I was the recipient of a most unexpected and unwelcome email last Friday, from IAAF Race Walking Committee member Jane Saville. She explained the contents as follows:

The IAAF Race Walking Committee is seeking input from athletes through Member Federations and the Athletes Commission on a draft proposal that we will be discussing at our February Meeting. I have attached a copy that was sent to Member Federations and to the Chairs of the Athletes’, Competition and Coaches’ Commissions.

Here is a copy of the attached document:

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**Sent on behalf of IAAF Race Walking Committee Chair, Maurizio Damilano**

**To:** IAAF Member Federations  
**Re:** Race Walking Programme Proposals  
**Date:** January 10, 2019

Following extensive consultations and input, the members of the IAAF Race Walking Committee have refined their options for proposed change. At this time, we would like your assistance in circulating the following request for input to athletes and coaches within each Member Federation. The changes will be discussed by the IAAF Race Walking Committee at its upcoming meeting on February 2, 2019.

**Rationale:**
The IAAF Race Walking Committee wants to ensure growth and development of the discipline and considers that, for various reasons as outlined in our previous communications, now is the time for radical changes to support this objective.

**Proposals:**
1) Maintain four individual events (two male and two female to ensure gender equality) on the Championships programme for the foreseeable future with options for innovative formats that align with the IAAF’s attempts to adapt to the changing world marketplace for participants, spectators, media and sponsors.

2) Introduction of the Race Walking Electronic Control System (RWECS) for use in competition by 2021* to increase credibility of the discipline and facilitate the feasibility of different distances. Without this technology, we strongly advise against changing the current distances.

3) Along with changing the way in which the discipline is judged, to make it more attractive in the marketplace, major championship distances currently under consideration are: 10km (or 10,000m); and 30km. Distances will be the same for both men and women. The distances recommended for U-20 and younger developing athletes would be adapted as well to ensure the younger athletes remain race walking through these formative years.

4) The above changes will be effective as of January 1, 2021*.

*Successful introduction & distribution of insole (RWECS) must be in place by 2020 for this to occur. All dates are subject to confirmation as research and development enters its final stage this year of testing and finding commercial partners. But 2021 is the aim.
In order for the Race Walking Committee to be able to discuss input from athletes and coaches at its February meeting, please send any feedback on the above proposals to Luis Saladie (luis.saladie@iaaf.org) by January 28.

Thank you for your consideration of this request.

Well, there you have it. The RWC are still trying to remove the 50km walk, but it's even worse this time around with them also targeting the 20km walk as well. Here are my thoughts

- This proposal is to be discussed (and presumably rubber stamped) when the RWC next meets on 2nd February - ie in less than 3 weeks time. This is a short and inadequate review timeframe, during a holiday period. Further, any feedback is required by 28th January – less than 2 weeks time! This rather begs the question - do they really want a response or are they going through the motions and allowing us as little time as possible to respond as a group.

- History shows that shorter distance walks were dead and buried for major champs many years ago. The 10,000m walk was kicked out after the 1952 Olympics due to difficulties in judging. The 5000m walk was kicked out of the World Indoor Champs in the late eighties for exactly the same reason. Electronic shoe inserts will not fix this issue. Walkers will walk so fast in such a short distance championship that the majority of the field will fall outside the RWC recommendation of 20ms float time. This in itself will inflict perhaps terminal damage to the reputation of our sport. To recommend such a change when we have not even had a chance to see the electronic judging system in action is premature and irresponsible.

- The big RWC idea in 2017 was to go from 2 walks (20/50) to one (half marathon) and to add occasional mickey mouse walk relays to meets. So we were going from 2 championship walks to one. The RWC lost that one so they are now prepared to accept 2 walks at major champs (a win to us) but for whatever reasons, they see no future for the 20/50 combination. Why? They keep saying that the events are not popular and change is needed. I am yet to be convinced of this. Where is the evidence? Is this a case of change for change sake.

- While the electronic judging initiative sounds good in principle, we have yet to see it in action in even one race. It exists only as a concept, with a few laps done in exhibition mode to shake out the system gremlins. What happens if a walker walks within the rules for 9 laps but then goes for it in lap 10, blatantly flies and wins? Under the new concept, that would constitute 1 report for one lap of infringements. I have yet to hear how this will be fixed. And how will it work with regard to bent knees. And will the 'last 100m' rule still be done manually. So much to talk about here!

My recommendations are as follows

1. We have a long and proud history in 20/50km walking. I do not want that to be lost unless there are compelling reasons. Hence I recommend we stay with 20/50 for the time being and push back any discussion to change to 10/30. We have only just won the battle to get women into the 50km. Do we want that all to be lost?

2. We push the RWC to focus its attention on the electronic judging initiative, with a view to getting it into a major championship in 'draft' mode. Let's see it in action in a major champ and use it to set realistic float times. This is a requisite for any further discussions. Do one thing and do it properly.

3. We push the RWC to provide a pathway from junior to senior ranks. That requires U23 championships. The 10km/30km sound more appropriate for U23 championships. Then we have a pathway to the 20/50. Attack the problem positively, not negatively.

I am reminded of the highly successful petition in April 2017, when we obtained some 10,000 signatures in 8 days supporting the retention of the 50km. Do we need something similar, spearheaded by our elite internationals? It would be hard for the RWC to push back against such a ground swell.

Heel and Toe also reached out to U.S. lawyer Paul F. DeMeester to ask for his reaction to the Race Walking Committee proposal. Paul personally lobbied the IAAF Council in April of 2017 to retain the Olympic 50K for Tokyo and has been instrumental in the inclusion of women 50K competitors at world level. DeMeester provided the following statement:

On January 10, 2019, the IAAF Race Walking Committee disseminated its draft proposal regarding the future of race walking. This is the same Committee that two years ago wanted to do away with the 50K.

The proposal contains four positives. The Race Walking Committee now supports gender equality. Terrific! Second, the Race Walking Committee favors maintaining events over two distances, as opposed to just one distance, which is what the Committee wanted two years ago. Third, the Race Walking Committee has abandoned the shorter distances it floated earlier, like the 5,000m (in relay format) and the notion that the longest distance walked would be the 20K or half-marathon (21.1K). Not that the 10/30 proposal makes sense but at least it’s an improvement distance-wise. Fourth, the Race Walking Committee...
strongly advised that without the introduction of the Race Walking Electronic Control System (RWECS), the current distances should not be changed.

The importance of the Race Walking Committee’s strong advisement cannot be underscored enough. The Race Walking Committee should heed its own advice: let’s take the RWECS from the experimental to the demonstrable stage before there is any discussion of any potential changes. Let's first see if the electronic shoe device works. Let's try it out in some non-medal races. And if it turns out that it works flawlessly, I suspect that it may prove that the 50K ends up being the most credible race distance as measured by the new electronic shoe.

This draft proposal should be seen for what it’s worth: an effort to save face in light of the criticism leveled at the Race Walking Committee after it tried to stealthily abolish the 50K two years ago. Don’t expect the Race Walking Committee to all of a sudden stick up for the current 20/50 program after the 2017 debacle; that would be an admission that the Race Walking Committee was wrong. So, instead we are being presented with the 10/30 alternative. Thus, the Race Walking Committee is still trying to abolish the 50K. One of its prominent members, Jane Saville, told me in Taicang the day after the women’s 50K race at the May 2018 World Team Championships that the women’s field (of 32) in that race was not a quality field.

Now, Saville and a majority of her colleagues want to do away with both the 20 and the 50. Yet, five of the twelve committee members have competed in both the 20K and 50K at the Olympics, four of whom having done so at the same Olympics. Two ‘doublers’ won Olympic gold in the 20K: Maurizio Damilano (1980) and Jefferson Pérez (1996). One ‘doubler’ won gold over both distances in 2000: Robert Korzeniowski. Two other Committee members raced the Olympic 20K only, including Saville, who earned bronze in 2004. One other Committee member competed twice in the Olympic 50K. Imagine Michael Johnson advocating to do away with the 400m; or Carl Lewis trying to abolish the 100m; or Mo Farah the 10,000m; or Seb Coe the 1,500m. Unthinkable indeed, except when it comes to the members of the Race Walking Committee.

This is not to say that all members of the Race Walking Committee share the abolitionist point of view. The representatives from China and Japan belong to member federations that are the current powerhouses in, respectively, the women’s and men’s 50K. Hard to belief they would want to do away with the event. There could be others but we’ll never know since any voting takes place behind closed doors. Two years ago, the Race Walking Committee told 50K walkers they were no longer welcome. The Committee is about to tell the 20K walkers it has no use for them either. Maybe the Committee should change its name to the Anti-Race Walking Committee.

What next?

The first thing EVERY reader of this newsletter needs to do is email Luis Saladie (luis.saladie@iaaf.org) with their feedback on this proposal. If, like me, you think it is heading in the wrong direction, you need to take action. We will only save our event if we work together as a group. It is now a numbers game.

WHAT’S COMING UP

Round 10 of the Athletics Victoria Shield competition continues next Saturday with all 5 venues in action. Remember that entries close with AV at midday Wednesday.

AV Shield Round 10 (white and blue zones) Program 1, Box Hill, Saturday 19 January (5000m/2000m walks)
AV Shield Round 10 (red and yellow zones) Program 2, Doncaster, Saturday 19 January (5000m/2000m walks)
AV Shield Round 10 Program 2, Ballarat, Saturday 19 January (5000m/2000m walks)
AV Shield Round 10 Program 2, Geelong, Saturday 19 January (walks)
AV Shield Round 10 Program 2, Bendigo, Saturday 19 January (3000m walks)

Our next round of VRWC Summer Season competition takes place a day later at our Middle Park headquarters. The fixture reads:

| Sun 20th January 2019, VRWC Road Races, Middle Park |
|-----------------|-----------------|-----------------|
| 8.00am          | 20km, 15km, 10km| Open            |
| 9.00am          | 5km, 3km        | Open            |
| 9.30am          | 2km, 1km        | Open            |


Looking further forward for Victorian walkers:

Jan 26-28, 2019  Victorian Country T&F Championships, Bendigo, Victoria
Feb 2 (Sat), 2019  AV Shield Round 11, around Victoria
Feb 9 (Sat), 2019  AV Shield Round 12, around Victoria
Feb 10 (Sun), 2019  Australian/Oceania 20km Championships, Adelaide, SA
Feb 13 (Wed), 2019  AV Teams 5000m Championships & VRWC races, Dolomere Reserve, Mentone
I announced in last week’s newsletter that VRWC life member Marlaine Stanway had died after a battle with MND. Funeral details have now been released:

A Funeral Service to celebrate the life of Mrs Marlaine June Stanway will be held at David W Bull Funeral Home, 190 Princes Hwy Pakenham on FRIDAY (Jan. 18, 2019) commencing at 10.30 AM. A private cremation will be follow.

I hope to see many of our VRWC members there to say farewell to Marlaine.

SUPERNOVA WALKS STUDY CAMP KICKS OFF

The AIS based Supernova Nutritional Study camp is now well underway in Canberra, with the huge contingent of overseas internationals training alongside our Australian walkers. One of their early activities was a track based 10,000m walk, which was held last Wednesday at the AIS track in Bruce. It produced some fantastic results, with Perseus Karlstrom of Sweden winning the men’s race with 38:52.76 and Sandra Lorenas of Colombia winning the women’s race with 45:16.53. It was great to see 12 Australian walkers in the results set. Jemima Montag was the best of them, with 45:36.84, not too far from her best.

10,000m Supernova Track Race, AIS Athletics Track, Canberra, Wednesday 9 January

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When Perseus was out here last summer for the camp, he took all before him, winning the Australian 50km championship at Fawkner Park in a Swedish best of 3:44:35, winning the Australian 10,000m track championship in Canberra with 39:22.41 and winning the Australian 20km championship in Adelaide with 1:20:30. It looks like he is in similar form this year!

The pace has been fairly full on so far at the camp, with treadmill tests, rigorous diets, lots of blood tests, some long walks, a first effort on the dreaded Mt Stromlo course, and of course lots of fun in the Canberra heat. A selection of photos follows
Action in the 10,000m walk, with Perseus Karlstrom (RHS) taking line honours

Left: Super coach Brent Vallance (on right) with his group which includes Kyle Swan, Jemima Montag, Quentin Rew, Alana Barber, Brigita Virbalyte-Dimsiene and Perseus Karlstrom
Right: Kyle and Jemima help with labelling the testing bottles

Getting ready for the Mt Stomlo walk – 14km, with most of it uphill
Athletics Victoria Shield resumed last Saturday, after the Christmas break, with 4 venues in action. Numbers were down across the board, perhaps with people still away on their Christmas break – only 41 walkers in total on a hot and windy Saturday.

**AV Shield Round 9 Program 1, Werribee, Saturday 12 January**

Kyle Bird won the 3000m walk at Werribee with 14:18.1, ahead of Will Thompson (14:28.2) and Chris Erickson (14:33.8). Charlotte Hay was only 1 sec outside her PB as the fastest of the women, with 14:56.9.

### 3000m Walk

1. Kyle Bird M MPA 14:18.1
2. Will Thompson M CCA 14:28.2
3. Chris Erickson M ESS 14:33.8
4. Charlotte Hay F KNA 14:56.9
5. Heath Beveridge M WES 16:38.2
6. Trenton Hawkins M PTN 16:47.6
7. Danny Hawksworth M ESS 16:48.6
8. Paul Kennedy M KSB M60 16:54.8
9. Timothy Erickson M COB M65 18:00.9
11. Kerryn Walshe F KSB F55 18:30.1
12. Madeleine Feain F KSB 18:36.5
13. Heather Carr F GHY F65 19:44.7
15. Duncan Knox M ESS M55 20:22.5
16. Clyde Riddoch M VMA M65 20:42.4
17. Dennis Lazar M DIV M60 21:10.0
18. Russell Dickenson M VMA M65 21:43.8
19. Geoff Barrow M MEN M65 21:48.1
20. Gwen Steed F GHY F65 21:54.9
21. Merilyn Thompson F CCA F50 22:45.6
22. Tracy Colbert F COB F45 23:27.7
23. Donna Campbell F PTN F45 26:35.8
24. Glenys Schubert F DIV F55 29:01.2

Steven Stern M GHY M65 DQ

### 1500m Walk

1. Ocean Shepheard M MPA 10:57.7
2. Francis Panakkal M WYN 11:59.6
3. Travis Maleko M WYN 12:00.6

The 3 country venues were also in action, although numbers were small. Best effort by Barb Bryant (F60 1500m 8:38.94).

**AV Shield Round 9 Program 1, Ballarat, Saturday 12 January**

### 3000m Walk

1. Roslyn Ireland F BWK 22:58.28

### 1500m Walk

1. Scott Peart M BYC 8:55.15

**AV Shield Round 9 Program 1, Geelong, Saturday 12 January**

### 1500m Walk

1. Charli Walker F BEL 9:14.08
2. Kaylah Heikkila-Dubowik F COR 9:30.09
3. Elizabeth Riviere F BEL 11:17.32
4. Izzy Walker F UNA 11:37.85

**AV Shield Round 9 Program 1, Bendigo, Saturday 12 January**

### 3000m Walk

1. Annette Curtis F SBE F60 23:10.35
2. John Watson M BGO M65 24:28.79

### 1500m Walk

1. Barbara Bryant F EAG F60 8:38.94
2. Andrea Smith F BEU F40 9:07.71
3. Maddison Vaughan F BGO 9:24.34
4. Claire Noonan F EAG 9:34.83
5. Wendy Emnor F EAG F60 12:44.59

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Cool evening with gusty breeze at times. Good walking by Richard Everson and George White.

1000m Walk
1. Richard Everson 05:25 M55 73.83%
2. Mark Worthing 05:27 M56 74.06%
3. George White 05:59 M73 81.15%
4. Marie Maxted 06:28 W58 68.43%
5. Rebecca Hunter 06:51 W39 55.21%
6. James Hoare 07:31 M72 63.78%
7. Jan Layng 08:31 W70 59.10%

1000m Club Walk
1. Kevin Finn 06:48 M67 66.41%
2. John Hore 07:45 M70 60.37%
3. Roger Lowe 07:57 M75 62.70%
4. Helen Suridge 08:31 W67 57.01%
5. Valmai Padget 09:15 W74 57.36%
6. Jill Rogers 09:17 W74 57.16%

3000m Walk
1. Richard Everson 15:26 M55 81.53%
2. George White 18:31 M73 82.55%
3. Greg Metha 19:15 M54 64.78%
4. Marie Maxted 20:21 W58 69.15%
5. James Hoare 22:41 M72 66.52%
6. Liz Downs 23:10 W63 64.18%
7. Colin Hainsworth 27:54 M89 70.56%

3000m Club Walk
1. Kevin Finn 20:30 M67 69.31%
2. Valmai Padget 26:26 W74 65.33%
3. Roger Lowe 26:26 M75 59.39%
4. Edna Bates 27:30 W66 56.09%

USCAC MINI MEET, GOLD COAST, QLD, WEDNESDAY 9 JANUARY

Only 1 walker in action in the USCAC Mini Meet on the Gold Coast in Queensland last Wednesday.

1500m Walk
1. Ofield, Mackenzie 15 University o 7:46.38

ATHLETICS WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, SATURDAY 12 JANUARY

Numbers were also pretty sparse in Perth on Saturday for their latest round of interclub.

5000m Walk
1. Patrick Murphy M00 Front Runner 31:16.80
2. Caitlin Gallagher W02 Ridgewood DNF
3. Ebony Gough W03 Joondalup AC DQ
TASMANIAN 10,000M WALK CHAMPS, DOMAIN ATHLETICS TRACK, HOBART, WEDNESDAY 9 JANUARY

Now to Tasmania for a couple of races. First to last Wednesday, when the Tasmanian 10,000m Walk Championships were held. It was a windy blustery evening, with both Will Robertson and Alice Randall walking slower than normal, both nursing slight niggles.

10,000m Walk
1. William Robertson M 53.28.33
2. Alice Randall W 53.57.89
3. Elizabeth Leitch W60 1:11.50.91
4. Ron Foster M65 1:18.37.02

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 12 JANUARY

Then to Saturday for the Tasmanian interclub races, held on a burning hot day, with a strong wind thrown in for good measure.

3000m Walk
1. Elizabeth Leitch Tasmanian Masters 20:29.21
2. Ron Foster Tasmanian Masters 22:51.03
3. Wayne Fletcher Northern Sub 23:25.48

PORTUGUESE NATIONAL 50KM/35KM CHAMPIONSHIPS, PORTO DE MOS, PORTUGAL, SUNDAY 13 JANUARY

Now to overseas news. Sunday saw the Portuguese 50km and 35km Championships in Porto de Mos. 50km wins to Joao Vieira (3:51:46) and Sandra Silva (5:07.10). Unfortunately, Ines Henriques was absent, as she recovers from a minor injury. Joao Vieira won the men's 35km (2:20:14) on his way through to this 50km win, while Mara Ribeiro (3:00.56) won the women's 35km. Very good numbers for such long distance races. Thanks to marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3364) for such prompt results.

50km Women
1. Sandra Silva POR CFOD V40 21-09-75 5:07:10

50km Men
1. Joao Vieira POR SCP V40 20-02-76 3:51:46
2. Pedro Santos POR JV Sen 25-04-86 4:17:04
3. Pedro Isidro POR SLB Sen 17-07-85 4:21:00
5. Manuel Marques POR CFOD V40 04-09-78 4:58:30
Luís Sousa POR SUOV V40 16-04-74 DNF
### 35km Women
1. Mara Ribeiro POR SLB Sen 11-05-95 3:00:56
2. Sandra Silva POR CFOD V40 21-09-75 3:30:29
3. Alexandra Lamas POR ACRSD V45 19-06-72 3:35:08

### 35km Men
1. João Vieira POR SCP V40 20-02-76 2:40:14
2. Miguel Rodrigues POR SLB Sen 01-11-96 2:40:37
3. Miguel Carvalho POR SLB Sen 02-09-94 2:42:34
5. Pedro Santos POR JV Sen 25-04-86 2:52:32
6. Rui Coelho POR CAS Sen 26-09-94 2:52:38
7. Pedro Isidro POR SLB Sen 17-07-85 2:54:01
8. Vítor Cabral POR CFOD S23 01-05-98 3:02:03
10. Manuel Marques POR CFOD V40 04-09-78 3:18:32
12. Luís Sousa POR SUOV S23 16-04-74 3:26:48
13. Luís Bidarra POR CAS V45 05-04-71 3:33:39

### 15km Women
1. Edna Barros POR COP Sen 18-12-96 1:11:50
2. Carolina Costa POR COP S23 12-03-98 1:14:02
3. Vitória Oliveira POR SCP Sen 30-08-92 1:17:41
4. Maria Bernardo POR COP S23 19-10-99 1:18:31
5. Andreia Sousa POR CAS S23 01-12-98 1:19:33
6. Andreia Reis POR NLUZ S23 12-11-99 1:28:42
7. Vera Santos POR SCP V35 03-12-81 DNF

### U20 10km Women
1. Joana Pontes POR LMA-L Jun 22-03-00 51:17
2. Raquel Pimentel POR CFOD Jun 26-06-01* 54:06
3. Catarina Santos POR SCP Jun 02-10-01* 55:41
4. Andreia Lourenço POR CPPEA Jun 19-10-00 1:02:58

### U20 10km Men
1. Rúben Santos POR SCP Jun 05-06-00 46:52
2. João Bernardo POR SLB Jun 14-11-01* 47:18

João Vieira’s time of 3:51:46 ticks the box as a qualifier for the 2019 IAAF World Champs in Doha and now takes the men’s qualifying list to 47. The list reads as follows

### Men 3:59:00 Entry Standard (target number of 50)

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Nationality</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yohann Diniz</td>
<td>FRA</td>
<td>3:33:25</td>
<td>London</td>
</tr>
<tr>
<td>2</td>
<td>Tomohiro Noda</td>
<td>JPN</td>
<td>3:39:47</td>
<td>Takahata</td>
</tr>
<tr>
<td>3</td>
<td>Matej Tóth</td>
<td>SVK</td>
<td>3:42:46</td>
<td>Dukinice</td>
</tr>
<tr>
<td>4</td>
<td>Hirooki Arai</td>
<td>JPN</td>
<td>3:44:25</td>
<td>Taicang</td>
</tr>
<tr>
<td>5</td>
<td>Hayato Katsuki</td>
<td>JPN</td>
<td>3:44:31</td>
<td>Taicang</td>
</tr>
<tr>
<td>6</td>
<td>Veli-Matti Partanen</td>
<td>FIN</td>
<td>3:44:43</td>
<td>Dukinice</td>
</tr>
<tr>
<td>7</td>
<td>Satoshi Maruo</td>
<td>JPN</td>
<td>3:44:52</td>
<td>Taicang</td>
</tr>
<tr>
<td>8</td>
<td>Maryan Zakalnytskyy</td>
<td>UKR</td>
<td>3:44:59</td>
<td>Taicang</td>
</tr>
<tr>
<td>9</td>
<td>Qin Wang</td>
<td>CHN</td>
<td>3:45:29</td>
<td>Taicang</td>
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<tr>
<td>10</td>
<td>Kai Kobayashi</td>
<td>JPN</td>
<td>3:46:26</td>
<td>Takahata</td>
</tr>
<tr>
<td>11</td>
<td>Masatora Kawano</td>
<td>JPN</td>
<td>3:47:30</td>
<td>Takahata</td>
</tr>
<tr>
<td>12</td>
<td>Dzmitry Dziubin</td>
<td>BLR</td>
<td>3:47:59</td>
<td>Berlin</td>
</tr>
<tr>
<td>13</td>
<td>Rui Wang</td>
<td>CHN</td>
<td>3:48:01</td>
<td>Taicang</td>
</tr>
<tr>
<td>14</td>
<td>Rafal Augustyn</td>
<td>POL</td>
<td>3:48:22</td>
<td>Taicang</td>
</tr>
<tr>
<td>15</td>
<td>Håvard Haukënes</td>
<td>NOR</td>
<td>3:48:35</td>
<td>Berlin</td>
</tr>
<tr>
<td>16</td>
<td>Perseus Karlström</td>
<td>SWE</td>
<td>3:48:54</td>
<td>Taicang</td>
</tr>
<tr>
<td>17</td>
<td>Quentin Rew</td>
<td>NZL</td>
<td>3:48:58</td>
<td>Taicang</td>
</tr>
<tr>
<td>18</td>
<td>Ivan Banzeruk</td>
<td>UKR</td>
<td>3:49:17</td>
<td>Taicang</td>
</tr>
<tr>
<td>19</td>
<td>Rafal Sikora</td>
<td>POL</td>
<td>3:49:54</td>
<td>Taicang</td>
</tr>
<tr>
<td>20</td>
<td>Evan Dunfee</td>
<td>CAN</td>
<td>3:50:18</td>
<td>Taicang</td>
</tr>
<tr>
<td>21</td>
<td>Carl Dohmann</td>
<td>GER</td>
<td>3:50:27</td>
<td>Berlin</td>
</tr>
</tbody>
</table>
22. Jonathan Hilbert  
GER  
3:51:22  
Aschersleben  
14 October 2018

23. Joao Vieira  
POR  
3:51:46  
Porto de Mos  
13 January 2019

24. Takayuki Tani  
JPN  
3:51:54  
Takahata  
28 October 2018

25. Shuto Goto  
JPN  
3:52:17  
Takahata  
28 October 2018

26. Jarkko Kinnunen  
FIN  
3:52:40  
Aschersleben  
14 October 2018

27. Michele Antonelli  
ITA  
3:53:00  
Taicang  
5 May 2018

28. Valery Litanyuk  
UKR  
3:53:05  
Taicang  
5 May 2018

29. Bernardo Uriel Barrondo  
GUA  
3:53:10  
Taicang  
5 May 2018

30. Brendan Boyce  
IRL  
3:53:32  
Taicang  
5 May 2018

31. Jesús Ángel Garcia  
ESP  
3:53:48  
Taicang  
5 May 2018

32. Nathaniel Seiler  
GER  
3:54:08  
Berlin  
7 August 2018

33. Adrian Blocki  
POL  
3:54:31  
Taicang  
5 May 2018

34. Claudio Villanueva  
ECU  
3:55:04  
Taicang  
5 May 2018

35. Andrea Agrusti  
ITA  
3:55:09  
Taicang  
5 May 2018

36. Caio Bonfim  
BRA  
3:55:24  
Melbourne  
2 December 2018

37. José Ignacio Díaz  
ESP  
3:55:28  
Berlin  
7 August 2018

38. Marco De Luca  
ITA  
3:55:47  
Berlin  
7 August 2018

39. José Montana  
COL  
3:55:48  
Dudince  
24 March 2018

40. Andrés Chocho  
ECU  
3:55:48  
Cochabamba  
5 June 2018

41. Marc Tur  
ESP  
3:56:28  
Taicang  
5 May 2018

42. Benjamin Sánchez  
ESP  
3:56:37  
Taicang  
5 May 2018

43. Aurelien Quinion  
FRA  
3:57:05  
Aschersleben  
14 October 2018

44. Jijiang Han  
CHN  
3:57:33  
Taicang  
5 May 2018

45. Keira Arbuckle  
MRLA  
DQ

46. Artur Mastianica  
LTU  
3:58:29  
Berlin  
7 August 2018

47. Isamu Fujisawa  
JPN  
3:58:49  
Takahata  
28 October 2018

48. Wild Card Entry as Reigning World Outdoor Champion


### 2019 SOUTH ISLAND COLGATE GAMES, DUNEDIN, NEW ZEALAND, 11-13 JANUARY

The Colgate Games is a premier New Zealand athletics concept for children from 7-14 years of age. The North Island Colgate Games were held a week ago (4-6 January) and the South Island Colgate Games were held in Dunedin this past weekend. It is great to see so many young walkers in action. Thanks to David Sim for the results.

#### Girls 1200m Walk Grade 10
1. Kobi Maslin  
CANU  
6:44.14
2. Meg Ritchie  
SCAN  
7:58.07
3. Emma Campbell  
Geraldine AAC  
11:57.73

#### Girls 1200m Walk Grade 11
1. Orla Motley  
SCAN  
7:01.15
2. Molly O’Reilly  
Selwyn  
7:57.30
3. Isla MacCallum  
Riverton AC  
9:58.22
4. Hannah Grenfell  
PRHL  
10:18.54
5. Nora Caffery  
Manurewa AA & HC  
11:28.25
6. Reilly O’Brien  
MRLA  
DQ

#### Girls 1200m Walk Grade 12
1. Madeline Thomas  
SCAN  
6:03.47
2. Kate Ritchie  
SCAN  
6:50.95
3. Zoe Rutherford  
NAPA  
8:05.98
4. Brydee Cattermole  
NBOL  
8:29.61
5. Anya Rhodes  
Hill City AAC  
9:56.30
6. Lauren Murphy  
St Pauls A & HC  
10:04.77
7. Asha Dickson  
Wyndham AAC  
10:17.09

#### Girls 1600m Walk Grade 13
1. Kayla Simons  
Selwyn  
10:21.10
2. Kirsty McCarthy Dempsey  
Selwyn  
10:24.22

#### Girls 2000m Walk Grade 14
1. Courtney Hillyer  
CHAV  
11:30.19
2. Miranda Chopping (INV)  
Queensland  
12:16.90
3. Ashleigh Whiti 14 Richmond 18:22.87

Boys 1200m Walk Grade 10
1. Sam Burnell 10 Queenstown 9:57.32
Dante Dickson 10 Wyndham AAC DQ

Boys 1200m Walk Grade 11
1. Ari Bennett 11 Ashhurst H & AC 8:36.67

Boys 1200m Walk Grade 12
1. Liam Dunlop-Brown 12 Mana AAC 6:48.84
2. Zachary Landers 12 PRHL 7:52.88
3. Hamish Gillett 12 CHAV 8:36.83
Zach Buyck 12 WHAC DQ

Boys 1600m Walk Grade 13
1. Jonah Cropp 13 Sumner Running Club 8:51.47
2. Harry Reith 13 SCAN 11:50.61
3. Deacon Grieve 13 St Pauls A & HC 11:52.48
4. Reuben Brand 13 Riverton AC 11:55.23

Boys 2000m Walk Grade 14
1. Lachlan McCure (INV) 14 Queensland 11:35.02

ERWL FIVE MILES, KING GEORGE PLAYING FIELDS, ENFIELD, SATURDAY 12 JANUARY

Thanks to Ron Wallwork for the results from the first of the ERWL league races for 2019. He reported:

The race held in dry overcast conditions, with the temperature around 10C, was dominated by Dave Annetts who had a huge winning margin. He had close attendance from Maddy Shott and George Wilkinson for the first couple of miles then walked away from them. Nevertheless, the performance of Maddy Shott, who gained her first international selection following her win at the EA Indoor championships the previous week, confirms her progress in the discipline.

5 Miles Men
1. David Annetts M50 N.Herts RR 38.54
2. George Wilkinson u17 EHAC 42.31
3. David Crane M40 Surrey WC 42.41
4. Juri Reith M55 Steyning AC 46.13
5. Christopher Hobbs M60 Ashford AC 47.21
6. Trevor Jones M60 Steyning AC 47.33
7. Martin Fisher © M55 Redcar RWC 48.22
8. Stuart Bennett © M60 Ilford AC 48.26
9. Mark Culshaw M50 Ilford AC 49.54
10. John Hall M65 Belgrave H 51.32
11. John Ralph M60 EHAC 52.08
12. Malcolm Blackwood M65 Trent Park 56.46
13. Steve Cartwright M60 Colch/Tend 57.19
14. Shaun Lightman M75 Surrey WC 57.41
15. Bob Dobson © M75 Ilford AC 59.18

5 Miles Women
1. Maddy Shott SW Belgrave H 40.54
2. Millie Morris U17 Maid/Medway 46.28
3. Jacqueline Benson U20 Ashford AC 46.45
4. Grace Whittingham U17 Ashford AC 47.20
5. Emma Dyos W40 Ilford AC 48.13
6. Helen Middleton W55 EHAC 48.28
7. Melanie Peddle W50 Loughton AC 49.53
8. Rachel Lawless W55 Ilford AC 53.29
9. Fiona Bishop W55 EHAC 54.30
10. Noel Blatchford W70 Abingdon AC 55.00
11. Sue Barnett W65 EHAC 55.15
12. Lesley Hall W60 Ashford AC 55.20
13. Lesley Morris W55 Ilford AC 56.09
14. Jo Miles W60 unattached 56.13
Back a week to Slovakia where their 2019 indoor season opened with the traditional Matej Tóth Cup meet, combined with the Slovak U20 championships. In total, a very impressive 56 walkers competed in Toth's home city of Banska Bystrica. Apart from the large Slovak contingent, the meet included walkers from the Czech Republic and Hungary.


**5000m Men**

1. Dominik Cerný 1997 ŠK Dukla oz Banská Bystrica 20:25.89
4. Vojtech Libnar 1999 ŠK Nové Mesto nad Metují 22:04.44
7. Alan Hamzic 2000 ŠK ŠOG Nitra 25:52.86 U20
8. Daniel Kovác 2001 ŠK ŠOG Nitra DQ U20

**3000m Women**

1. Viktoria Madarasz 1995 HUN Hungary 13:03.80
3. Hana Burzalová 2001 AK Spartak Dubnica nad Váhom 14:24.64 U20
4. Alžbeta Ragasová 2002 AK Spartak Dubnica nad Váhom 15:04.15 U20
5. Lucia Rusková 2001 ŠK BCF Dukla Banská Bystrica 16:22.98 U20
8. Laura Hubcejová 2003 Atletický klub ZTS Martin 18:35.44 U20
12. Nina Jakušová 2003 MŠk Žiar nad Hronom 19:57.10 U20

**OUT AND ABOUT**

Congratulations to Irish Olympic walker and IAAF judge Pierce O'Callaghan who has been appointed as director of readiness to help monitor overall planning for this year's IAAF World Championships in Doha. Pierce was the director of operations for the IAAF World Championships London in 2017 and was the sports director at the inaugural European Games in Baku. Another well deserved post. See https://www.insidethegames.biz/articles/1074123/o'callaghan-appointed-director-of-readiness-for-2019-iaaf-world-championships-in-doha.

• 2018 IAAF World Racewalking Team Championships representative Rebecca Henderson may not be walking much this summer but she is making big waves elsewhere. Last Saturday, she competed in the 1.2km Lorne Pier to Pub ocean swim. Here is what her mum Cathy had to say

> Amazing day at our first Lorne Pier to Pub swim today with Bec fortunate enough to be given a spot in the Superfish wave, swimming against the best open water swimmers from Victoria and interstate, after her results this season. Fantastic atmosphere with over 5,000 competitors and around 25,000 spectators and Bec swam a great race, coming in 7th in the Open Superfish wave in a very close race (only 11 seconds behind second place) Such an exciting experience.....loved it!!!!

She then backed up with third place in the 2XU Triathlon at St Kilda on Sunday. Wow, what a weekend!

• Time for a look at time past. Check out the 2012 interview with 1976 Olympic 20km gold medallist Daniel Bautista. One of my favourite walkers of all time. See https://www.youtube.com/watch?v=Hkfs1bgadQo.

• In September 2018, WADA director general Oliver Niggli stated RUSADA would be declared non-compliant again if they did not meet the December deadline. And now? WADA's Compliance Review Committee is poised for a crunch meeting to discuss Russia’s ongoing non-compliance, with the likely outcome yet another softly softly approach to the serial offender. See http://www.insidethegames.biz/articles/1074167/wadas-compliance-review-committee-poised-for-crunch-meeting-to-discuss-russia.

**MARCIALMONDO AND OMARCHANTADOR ROUNDUP**

Marcialmondo has 6 press releases for us this week

• Sun 13 Jan - Porto de Mos: Portuguese 50km championship results http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3364


• Thu 10 Jan - Preview of the Portuguese 50km champs this weekend in Porto de Mos http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3362

• Wed 9 Jan - Perseus Karlstrom walks 38:52.76 for Canberra 10,000m track walk http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3361

• Tue 8 Jan - Banska Bystrica (SVK): victories of Dominik Cerny (SVK) and Viktoria Madarasz (HUN) http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3360


Omarchador has 7 press releases

• Sun 13 Jan - Results of 3000m indoor track championships in Sheffield, England http://omarchador.blogspot.com/2019/01/campeonatos-de-inglaterra-de-pista.html

• Sun 13 Jan - Preview of Portuguese 50km championships in Porto de Mós http://omarchador.blogspot.com/2019/01/porto-de-mos-sede-dos-campeonatos-de.html

• Sat 12 Jan - Some history: 50km Portugal Championship walks 1985 - 2018 http://omarchador.blogspot.com/2019/01/campeonatos-de-portugal-de-50-km-marcha.html

• Fri 11 Jan - Portugal releases its qualification standards for the European Race Walking Cup http://omarchador.blogspot.com/2019/01/marcas-de-qualificacao-eura-lytus-2019.html

• Thu 10 Jan - Valeria Pedetti and Ivan Pushkin named the best European veteran walkers for 2018 http://omarchador.blogspot.com/2019/01/valeria-pedetti-e-ivan-pushkin.html

• Wed 9 Jan - Perseus Karlstrom and Lorena Arenas win 10,000 m in Canberra, Australia http://omarchador.blogspot.com/2019/01/perseus-karsltrom-e-lorena-arenas.html
As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

**Australian/Victorian Key Dates – 2019**

**Jan 19 (Sat), 2019**  
AV Shield Round 10, around Victoria

**Jan 20 (Sun), 2019**  
VRWC Road Races, Middle Park, Victoria

**Jan 26-28, 2019**  
Victorian Country T&F Championships, Bendigo, Victoria

**Feb 2 (Sat), 2019**  
AV Shield Round 11, around Victoria

**Feb 9 (Sat), 2019**  
AV Shield Round 12, around Victoria

**Feb 10 (Sun), 2019**  
Australian/Oceania 20km Championships, Adelaide, SA

**Feb 13 (Wed), 2019**  
AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Mentone

**Feb 17 (Sun), 2019**  
VMA 5000m Track champs and VRWC races, Dolomore Reserve, Mentone, Victoria

**Feb 23 (Sat), 2019**  
AV Shield Final, Lakeside Stadium, Albert Park, Victoria

**Mar 1-3, 2019**  
Victorian T&F Championships, Weekend 1, Albert Park

**Mar 8-10, 2019**  
Victorian T&F Championships, Weekend 2, Albert Park

**Mar 16-17, 2019**  
Victorian Masters T&F Championships, Doncaster

**Mar 30 – Apr 7, 2019**  
Australian Athletics Championships, Sydney (10,000m track walk championships)

**Apr 13-14, 2019**  
Coburg 24 Hour Carnival, Coburg, VIC

**Apr 26-29, 2019**  

**Feb 23 (Sat), 2019**  
AV Shield Final, Lakeside Stadium, Albert Park, Victoria

**Mar 1-3, 2019**  
Victorian T&F Championships, Weekend 1, Albert Park

**Mar 8-10, 2019**  
Victorian T&F Championships, Weekend 2, Albert Park

**Mar 16-17, 2019**  
Victorian Masters T&F Championships, Doncaster

**Dec 26-7, 2019**  
Australian Athletics Championships, Sydney (10,000m track walk championships)

**Aug 11 (Sun), 2019**  
AM 20km National Championships, Adelaide, SA

**2019 IAAF Race Walking Challenge Series (first few dates now published)**

**Apr 6 (Sat), 2019**  
28th Grande Prêmio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal

**Jun 8 (Sat), 2019**  
XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain

**Sep 27 - Oct 6, 2019**  
IAAF World Athletics Championships, Doha, Qatar

**International Dates – 2019 and onwards**

**Jan 26 (Sat), 2019**  
USATF 50km Race Walking Championships, Santee, California, USA

**Feb 10 (Sun), 2019**  
Spanish 50km National Race Walk Championships, El Vendrell, ESP

**Mar 17 (Sun), 2019**  
Lugano Trophy Walks Meet, Lugano, SWI

**Mar 23 (Sat), 2019**  
Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)

**Mar 24-30, 2019**  
8th World Masters Indoors T&F Championships, Torun, Poland

**Apr 6 (Sat), 2019**  
Podebrady International Meet, Podebrady, CZE (20km)

**Apr 6 (Sat), 2019**  
28th Grande Prêmio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal

**Apr 13 (Sat), 2018**  
International Race Walking Meeting “Zaniemysl 2019”, Zaniemysl, Poland (20km)

**Apr 13 (Sat), 2019**  
Naumburg International Meet, Naumburg, Germany

**Apr 20-21, 2019**  
Pan American Race Walk Cup, Lazaro Cardenas, Mexico

**May 15 (Sun) 2019**  
European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)

**Jun 8 (Sat), 2019**  
XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain

**Jun 22 (Sat), 2019**  
Polish 20km Championships, Mielec, POL

**July 3-14, 2019**  
30th Summer Universiade, Naples Italy

**Aug 2021 (TBC)**  
19th IAAF World Championships in Athletics, Budapest, Hungary

**Aug 6-15, 2021 (TBC)**  
18th IAAF World Championships in Athletics, Eugene, USA

**July 18-30, 2022**  
XXII Commonwealth Games, Birmingham, GBR

**Aug 7-17, 2022**  
24th World Masters T&F Championships, Gothenburg Sweden

**Jul 20 – Aug 1, 2020**  
23rd World Masters T&F Championships, Toronto, Canada

**Mar 2021**  
9th World Masters Indoor T&F Championships, Edmonton, Canada

**Aug 6-15, 2021 (TBC)**  
18th IAAF World Championships in Athletics, Eugene, USA

**July 24 – Aug 9, 2020**  
32nd Olympic Games, Tokyo

**July 20 – Aug 1, 2020**  
18th IAAF World U20 T&F Championships, Nairobi, Kenya

**May 2020**  
29th IAAF World Race Walking Team Championships, Minsk, Belarus

**July 17-20, 2020**  
18th IAAF World U20 T&F Championships, Nairobi, Kenya

**July 24 – Aug 9, 2020**  
32nd Olympic Games, Tokyo

**July 20 – Aug 1, 2020**  
23rd World Masters T&F Championships, Toronto, Canada

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**Aug 6-15, 2021 (TBC)**  
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**July 3-14, 2019**  
30th Summer Universiade, Naples Italy

**Aug 2021 (TBC)**  
19th IAAF World Championships in Athletics, Budapest, Hungary

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