



HEEL AND TOE ONLINE

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

After a couple of quiet weeks, the Walker of the Week returns with two very impressive performers to review.

- Ballarat walker **Kelly Ruddick** continues to amaze us with her ever-improving form. Yesterday saw her competing in the Australian Masters Games 5000m track walk at Geelong and she won in the most emphatic style, her time of **21:57.40** slashing 53 secs off the **W40 world record** set by French walker Suzanne Griesbach way back in 1987. Kelly's latest walk continues her wonderful year – she currently leading the national rankings for the open women's 20km walk. Whilst the younger women were at the World Championships, Kelly won the national winter championship at Symmons Plains in Tasmania and in the process recorded our 2013 women's best time of 1:33:15.
- **James Christmass** of Geelong is another Victorian walker who has been competing with distinction in the Australian Masters Games in Geelong. James has done all three track walks, won his M45 division and recorded the fastest men's time overall in all three events and has done three big PBs - 1500m in **6:15.79** (PB 0:17), 3000m in **13:29.80** (PB 0:34) and 5000m in **23:51.30** (PB 0:33).

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

2013 AUSTRALIAN UNIVERSITY GAMES, QSAC, BRISBANE, 30/09/2013 TO 3/10/2013

The annual Australian University Games (see <http://www.unisport.com.au/>) were held last week in Brisbane. The 5000m walks, held on Wednesday, saw Kistin Shaw 29:50.62 and Steven Washburn 23:52.71 win out.

Women 5000m Walk

1.	Shaw, Kirstin	22	JAMES COOK UNI	29:50.62
2.	McInnes, Simone	22	LATROBE UNI	30:00.44
3.	Sims, Casey	19	QLD UNI OF TECH	33:22.85

Men 5000m Walk

1.	Washburn, Steven	19	UNI OF TECH SYDNEY	23:52.71
2.	Simpson, Brad	20	DEAKIN UNI	24:36.38
3.	Mulhearn, Jordan	21	UNI OF SYDNEY	27:13.86
4.	Blanch, Charlie	25	VICTORIA UNI	33:22.41

AUSTRALIAN MASTERS GAMES, GEELONG, 5-12 OCTOBER 2013

The Australian Masters Games (see <http://www.australianmastersgames.com/>) are now in full swing in the Victorian city of Geelong - the vital stats: 8 days of sport and social activity, 8000 participants, 50+ sports and 2000 volunteers.

The 1500m track walks at the Landy Field in Geelong were the first walks cab off the rank on Saturday and there were some fine performances. James Christmass was fastest overall with a big PB of 6:15.79 (less than 1 sec outside Paul Kennedy's M45 Victorian record) while Heather Carr dominated the women's race with her fine W60 time of 7:46.52 - it is lucky I was not racing or else Heather would have recorded yet another victory over me!).

Masters 1500m Walk Men - Saturday 5 October

M30	1	Bullock, Stephen		11:08.67
M40	1	Kingston, Brett	NSW	9:42.36
M45	1	Christmass, James	VIC	6:15.79 PB 0:17
M45	2	McKinnon, Christopher	VIC	9:29.19

M55	1	Dunshea, Frank	VIC	9:00.75
M55	2	Worsnop, Chris	VIC	9:19.11
M55	3	Jordan, Stephen	VIC	12:14.85
M60	1	West, John	NSW	11:12.36
M65	1	Mayhew, Trevor	SA	8:10.53
M70	1	Chadderton, Bill		9:45.21
M80	1	Ince, Arthur		15:59.11
M70	2	Thomas, Bryan	ACT	9:45.41

Masters 1500m Walk Women - Saturday 5 October

W35	1	Simmonds, Nicole		10:42.70
W35	2	Kingston, Sharon		13:03.82
W50	1	Elms, Donna	VIC	8:52.09
	2	Pimm, Lynette	VIC	9:46.52
	3	Molnar, Jo	VIC	10:48.58
W55	1	Whitelaw, Linda	SA	13:18.79
W60	1	Carr, Heather	VIC	7:46.52
	2	Leitch, Mary	VIC	13:17.32
W70	1	Hall, Penny	VIC	11:06.36
	2	Hugo, Beverly	VIC	11:22.11
W75	1	Mews, Pam	VIC	13:12.18
	--	Wilson, Myra		DQ
W80	--	Fisher, Helen		DQ

The walking action continued on Sunday with the 3000m walks and once again James Christmass (a 34 sec PB of 13:29.80) and Heather Carr (16:05.31) took the overall honours. 86 year old Heather Lee was the oldest competitor with a great time of 24:42.43.

Masters 3000m Walk Women - Sunday 6 October

W50	1	Elms, Donna-Marie	VIC	18:23.05
	2	Halton, Frances		20:00.93
	3	Molnar, Jo	VIC	22:33.50
W55	--	Whitelaw, Linda	SA	DQ
W60	1	Carr, Heather	VIC	16:05.31
	2	Leitch, Mary	VIC	27:45.57
W70	1	Hall, Penny	VIC	22:39.81
	2	Hugo, Beverly	VIC	24:02.18
W75	1	Mews, Pam	VIC	30:51.55
W85	1	Lee, Heather	NSW	24:42.43

Masters 3000m Walk Men - Sunday 6 October

M40	1	Smyth, David	VIC	16:56.86	
	2	Kingston, Brett	NSW	22:32.93	
M45	1	Christmass, James	VIC	13:29.80	PB 0:34
M55	1	Dunshea, Frank	VIC	18:58.09	
	2	Worsnop, Christopher	VIC	19:57.77	
	3	Jordan, Stephen	VIC	22:00.62	
	4	Creber, Guy		22:07.82	
M60	1	West, John	NSW	21:40.00	
M65	1	Mayhew, Trevor	SA	17:18.19	
M70	1	Thomas, Bryan	ACT	19:57.94	

There was little rest for the walkers as they returned yesterday for the 5000m track walks and James Christmass led the men once again, his time of 23:51.30 yet another PB, this time by 33 secs. Meanwhile, in the women's race, Kelly Ruddick took the limelight with her wonderful W40 world best time of 21:57.40. Interestingly, Heather Carr was slightly better than her in the age graded tables with her W60 time of 27:31.06 (wow) and Heather Lee was not far behind with her W85 time of 42:16.37.

Masters 5000m Walk Men - Monday 7 October

M40	1	Smyth, David	VIC	29:26.57	65.77%
M45	1	Christmass, James	VIC	23:51.30	82.48%
	2	McKinnon, Christopher	VIC	35:19.30	57.09%
M55	1	Dunshea, Frank	VIC	32:11.16	66.51%
	2	Worsnop, Christopher	VIC	35:18.50	61.17%
	3	Jordan, Stephen	VIC	38:10.24	56.59%
	4	Creber, Guy		38:23.16	55.77%
M60	1	West, John	NSW	36:38.63	63.12%
M65	1	Mayhew, Trevor	SA	32:12.88	75.02%
M70	1	Chadderton, Bill		33:54.47	73.87%

Masters 5000m Walk Women - Monday 7 October

W40	1	Ruddick, Kelly	VIC	21:57.40	93.61%
W50	1	Elms, Donna-Marie	VIC	32:30.34	69.93%
	2	Halton, Frances		35:14.04	64.52%
W55	--	Whitelaw, Linda	SA	DQ	
W60	1	Carr, Heather	VIC	27:31.06	94.27%
W70	1	Hugo, Beverly	VIC	41:24.97	71.28%
W75	1	Mews, Pam	VIC	53:22.26	60.33%
W85	1	Lee, Heather	NSW	42:16.37	90.22%

The walkers will return on Thursday morning for their final event, a 10km road walk along the Barwon River in Geelong.

SOUTH AMERICAN YOUTH GAMES, LIMA, PERU, 27-29 SEPTEMBER
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I reported last week that Karla Jaramillo of Ecuador had won the Women's 5000m Walk in the South American Youth Games, held at Estadio Miguel Grau in Lima, Peru, on September 28. Thanks to Birger Fält for sourcing the men's results for me. The complete result set now reads as shown below. See also <http://omarchador.blogspot.pt/2013/10/jogos-sul-americanos-da-juventude.html>.

Women's 5000m Race Walk

1.	Karla JARAMILLO	ECU	97	23:43.64
2.	Luz Karen MENA	COL	97	24:02.14
3.	Leyde GUERRA	PER	98	24:22.52
4.	Odeth GHUANCA	BOL	97	25:54.87
5.	Michelle VARAS	CHI	98	26:25.89
6.	Linara ZANCANELA DA CUNHA	BRA	97	26:32.81

Men's 10,000m Race Walk

1.	Pablo Armando Rodriguez Pardo	BOL	97	44:49.15
2.	Jeferson Jesus Chacon Garcia	VEN	97	45:13.17
3.	Cesar Augusto Rodriguez Diburga	PER	97	45:16.35
4.	Cristian David Merchan Sarmiento	COL	97	46:16.60
5.	Jonathan Javier Amores Carua	ECU	98	48:06.88

SERBIAN U18 NATIONAL CUP, SREMSKA MITROVICA, SERBIA, SATURDAY 28 SEPTEMBER

10000m Men

1.	Predrag Pešić	1998	AK Novi Beograd	51:03.89
2.	Nikola Jovanović	1998	AK Novi Beograd	51:21.77
3.	Dimitrije Dejković	1998	AK Novi Beograd	1:00:09.12

5000m Women

1.	Danica Gogov	1996	AK Pirot	25:57.92
2.	Jovana Milosavljević	1998	AK Vlasotince	28:45.31
3.	Jovana Drašković	1996	AK Paracin	29:14.90

JANIS DALINS MEMORIAL MEET, OGRE, LATVIA, SATURDAY 28 SEPTEMBER
--

Agnese Pastare with 45.40 and Edgars Gjačš with 43.02 were the 10,000m walk winners in this year's Janis Dalins Memorial meet (Janis Dalins memorial was the Latvian walker who won silver in the 1932 Olympic 50 km in Los Angeles). There were a large number of participants, especially in the 500m event for very young walkers (40 boys and 27 girls participated in this event). Special mention to M40 walker Normunds Ivzāns who won the 3000m with 12.45,6 and was second in the 10,000m with 45.52. See a further report at <http://omarchador.blogspot.pt/2013/10/agnese-pastare-e-edgars-gjacs-vencem.html>.

10,000m Men

Edgars Gjačš	1993	Gulbenes nov: Lizums	43:02
Normunds Ivzāns	1971	Preiļu nov.	45:52
Christer Svensson	1969	Suécia	47:13
Raivo Saulgriezis	1994	Bauskas BJSS	48:24
Ruslans Smolonskis	1996	Bauskas BJSS	48:32

10,000m Women

Agnese Pastare	1988	VS Jūdze	45:40
Ilma Melne	1993	Gulbenes nov: Lizums	52:55
Baiba Frišenbrūdere	1975	Tukums	58:02
Inga Rītere	1995	VS Jūdze	1:00:49

Anita Čuhnova	1985	Ogre	1:04:35
Ligija Gaile	1989	Tukums	1:05:13
3000m Masters			
Men: Normunds Ivzāns	1971	Preiļu nov: Lizums	12:45.6
Women: Ņina Jurciņa	1949	Gulbene	20:59.2
3000m U16			
Men: Ruslans Smolonskis	1996	Bauskas BJSS	13:32.5
Women: Jana Fedotovska	1996	Aizkraukles SS	18:51.6
3000m 14			
Men: Linas Bartkus	1999	Birštonas LTU	16:04.5
Women: Evita Kaņepa	1999	Bauskas BJSS	18:06.4
1000m U14			
Men: Paulius Juozaitis	2000	Birštonas LTU	4:41.8
Women: Agnė Smailytė	2001	Birštonas LTU	5:01.3
1000m U12			
Men: Jurgis Goldovs	2004		6:53.4
Women: Reda Dičpetrytė	2002	Birštonas LTU	5:15.8
500m Walk			
Boys: Roberts Uškāns		Cīrulītis	3:22.2
Girls: Justīne Vanaga		Sprīdītis	3:28.3

ITALIAN CLUB CHAMPIONSHIPS, RIETI, ITALY, SATURDAY 28 SEPTEMBER

Francesco Fortunato (Sport Enterprise Service) and Sibilla di Vincenzo (Bracco Atletica) won the track walks in the Division 1 Final of the Italian club championships in Rieti on Saturday 28 September.

10,000m Men

1.	Francesco Fortunato	1994	Enterprise Sport&Service	42:38.10
2.	Andrea Adragna	1989	Atl Riccardi Milano	43:00.93
3.	Daniele Paris	1984	Atl Bergamo 1959 Creberg	44:29.19
4.	Riccardo Macchia	1990	Bruni Pubbl Atl Vomano	45:13.83
5.	Flavio Vona	1984	Biotekna Marcon	45:24.80
6.	Vittorino Mucci	1974	Atl Firenze Marathon S.S.	46:54.25
7.	Luca Montoleone	1990	AS La Fratellanza 1874	47:37.33
8.	Mario Laudato	1988	PRO Sesto Atl	48:18.38
9.	Emanuele Macci	1994	E:Servizi Atl Futura Roma	48:56.34
10.	Igor Sapunov	1978	Assindustria Sport PD	49:38.86
11.	Gabriele Romano	1997	Atl Studentesca CA.RI.RI	55:44.55
	Tommaso Romagnoli	1991	Atl Cento Torri Pavia	DQ

5,000m Women

1.	Sibilla di Vincenzo	1983	Bracco Atletica	23:18.04
2.	Cecilia Stetskiv	1991	GS Valsugana Trentino	24:09.31
3.	Diana Cacciotti	1995	ACSI Italia Atletica	25:08.94
4.	Ilenia Mariotti	1991	CUS Pisa Atl Cascina	25:32.96
5.	Elisa Borio	1990	CUS Torino	26:13.13
6.	Valeria Farci	1991	CUS Cagliari	26:27.38
7.	Alessia Nardoni	1996	N.Atl. Fanfulla Lodigiana	27:10.16
8.	Andrea Lentini	1995	ASD CUS Palermo	30:26.69
9.	Katiuscia D'Angelis	1979	Enterprise Sport&Service	33:25.55
	Elena Poli	1993	Atl Brescia 1950	DQ
	Cindy Porcu	1997	Atl Studentesca CA.RI.RI.	DNF

In other club championship races, Filippo Girardi (21.18,02) and Federica Curiazzi (23.53,84) won the Division II 5000m walks in Vicenza, Massimo Stano (a PB of 19.52,74) and Giorgia Menis (26.05,14) won the A1 5000m walks in Sulmona and Leonardo dei Tos (21.45,86) and Martha Marcolini (26.47,82) won the A3 Division 5000m walks in Bastia Umbra.

ITALIAN U18 T&F CHAMPIONSHIPS, JESOLO, ITALY, 4-6 OCTOBER 2013

The Italian Youth T&F Championships were held last weekend in Jesolo with men contesting 10,000m track walks on Saturday and

women contesting 5000m track walks on Sunday. In the men's walk, 2013 World Youth reps Gregorio Angelini and Giuseppe Ingelese contested the lead throughout the race with Angelini only getting away in the final lap to win with 45:21.10 ahead of Ingelese 45:28.04. Marchia Italiana reported (see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1588) that the race was held in rainy conditions.

The rain continued into Sunday for the women's 5000m track walk which was won emphatically by World Youth rep Noemi Stella (23:17.24) who finished over 2 mins ahead of minor medallists Caterina Bertazzo (25:32.62) and Erica Fusella (25:33.48). This was also comprehensively reported by Marchia Italiana (see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1589). Overall, field sizes of 22 men (first 11 men all under 50 mins) and 24 women read impressively.

Men's 10,000m Race Walk, Saturday 5 October

1.	Gregorio ANGELINI	ITA	96	45:21.10
2.	Giuseppe INGIESE	ITA	96	45:28.04
3.	Stefano CHIESA	ITA	96	46:17.05
4.	Gianluca PICCHIOTTINO	ITA	96	46:44.26
5.	Niccolo' COPPINI	ITA	97	47:39.22
6.	Luigi DE ROSA	ITA	96	47:45.17
7.	Vito LEGGIERI	ITA	97	48:09.59
8.	Alessandro RIGAMONTI	ITA	97	49:01.51
9.	Matteo CALIFANO	ITA	96	49:14.44
10.	Fabrizio FRUCI	ITA	96	49:42.53
11.	Massimiliano COLANGELO	ITA	97	49:55.71
12.	Daniele MANIAS	ITA	96	50:42.81
13.	Gabriele Graham GASCO	ITA	97	51:18.61
14.	Elio ORAZI	ITA	97	51:21.37
15.	Marco MOROTTI	ITA	97	51:34.33
16.	Simone PLEBANI	ITA	96	51:59.52
17.	Ivan ANDREONI	ITA	97	52:12.54
18.	Samuele FORESTI	ITA	96	52:20.26
19.	Lorenzo NINIVAGGI	ITA	93	52:28.10
20.	Stefano ZAMBON	ITA	97	53:50.37
	Matteo BERSANI	ITA	96	DQ
	Gabriele CAPANNINI	ITA	97	DQ

Women's 5000m Race Walk, Sunday 6 October

1.	Noemi STELLA	ITA	97	23:17.24
2.	Caterina BERTAZZO	ITA	97	25:32.62
3.	Erica FUSELLA	ITA	96	25:33.48
4.	Giada Francesca CIABINI	ITA	97	25:38.33
5.	Giulia IMBESI	ITA	96	25:59.96
6.	Maria Giulia GOZZI	ITA	96	26:14.29
7.	Martina ANSALDI	ITA	96	26:31.17
8.	Gioia MASTRUZZI	ITA	97	26:45.13
9.	Lidia BARCELLA	ITA	97	26:57.56
10.	Sara VITIELLO	ITA	88	26:57.66
11.	Giulia DELLA CROCE	ITA	97	27:04.66
12.	Alessia NARDONI	ITA	96	27:11.78
13.	Chiara CORCELLA	ITA	97	27:17.65
14.	Gina Ionela PASCAL	ITA	96	27:20.20
15.	Asia CORGHI	ITA	97	27:24.18
16.	Lisa CANI	ITA	96	27:35.01
17.	Ilaria LAMBERTI	ITA	96	27:47.59
18.	Lara DEL BENE	ITA	97	28:00.40
19.	Maria Teresa CORTESI	ITA	96	28:00.66
20.	Maria GRIGOLI	ITA	97	28:09.92
21.	Giulia SPEZIANI	ITA	96	28:16.17
22.	Marta MENGARDO	ITA	96	28:33.07
	Eleonora DOMINICI	ITA	96	DQ
	Cindy PORCU	ITA	97	DNF

24 HEURES DE ST THIBAUT DES VIGNES, FRANCE, 5-6 OCTOBER 2013

Thanks to Emmanuel Tardi who watched the opening hours of the 24 Hour walk at St Thibault des Vignes last weekend before travelling to Tilburg for the Dutch National 50km championship. The St Thibault des Vignes events included 24 Hours, a French National 100km championship and a 50km for women. The 24 Hour walk saw Dominique Bunel walk a total distance of 200.317km to finish some 9km clear of Gilles Letessier (191.499km) with Pascal Bunel third (184.433km). Claudine Anxionnat won the women's 24 Hour walk with 157.241km. Overall, there were an impressive 25 finishers (and plenty more who called it quits).

24 Hour Walk

1.	BUNEL Dominique	200.317 km	24:00:00
2.	LETESSIER Gilles	191.499 km	24:00:00
3.	BUNEL Pascal	184.433 km	24:00:00
4.	BERT Dominique	178.925 km	24:00:00
5.	LAILLER Patrick	175.949 km	24:00:00
6.	THEVENIN Hugues	172.117 km	24:00:00
7.	THEVENIN Pascal	172.116 km	24:00:00
8.	KERLAU Yves Michel	170.973 km	24:00:00
9.	MAUDUIT Christian	167.396 km	24:00:00
10.	BIET Christophe	165.735 km	24:00:00
11.	WALLAEYS Jean	163.601 km	24:00:00
12.	PETER Vincent	160.950 km	24:00:00
13.	ANXIONNAT Claudine (W)	157.241 km	24:00:00
14.	SONNOIS Martine	154.701 km	24:00:00
15.	OLIVARES Mathieu	153.915 km	24:00:00
16.	BIZARD Emilie	153.164 km	24:00:00
17.	EMONIERE Philippe	148.204 km	24:00:00
18.	SALOMEZ Benedicte	144.208 km	24:00:00
19.	PICHON Jean	143.058 km	24:00:00
20.	CHABIN Frederic	137.039 km	24:00:00
21.	RASSAIND Andre	129.458 km	24:00:00
22.	GALICIA Alfredo	119.961 km	24:00:00
23.	TOUQUOY Jean-François	112.552 km	24:00:00
24.	BIZARD Claudie	107.941 km	24:00:00
25.	SPIESER Jean-Paul	104.906 km	24:00:00

The meet also featured the French National 100km championship, an event which was dominated by French international racewalker Bertrand Moulinet. He covered the first 50km in around 4:34 and then stormed home with a second 50km split of around 4:14 for a French record of 8:50.21. Eddy Roze (the winner of the last three 100km championships) went with him for the first 10m but was then forced to slow. Roze and André Dutertre battled it out for second place with Roze finally getting away towards the end to take silver with a final time of 10:48:30. It was only 3 weeks ago that Roze walked 200+km in the Roubaix 28 Hour event so he did well to back up so soon with another quality walk.

Emmanuel has also uploaded a short video showing Bertrand Moulinet, Eddy Roze, Frederic Marie and Dominique Bunel in action: see http://youtu.be/B13qkW5_P-U. It was a great looking course - flat and picturesque. Emmanuel tells me that the first lap was 2.042km with subsequent laps of 2.226km before swapping to a 1km lap for the final hour of the 24 Hour event.

100km French National Championship

1.	MOULINET Bertrand	Amiens Uc	8:50:21
2.	ROZE Eddy	Amiens Uc	10:48:30
3.	DUTERTE Andre	Cm Roubaix	10:54:08
4.	BUNEL Dominique	Neuilly Sur Marne Athletisme	11:11:21
5.	MARIE Frederic	Plm Conflans	11:20:32
6.	LOMBARD Fabien	Asm Bar-le-duc	11:45:36
7.	MOREL Philippe	Ac Chateau Thierry	12:06:55
8.	BUNEL Pascal	Neuilly Sur Marne Athletisme	12:09:09
9.	GALICIA Alfredo	Intrepide Angers	12:19:12
10.	DIEN Daniel	Neuilly Sur Marne Athletisme	12:31:29
11.	LAILLER Patrick	Asptt Tours	12:43:46
12.	THEVENIN Pascal	Marne Et Gondoire Athletisme	13:03:06
13.	THEVENIN Hugues	Marne Et Gondoire Athletisme	13:23:01
14.	KERLAU Yves-michel	Cm Roubaix	13:25:59
15.	DALOZ Robert	Neuilly Sur Marne Athletisme	13:37:52
16.	KIEFFER Pascal	Aj Montmoreau	13:55:48
17.	BOVIN Laurent	A Marcheurs St Thibault Des Vi	14:18:25
18.	CHABIN Frederic	Essonne Athletic*	14:49:44
19.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	16:40:18
20.	SPIESER Jean-paul	Athletic Vosges Entente Clubs*	22:59:00
	BAUDRILLART Antonio	Pays De Colmar Athletisme*	AB
	CYS Jeremy	Ac Chateau Thierry	AB

The women's 50km event was wone by Sylvie Sevellec in 5:54:16, just ahead of Dominique Malochet with 5:55:34.

50km Women

1.	SEVELLEC Sylvie	Ea Cessonaise*	5:54:16
2.	MALOCHET Dominique	Asc Le Havre	5:55:34

3.	PANNIER Josiane	Havre Ac	6:16:30
4.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs*	6:30:53
5.	SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	6:52:28
6.	SONNOIS Martine	Racing Club Haut-jura Morez	6:56:58
7.	BIZARD Emilie	Thiais Ac	7:08:35
8.	BIZARD Claudie	Thiais Ac	8:12:40
	CHOCHOY Christine	Dynamic Aulnay Club	AB
	PANNIER PILLE Magali	Havre Ac	AB

To give some idea of Moulinet's performance, here are Emmanuel Tardis's 100km all-time rankings for men, as of 31/01/2012. Moulinet's time of 8:50:21 makes him the third fastest 100km walker of all time behind Viktor Ginko (8:38:07) and Modris Liepins (8:48:28) and betters Pascal Kieffer's French best of 8:55:12.

Men 100km All-Time List (as at 31/01/12)

1.	8h38'07	Viktor GINKO	BIE	071265	SCANZOROSCIATE	27.10.2002
2.	8h43'30	Viktor GINKO			SCANZOROSCIATE	29.10.2000
3.	8h44'28	Viktor GINKO			SCANZOROSCIATE	19.10.2003
4.	8h48'28	Modris LIEPINS	LIT	030866	SCANZOROSCIATE	28.10.2001
5.	8h54'35	Aleksey RODIONOV	RUS	050357	SCANZOROSCIATE	15.11.1998
6.	8h55'12	Pascal KIEFFER	FRA	060561	BESANCON	18.10.1992
7.	8h55'40	Vitaliy POPOVICH	UKR	221062	SCANZOROSCIATE	31.10.1999
8.	8h57'29	Pascal KIEFFER			PERPIGNAN	15.10.1995
9.	8h58'47	Zoltan CZUKOR	HON	181262	SCANZOROSCIATE	27.10.2002
10.	8h58'12	Gérard LELIEVRE	FRA	131149	LAVAL	09.10.1984
11.	8h59'14	Modris LIEPENS			SCANZOROSCIATE	29.10.2000
12.	8h59'45	Pascal KIEFFER			MIRECOURT	10.10.1993
13.	8h59'52	Zoltan CZUKOR			SCANZOROSCIATE	19.10.2003
14.	9h00'29	Zoltan CZUKOR			SCANZOROSCIATE	17.10.2004
15.	9h00'58	Zoltan CZUKOR			SCANZOROSCIATE	31.10.1999
16.	9h01'29	Sten REICHEL	ALL	160575	SCANZOROSCIATE	29.10.2000
17.	9h02'00	Peter TICHY	SVK	120369	SCANZOROSCIATE	27.10.2002
18.	9h02'50	Modris LIEPENS			SCANZOROSCIATE	31.10.1999
19.	9h04'15	Aleksey RODIONOV			SCANZOROSCIATE	29.10.2000
20.	9h04'27	Denis FRANKE	ALL	171169	SCANZOROSCIATE	15.11.1998
21.	9h04'57	Peter TICHY			SCANZOROSCIATE	19.10.2003
22.	9h05'36	Zoltan CZUKOR			SCANZOROSCIATE	21.10.2007
23.	9h06'17	Viktor GINKO			LUGANO	18.10.1992
24.	9h06'34	Peter TICHY			SCANZOROSCIATE	29.10.2000
25.	9h06'35	Zoltan CZUKOR			SCANZOROSCIATE	15.11.1998
26.	9h07'00	Zbigniew KLAPA	POL	160752	CHAPELLE	22.10.1983
27.	9h08'49	Viktor GINKO			SCANZOROSCIATE	16.10.2005
28.	9h09'08	Sergey CHERNOV	BLR	120679	SCANZOROSCIATE	19.10.2003
29.	9h11'51	Andrei STEPANCHUCK	BIE	120679	SCANZOROSCIATE	21.10.2007
30.	9h11'58	Denis FRANKE			SCANZOROSCIATE	31.10.1999
31.	9h12'04	Viktor GINKO			SCANZOROSCIATE	17.10.2004
32.	9h12'15	Sergey LUKYANOV	RUS	70456	LENINGRAD	01.09.1988
33.	9h13'27	Viktor GINKO			SCANZOROSCIATE	28.10.2001
34.	9h13'28	Pascal KIEFFER			BOURGES	03.10.1998
35.	9h13'50	Aleksey SHELEST	UKR	270373	SCANZOROSCIATE	17.10.2004
36.	9h13'59	Aleksey SHELEST			SCANZOROSCIATE	29.10.2000
37.	9h14'12	René PILLER	FRA	230465	OISSEL	09.10.1989
38.	9h14'37	Pascal TOURNOIS	FRA	271254	BESANCON	18.10.1992
39.	9h15'04	André TOUSSAINT	FRA	240452	DEMANGES	21.10.1990
40.	9h15'31	Wolf VARRIN	SUI	291057	RIVERA	29.10.1989
41.	9h15'58	Christoph HOHNE	RDA	120241	LUGANO	29.10.1967
42.	9h16'08	André TOUSSAINT			MIRECOURT	10.10.1993
43.	9h16'32.2	Frédéric MARIE	FRA	270661	ETRECHY	19.04.1987 (Track record)
44.	9h16'38	André TOUSSAINT			ROUFFACH	01.10.1989
45.	9h16'38	Modris LIEPINS			SCANZOROSCIATE	27.10.2002
46.	9h17'06	Viktor GINKO			SCANZOROSCIATE	15.10.2006
47.	9h17'29	Frédéric MARIE			TORCY	12.10.1986
48.	9h17'58	Ugis BRUVELIS	LIT	280671	SCANZOROSCIATE	16.10.2005
49.	9h18'36	Adam URBANOWSKI	POL	241259	DEMANGES	21.10.1990
50.	9h19'02	Christian HALLOY	BEL	211044	TAMINES	01.10.1977
51.	9h19'29	Gérard LELIEVRE			BAR LE DUC	18.10.1981
52.	9h19'42	Aleksey RODIONOV			SCANZOROSCIATE	31.10.1999
53.	9h19'48	Andrei STEPANCHUCK			SCANZOROSCIATE	19.10.2003
54.	9h20'14	René PILLER			ROUBAIX	17.10.1999

Moulinet was one of the few walkers to contest both the 20km (8th in 1:20:12) and 50km (12th 3:45:35) roadwalks in the London Olympics and his 100km performance last weekend shows what a top international walker can do if he sets his sights on the longer distances.



Eddy Roze, Dominique Bunel, Bertrand Moulinet and Sylvie Sevellec in action last weekend (photos Emmanuel Tardi)

DUTCH 50KM CHAMPIONSHIPS, TILBURG, HOLLAND, SUNDAY 6 OCTOBER

Thanks to Emmanuel Tardi who was also in Tilburg for the Dutch 50km roadwalking championships last Sunday. The weather was perfect, the course was flat and smooth, the fields were big and there were a number of walkers present from other countries. Dan King of England won the men's 50km event (4:05:06), Myriam Nicholas of Belgium won the women's 50km (5:38:22), Malte Strunk of Germany win the 20km (1:41:24), David Durand Pichard of France won the men's 10km (50:03) while Liesbet De Smet of Belgium won the women's 10km. Full results at http://www.tigch.nl/snelwandelen/2013/20131006_uitslag.pdf.

50km Dutch Championship

1.	Daniel King	83	GBR	Colchester H	4:05:36
2.	Rob Tersteeg	76	NED	RWV	5:09:41
3.	Frank van der Gulik	77	NED	LAT	5:10:59
4.	Ron Budy	63	NED	OLAT	5:33:58
5.	Myriam Nicolas (W)	63	BEL	SMAC	5:38:22
6.	Steve Allen	56	GBR	B&D AC	5:40:25
7.	René Wakkee	65	NED	RWV	5:50:24
8.	Peter Van Hove	81	BEL	ACHL	6:00:22
9.	Patrick Demaerschalk	55	BEL	CABW	6:05:35
	Theo Koenis	51	NED	LAT	DNF
	Dominic King	83	GBR	Colchester H	DNF
	Ton van Andel	58	NED	RWV	DNF
	Hub Kaenen	59	NED	RWV	DNF

6 Hour Walk

1.	Jack Bertrums	63	NED	OLAT	50.000km in 5:57:32
2.	Hans Pranger	43	NED	OLAT	45.293km in 5:52:53
3.	Cor Brasser	52	NED	Laatste Lootjes	43.724km in 5:57:32
4.	Reinier Hoppener	61	NED		35.879km in 5:54:18
	Herwin Weststrate	84	NED	LAT	DNF

20km Walk

1.	Malte Strunk	73	GER	Al.Aachen	1:41:44
2.	Udo Münster	61	GER	Al.Aachen	2:06:30
3.	Ludwig Renard	94	BEL	SMAC	2:07:57

4.	Bas van Andel	54	NED	DAK	2:13:34
5.	Hans van Wakeren	49	NED	Unitas	2:14:37
6.	Peter Slevogt	54	GER	Al.Aachen	2:15:05
7.	Leon Pullens	74	NED		2:16:39
8.	Fred Röhner	50	NED	Unitas	2:21:31
9.	Emmanuel Tardi	67	FRA	LP Longjumeau	2:24:26
10.	Bauke te Nijenhuis	35	NED	RWV	2:25:49
11.	Muriel Oger	64	BEL	SMAC	2:28:05
12.	Paul Koks	65	NED	Haag Atletiek	2:41:20

10km Walk

1.	David Durand Pichard	72	FRA	Antony Ath'92	0:50:03
2.	Jan Netten	68	NED	DAK	0:59:35
3.	Liesbet de Smet	82	BEL	Duffel	1:03:05
4.	Jenny Acuña	69	VEN	Venezuela	1:04:42
5.	Anne van Andel	90	NED	DAK	1:07:18
6.	Sandra Maas	85	NED	RWV	1:07:50
7.	Ilonka van Bommel	72	NED	RWV	1:09:36
8.	Truus van Wijnen	60	NED	RWV	1:11:15
9.	Sandra de Graaff	67	NED	RWV	1:11:22
10.	Bertus van Ginkel	61	NED	RWV	1:13:50
11.	Dirk Donders	79	NED	OLAT0	1:18:24
12.	Loes van Bremen	86	NED	RWV	1:26:55
	Yvonne Grootswagers	78	NED	DAK	DNF

5km Walk

1.	Ronnie Timmermans	82	NED	RWV	29:51
2.	Uwe Haas	66	GER	Al.Aachen	34:49
3.	Bernard Krabbendam	34	NED	LAT	39:38
4.	Mirjam Kies	52	NED	OLAT	40:27

3km Walk

1.	Harry Bijnen	52	NED	DAK	19:55
2.	Stijn van Nierop	99	NED	DAK	20:01

1 km Walk

1.	Mona Münster	03	GER	Al.Aachen	06:10
2.	Tristan Van Hove	03	BEL	ACHL	06:46
3.	Anne van Nierop	03	NED	DAK	06:47



Dominic and Dan King (50km), Davi Durand Pritchard (10km) and Malte Strunk (20km)



Myriam Nicholas (50km) - photos Emmanuel Tardi

AUSTRIAN RACEWALKING CHAMPIONSHIPS, VIENNA, AUSTRIA, SUNDAY 6 OCTOBER

The Austrian racewalking championships were held last weekend in Vienna and they were also a big show with lots of walkers from a whole range of European countries. Hungarian David Tokodi won the 50km with 4:20:37 (also winning the concurrently held 30km), Miklos Srp of Hungary won the men's 20km (1:32:32) and Kathrin Schulze of Austria won the women's 20km (1:52:32). Full results follow:

50km Open

1.	David Tokodi	1991	HUN	M	4:20:37
2.	Vladimir Veršec	1963	SLO	M	5:04:33
3.	David Koltai	1983	HUN	M	5:04:48
4.	Franz Kropik	1968	AUT	M	5:09:27
5.	Dietmar Hirschmugl	1968	AUT	M	5:16:53
6.	Devcic Berislav	1966	CRO	M	5:43:33
7.	Johann Siegele	1948	AUT	M	5:49:56
8.	Karl Angerer	1942	AUT	M	6:18:54

30km Open and Masters

1.	David Tokodi	1991	HUN	M	2:33:52
2.	Andreas Janker	1983	BRD	M	2:42:12
3.	Fabio Ruzzier	1953	SLO	M	2:46:35
4.	Laszlo Venyercsan	1971	HUN	M	2:54:22
5.	Devcic Berislav	1966	CRO	M	2:55:12
6.	David Koltai	1983	HUN	M	2:57:59
7.	Silvio Dorigo	1962	ITA	M	3:06:48
8.	Vladimir Veršec	1963	SLO	M	3:08:27
9.	Franz Kropik	1968	AUT	M45	3:09:14
10.	Dietmar Hirschmugl	1968	AUT	M45	3:09:32
11.	Istvan Csaba	1959	HUN	M	3:19:55
12.	Johann Siegele	1948	AUT	M65	3:24:45
13.	Alexander Maier	1973	AUT	M40	3:30:47
14.	Karl Angerer	1942	AUT	M70	3:43:19
15.	Gerhard Brouscek	1954	AUT	M55	3:50:36
16.	Franz Kropik	1968	AUT	M45	5:09:27
17.	Dietmar Hirschmugl	1968	AUT	M45	5:16:53
18.	Johann Siegele	1948	AUT	M65	5:49:56
19.	Karl Angerer	1942	AUT	M70	6:18:54

20km Open Men

1.	Miklos Srp	1993	HUN	M	1:32:32
2.	David Jozsvai		HUN	M	1:40:41
3.	Roberto Piaser	1948	ITA	M	2:04:44

20km Open Women

1.	Kathrin Schulze	1981	AUT	W	1:51:32
2.	Dorothea Grolig	1951	AUT	W60	2:10:27
3.	Dorothea Grolig	1951	AUT	W	2:10:27
4.	Eleftheria Theodorakis	1995	AUT	W	2:12:31
5.	Monika Schwantzer	1955	AUT	W55	2:26:20
6.	Monika Schwantzer	1955	AUT	W	2:26:20
7.	Christine Konrad	1956	AUT	W55	2:40:29
8.	Christine Konrad	1956	AUT	W	2:40:29
	Ilona Hron	1971	AUT	W40	DQ
	Janina Kopylec	1961	AUT	W50	DQ

10,000m Open Men

1.	Bence Venyercsan	1996	HUN	M	46:23,65
2.	Donát Burger	1997	HUN	M	48:16,34
3.	Miklós Szégedi	1997	HUN	M	52:19,78
4.	Jarormir Hloc	1992	HUN	M	56:55,43
5.	Zbynek Herman	1969	HUN	M	1:01:08,24

10,000m Open Women

1.	Andreja Poklar	1966	SLO	W	1:01:24,24
2.	Heidrun Neidel	1947	BRD	W	1:09:27,21
3.	Helga Draeger	1939	BRD	W	1:21:05,34

5000m Open Men

1.	Bálint Sárosi	2000	HUN	M	26:14,78
2.	Sárosi Fazekas	2000	HUN	M	26:50,65
3.	Anže Tesovnik	1998	SLO	M	27:02,90
4.	Udo Schaeffer	1950	BRD	M	29:15,93
5.	Ádám Almási	1998	HUN	M	31:49,11
6.	Richárd Grósz	2000	HUN	M	31:53,58

5000m Open Women

1.	Daphne Dimanopulosz	1999	HUN	W	25:37,43
2.	Laura Komoroczy	1999	HUN	W	27:04,58
3.	Alexandra Hronska	1995	SK	W	28:27,34
4.	Patricia Bocz	1998	HUN	W	29:45,05
5.	Diána Demeter	1997	HUN	W	32:04,52
6.	Klára Zemkova	2002	SK	W	34:25,93
7.	Dorina Dimanopulosz	1999	HUN	W	34:35,24
8.	Hanna Jeney	2000	HUN		

5000m U18 Men Austrian Championship

1.	Erik Thallinger	1998	AUT	MU18	28:11,55
2.	Peter Seiringer	1998	AUT	MU18	35:16,65
	Markus Peschke	1998	AUT	MU18	DNF

5000m U18 Women Austrian Championship

1.	Lena Ungerböck	1997	AUT	WU18	28:15,93
2.	Laura Trauner	1997	AUT	WU18	33:03,99
3.	Christina Bachl	1998	AUT	WU18	33:07,46
4.	Lisa Oberndorfer	1999	AUT	WU18	33:08,52

SWEDISH ROADWALK CHAMPIONSHIPS, ESKILSTUNA, SATURDAY 5 OCTOBER

Thanks to Birger Fält for the results from the Swedish roadwalk championships which were held on Saturday in Eskilstuna.

The men's 50km event saw an inaugural win to 23 year old Perseus Karlström (in fact, first time in an event longer than 20km). His time was an impressive 3.52.43 (splits 46.44 46.31 45.58 45.38 47.52). It was the best ever debut time by a Swedish walker and only Bo Gustafsson (3.44.49 OG 1988) and Andreas Gustafsson (3.50.47 2012) have walked faster. His time also puts him ahead of some pretty good 50km walkers in Stefan Johansson 3.53.34 (OG 1988) and Ato Ibanez 3.53.38 (Moscow 2013). Of course, Perseus's and Ato's father Enrique Vera walked 3.43.59 in Eschborn in 1979 so they have good long distance genes! On this occasion, Ato was a DNF, retiring after 20km, reached in 1:33:15. 21 year old Anders Hansson, also walking in his first ever 50km, took second in 4:35:46 ahead of Christer Svensson 4:54:41.

The women's 20km championship saw Portugal's Susana Feitor take the lead from the start, only to retire after 10 km (47.52). Second

placed Mari Olsson also retired after 10 km (50.00). That left Siw Karlstrom to take the women's title with a time of 1:47:23 (53.06, 54.17) for a new W55 European record - it was indeed a family affair with mother and son both winning national titles. Second place went to Ellinor Hogrell with 2:12:51 and third went to Kerstin B Malm with 2:13:22.

Full results at <http://iof2.idrottonline.se/SvenskaGangVandrarforbundet/Tavlingsgang/Tavlingsnyheter/Perseus35243/>.

Swedish 50km Championship

1.	Perseus Karlström	90	Eskilstuna Friidrott	3:52:43
2.	Anders Hansson	92	SK Svängen	4:35:46
3.	Christer Svensson	69	Växjö AIS	4:54:41
	Ato Ibáñez	85	Eskilstuna Friidrott	DNF

Swedish 20km Championship Women

1.	Siw Karlström	57	Eskilstuna Friidrott	1:47:23
2.	Ellinor Hogrell	68	Enhörna IF	2:12:51
3.	Kerstin B Malm	52	Mälarhöjdens IK	2:13:22
	Mari Olsson	86	GK Steget	DNF
	Susana Feitor	75	Portugal	DNF

Open 20 km

1.	Christer Svensson	69	Växjö AIS	1:51:12
2.	Anders Wahlström	66	Södra Ölands GK	1:55:43
	Patric Rajala	96	Fredrikshofs IF GF	DNF

15km U20

1.	Felicia Hogrell	94	Enhörna IF	1:37:13
2.	Viktoria Hogrell	95	Enhörna IF	1:39:14
3.	Amanda Åström	95	Esbo IF Finland	DNF

10km Masters

1.	Siw Karlström	57	Eskilstuna Friidrott	53:06
2.	Ellinor Hogrell	68	Enhörna IF	1:03:38
3.	Kerstin B Malm	52	Mälarhöjdens IK	1:04:03

CHODECKÁ NITRA INTERNATIONAL ROAD WALKS, NITRA, SLOVAKIA, FRIDAY 4 OCTOBER

This year, Slovak champion Matej Toth had to play second fiddle to teammate Anton Kucmin in the annual Chodecká Nitra international roadwalk, held in the city of Nitra. Kucmin's winning time of 19:01 was a PB, broke the meet record by 27 seconds and saw him 3 seconds ahead of Matej Toth (19:04) who had won the meet on the previous occasions. Third placed Dusan Majdan also PB'd with his time of 19:40. The women's race was won by Hungarian Viktoria Madarsz in a superb 21:13, breaking the 2010 meet record of Zuzxana Malikova. The first Slovak woman was Maria Czakova, who was second overall with 22:40. The youngsters raced over 2km and this also saw new meet records to Miroslav Úradník (7:45) and Radoslava Piliarová (9:13). See article at <http://atletikasvk.sk/Articles/Detail?ArticleId=871>.

5km Race Walk Men

1.	Anton KUČMÍN	SVK	84	19:01
2.	Matej TÓTH	SVK	83	19:04
3.	Dušan MAJDAN	SVK	87	19:40
4.	Sándor RÁCZ	HUN	86	19:46
5.	Milan RÍZEK	SVK	78	20:37
6.	Milan LINKEŠ	SVK	95	22:53
7.	Zdeno MEDERA	SVK	75	22:55

5km Race Walk Women

1.	Viktória MADARÁSZ	HUN	85	21:13
2.	Mária CZÁKOVÁ	SVK	88	22:40
3.	Monika HORNÁKOVÁ	SVK	95	24:41

WALKING SHORTS

- A short video that features snippets from the 1991 World Cup 50km, including the controversial final stages where Russian walker Andrey Perlov had to be physically dragged from the course by American Chief Judge Gary Westerfield. <http://www.youtube.com/watch?v=Py9HFLcqX9M>
- Paul Warburton profiles the 2012 Olympic 20km champion Chen Ding in the latest IAAF profile article:

<http://www.iaaf.org/news/feature/chinese-race-walker-chen-is-one-in-a-billion>

- The September 2013 issue of the British Race Walking Record is now out. Check out <http://racewalkingrecord.co.uk/september-2013-issue/>
- The new IAAF Pit Lane Rule has been adopted by UKA/RWA and will be used at the UKA Championships, England Athletic Championships and the Inter Area Championships which are track competitions. Time penalties will be 20 secs for 3000m races, 30 secs for 5000m races and 60 secs for 10,000m races.
- The IAAF Area Judging exam for Europe will be held on 11/13 October in Athlone, Ireland. Candidates from 17 countries will be represented.
- Thanks to the oMarchador boys for the little feature on our Heel & Toe newsletter last week: <http://omarchador.blogspot.pt/2013/10/heel-and-toe-sai-ha-seis-anos-sem.html>
- On October 18th, 1964 Olympic 50km winner Abdon Pamich celebrated his 80th birthday so Marchia Italiana marked the occasion with a feature - http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1587 - and a short YouTube clip of him winning the 1966 European 50km championship in Budapest - <http://www.youtube.com/watch?v=42HcldMBoXE>. Fantastic - that is the first time I have seen Pamich in action so it is a great addition to the library!
- Dual Olympian Chris Erickson (2008 and 2012 Olympic 20km walks) has finally got around to getting those Olympic ring tattoos - <https://www.facebook.com/photo.php?fbid=10151656101720684&set=np.267651050.696722475&type=1>

WHAT'S COMING UP

- Next Monday sees the annual MTR 10km roadwalk in Hong Kong. As with previous years, Australia is sending two walkers to compete so congratulations and good luck to our competitors **Jesse Osborne** and **Jessica Pickles**. See further details at <http://www.hkaaa.com/page.php?pid=1044&mid=147&type=gameevent&lang=eng>.
- Our Masters walkers are now in the throes of departing for the **World Masters Athletic Championships in Porto Alegre, Brazil**. These will be staged from October 15-27, 2013. See <http://www.wma2013.com>. Good luck everyone!
- Entries are now open for the **2013 Victorian All Schools Track & Field Championships** at Lakeside Stadium. Entry is online via link <http://www.athsvic.org.au/events/detail/2013-victorian-all-schools-track-field-championships>. You don't have to be an Aths Vic member to enter - just a school kid! The draft timetable has the walks at the following times:

Fri 25 Oct 4:50pm	U17, U18, U20 Men & Women 5000m Walk
Sun 27 Oct 2:20pm	U14 Boys & Girls 3000m Walk
Sun 27 Oct 2:35pm	U15, U15 Boys & Girls 3000m Walk

- All VRWC members should have received their summer season fixture in the mail in the last few days. Our first races are scheduled for Wednesday 16th October at the Collingwood Harriers track at Clifton Hill. See further details in our online fixture at <http://www.vrwc.org.au/vrwc14.shtml>.
- **Athletics Victoria Shield competition** kicks off on Saturday 19th October with 3000m/1500m walks at our 4 metropolitan and 3 country venues.

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.

2013/2014 Australian/Victorian Summer Season Key Dates

October 5-12, 2013	Australian Masters Games, Geelong . See http://www.australianmastersgames.com .
Wed Oct 16, 2013	VRWC Track Races, George Knott Athletics Track, Clifton Hill
Sat Oct 19, 2013	Athletics Victoria Shield competition kicks off
Oct 25-27, 2013	Victorian All Schools T&F Championships, Lakeside Stadium, Melbourne
Dec 6-8, 2013	Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013	Australian 50km Race Walking Championships, Melbourne (ViC - 2014 World Cup 50km trial)
Feb 2, 2014	Australian 20km Race Walking Championships, Hobart (Tas) Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)

April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC - 10,000m walks)

2013 International Fixture

Oct 14, 2013 MTR 10km roadwalk, Hong Kong. See <http://www.hkaaa.com/page.php?pid=759&mid=199>
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au/>
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
May 3-4, 2014 **26th IAAF World Race Walking Cup, Taicang, China**
May 18, 2014 Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>
2017 **29th Summer Universiade, Taipei**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
2018 **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**
July 2020 **32nd Olympic Games, Tokyo**

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