	72.71%
1.	Des Middleton	M65	36:47	66.48%
1.	Ralph Bennett	M70	29:28	88.31%
-	Barrie Wicks	M70	DQ	
1.	Bob Gardiner	M75	32:17	86.44%
2.	John Morrison	M75	37:52	70.60%
-	Ian Beaumont	M75	DQ	

VRWC club races followed and it was 13 year old Rebecca Henderson who walked from the front to record a great PB time of 14:41 in the 3000m. In the other races, Philippa Huse won the 5000m in 27:59 and Alanna Peart won the 1500m with 7:37. We also welcomed first time walkers Will Thompson, Natasha Mann and Riley Spence.

VRWC 5000M WALK

1.	Philippa Huse	F	27:59
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VRWC 3000M WALK

1.	Rebecca Henderson	F	14:41	PB 0:10
2.	Nikola Mandic	M	16:02	
3.	James Christmass	M	16:12	
4.	Will Thompson	M	16:29	PB
5.	Bernie Keirl	M	16:38	
6.	Jemma Peart	F	16:59	
7.	Ruby Paten	F	17:19	PB 0:29

VRWC 1500M WALK

1.	Alanna Peart	F	07:37
2.	Bianca Morrow	F	08:27
3.	Riley Spence	F	10:58
4.	Scott Peart	M	10:59
5.	Natasha Mann	F	11:29

As usual, thanks to our officials and judges who keep the show on the road every week.

Officials: Tim Erickson, Ralph Bennett, Mark Donahoo, Damien Elms, Tony Doran, Bill Carr, Colin Thompson, Bob Gardiner
Judges: Peter Vysma (chief), Gordon Loughnan, Lloyd Nichols, Stuart Cooper

Photos have been loaded to <http://www.vrwc.org.au/coppermine> and some are produced below.

Lapsplits (thanks to Ralph Bennett) can be found at <http://vrwc.org.au/wp1>.

And finally, Matt Owen has uploaded a great video of the VRWC road races held the previous weekend on Sunday 1st February. See <https://www.youtube.com/watch?v=hlVcX65xioQ&feature=youtu.be>.



Ralph Bennett, Mark Donahoo, Bob Gardiner and Clyde Riddoch in action on Sunday



Rebecca Henderson, Pam Tindal, Heather Carr and Gwen Steed also in action



First timers Natasha Mann, Will Thompson and Riley Spence

NSW STATE YOUTH/JUNIOR CHAMPIONSHIPS, SOPAC, HOMEBUSH, SYDNEY, 6-8 FEBRUARY

The NSW Junior T&F Championships were held last weekend, with the U14-U16 walks on Friday evening and the U17-U20 walks held on Sunday morning. Both timeslots were hot and humid and made for trying conditions for all the walkers. The best performance on Friday came from Dylan Richardson who won the U16 3000m in a good 13:30.32.

Women 3000m Walk U14

1.	Allanah Pitcher	12	Mingara Athl	15:46.36
2.	Renee Hardy	12	Asics Wests	16:48.06
3.	Hannah Parker	13	Randwick Bot	17:06.44
4.	Sybella Mckay	12	Mingara Athl	17:29.34
5.	Hannah Bolton	12	Mingara Athl	17:43.21
6.	Elise Brennan	13	U.T.S. North	17:54.11
7.	Alexandra Sutherland	13	South Sydney	20:37.64
	Haley Mills	12	Parramatta C	DQ

Men 3000m Walk U14

1.	Hayden Blaskett	13	Sydney Strid	15:10.71
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2.	Lachie Sky	13	Sydney Pacif	17:00.45
3.	Lachlan Becroft	13	Nepean Distr	17:09.78
4.	Corey McConville	13	Nowra Athlet	18:38.46
	Jack McGinniskin	13	Athletics NS	DQ

Women 3000m Walk U15

1.	Samantha Brown	14	Parramatta C	15:43.42
	Madeline Owen	14	Forster Athl	DQ

Men 3000m Walk U15

1.	Oscar Tebbutt	14	Gosford Athl	15:09.46
2.	Harrison Mavin	14	Sydney Pacif	16:18.08

Women 3000m Walk U16

1.	Raquel Roukos	15	Nepean Distr	15:13.86
2.	Amy Henry	15	St. George D	16:20.25
3.	Molly O'Neill	15	Adamstown Ne	16:33.74

Men 3000m Walk U16

1.	Dylan Richardson	15	Mingara Athl	13:30.32
2.	Kyle Bedford	15	Nepean Distr	15:20.47
3.	Travis Barendregt	15	Nepean Distr	15:30.47
4.	Ryan Thomson	15	Nepean Distr	15:43.07
5.	Elijah Harris	15	Girraween At	16:05.01
6.	Hayden Millican	15	Sydney Pacif	16:29.05
7.	Donald Catallo	15	St. George D	17:06.51

The U/17, U/18, U/20 5000m Walks on Sunday morning saw Tyler Jones take fastest overall with a fast 21:52.27. Good walk also by Carl Gibbons with 22:40.35.

Women 5000m Walk U17

1.	Chelsea Goodhew	16	Westlakes At	26:12.51
2.	Jasmyn McDonald	16	Parramatta C	26:46.40
3.	Lucinda Francis	16	Sydney Pacif	27:27.24
4.	Shanae Norton	16	Bankstown Sp	28:36.04

Men 5000m Walk U17

1.	Jordan Glover	16	Hills Distri	29:21.74
2.	Cory McGinniskin	16	Edgeworth an	32:31.95

Women 5000m Walk U18

1.	ally grujoski	16	South Sydney	29:57.97
2.	Rhiannon Minett	17	Bankstown Sp	31:24.20
3.	Sarah Kelland	17	Ryde Athleti	33:07.88
	Natalia Robson	17	Coffs Harbou	DQ

Men 5000m Walk U18

1.	Tyler Jones	17	Mingara Athl	21:52.27
2.	Aidan Kerr	17	Sydney Pacif	25:28.34
	Damien Owen	17	Forster Athl	DQ

Women 5000m Walk U20

1.	Jayde Hill	18	Nambucca Dis	25:40.81
2.	Jasmine Dighton	19	Asics Wests	26:59.53
3.	Bryony Beasley	18	Nepean Distr	27:20.46
4.	Amanda Barendregt	19	Nepean Distr	28:00.34
5.	Lydia Mckay	18	Mingara Athl	28:52.44
6.	Stephanie Grujoski	18	South Sydney	30:36.57

Men 5000m Walk U20

1.	Carl Gibbons	19	Westlakes At	22:40.35
2.	Adam Mylonas	18	Hills Distri	26:53.70

LITHUANIAN UNIVERSITY INDOOR CHAMPIONSHIPS, KLAIPEDA, SATURDAY 7 FEBRUARY

Men 5000m Race Walk Indoor

1.	Artur MASTIANICA	LTU	92	20:21.6
2.	Normantas PETRISA	LTU	94	21:09.9

Women 3000m Race Walk Indoor

1.	Agne KLEBAUSKAITE	LTU	92	14:37.0
2.	Rita ANDREJEVA	LTU	91	16:33.1

BOTNIA GAMES, MUSTASAARI, FINLAND, WEDNESDAY 4 FEBRUARY**Women 3000m Race Walk Indoor**

1.	Mikaela LÖFBACKA	FIN	90	14:31.6
2.	Vera RAUHALA	FIN	97	14:56.9
3.	Jenni LAHTINEN	FIN	81	16:45.5
4.	Jonna STENROOS	FIN	86	16:45.6

FRENCH NATIONAL, MEETING, MONDEVILLE, FRANCE, SATURDAY 7 FEBRUARY

French champion Yohann Diniz chose the National Meet in Mondeville, France, to attempt to break the World Best for the 5000m indoor, set at 18:07 by the Russian Mikhail Schennikov in 1995. He started strongly but had to slow after receiving two red cards. His final time of 18:39.92 was still excellent and saw him a long way ahead of second placed Arnaud Sizorn. Nice report from marciadalmondo – http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1999. He will try again at the French Indoor Championships on 22nd February.

Men 5000m Race Walk Indoor

1.	Yohann DINIZ	FRA	78	18:39.92
2.	Arnaud SIZORN	FRA	92	22:13.90
3.	Cedric LE PAGE	FRA	96	24:15:96
	Aurelien QUINION	FRA	93	AB



Diniz in action in Mondeville (photos from Emmanuel Tardi)

FRENCH NATIONAL INDOOR CHAMPS, REIMS, FRANCE, 7-8 FEBRUARY

Emmanuel Tardi was in Reims last Saturday afternoon for the French Junior and U23 Indoor National Championships. Best walk of the meet was by U20 walker Jean Blancheteau who broke his own national record with a time of 20:33.94. Good link to meet photos at <https://plus.google.com/photos/103849564152018378913/albums/6113545620568185105?cfem=1&authkey=C1-lm8ff7K-69wE>.

U23 Men 5000m

1.	FESSELIER Fabian	Caen Athletic Club*	94	22'07"00
2.	MARTIN Come	Annecy Haute Savoie A. *	95	22'18"55
3.	DESJARDINS Florian	Rouen Maromme Mont Saint Aigna	94	22'29"69
4.	SIREIX Brice	Lyon Athletisme*	95	23'03"81
5.	MACABREY Quentin	Montbeliard Belfort Athletisme	94	23'25"50

U23 Women 5000m

1.	TREBAUL Enora	Pays De Landerneau Athletisme	94	14'03"27
2.	BOUCHET-LIOU Chloe	Entente Athletique Rhone Verco	94	14'14"46
3.	BEGEL Myriam	Efs Reims A. *	95	14'20"12

4.	BRUNON Perrine	Coquelicot 42*	94	14'34"97
5.	NGUYEN VAN TU Charlotte	Spn Vernon*	93	15'17"85

Junior Men 5000m

1.	BLANCHETEAU Jean	Athle Bourgogne Sud	96	20'33"94
2.	MUTTER Axel	Ac Roche-sur-yon *	96	20'53"01
3.	MAYER Florian	Alsace Nord Athletisme*	96	21'30"86
4.	BORDIER Gabriel	Us St Berthevin	97	22'18"84
5.	LAMIAUX Amaury	Lille Metropole Athletisme*	96	22'41"92

Junior Women 5000m

1.	HAM Axelle	A. Sarreguemines Sarrebourg A	97	14'15"46
2.	DELEUZE Cecile	Amiens Uc	96	14'56"12
3.	BILLA Jeanne	As Caluire Et Cuire	96	15'01"23
4.	OSMONT Caroline	As Tourlerville	96	15'03"06
5.	VERDIERE Adele	Stade Lavallois	97	15'05"01

U18 Men 5000m

1.	KUSTER David	Pays De Colmar Athletisme*	99	22'44"50
2.	BOURNIER Justin	Dole Ac	99	23'52"67
3.	GARNIER Baptiste	Stade Saint-lo	98	24'29"45
4.	FERON Flavien	Lisses Ac	98	25'27"90
5.	HERICIER Hugo	Havre Ac	98	25'29"53

U18 Women 5000m

1.	TERREC Eloise	Us Bannalec	98	14'54"61
2.	AURRIERE Camille	Us St Berthevin	98	15'15"39
3.	LAVILLE Marie	Marne Et Gondoire Athletisme	98	15'20"47
4.	HFEF Amel (TUN)	Ca Balma	98	15'43"34
5.	LEBRETON Gwennan	Haute Bretagne Athletisme *	99	15'55"30

National Open Division 2 races were held for those walkers who were not ranked in the top 8 in the yearly ranking. They were won by Damien Molmy and Amelie Bourhis.

Open 5000m Men National 2

1.	MOLMY Damien	Lille Metropole Athletisme*	88	21'55"57
2.	HADULA Ludovic	Charleville Mezieres Athletism	87	22'03"57
3.	BAUMERT John	Ac Vallee Ste-marie-mines	80	22'16"50
4.	BONNEAU Philippe	Antony Athletisme 92	65	22'31"14
5.	SCHMITT Benjamin	Alsace Nord Athletisme*	87	22'58"89

Open 5000m Women National 2

1.	BOURHIS Amelie	Athle Pays De L'orient*	92	14'26"52
2.	MACABEY Aurelie	Asppt Dijon Athletisme	81	14'30"05
3.	GUILLARD Caroline	As Fleury Les Aubrais Saran At	71	14'33"01
4.	BRUNET Elisabeth	Ua Tarbes-stado*	86	14'42"31
	Racing Club Nantais *	72	14'48"70	Christelle



Junior Men's and Women's podiums and Jean Blancheteau in action



The U18 podiums

IRISH INDOOR GAMES, ATHLONE, IRELAND, SUNDAY 1 FEBRUARY

Fast walking by Alex Wright in Ireland last week.

Men 3000m Race Walk Indoor

1.	Alex WRIGHT	IRL	90	11:19.3
2.	Brendan BOYCE	IRL	86	11:46.7
3.	Luke HICKEY	IRL	94	12:19.4

46TH UGO FRIGERIO TROPHY, GENOA, ITALY, SUNDAY 8 FEBRUARY

The first leg of the Frigerio Trophy 2015 took place in Genoa (ITA), with distances of 10,000m for men and 5,000m for women. This leg was dedicated to the memory of Giuseppe Malaspina and the event was enhanced by the participation of the Italian based Chinese squad which trains under Sandro Damilano.

10,000m Track Walk Men

Chinese walkers filled the first 4 places overall with Wang Zhen taking overall victory in 38:23.73, the second best all time Asian performance (behind Eiki Takahashi's 38:18.51, done in Nagasaki on Dec. 14, 2014). Behind Wang came Cai Zelin (39:15.91), Yu Wei (40:36.54) and Zhang Lin (40:36.84). The first of the Italian was Leonardo Dei Tos in fifth place with 42:20.99. It was a double celebration for Wang Zhen as he became a father for the first time on Saturday. Alas, he has not yet seen his baby daughter and presumably will need a trip back to China for that task.

1.	WANG Zhen	1991	CHN	38:23.73
2.	CAI Zelin	1991	CHN	39:15.91
3.	YU Wei	1987	CHN	40:36.54
4.	ZHANG Lin	1993	CHN	40:36.84
5.	DEI TOS Leonardo	1992	ITA	42:20.99
6.	BERSANI Matteo	1996	ITA	46:50.02
7.	PATIERNO Anthony	1995	ITA	49:59.85
8.	BRAMBILLA Riccardo	1997	ITA	52:10.11
9.	GUZZETTI Fabio	1996	ITA	54:47.60

5000m Track Walk Women

The Chinese walkers also showed their class in this race, taking the first two places with Qieyang Shenjie winning in 21:26.61 and Liu Hong, suffering from a tibia issue, second in 21:40.01. Italians took the next two places with Valentina Trapletti (22:38.81) and Laura Polli (23:27.1). In fifth place was the evergreen Rossella Giordano who, at 42 years of age, covered the distance in 23:32.06. Sixth place went to Nicole Colombi who won bronze at the Italian Indoor 3000m walk Championships in Ancona the day before.

1.	QIEYANG Shenjie	1990	CHN	21:26.61
2.	LIU Hong	1987	CNN	21:40.01
3.	TRAPLETTI Valentina	1985	ITA	22:38.81
4.	POLLI Laura	1983	ITA	23:27.10
5.	GIORDANO Rossella	1972	ITA	23:32.06
6.	COLOMBI Nicole	1995	ITA	24:23.06

7.	POLLI Marie	1980	ITA	24:34.47
8.	DONE' Eleonora	1992	ITA	24:56.27
9.	MORETTI Gladys	1991	ITA	25:04.96
10.	GALLINO Alessia	1997	ITA	29:44.89
	BARCELLA Lidia	1997	ITA	DQ

1000m splits for the two winners were as follows

Wang Zhen: 3.58, 7.48 (3.50), 11.38 (3.50), 15.27 (3.49), 19.17 (3.50), 23.09 (3.52), 26.57 (3.48), 30.48 (3.51), 34.37 (3.49), 38.23 (3.46), 19.17 + 19.06

Qieyang Shenjie: 4.21, 8.40 (4.18), 13.00 (4.20), 17.15 (4.15), 21.26 (4.11)

All youth competitions were conducted with the use of the new rule of the Pit Lane. Alas, I don't have results for them.

SWEDISH INDOOR CHAMPIONSHIPS, ÖREBRO, SWEDEN, SATURDAY 31 JANUARY

Ato Ibáñez and Perseus Karlström staged yet another interesting duel, this time in the Swedish Indoor Championships in Örebro on Saturday 31st January. On this occasion, Perseus got the better of his brother Ato, walking 19.46,04 against 20.00,15. Anders Hansson, the winner last year, was third with 20.49,29. In the women's 3000m race, junior Lena Tomas won with 15.43,66 ahead of Masters walker Ellinor Hogrell (16.55,64) with Maria Aydin (17.34,09) in third place. However, the second athlete to cross the line was the Norwegian visitor Ellen Nordqvist Sjöblom (16.30,74).

5000m Men

1.	Perseus Karlström	1990	Eskilstuna FI	19.46,04
2.	Ato Ibáñez	1985	Eskilstuna FI	20.00,15
3.	Anders Hansson	1992	SK Svängen	20.49,29
4.	Christer Svensson	1969	Växjö AIS	23.50,54
5.	Fredrik Sandmer	1994	SK Svängen	24.25,67
6.	Patric Rajala	1996	Fredrikshofs IF GF	28.15,69
7.	Niklas Molin	1992	Eskilstuna FI	33.19,99

3000m Women

1.	Lena Tomas	1996	GK Steget	15.43,66
2.	Ellen Nordqvist Sjöblom	1999	IL Moss, Norway	16.30,74
3.	Ellinor T Hogrell	1968	Enhörna IF	16.55,64
4.	Maria Aydin	1993	GK Steget	17.34,09
5.	Helena Sandmer	1992	SK Svängen	17.38,98
6.	Julia Ibrahim	1996	GK Steget	17.52,82
7.	Jennifer Ibrahim	1995	GK Steget	18.14,71
8.	Karin Ingelhag	1958	GK Steget	18.15,76
9.	Jessica Ibrahim	1998	GK Steget	18.47,98

LES 8 HEURES DE CHARLY, CHARLY SUR MARNE, FRANCE, 8 FEBRUARY

Thanks to Emmanuel Tardi for his race report and photos from the Charly Sur Marne 8 Hour Walk last Sunday. He explains:

Sunday was the usual first event for French long distance walkers. It was the 18th anniversary of the 8 hours of Charly and this year was a special one after the creator of this race, Pierre Gau, died in May last year. The temperature was around 6°C and there was a very cold wind when the 80 walkers were on the start line at 8am. The initial lap was 1.075km in length, followed by laps of 2.575km, allowing walkers to reach the 50km mark at the end of a lap. Every walker who reached the 50km mark under 6 hours is eligible to the national Championship.

In the men's event, Fabien Lombard took the lead after 2 hours, passing the 50km mark in 4:54:31 and winning the race easily with a distance of 78.325km. The women's race saw a big 5 way battle with all of the main contenders on the same lap. The main results follow:

8 Heures de Charly – Men (first 20)

1.	LOMBARD Fabien	Asm Bar-le-duc	78.325km	07:54:54
2.	ROZE Eddy	Amiens Uc	75.750km	07:52:25
3.	LETOURNEAU Florian	Ac Chateau Thierry	75.750km	08:03:21
4.	GILLES Philippe	Usm Montargis	73.175km	07:51:23
5.	THIBAUX Philippe	Club Athletique Ageen	73.175km	08:01:53
6.	RAULET Christophe	Ga Meusien	70.600km	07:46:31
7.	THIRIOT Louis	Asm Bar-le-duc	70.600km	07:55:16
8.	VARAIN Cedric	Ac Chateau Thierry	70.600km	08:01:53
9.	LABARRE Bertrand	Cs Provins Athletisme	68.025km	07:55:12
10.	BANO Jean-michel	Ajs La Garde	68.025km	07:58:51
11.	LABORIE Christophe	Nl Les Ulis	68.025km	07:59:15

12.	LASSALLE Emmanuel	Athletic Vosges Ec	68.025km	08:02:59
13.	GICQUEL Bernard	Plm Conflans	65.450km	07:49:53
14.	GEORGELIN Serge	Bruz Athletisme	65.450km	07:50:40
15.	LETESSIER Gilles	Plm Conflans Ste Honorine	65.450km	07:51:26
16.	LEIJTENS Frans	Rwv Amsterdam	65.450km	07:51:29
17.	VANDERCOILDEN David	Cm Roubaix	65.450km	07:52:02
18.	DELECOLLE Sebastien	Us Athletiques De Lievin*	65.450km	07:52:26
19.	PECOURT Jean-michel	Us Camon	65.450km	07:59:15
20.	TOUTAIN Eric	As Culturelle Francophone	65.450km	07:59:44

8 Heures de Charly – Women (first 10)

1.	LEPAGE Christine	Bruz Athletisme	62.875km	07:50:39
2.	SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	62.875km	07:58:43
3.	MALOCHET Dominique	Asc Le Havre	62.875km	08:01:05
4.	DAVID Christine	Ni Villiers Le Bacle	62.875km	08:02:03
5.	PANNIER Josiane	Havre Ac	60.300km	07:47:04
6.	BIZARD PLANCHOT Emilie	Thiais Ac	60.300km	07:53:50
7.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs*	60.300km	07:55:26
8.	SONNOIS Martine	Racing Club Haut-jura Morez	60.300km	07:57:06
9.	PANNIER PILLE Magali	Havre Ac	60.300km	07:59:21
10.	QUINQUETON Bernadette	Am St Thibault Des Vignes	57.725km	07:46:44
11.	RODIER Nicole	Efs Reims A. *	57.725km	07:50:37



Eddy Roze, Fabien Lombard, Florian Letourneau and Christine Lepage (photos Emmanuel Tardi)



Dominique Malochet, enedicte Salomez and cobblestones (ouch!)

OUT AND ABOUT

- Russian child athletes are taking banned substances while still at school, Russian Sports Minister Vitaly Mutko said last Tuesday. With Russia enduring doping scandals for months, Mutko vowed to crack down on doping among child athletes, which he suggested was the result of a system where youth coaches can be paid sizeable bonuses when young athletes win competitions. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11396095&ref=rss
- Australian race-walking star Jared Tallent is confident of getting an Olympic Games medal upgrade from silver to gold - he just doesn't know how long it will take.
<http://www.canberratimes.com.au/sport/act-sport/jared-tallent-confident-of-getting-olympic-gold-20150209-139qk9.html>
- Great article in the USA based Huffington Post listing the athletes who have lost their Olympic medals as a result of doping violations since 1968. It's not surprising to see that Russia tops the list. Of course, their shame file list could soon grow further with the current investigations into Russian drugs offenders.
See http://www.huffingtonpost.com/2014/02/16/olympics-drug-testing-medals-stripped_n_4789565.html
- I was emailed a copy last week of a recent Athletics Australia bulletin advising that the new 'Pit Lane' rule will be implemented for the following race-walking events at the Australian Junior Championships

U20 10000m Racewalk (Male & Female)
U18 5000m Racewalk (Male & Female)
U17 500m Racewalk (Male & Female)

- Thanks to Harold van Beek for this great photo, taken in Coban, Guatamala. Good to see a street being named after a racewalker!



Paso Erick Barrondo in Coban, Guatemala

Harold also forwarded the following photo to me – a poster currently at many bus stations in Guatemala city. When talking to locals, they told him that 4th August 2012 was the day that Erick Barrondo won the (only) Olympic medal for Guatemala.



- No, it's not walking but point your browser to <https://www.youtube.com/watch?v=8F9jXYOH2c0> and have a great laugh.

THIS WEEK'S NEWS FROM OMARCHADOR AND MARCIADALMONDO

I don't have time to report on every race so I refer you to the following omarchador and marciadalmondo links for other races in the last week or so. First to omarchador which had 11 press releases

- Mon 9 Feb – Results of Portuguese Masters Indoor Champs at Pombal
<http://omarchador.blogspot.pt/2015/02/nacionais-masters-na-pista-coberta-de.html>
- Results of Portuguese Junior Indoor Champs at Braga
<http://omarchador.blogspot.pt/2015/02/catarina-marques-e-miguel-rodrigues.html>
- Sun 8 Feb - Swedish Indoor Track Championships in Örebro
<http://omarchador.blogspot.pt/2015/02/campeonatos-suecos-de-pista-coberta-em.html>
- Sat 7 Feb - Preview of Portuguese races in Aveiro and Porto this weekend
<http://omarchador.blogspot.pt/2015/02/lourosa-palco-dos-campeonatos-de-aveiro.html>
- Sat 7 Feb - Portuguese Indoor champs take place this weekend in Braga
<http://omarchador.blogspot.pt/2015/02/nacionais-indoor-de-juniores-este-fim.html>
- Fri 6 Feb - Former Russian Athletics Federation Executive member Valentin Maslakov distances himself from Saransk coach Victor Chegin in an interview with the Trud newspaper
<http://omarchador.blogspot.pt/2015/02/valentin-maslakov-demarca-se-de-chyogin.html>
- Fri 6 Feb - Results of the joint Setúbal and Lisbon 10km roadwalks held in Baixa da Banheira, Portugal
<http://omarchador.blogspot.pt/2015/02/a-tradicao-da-marcha-voltou-baixa-da.html>
- Thu 5 Feb - Portuguese Masters Indoor champs to be held in Pombal this weekend
<http://omarchador.blogspot.pt/2015/02/marcha-em-pombal-na-2-jornada-do.html>
- Thu 5 Feb - Federico Tontodonati wins 50km championship in Italy
<http://omarchador.blogspot.pt/2015/02/federico-tontodonati-venceu-50-km.html>
- Wed 4 Feb - Miguel Ángel López wins 10km in 40:34 in Alguazas, Portugal
<http://omarchador.blogspot.pt/2015/02/miguel-angel-lopez-o-melhor-em-alguazas.html>
- Tue 3 Feb - Results of Lithuanian Federation Cup in Vilnius
<http://omarchador.blogspot.pt/2015/02/a-marcha-na-taca-da-federacao-da.html>

And now to marciadalmondo which had 9 press releases. And a special note that this excellent website on all things walking. It posted its 2000th press release on Monday. Point your browsers to http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1 to see the very first website announcement on 30th July 2006 – 2000 press releases in 8+ years is pretty impressive stuff.

- Khushbir Kaur sets a new Indian women's 5000m walk record of 22:05.75.
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2002
- Mon 9 Feb – Results of Portuguese Indoor Junior Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2001
- Mon 9 Feb - Wang Zhen set a very fast 10,000m time of 38:23.73 in winning the Ugo Frigerio Trophy in Italy
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2000
- Sun 8 Feb - Diniz wins French 5000m indoor with 18:39.92
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1999
- Sat 7 Feb - Convention of Race Walking Judges in Slovenia
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1998
- Sat 7 Feb - Italian Junior and U23 Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1997
- Thu 4 Feb - Chinese team will contest Ugo Frigerio Trophy races in Italy this weekend
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1996
- Wed 3 Feb - Results of Lithuanian Indoor Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1995
- Wed 3 Feb - Preview of Italian Junior and U23 Champs this weekend
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1994

ADVANCE PLANNING – THE 2015 AUSTRALIAN WINTER ROADWALK CHAMPS

The 2015 Australian Roadwalk champs will be held At Middle Park in Melbourne on Sunday 30th August. The following timetable has been arranged with Athletics Australia. Just publishing as some advance warning for those other Australian States currently planning their winter seasons.

Sunday 30th August 2015, Middle Park			
AUSTRALIAN ROAD WALKING CHAMPIONSHIPS & RWA CARNIVAL			
9.00am	20km	AA Championship & RWA Teams Race	Open Men
9.00am	20km	RWA Championship	Masters Men
9.00am	20km	AA Championship	Open Women
9.00am	10km	RWA Championship & Teams Race	Open Women
9.00am	10km	RWA Championship	Masters Women
9.00am	10km	AA Championship & RWA Teams Race	Under 20 Men/Women
9.00am	10km	AA Championship & RWA Teams Race	Under 18 Boys
10.10am	2km	RWA Championship & Teams Race	Under 12 Boys/Girls
10.25am	3km	AA Championship & RWA Teams Race	Under 14 Boys/Girls
10.50am	5km	AA Championship & RWA Teams Race	Under 16 Boys/Girls
11.25am	5km	AA Championship & RWA Teams Race	Under 18 Girls
11.25am	5km		Open
11.40am	1km	RWV Championship	U10 Boys/Girls

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

13-15 Feb, 2015	Victorian Junior T&F Champs, Melbourne, 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
Mar 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	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Mar 15, 2015	Lugano Trophy - Memorial Mario Albiseti	Lugano, SWITZERLAND
Apr 11, 2015	International Racwalk Competition	Podebrady, CZECH REPUBLIC\
Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY

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