



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### TIM'S WALKER OF THE WEEK

Last week's winner was 22 year old Tasmanian **Stephanie Stigwood** who won the Tasmanian 10,000m track championship in a new State Record time of 48.35.5 a week ago - this was also a 1m 35s PB and pushes her into the small group of sub-49 women in the country at the moment. Again, another big improver over the last 12 months. It was a great week for voting with 228 cast in total – that must be a record of sorts!

This weeks sees more outstanding walks around the country and my short list will hopefully set up a voting frenzy for the following:

- 14 year old **Clara Smith** whose time of 24:20.16 was a 26 sec PB and is fantastic for one so young. She was amongst my Top Ten walkers for 2012 and looks set to continue the good work in 2013.
- 20 year old **Dane Bird-Smith** started off his 2013 season with a sizzling 5000m track time of 19:21.59 in the same meet in Brisbane. Last year, Dane got down to 19:02.59 and he looks set to challenge, if not beat that time this year.
- 39 year old **Kelly Ruddick** seems to pop up in my Walker of the Week every second week. She is back again this week with a fantastic 15km road walk time of 1:11:53, a 9 sec PB and a new Victorian Masters W35 record.
- 48 year old South Australian walker **Troy Hooker** has made amazing progress over the last 12 months and deserves his nomination this week. As Peter Crump explains: *Troy has improved from a casual "club rule" walker only last year to stalking me over the last fortnight and blizzing me twice now over the last 400 metres. While he pushed me to equal an old (2004) PB of 15:42 last Friday, Troy has pushed himself to peel slabs off his 3,000 metres time, from 15:57 last fortnight to 15:33 this week. While the absolute times are not world standard, the sheer improvement for a new 48 year old walker is amazing.*
- 14 year old **Jemima Montag** bettered two of the oldest Victorian records on the books when she walked 6:31.7 in AV Shield competition last Saturday. In 1978, Anne Miller set the current Victorian U15 and U16 records with her time of 6:32.6. Jemima has bettered that time by just under one second.

As usual, you can vote at <http://www.vrwc.org.au/vrwcWOW.php>.

### DENISE BOYD SHIELD, STATE ATHLETICS FACILITY, NATHAN, SATURDAY 26 JANUARY

First a catchp result from Brisbane from a week ago when 5000m and 3000m walks were held as part of the Denise Boyd Shield meet. **Jessica Pickles** (24:00.87) and **Dane Bird-Smith** (19:21.59) led the way with a couple of great times. Others to excel included 14 year old **Clara Smith** (24:20.16), Victorian **Rhydian Cowley** (20:36.34) and **Brad Aiton** (21:08.20).

#### Women 5000m Walk

1.	Pickles, Jessica	19	Unq	24:00.87	
2.	Smith, Clara	15	Unq	24:20.16	PB 0:26
3.	Jackson, Eloise	18	Qrw	27:27.99	
4.	Woodward, Mikaela	14	Unq	28:32.14	
	Boardman, Lucy-Rose	17	Atn	DNF	

#### Men 5000m Walk

1.	Bird-Smith, Dane	21	Qrw	19:21.59
2.	Cowley, Rhydian	22	Vic	20:36.34
3.	Aiton, Brad	19	Gcv	21:08.20
4.	Dewar, Brandon	21	Qrw	21:51.74
5.	Dewar, Nick	21	Qrw	21:58.39

**3000m Walk**

1.	Nipperess, Dean	42	Qrw	15:30.27
2.	Brackin, Aimee	14	Unq	17:48.73

**BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 30 JANUARY**

Thanks to Paul Rance for the latest walking results from Bendigo.

The Bendigo Walkers Club held a 2km sealed handicap event in Rosalind Park on Wednesday evening with Ebony Whiley taking first and fastest honours with 11 year old Zahra Hayes just 1 second behind Ebony in 2<sup>nd</sup> place, walking a 36 second personal best, while Peter Curtis in his comeback season took 3<sup>rd</sup> place.

**2km Handicap**

1.	Ebony Whiley	10.30
2.	Zahra Hayes	10.31
3.	Peter Curtis	10.44
4.	Madison Hill	12.10
5.	Barb Bryant	11.37
E6.	Annette Curtis	13.54
E6.	Annette Major	12.04
8.	John Carter	13.21
9.	Geoff Major	15.02
10.	Carissa Brook	12.47
11.	Norm West	16.08
12.	Sheridan Commons	16.56
13.	Colin Cleary	16.07
14.	Caitlyn Tozer	19.02

**SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 30 JANUARY**

Thanks to Colin Hainsworth for his weekly South Australian Masters walk results from Adelaide. He commented: *Tim, two yacht handicap walks held on a cool, calm evening.*

**3000m Yacht Handicap**

1.	W52	Gloria Holliday	17:37	75.39%
2.	M60	Jack Russell	17:26	75.65%
3.	M70	Bill Starr	20:54	70.42%
4.	W58	Linda Whitelaw	22:28	62.63%
5.	M52	Peter Crump	15:42	78.06%
6.	M76	Paul Boyce	24:44	64.35%
7.	M67	George White	15:53	89.45%
8.	M69	Graham Harrison	19:34	74.33%
9.	W64	Gill White	22:31	66.84%
10.	M83	Colin Hainsworth	22:34	
11.	M62	Phil Coles	22:15	60.48%
12.	M79	David Robertson	24:03	69.11%
13.	W52	Marie Maxted	20:05	66.13%
14.	M74	Rodger Barber	22:42	68.23%

**1500m Yacht Handicap**

1.	M67	George White	7:50	88.96%
2.	W52	Gloria Holliday	8:04	79.80%
3.	W52	Marie Maxted	9:23	68.61%
4.	M69	Graham Harrison	9:41	73.66%
5.	W68	Margaret Trengove	10:04	75.28%
6.	M62	Phil Coles	10:54	60.57%
7.	M76	Paul Boyce	11:28	68.02%

**ACT WALKING CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 31 JANUARY**

Thanks to Robin Whyte for his weekly report from Canberra

**2000m Handicap**

1.	Val Chesterton	16:07
2.	Mick Saunders	12:40
3.	Doug Fitzgerald	14:01
4.	Rod Gilchrist	12:55
5.	Callum Burns	10:04
6.	Robin Whyte	12:15
7.	Zoe Hunt	10:08
8.	Ruth Baussmann	14:19
9.	Ally Durr	10:24
10.	Spencer Burns	10:31

**800m Walk**

1.	Laura Burns	04:40
2.	Colby Eddowes	04:51
3.	Tom Hunt	04:56
4.	Barbara Eddowes	05:14
5.	Sharon Parker	08:04
6.	John Parker	08:06

11. Dylan Eddowes	13:08
12. Gabby Hunt	10:20
13. Peter Baker	10:34
14. Bryan Thomas	13:36
15. Kate Black	12:21
16. Geoff Barker	14:42
17. Jennifer Gilchrist	15:51

**WESTERN AUSTRALIAN STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 1 FEB**

Kate Holt was in great form in Perth, walking a 21 sec PB time of 26:19.6 in winning their 5000m walk last Friday evening.

**Mixed 5000m Walk**

1. Holt, Kate	W	Melville	26:19.6	PB 0:21
2. Hughes, Holly	W	Athletics WA	29:01.5	
3. Reid, Benjamin	M	Athletics WA	32:01.6	
4. Gerken, Caitlin	W	Athletics WA	32:16.7	
5. Tolardo, Isabella	W	Melville	33:27.6	
6. Gerken, Christopher	M	Athletics WA	38:05.3	
Watson, Hannah	W	Melville	DNF	

**SOUTH AUSTRALIAN PREMIER LEAGUE, SANTOS STADIUM, MILE END, FRIDAY 1 FEBRUARY**

First a couple of photos that were published on the ASA website last week from their Premier League competition (thanks Kim)



**Troy Hooker, Peter Crump, Tanya Holliday and Kim Mottrom in action in the track in Adelaide last week**

Thanks to Kim Mottrom for this week's report from Adelaide.

Hi Tim,

Last night we had another 3km. It was a great night overall with Darren Bown walking his first race in over a year! His technique looked as good as ever and he sat with Justin Hill (who did a PB again) until 1500m before accelerating and finishing off with a very good time. Behind them were Peter Crump and Troy Hooker going head to head again, with Troy kicking with 400m to go finishing in another huge PB. A very good time also by Jemma Potezny on her way back and Joe Cross did really well in his first 3km.

A bit of a side story re Peter Crump's time. He tells me that 15:42 was his PB from 9 years ago. Knowing how well he has been training he raced with the masters Wednesday to see how close he could get; he did 15:42. Last night with a lap to go he had to do 2:06 to finish under his PB, he checked his watch when he finished and then asked me what time he did; it was 15:42 again! I think with Troy pushing him we might see him dip under this before the summer is over.

**Open Men 3000m**

1.	Kim Mottrom	12:35.90	
2.	Darren Bown	13:12.42	
3.	Justin Hill	13:21.07	PB 0:17
4.	Troy Hooker	15:33.71	PB 0:24
5.	Peter Crump	15:42.41	eq PB
6.	Joe Cross	17:44.19	

**Open Women 3000m**

1.	Anna Cross	15:15.36
2.	Jemma Potezny	15:36.91

**Under 16 Girls 1500m**

1.	Rhiannon Lovegrove	8:14.65
2.	Rhianna Hooker	8:35.18

**ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 2 FEBRUARY**

The final round of Athletics Victoria Shield competition was contested last Saturday with well over 120 walkers in action across the 6 zones. Conditions were cool and, I believe, a little blustery in some places and we were missing quite a few of our top walkers from the action but the times were still good. In two weeks time, the AV Shield Final will be contested for those teams strong enough to finish in the top of their respective regions.

**AV Shield Round 12 - East Zone, Lakeside Stadium, Albert Park**

The East zone walkers had one final treat – a walk at the new Lakeside Stadium at Albert Park. Brad Simpson was in great form with his 12:46.2 and he finished nearly a lap ahead of Simon Evans. Natalie Laurie was the fastest of the women with 17:26.3. In the 1500m, times were pretty pedestrian compared with recent weeks, Adam Garganis taking line honours with 7:40.7 while Josephine Laufer was the fastest of the girls with 9:37.3.

**Mixed 3000m Walk**

1.	Simpson, Brad	M	ATHLETICS NU	12:46.2	PB 0:44
2.	Evans, Simon	M	BOX HILL AC	14:32.1	
3.	Taylor, Lucas	M	YARRA RANGES	15:41.6	
4.	Keirl, Bernie	M	DIAMOND VALLEY AC	15:46.9	
5.	Cochrane, Andrew	M	OLD SCOTCH C	16:27.2	
6.	Clarke, Patrick	M	DIAMOND VALLEY AC	17:22.5	
7.	Laurie, Natalie	W	ATHLETICS NU	17:26.3	
8.	Hammett, Gary	M	DIAMOND VALLEY AC	17:37.0	
9.	Gardiner, Bob	M	COLLINGWOOD	17:45.5	
10.	Walshe, Kerryn	W	DIAMOND VALLEY AC	18:23.6	
11.	Benke, Geza	M	OLD MELBURNIANS AC	18:24.2	
12.	Olden, Graeme	M	BOX HILL AC	18:46.7	
13.	McCann, Adam	M	ATHLETICS NU	20:03.0	
14.	Garside, Emilie	W	CROYDON AC	20:04.8	
15.	Worsnop, Christopher	M	OLD XAVERIANS AC	20:09.6	
16.	Quinn, Karen	W	DIAMOND VALLEY AC	20:20.1	
17.	Watson, Nick	M	DONCASTER AC	20:26.7	
18.	Martini, David	M	OLD XAVERIANS AC	20:49.9	
19.	Sofianos, Gerald	M	ST KEVINS AC	21:19.7	
20.	Garganis, Clare	W	COLLINGWOOD	21:24.7	
21.	Cowell, Jacqueline	W	DIAMOND VALLEY AC	22:00.5	
22.	Page, Kirsty	W	COLLINGWOOD	23:17.7	

**Mixed 1500m Walk**

1.	Garganis, Adam	M	COLLINGWOOD	7:40.7
2.	Brasier, Emmet	M	DIAMOND VALLEY AC	8:22.4
3.	Owen, Cooper	M	DIAMOND VALLEY AC	8:29.0
4.	Burgess, Liam	M	DIAMOND VALLEY AC	8:35.5
5.	Derby, Lachlan	M	COLLINGWOOD	8:54.9
6.	Laufer, Josephine	W	COLLINGWOOD	9:37.3
7.	Mcadam, Hilary	W	COLLINGWOOD	9:42.2
8.	Walburg, Kirsten	W	DONCASTER AC	9:54.1
9.	Noonan, Emily	W	COLLINGWOOD	10:06.6
10.	Taylor, Lee	W	YARRA RANGES	10:11.0
11.	Seeley, Madeline	W	ATHLETICS NU	10:28.9
12.	Boylan, Adele	W	COLLINGWOOD	10:48.2

**AV Shield Round 12 - South East Zone Casey Fields, Cranbourne East**

The Melbourne South East zone competition at Cranbourne saw Chris Lockwood 16:43.4 and Jade Sanders 17:09.0 fastest in the 3000m but the action was a lot hotter in the 1500m with Kyle Bird 6:25.9, Jemima Montag 6:31.7 and Kyle Swan 6:50.7 leading the way. And look at all the PBs in the 1500m.

**Mixed 3000m Walk**

1.	Lockwood, Chris	M	VICTORIAN MA	16:43.4
2.	Bennett, Ralph	M	VICTORIAN MA	16:57.1

3.	Sanders, Jade	W	CASEY CARDIN	17:09.0
4.	Eastwood, Jessie	W	OAKLEIGH AC	17:11.7
5.	Gourlay, Marlene	W	VICTORIAN MA	17:22.8
6.	Thillaisundaram, Anand	M	MENTONE AC	17:24.7
7.	Chapman, Kahlia	W	ATHLETICS WAVERLEY	17:44.3
8.	Van Dongen, Rupert	M	CASEY CARDIN	17:51.5
9.	McInnes, Simone	W	GLENHUNTLY AC	17:56.4
10.	MacDonald, Chris	M	HAILEYBURY AC	19:03.3
11.	Steed, Gwen	W	VICTORIAN MA	19:27.4
12.	Hutton, Philip	M	GLENHUNTLY AC	19:44.0
13.	Johnson, Celia	W	VICTORIAN MA	20:26.5
14.	Buller, Peter	M	GLENHUNTLY AC	20:50.8
15.	Morrison, John	M	SANDRINGHAM AC	21:05.3
16.	Urquart, Donna	W	INVITATIONS	21:05.8
17.	Molnar, Jo	W	ATHLETICS WAVERLEY	22:54.2
	Sommers, David	M	KNOX AC	DQ

#### Mixed 1500m Walk

1.	Bird, Kyle	M	MORNINGTON P	6:25.9	PB
2.	Montag, Jemima	W	MACCABI AC	6:31.7	PB 0:14
3.	Swan, Kyle	M	KNOX AC	6:50.7	PB 0:04
4.	Walmsley, Reese	M	KNOX AC	7:04.6	PB 0:04
5.	Hamilton, Emily	W	KNOX AC	7:18.0	PB 0:11
6.	Vasiljevic, Taylor	W	CASEY CARDIN	7:24.9	PB 0:01
7.	De Lisen, Paige	W	KNOX AC	7:25.3	PB 0:03
8.	Guy, Rachael	W	CASEY CARDIN	7:43.3	
9.	Burren, James	M	KNOX AC	7:52.1	
10.	Swan, Emily	W	KNOX AC	7:53.7	
11.	Dickson, Corey	M	KNOX AC	7:55.2	
12.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	8:03.8	
13.	McNicol-Davidson, Cody	M	SOUTH COAST	8:07.5	
14.	Hodges, Mikhala	W	KNOX AC	8:21.1	
15.	Bulte, Karla	W	INVITATIONS	8:23.2	
16.	Walmsley, Hayden	M	KNOX AC	8:42.0	
17.	Lillie, Jessica	W	KNOX AC	8:42.5	
18.	Miller, Tegan	W	INVITATIONS	9:01.9	
19.	Woolfe, Hayley	W	INVITATIONS	9:07.1	
20.	McNicol-Davidson, Chloe	W	SOUTH COAST	9:07.6	
21.	Morrow, Natalie	W	INVITATIONS	9:08.4	
22.	Eastwood, Jemma	W	OAKLEIGH AC	9:17.6	
23.	Briet, Brianna	W	INVITATIONS	11:04.6	
24.	Morrow, Bianco	W	INVITATIONS	13:01.8	
	Dinicolantonio, Al	W	CASEY CARDIN	DQ	

#### AV Shield Round 12 - North West Zone, Moonee Valley Athletics Track, Aberfeldie

Chris Erickson shrugged off the Christmas cobwebs with the fastest time of the day in the AV Shield Competition – a quick 11:57.2. Aaron McDonough was also in great form with his 14:19.8 (only 1 sec outside his PB) for second while Kirstin Shaw was the fastest of the women with 15:16.1. In the 1500m Brookly Utber 8:43.6 and Gabriella Crea 8:49.1 had their usual battle with Brooklyn winning out this week.

#### Mixed 3000m Walk

1.	Erickson, Chris	M	ATHLETICS ESSENDON	11:57.2
2.	McDonough, Aaron	M	PRESTON AC	14:19.8
3.	Donahoo, Mark	M	ATHLETICS ESSENDON	14:45.2
4.	Hawkins, Trenton	M	PRESTON AC	14:47.2
5.	Shaw, Kirstin	W	WESTERN ATHL	15:16.1
6.	McShanag, Connor	M	ATHLETICS ESSENDON	16:02.5
7.	Kondogonis, John	M	KEILOR ST BE	16:14.0
8.	Knox, Duncan	M	ATHLETICS ESSENDON	16:52.1
9.	Elms, Donna	W	ATHLETICS ESSENDON	18:16.3
10.	Shaw, Robyn	W	WESTERN ATHL	18:17.7
11.	Murphy, Stephen	M	ATHLETICS ESSENDON	20:46.3
12.	Hodgart, Claire	W	WESTERN ATHL	21:03.9
13.	Campbell, Caitlin	W	ATHLETICS ESSENDON	21:12.8
14.	Dunstone, Phillip	M	WESTERN ATHL	21:16.8
15.	Abfalder, Maria	W	KEILOR ST BE	21:28.5
16.	Keighery, Peter	M	KEILOR ST BE	21:28.8
17.	Ryan, Maeve	W	WILLIAMSTOWN AC	21:32.3

18.	Ireland, Roslyn	W	BRUNSWICK AC	21:41.8
19.	Hodgart, Janice	W	WESTERN ATHL	23:00.7
20.	Ireland, Olive	W	BRUNSWICK AC	25:21.6
21.	Gunn, Nicole	W	KEILOR ST BE	26:54.1

#### Mixed 1500m Walk

1.	Utber, Brooklyn	W	WESTERN ATHL	8:43.6
2.	Crea, Gabriella	W	ATHLETICS ESSENDON	8:49.1
3.	Irons, Julia	W	KEILOR ST BE	8:59.9
4.	Campbell, Rebecca	W	ATHLETICS ESSENDON	9:20.6
5.	Wellington, Shea	M	KEILOR ST BE	9:29.6
6.	Matthews, Rhiannon	W	KEILOR ST BE	10:04.1
7.	Irons, Elaine	W	KEILOR ST BE	10:17.1
8.	Sykes, Dominic	M	KEILOR ST BE	10:23.7
9.	Grenade, Christoph	M	PRESTON AC	11:30.8
10.	McPherson, Ann-Mar ie	W	KEILOR ST BE	11:30.8
11.	Rudston-Brown, Caitlyn	W	WHITTLESEA CITY AC	11:56.8
	Mcevoy, Alice	W	KEILOR ST BE	DQ
	Papac, Ynes	W	KEILOR ST BE	DQ
	Tonelli, Ashley	W	KEILOR ST BE	DQ

#### AV Shield Round 12 - Bendigo Zone, La Trobe University Track, Bendigo

Duane Cousins 15:46.61 and Amanda Heard 16:00.15 were the best over 3000m in Bendigo while Zahra Hayes was the best over 1500m with 8:12.26.

#### Mixed 3000m Walk

1.	COUSINS, DUANE	M39	EAGLEHAWK YMCA	15:46.61
2.	HEARD, AMANDA	W17	EAGLEHAWK YMCA	16:00.15
3.	WHILEY, EBONY	W17	EAGLEHAWK YMCA	17:45.65
4.	MAJOR, ANNETTE	W50	EAGLEHAWK YMCA	18:43.37
5.	SAVAGE, JOSHUA	M17	EAGLEHAWK YMCA	19:04.09
6.	HILL, MADISON	W12	SOUTH BENDIGO	19:54.03
7.	MAJOR, GEOFFREY	M76	EAGLEHAWK YMCA	23:47.26

#### Mixed 1500m Walk

1.	HAYES, ZAHRA	W11	SOUTH BENDIGO	8:12.26
2.	MINCHIN, LISA	W48	SOUTH BENDIGO	10:50.99

#### AV Shield Round 12 - Geelong and Ballarat Zones , John Landy Athletic Field, Geelong

Josh Dillon was in good form at Geelong with his time of 14:10.20

#### Mixed 3000m Walk

1.	Dillon, Joshua	18	CORIO AC	14:10.20
2.	Mirarchi, Nicholas	21	CORIO AC	17:04.35

### VRWC ROADRACES, MIDDLE PARK, SUNDAY 3 FEBRUARY

Peter Vysma tells me that it was a cloudy morning for our VRWC road races on Sunday with just a bit of drizzle which cleared before the start. The course was reduced to a 1km loop due to Australian Motor Racing Grand Prix setup works (our annual headache has started once again) and conditions were made even harder for our officials with temporary fencing erected all around the start/finish line.

The first events to kick off were the longer ones with Simon Evans and Bernie Keirl testing themselves over the 20km distance. Simon walked well to finish with 1:52.52 but Bernie was perhaps a tad unfortunate to pick up a third red card in the dying stages and learn of his DQ after he had finished. Kelly Ruddick walked fantastically again, bettering her own Victorian W35 record with 1:11:53. Further down in distances, Jesse Osborne scorched over the 10km distance in a very fast 43:34. Some good times indeed.

#### 20km Open

1.	Simon Evans	1:52:52
	Bernie Keirl	DQ

#### 15km Open

1.	Kelly Ruddick	1:11:53	PB 0:09
2.	Pam Tindal	1:29:30	
3.	Kirstin Shaw	1:29:30	

1.	Mark Donahoo	1:22:31
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### 10km Open

	Robyn Shaw	DNF	3km in 20.45
1.	Jesse Osborne	0:43:34	
2.	Ralph Bennett	0:59:36	
3.	Bob Gardiner	1:02:05	
4.	Murray Dickinson	1:05:10	
5.	Steve Jordan	1:14:33	
	David Smyth	DNF	4km in 23.48

Our shorter distance events saw 16 year old Nathan Brill storm through for a 3km time of 12:04, yet again another club record and a new PB to boot. Kyle Bird 24:25 and Kyle Swan 14:24 also walked excellent

### 5km Open

1.	Liz Feldman	0:31:48	
2.	Celia Johnson	0:34:11	
1.	Kyle Bird	0:24:25	
2.	Connor McShanag	0:28:25	
3.	Barrie Wicks	0:38:28	

### 3km Open

1.	Emily Swan	0:17:31	
2.	Cathy Huse	0:21:43	
3.	Kelly Davidson	0:25:40	
	Caitlin Campbell	DNF	2km in 13.12
1.	Nathan Brill	0:12:04	PB 0:11
2.	Anand Thillaisundaram	0:17:55	
3.	Paul Tremigliozi	0:19:50	
4.	Gerard Feain	0:20:10	

### 3km Under 15

1.	Phillipa Huse	0:16:58	PB 0:07
2.	Madeline Feain	0:20:10	
1.	Kyle Swan	0:14:24	
2.	Reece Walmsley	0:14:43	
3.	Hayden Walmsley	0:19:19	
4.	Lachlan Feain	0:19:34	

Thanks as usual to our many judges and officials – sorry if I have missed anyone!

**Judges:** Peter Vysma (C), Gordon Loughnan, Stu Cooper, Lloyd Nichols

**Officials:** Harry Summers, Bob Gardiner, Mark Donahoo, Don and Stacey McLaren, Craig Brill (setup)

**Feed Station:** Marlane Stanway

**Photos:** Terry Swan

**Canteen:** Kate Suich, Wendy Cooper

## LONDON INDOOR GAMES, LEE VALLEY ARENA, SUNDAY 27 JANUARY

On her return to competition after the London Olympics in August, Lithuanian **Neringa Aidietyte** won the 3000m walk at the London Indoor Games, held at Lee Valley Arena on January 27. Second place went to Australian and Belgrave Harrier walker **Stuart Kollmorgen** who challenged during the first half of the race. Portuguese and Ilford walker **Francisco Reis** took third place.

### 3000m Walk Mixed

1.	Neringa Aidietyte (F)	1983	Ilford / Lithuania	13:38.07
2.	Stuart Kollmorgen	1969	Belgrave / Australia	13:45.75
3.	Francisco Reis	1960	Ilford / Portugal	14:23.72
4.	Jonathan Hobbs	1993	Ashford AC / Birmingham Uni	14:41.35
5.	Steve Allen	1956	Barnet / Southern Counties Vets	15:51.63
6.	Callum Wilkinson	u17	Single	15:51.70
7.	John Hall	1949	Belgrave / Veterans / Civil Service	16:04.73
8.	Stuart Bennett	1958	Ilford	16:45.03
9.	Helen Middleton (F)	1962	Enfield & Haringey / Eastern Vets	17:22.58
10.	Mark Culshaw	1966	Tamworth / Belgrave	17:51.39

11. Maureen Noel (F)	1963	Belgrave / Civil Service / Veterans	17:59.20
12. Noel Blatchford (F)	1947	Abingdon	19:11.35

### ITALIAN WINTER RACEWALKING TROPHY, MONTESILVANO, ITALY, SUNDAY 27 JANUARY

The Italian Winter Trophy racewalking meet was held on the streets of Montesilvano, in the province of Pescara, on Sunday 27 January. The day was cool and the 2km race loop was good except for a few hundred meters of cobblestones. Italian walking star Eleonora Giorgi, 14<sup>th</sup> in the women's 20km walk at the London Olympic Games, won the women's 20 km walk with 1:34:24 while Jean Jacques Nkouloukidi won the men's 30 km in 2:15:17, beating Federico Tondodonati (2:15:33) and Daniele Paris (2:15:46). See the race report at [http://www.marciaitaliana.com/dett\\_news.asp?id=1283](http://www.marciaitaliana.com/dett_news.asp?id=1283) and see the full result set at <http://www.marciaitaliana.com/risultati/Montesilvano.pdf>.

#### Open Men 30km

1.	NKOULOUKIDI Jean Jacque	1982	2:15:17
2.	TONTODONATI Federico	1989	2:15:33
3.	PARIS Daniele	1984	2:15:46
4.	ADRAGNA Andrea	1989	2:16:47
5.	MACCHIA Riccardo	1990	2:16:49
6.	CAPORASO Teodorico	1987	2:18:37
7.	RENO' Giovanni	1991	2:20:23
8.	VIGANO' Giacomo	1991	2:21:28
9.	DOLCI Mirko	1985	2:21:52
10.	VONA Flavio	1984	2:22:30
11.	DEI TOS Leonardo	1992	2:23:49
12.	LAMMENDOLA Gianluca	1983	2:34:28

#### Open Women 20km

1.	GIORGI Eleonora Anna	1989	1:34:24
2.	ZAPPAROLI Alessia	1988	1:41:33
3.	STETSKIV Cecilia	1991	1:44:35
4.	DE ROSA Carolina	1992	1:44:48
5.	CURIAZZI Federica	1992	1:48:36

#### Junior Men 10km

1.	MINEI Vito	1994	43:54
2.	FORTUNATO Francesco	1994	44:59
3.	CUSMAI Alessandro	1994	45:15
4.	TODISCO Daniele	1995	45:28
5.	AGRUSTI Andrea	1995	46:37

#### Youth Men 10km

1.	ANGELINI Gregorio	1996	46:46
2.	INGLESE Giuseppe	1996	47:41
3.	DE ROSA Luigi	1996	49:38
4.	COPPINI Niccolo'	1997	50:19
5.	MANIAS Daniele	1996	50:30

#### Junior Women 10km

1.	CLEMENTE Anna	1994	49:30
2.	COSTANTINO Alessia	1994	50:00
3.	COLOMBI Nicole	1995	51:50
4.	SCOLOZZI Erika	1995	51:57
5.	CICCO Valeria	1995	54:14

#### Youth Women 10km

1.	STELLA Noemi	1997	48:05
2.	DOMINICI Eleonora	1996	53:19
3.	CASLINI Alessandra	1997	54:37
4.	LAMARRA Silvia	1997	55:36
5.	BARCELLA Lidia	1997	56:02

### PORTUGUESE U23 INDOOR T&F CHAMPIONSHIPS, PAMPAL, 2-3 FEBRUARY

Daniela Cardoso (14.07,38), and Miguel Carvalho (21.27,01) were repeat winners in the Portuguese U23 Indoor T&F Championships in Pampal last weekend. They both won in 2012 and were back on the podium again this year.



**5000m U23 Men**

1.	Miguel Carvalho	1994	CN Rio Maior	21:27.01
2.	Bruno Pedro	1993	GA Casais Vento	21:35.09
3.	Samuel Pereira	1993	CA Seia	22:15.05
4.	Rui Coelho	1994	CA Seia	22:31.02
5.	Pedro Santos	1992	SL Benfica	23:21.06

**3000m U23 Women**

1.	Daniela Cardoso	1991	Leiria Marcha A	14:07.38
2.	Nádia Cancela	1993	SL Benfica	14:10.83
3.	Mara Ribeiro	1995	CN Rio Maior	14:11.48
4.	Filipa Ferreira	1994	CO Pechão	14:20.81
5.	Ariana Azevedo	1995	GDP Chão Duro	14:51.22

**LITHUANIAN UNIVERSITY INDOOR CHAMPS, KAUNAS, SATURDAY 2 FEBRUARY**

The Lithuanian University Indoor Champs saw Tadas Suckevicius 20:14.77 and Brigita Virbalyte-Dimsiene 12:24.41 take line honours.

**Men's 5000m Race Walk indoor**

1.	Tadas SUSKEVICIUS	LTU	85	20:14.77
2.	Genadiy KOZLOVSKIY	LTU	91	20:55.56
3.	Ricardas REKST	LTU	87	21:00.61
4.	Tomas GAIDAMAVICIUC	LTU	87	21:12.34
5.	Artur MASTIANICA	LTU	92	21:13.93

**Women's 3000m Race Walk indoor**

1.	Brigita VIRBALYTE-DIMSIENE	LTU	85	12:24.41
2.	Inga MASTIANICA	LTU	89	13:45.08
3.	Gintare VAICIUKEVICIUTE	LTU	94	13:53.60
4.	Živile VAICIUKEVICIUTE	LTU	96	14:10.99
5.	Monika VAICIUKEVICIUTE	LTU	96	14:21.27

**UKRAINIAN NATIONAL TEAMS CHAMPS, ZAPORIZHZHYA, UKRAINE, TUESDAY 29 JANUARY**

The first day of the Ukrainian National Team Championships saw Olha Yakovenko win the women's 5000m track walk with 22:13.96 and Oleksandr Venhlovsky win the men's 5000m track walk with 19:20.89.

**Men's 5000m Race Walk Indoor**

1.	Oleksandr VENHLOVSKIY	UKR	85	19:20.89
2.	Jakub JELONEK	POL	85	19:55.45
3.	Oleksiy MELNYK	UKR	92	21:46.46
4.	Serhiy KLYMENCHUK	UKR	95	21:56.22
5.	Serhiy SVITLYCHNIY	UKR	94	22:07.00

**Women's 5000m Race Walk Indoor**

1.	Olga YAKOVENKO	UKR	87	22:13.96
2.	Lyudmyla SHELEST	UKR	74	23:39.49
3.	Nataliya KONTSEVICH	UKR	84	23:48.58
4.	Viktoriya FERENTS	UKR	93	24:45.43
5.	Olesya KALENSKA	UKR	89	25:16.67

**SAMARA PROVINCE CUP, SARARA, RUSSIA, THURSDAY 31 JANUARY**

At the Samara Province Cup, Beijing Olympic champion Olga Kaniskina clocked a world season and personal best of 11:57.86 for the 3000 m track walk. Igor Yerokhin won the men's 5000m track walk, also with a world leading 18:28.54, ahead of former Olympic champions Valeriy Borchin (18:43.33) and Sergey Kiryapkin (19:28.35).

**3000m Women**

1.	Olga Kaniskina	1985	11:57.86
2.	Tatiana Akulinushkina	1994	13:05.59
3.	Anna Ermina	1993	13:11.75
4.	Kristina Graciová	1994	13:32.84
5.	Sofia Brodatskaja	1994	13:37.48
6.	Maria Tiureva	1991	13:37.88

7.	Anastasia Orlova	1995	14:23.67
8.	Anastasia Chiogina	1995	14:38.26

#### 5000m Men

1.	Igor Erokhin	1985	18:28.54
2.	Valeriy Borchin	1986	18:43.33
3.	Sergey Kirdyapkin	1980	19:28.35
4.	Andrey Makareikin	1991	20:59.48
5.	Michail Puzakov	1991	21:02.83
6.	Vladimir Saksin	1995	21:17.56
7.	Roman Lobanov	1994	21:22.57

### CHAMPAGNE INDOOR REGIONAL CHAMPIONSHIPS, REIMS, SUNDAY 3 FEBRUARY

French champion and 50km track world record holder Yohann Diniz started his 2013 campaign with a 5000m indoors race in Reims on Sunday and he did not let spectators down, winning with a very fast 18:55.65. But he did not have it all his own way, trailing Antonin Boyez for the first 2 km (passed in 7:22) before he could take the lead. Newspaper links as follows if your French is up to it.  
<http://www.lest-eclair.fr/article/sport-dans-laube/athletisme-la-surprise-antonin-boyez>  
<http://www.lunion.presse.fr/article/marne/athletisme-diniz-en-guest-star>

#### 5000m Walk Men

1.	DINIZ Yohann	78	18:55.65
2.	BOYEZ Antonin	84	19:21.18
3.	LAMOURY Maximilien	96	23:59.20
4.	SWYNGHEDAUW David	76	25:48.78
5.	DURAND Simon	95	27:34.30
6.	COQUERET Damien	72	28:18.58
7.	LABIAUSSE Tristan	97	29:34.84
8.	CHAMPAGNE Philippe	64	30:50.55
9.	JORDAO Jeremy	97	34:57.97
	LOUDIN Anthony	91	DQ

### OVERSEAS SHORTS

- Mark Wall pointed me towards an online interview with Sydney walker Steven Washburn who has been recently training and competing in the United States. While there, he participated in the South Texas Race Walk where he qualified to represent the USA at the Pan American Cup in Lima, Peru, later this year.  
See [http://heel2toeblog.podomatic.com/entry/2013-01-14T21\\_59\\_10-08\\_00](http://heel2toeblog.podomatic.com/entry/2013-01-14T21_59_10-08_00)
- I reported in last week's newsletter on the winning walk of Lesley Cantwell in the Capital classic Athletics Meet in Wellington, NZ. The following newspaper article follows on from that fine walk:  
<http://www.stuff.co.nz/southland-times/sport/8248751/Top-NZ-walker-has-sights-on-Glasgow>
- The IAAF website has published a great article on Sandra Lorena Arenas Campuzano, the emerging young star of South American race walking. At the age of just 18, her fantastic 2012 summer saw her get a gold medal in the junior race at the 2012 IAAF World Race Walking Cup and then bronze at the 2012 IAAF World Junior Championships and then take 32<sup>nd</sup> place in the 20km walk at the London Olympics.  
See <http://www.iaaf.org/news/feature/call-her-sandra-or-lorena-arenas-is-still-a-w>
- Michelle Hopkins has reproduced the 2012 South African Racewalk Rankings – the first few places read as follows

Men 50km:	1.	Marc Mundell	3.55.32	London (Olympic Games)
Men 20km:	1.	Lebogang Mrsowhat Shange	1.25.48	Port Elizabeth
	2.	Pierre De Villiers	1.25.51	Port Elizabeth
	3.	Wayne Snyman	1.26.08	Port Elizabeth
Women 20km:	1.	Jessica van Wyk	1.47.39	Port Elizabeth
	2.	Michelle Hopkins	1.47.39	Johannesburg
	3.	Suzanne Liebenberg	1.48.36	Johannesburg
- I reported the death of Colombian Masters walker Dario Ramirez in last week's newsletter. Victorian M70 Masters walker Murray Dickenson emailed his own memories

*Dario and I have been adversaries since 1983 in the worlds and I have competed with him for the last 25 years, He was such an aggressive little bugger [even smaller than me]. At the start of every race he would take off like a startled rabbit, then it was "catch me if you can ". One time in the USA 20km championship, he took off and the rest of us were left in his wake. I managed to catch him at 19km and got a world record of 97 minutes and some change,*

*but had blood in my urine for a day or so. Most times we would share podium places, He couldn't speak English, I couldn't speak Spanish, but we gave each other a big hug at every meet and swapped t shirts and a gift. I have many memorable photos of us. This is what masters athletics is all about!  
I will miss him a lot....Murray*

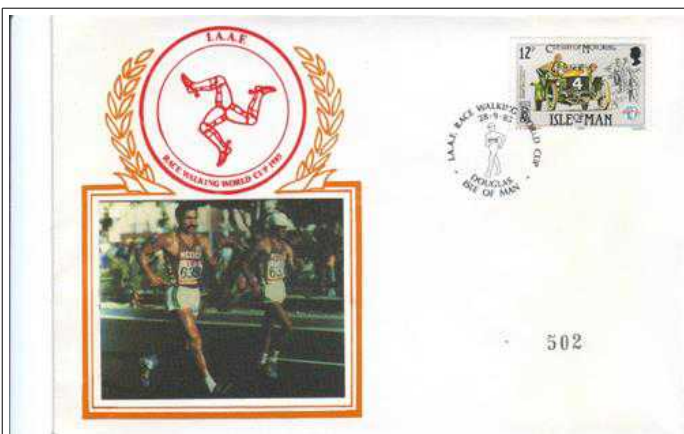
**VRWC CLUB RECORDS**

Yes, more club records this week compliments of Kelly Ruddick, Nathan Brill and Jemima Montag. In particular, Jemima's 1500m walk time betters two of the oldest Victorian and VRWC records in our list – Anne Miller's 1978 time of 6:32.6 has been on the books for 34 years as Victorian U15 and U16 records. Alas, Jemima's 1500m walk on Saturday did not have the necessary three watches in readiness so it can't be submitted as a Victorian record. I am sure that Jemima would like one more chance but unfortunately this marks the end of her summer season. She has now headed off for a school term away in Clunes in country Victoria. She will be there until Easter and then she goes into training for the Maccabiah Games in Israel where she will do the 3000m and 800m runs. So it will be August before we see her back in walking mode. Jemima - enjoy your next 6 months and see you for next summer!

Kelly Ruddick	15km Road Walk W35	1:11:53	VRWC Races, Middle Park	03/02/2013
Nathan Brill	10km Road Walk U17-U20	12:04	VRWC Races, Middle Park	03/02/2013
Jemima Montag	1500m Track Walk U15-U16	6:31.7	AV Shield, Cranbourne East	02/02/2013

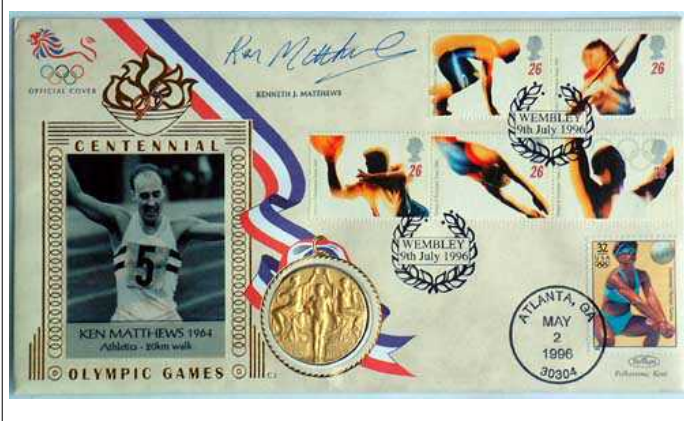
**EVEN MORE RACEWALKING STAMPS**

Our stamp related theme continues this week with further items of interest, again from Alex Wijsman of Holland. This week I continue to concentrate on First Day Covers and Postal Cards. You can check out all the accumulated philatelic information that we have gathered at <http://www.vrwc.org.au/vrwcstamps.shtml> and <http://www.vrwc.org.au/vrwcpostmarks.shtml>.



**1985 – Isle of Man**

In 1985, the IAAF World Walking Cup was held at St John's in the Isle of Man, This first day cover features a walking postal stamp and a picture which shows Mexican walkers Raul Gonzales and Ernesto Canto.



**1996 England -Ken Mathews**

Ken Matthews was one of four British T&F athletes who won Gold in the 1964 Olympic Games - the others were Lynn Davies (men's long jump), Mary Rand (women's long jump) and Ann Packer (women's 800m). Three were awarded M.B.E.s. The fourth, Matthews, was not and it was not till 14 years later that the injustice was rectified and he belatedly received his award.

This Olympic Centenary First Day Cover, issued in 1996, does not feature a walking stamp but it does show Ken winning that 1964 Olympic 20km and it has also been signed by Ken. Yes, a real collectors item if you are a walking enthusiast.



**1996 – Ecuador**

We have already looked at this 1996 Ecuador stamp, celebrating the wonderful Ecuadorian walker Jefferson Perez. This is a First Day Cover for the stamp release.



**2002 – Portugal**

We have also seen this stamp before – it was released by Portugal in 2002 and was one of a set of 8 stamps issued by that country to celebrate sport.

This First Day Postal Card shows the first day postal mark over the stamp. The background picture shows the women's field from the 20km walk at the IAAF World Championships which were held in Edmonton in 2001.

**50 KM WALK FOR MEN – 1998 COMMONWEALTH GAMES**

One final stamp as a leadin to what is a fantastic story. After the 1998 Commonwealth Games in Kuala Lumpur, Malaysia produced a stamp sheetlet honouring their 10 gold medallists from that meet – the greatest ever Comm Games medal haul for that country.



Amongst the 10 gold medallists was Govindaswamy Saravanan who beat more favoured opponents to win the 50km walk. Here is his individual stamp, worth 30 Sen.



And now to the story of that race which is forever etched into my memory because of its drama and changing fortunes. The favourites – Dion Russell of Australia and Craig Barrett of New Zealand – both failing to finish and a relatively unknown Malaysian walker finishing in bare feet to claim gold.

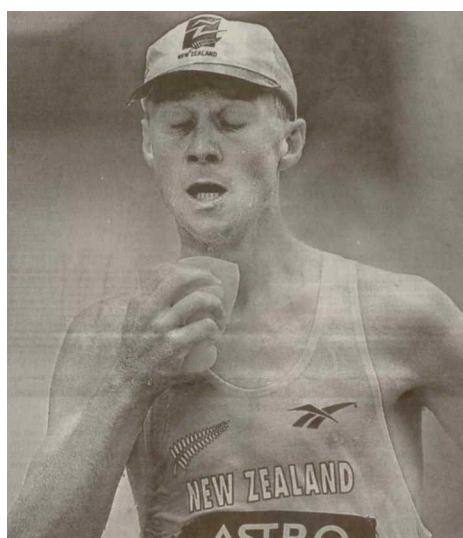
“I’m the greatest person in the world and I won’t die. I won’t die.” That chilling cry from an athlete in meltdown, and a world of delirium, rang out from an army camp bed in one of the closing scenes to an appalling finale of the mens 50 km road walk. New Zealander Craig Barrett was ranting. There were intravenous drips in both arms as a team of doctors and support staff buzzed around him, working frantically, bathing his body in ice.

Thirty minutes earlier, Barrett had been on the last of 19 laps around the course at Lake Titiwangsa. He was just 1 km from the finish and led the field by six minutes. Another five minutes and the gold would be his, in what is the most brutal event in the Games. And then he collapsed.

Despite suffocating heat and humidity, with temperatures nudging 40 degrees, there had been no warning that Barrett would hit the wall and short-circuit both body and brain. He was maintaining good pace and showing only the usual signs of distress that walkers do after more than four hours on the road. But rounding a bend, he buckled. What followed was a danse macabre.

In pathetic scenes reminiscent of the 1984 Olympic Games when women’s marathon runner Gabrielle Andersson Scheiss of Switzerland, her limbs askew, lurched and staggered in the final straight. Barratt’s auto-pilot went haywire. His left leg refused to follow his right. As if paralysed, it flapped and sagged and dragged behind him. He attempted to keep going, then stopped. He sat in the gutter, then tried again. After 4 aborted attempts to resume, his struggle captured vividly by television cameras, he shuffled backwards in the final throes of consciousness.

New Zealand’s chef de mission, Les Mills, having just arrived at the walk venue and well away from the finish line, was the only Kiwi official to witness the collapse. Marshalls had not wanted to intervene as Barrett was leading. But Mills, a former Commonwealth Games discus gold medallist, ordered the ambulance in, fearing the walker’s life could be at risk if he stayed out on the course much longer.



**Craig Barrett – before and after the collapse**

As the New Zealander was helped into the ambulance, Malaysian Govindaswamy Saravanan, a 28 year old bank clerk, cruised past. "I saw him collapse so I knew I had gold. I knew I just had to keep my pace and finish the race to win," Saravanan said. Pandemonium broke out as he crossed the finish line in 4:10:05, becoming the first Malaysian ever to win a Commonwealth athletics gold. To make the story even more amazing, he finished the event in bare feet – something never seen before or since!

Duane Cousins walked a very well judged race in the atrocious conditions, storming home for 2<sup>nd</sup> place in 4:10:30, just 25 seconds behind the winner. Dominic McGrath raced with his usual tactics, starting slowly and speeding up to finish in 3<sup>rd</sup> place in 4:12:52, blood streaming down his right leg from chafing caused by ill-fitting shorts. Dion Russell, who had gone into the race as one of the favourites, led early but the heat was too much and he had retired before halfway.

By the evening, Barrett had recovered sufficiently to be released from hospital but he was shattered, knowing that he had been so close to the win.

1. Govindaswamy Saravanan	Malaysia	4:10:05
2. Duane Cousins	Australia	4:10:30
3. Dominic McGrath	Australia	4:12:52
4. Steven Hollier	England	4:18:41
5. Mark Easton	England	4:22:23
6. Graham White	Scotland	4:30:17
7. Kannian Pushparajan	Malaysia	4:31:22
8. Christopher Cheeseman	England	4:38:36
9. Thirukumaran Balaysendaran	Malaysia	4:44:33
10. Tony Sargisson	New Zealand	4:45:04
Timothy Berrett	Canada	DNF
Dion Russell	Australia	DNF
Craig Barrett	New Zealand	DNF



**Duane and Dominic walk to silver and bronze in the tropical heat of Kuala Lumpur**

As a post to this story, Saravanan announced after the win that he would be retiring. True to his word, he has not raced internationally since.

#### WHAT'S COMING UP

- Next **Thursday 7<sup>th</sup> February** sees the Victorian division of the **AMA 4 x 800m Walk Relay**. It will be held at the newly resurfaced East Burwood Athletics Track and always sees some exciting competition. The walk relay is on at 7:20PM. I believe that a 2000m walk is also scheduled for later in the evening as a second event.
- This weekend sees the **Victorian Youth T&F Championships** which will be held at Lakeside Stadium from **8-10 February**. Although normal entries have closed, late entries will remain open until 4<sup>th</sup> February. See the draft timetable as well as other key info at <http://www.athsvic.org.au/events/detail/victorian-junior-track-field-championships>
- These championships are the last chance for Victorian walkers to qualify for the **Australian Youth T&F Championships** which will be held in Perth from **12-17 March**. The Victorian team will be selected immediately following the Vic Champs

so you need to check out <http://athsvic.org.au/events/detail/2013-australian-junior-track-field-championships> and make sure you complete your Victorian entry by **Wednesday 13 February**.

- Entries have been open for quite some time for the **Australian 20km Summer Championships meet**, to be held in Hobart on **Sunday 24<sup>th</sup> February**. Numbers are building steadily and we look set for good fields once again. Entries for this carnival close next Monday 11<sup>th</sup> February.  
See [http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=962&OrgID=887](http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=962&OrgID=887)
- Last week, Athletics Australia opened the online entry system for the **Sydney Track Classic** which will be held on **9<sup>th</sup> March** at Sydney Olympic Park. Amongst the events on offer are 5000m walks for elite men and women. See [http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=990&OrgID=887](http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=990&OrgID=887)

## 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.

### 2012/2013 Victorian/Australian Summer Season Key Dates

Thurs Feb 7, 2013	AMA 4 x 800m Walk Relay, Victorian section, East Burwood Athletics Track, East Burwood
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sat 16 Feb, 2013	AV Shield Final, Albert Park
Sun Feb 17, 2013	VMA 5000m Walk Championships & VRWC races, Dolomore Reserve, Mentone
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 16-17, 2013	VMA State T&F Championships, East Burwood Athletics Track, East Burwood
Mar 29-Apr 1, 2013	Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a>

### 2013 International Fixture

July 6-17, 2013	<b>27<sup>th</sup> Summer Universiade, Kazan, Russia</b> (see <a href="http://www.kazan2013.com">http://www.kazan2013.com</a> )
July 10-14, 2013	<b>8<sup>th</sup> World Youth T&amp;F Championships, Donetsk, Ukraine</b>
Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
October 15-27, 2013	<b>World Masters Athletic Championships, Porto Alegre, Brazil.</b> See <a href="http://www.wma2013.com">http://www.wma2013.com</a>

### 2013 IAAF Race Walking Challenge

9- 10 Feb 2013	Pan American Race Walking Cup	Lima
23 Feb 2013	Circuito Internacional de Marcha Chihuahua 2013	Chihuahua
24 Feb 2013	Oceania Race Walk Championships	Hobart
1 Mar 2013	2013 IAAF Race Walking Challenge - Taicang China	Taicang
10 Mar 2013	Asian 20km Race Walking Championships	Nomi City
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano
6 Apr 2013	African Race Walking Championships	Maurice
6 Apr 2013	22 <sup>o</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior
13 Apr 2013	Podebrady 2013	Podebrady
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni
19 May 2013	10th European Cup Race Walking	Dudince
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña
29 June 2013	Dublin Grand Prix of Race Walking	Dublin
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moskva

### 2013 European Athletics Permit Meets

March 17, 2013	Mario Albisetti Memorial Meet, Lugano, Switzerland
April 6, 2013	Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013	Podebrady Meet, Podebrady, Czech Republic
June 29, 2013	Dublin Grand Prix, Dublin, Ireland

### 2014 International Fixture

3-4 May 2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, Hungary</b>
July 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>

### Looking even further forward

2015	<b>28<sup>th</sup> Summer Universiade, Gwanju, Korea</b>
2015	<b>9<sup>th</sup> World Youth T&amp;F Championships, Cali, Colombia</b>
August 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>
July/Aug 2015	<b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>

2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>  
2017 **29<sup>th</sup> Summer Universiade, Taipei**  
August 5-13, 2017 **16<sup>th</sup> IAAF World Championships in Athletics, London, UK**  
July 2020 **32<sup>nd</sup> Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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