



## HEEL AND TOE ONLINE

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

We had some fantastic walk performances at Fawkner Park in Melbourne on Sunday but I have decided to share this week's Walker of the Week award between our two U20 10km winners, **Jesse Osborne** and **Tayla-Paige Billington**.

18 year old Jesse won the U20 men's 10km roadwalk in a 40 sec PB time of **42:16** and secured for himself qualifiers for the 2014 World Cup and the 2014 World Junior Championships. 16 year old Tayla won the U20 women's 10km roadwalk in a 1 minute 33 sec PB time of **49:08**, also securing qualifiers for the 2014 World Cup and the 2014 World Junior Championships. Interestingly, Jesse hails from Queensland and Tayla hails from NSW but both moved to Melbourne earlier this year to maximise their walking development. In both cases, the move seems to be paying dividends. Well done to two very talented walkers.

### WHAT'S COMING UP

It's time for a well earned break for our walkers with Christmas now looming large for us (oh no, shopping, cards, ...ahhhh). Once we return, racewalking opportunities will come thick and fast for Victorians. The first month of 2014 is very busy

Sat Dec 28 - Fri Jan 10	VRWC Camp, Falls Creek
<b>Jan 4-12, 2014</b>	<b>Oceania Masters Championships, Bendigo (5 Jan 10km walk, 8 Jan 3000m, 10 Jan 5000m)</b>
Sat Jan 11, 2014	AV Shield Round 6 (3000m/1500m)
Sat Jan 18, 2014	AV Shield Round 7 (2000m)
<b>Sun Jan 19, 2014</b>	<b>AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park</b>
Jan 19-22, 2014	LAVic JDS Camp
<b>Jan 24-26, 2014</b>	<b>Victorian Country T&amp;F Championships, Ballarat</b>
Sat Feb 1, 2014	AV Shield Round 8 (3000m/1500m)
<b>Sun Feb 2, 2014</b>	<b>Australian 20km Road Walk Championships &amp; Oceania Race Walking Trophy, Hobart</b>

We kick off with our **VRWC Camp at Falls Creek** on Saturday 28 December with 22 confirmed participants, including walkers from as far away as QLD and NSW. I will be going and I certainly look forward to what has now become an annual fixture. Still a couple of spots left but get in quick and email Simon Baker ([Simon.Baker@depi.vic.gov.au](mailto:Simon.Baker@depi.vic.gov.au)) or me ([terick@melbpc.org.au](mailto:terick@melbpc.org.au)).

The **Oceania Masters Championships** kick off in Bendigo on Saturday 4 January with lots of our Masters walkers in action, contesting 10km roadwalks, 3000m track walks and 5000m track walks. See <https://www.omabendigo2014.com.au/> for full details. Alas, entries have now closed.

The **Victorian 5km Roadwalk Teams Championships** will be held at Middle Park on Sunday 19 January. This annual event is open to any currently registered AV walker and club teams of 3 men and 3 women will vie for the title of the top walking club. You must pre-enter this event via AV - entry panel at <http://www.athsvic.org.au/events/detail/2014-av-walks-series-5km-team-walk>. You enter as an individual. Once 3 male or 3 female walkers from your club have entered, you have a team. If more than 3 enter, the first 3 across the line count towards the team performance.

The **Victorian Country T&F Championships** are in Ballarat over the Australia Day long weekend, 24-26 January. Again, entries are via AV - see <http://www.athsvic.org.au/events/detail/2014-victorian-country-championships>. Entries close on 14<sup>th</sup> January so don't delay. Remember that metropolitan athletes can also compete by invitation by filling in the entry form.

The **Australian Roadwalk Championships** will be held in Hobart on Sunday 2 February. This meet will also include the 2014 World Walking Cup U20 10km trial so our top junior walkers will also be in action. You must enter this via Athletics Australia - see [https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display\\_event\\_registration\\_step1&MeetID=1068&OrgID=887](https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1068&OrgID=887). Entries are now open and will close on Mon 17 January. This event also hosts the Oceania Racewalking Cup in which Australian U23 and U20 teams compete against New Zealand Open and U23 teams. The Australian team will be selected from those walkers who enter and who have bettered the team qualifying standards - see <http://www.rwa.org.au/aevents-2.shtml> for further details.

## AUSTRALIAN 50KM ROADWALK CHAMPIONSHIPS, FAWKNER PARK, MELBOURNE SUN 15 DEC

I will lead this week's results section with a report on the Australian 50km and related events which were held on Sunday morning in perfect conditions at Fawkner Park in Melbourne. The Athletics Australia press release sums it up nicely:

South Australian **Kim Mottrom** has taken out the 2013 men's Australian 50km Race Walking Championship at Fawkner Park in Melbourne this morning in his first-ever attempt at the distance. Mottrom, who had never raced at longer than 30km before, crossed the finish line after his gruelling 50km journey in a time of 4:28:12 to clinch the first national title of his career. The 29-year-old South Australian had medalled four times previously at the junior level over the 10km and 20km distances, but had never managed to break through for a gold. Mottrom looked destined to stand below the top dais once again today with **Ian Rayson** of New South Wales holding a seemingly insurmountable lead over him deep into the race.

At the 20km mark, Rayson registered a split of 1:37:24 to hold a lead of almost eight minutes on Mottrom (1.45.10). Rayson was disqualified by the race officials however after receiving his third and final warning after the 35km mark. That left Mottrom, the only other member of the two-person field for the men's 50km race, to walk solo for the rest of the distance and take the win.

"It's nice to win my first national title in my first 50km race," Mottrom said after winning gold. "I was hoping to go under 4:30 and probably with about 5km to go I wasn't sure but the last three km I really picked it up and was really happy to do 4:28."

Mottrom was lucky even to make it to the start line as a hamstring injury had threatened to derail his first attempt at the longer distance. "I injured it about seven weeks ago and have been in physio every week. Unfortunately this Monday I kind of woke up and the sciatic nerve was trapped and we haven't been able to release it all week and it's just been taped up. I've done the best I can with a trapped nerve, so I'm really happy. I could have done much worse than I did today."

After winning today's race, which was also the official Selection Trial for the IAAF World Race Walking Cup to be held in Taicang, China on 3-4 May 2014, Mottrom now plans to compete at the Australian 20km Race Walking Championships in Hobart on 2 February next year.

Although it wasn't an Australian championship event, the men's 20km invitational race walk at Fawkner Park this morning also grabbed plenty of attention. Participants included a duo of Australian Flame team representatives from the 2013 IAAF World Championships held earlier this year in Moscow in **Jared Tallent** (SA) and **Chris Erickson** (VIC). It was however 2011 Australian Universiade team member **Brendon Reading** of the ACT who challenged Tallent throughout the race. The pair battled it out with neither able to establish a decisive edge over the other as the lead changed hands several times. At the 12km mark, the pair couldn't be split, both registering 51.41 on the clock. When however Tallent was forced to take a comfort stop to answer a call of nature shortly after, Reading powered away to a solid lead. By the time Tallent had re-entered the race, he was in third position behind Reading and Erickson.

Tallent showed his class by slowly chipping away at the leaders and managed to pass Erickson, who later was forced to withdraw from the race. The gap to Reading was simply too far for even Tallent to bridge however and when Reading got the bell with 2km left to race, he still had a 45-second lead. Reading crossed the finish line to win the 20km race in 1:26:29, with Tallent second in 1:27:23 and Nick Dewar of Queensland third in 1:31:21.

Tallent said after the race that he was happy with his form despite the unanticipated pitstop he was forced to take. "I was happy with my progress, my hamstring is a lot better. I had a recent injury after the World Championships so that's feeling good now. I'm really excited just to get back into training and looking forward to the rest of the domestic season."

The women's 20km invitational race walk was taken out by visiting international **Mari Olsson** of Sweden in 1:39:34.2, with **Lauren Bourke** of NSW the first Australian in 1:42:25.

In the women's 10km Under 20 invitational walk, three athletes bettered the junior qualifying time for the 2014 World Race Walking Cup. **Tayla-Paige Billington** (VIC.) won in 49:08.2, while **Jemima Montag** of Victoria (49:22.3) and **Elizabeth Hosking** of the ACT (49:43) both also went under the 50:00:00 entry standard.

In winning the men's 10km Under 20 invitational walk in 42:16 today, **Jesse Osborne** of Victoria also easily surpassed the 46:30.00 junior qualification standard for the 2014 World Race Walking Cup as did second-place getter and fellow Victorian **Nathan Brill** (43:43). 15-year-old **Tyler Jones** of NSW was also outstanding as he finished in third place in 44:47. Fourth-placed **Jay Felton** of NSW also bettered the junior World Race Walking Cup qualification standard by finishing in 45:21.

A great report. A few final words from me before displaying the overall results. Swedish walker **Mari Olsson** was especially pleased with her win in the women's 20km as it gave her an all-important World Cup qualifier (Swedish standard has been set at 1:40:00). We also welcomed USA walker **Erin Taylor-Talcott** who is also out here for the summer training and had a hitout a few days after arrival. And special mentions to the two youngest walkers in the U20 10km walks - 15 year old **Jemima Montag** was second in the the women's race in a PB 49:22 (her first ever 10km) while 15 year old **Tyler Jones** was third in the men's race in a PB 44:47. Wow!



Kim Mottrom (ahead of Jason Kozica), Brendon Reading and Jared Tallent (photos Simon Baker)



Jemima Montag, Tayla-Paige Billington, Elizabeth Hosking, Jesse Osborne and Nathan Brill (photos Simon Baker)

And now to the results

**Men 50km Race Walk Australian Championship**

1.	Kim Mottrom	29	SA	4:28:12	First ever
	Ian Rayson	25	NSW	DQ	

**Men 20km Race Walk Invitation**

1.	Brendon Reading	24	ACT	1:26:29
2.	Jared Tallent	29	SA	1:27:23
3.	Nick Dewar	21	QLD	1:31:21
4.	Kyle Malone	22	NSW	1:31:36
5.	Simon Evans	53	VIC	1:52:18
6.	Jason Kozica	27	VIC	1:59:10
	Chris Erickson	32	VIC	DNF

**Women 20km Race Walk Invitation**

1.	Mari Olsson	27	SWE	1:39:34	
2.	Lauren Bourke	24	NSW	1:42:25	PB 1:15
3.	Jillian Hosking	26	ACT	1:44:53	
4.	Shannon Jennings	21	NSW	1:45:25	First ever
5.	Kirsty Klein	19	NSW	1:49:15	First ever
	Erin Taylor-Talcott	35	USA	DNF	
	Cheryl Webb	37	NSW	DNF	
	Stephanie Stigwood	23	TAS	DNF	
	Rachel Tallent	20	VIC	DNF	
	Jessica Pickles	19	QLD	DQ	

**Men 10km Race Walk Invitation U20**

1.	Jesse Osborne	18	VIC	42:16	PB 0:40
2.	Nathan Brill	17	VIC	43:43	
3.	Tyler Jones	15	NSW	44:47	PB 1:14
4.	Jay Felton	18	NSW	45:21	PB 2:00
5.	Carl Gibbons	17	NSW	48:02	PB 1:46
6.	Adam Garganis	16	VIC	48:06	PB 0:20
7.	Kyle Bird	17	VIC	50:28	PB 0:02

**Women 10km Race Walk Invitation U20**

1.	Tayla-Paige Billington	16	VIC	49:08	PB 1:33
2.	Jemima Montag	15	VIC	49:22	First ever
3.	Elizabeth Hosking	18	ACT	49:43	PB 5:03
4.	Jasmine Dighton	16	NSW	52:06	PB 1:21
	Jemma Potezny	17	SA	DNF	
	Stephanie George	17	VIC	DNF	

**Men 5km Race Walk Invitation U18**

1.	Dylan Richardson	13	NSW	25:19	
2.	Lucas Taylor	17	VIC	27:14	

**Women 5km Race Walk Invitation U18**

1.	Emily Hamilton	15	VIC	29:12	
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So let's review the state of play re the various 2014 major championships.

**IAAF Race Walking World Cup, Taicang, China, May 3-4, 2014**

We normally send a strong team to the Race Walking World Cup and next year looks promising with lots of athletes already in the mix. Firstly, you need to read [http://www.athletics.com.au/home/high\\_performance/high\\_performance\\_news/team\\_information/www](http://www.athletics.com.au/home/high_performance/high_performance_news/team_information/www) to see all the fine print. Amongst the info on offer are the following qualification standards and qualification periods.

50km men	No standard published	Qualification Period: 1 August 2013 till 15 December 2013
20km men	1:28:00	Qualification Period: 1 August 2013 till 2 February 2014
20km women	1:36:00	Qualification Period: 1 August 2013 till 2 February 2014
10km Junior men	46:30	Qualification Period: 1 August 2013 till 2 February 2014
10km Junior women	50:00	Qualification Period: 1 August 2013 till 2 February 2014

Any athlete who finished in the top 24 at the 2013 IAAF World Championships is automatically for that event. This means Jared Tallent and Chris Erickson (50km) and Dane Bird-Smith (20km) are automatics. The full list of qualifiers thus far reads as follows:

Open Men 50km	Jared Tallent	29	SA	3:40:03	Moscow, 14/08/13	Automatic Selection
	Chris Erickson	31	VIC	3:49:41	Moscow, 14/08/13	Automatic Selection
Open Men 20km	Dane Bird-Smith	21	QLD	1:23:06	Moscow, 11/08/13	Automatic Selection
	Dane Bird-Smith	21	QLD	1:24:07	Zuzhou, 11/11/13	
	Chris Erickson	31	VIC	1:25:27	Zuzhou, 11/11/13	
	Dane Bird-Smith	21	QLD	1:25:41	Launceston, 01/09/13	
	Brendon Reading	24	ACT	1:26:29	Melbourne, 15/12/13	
	Jared Tallent	29	SA	1:27:23	Melbourne, 15/12/13	
Open Women 20km	Brendon Reading	24	ACT	1:27:51	Launceston, 01/09/13	
	Kelly Ruddick	40	VIC	1:33:15	Launceston, 01/09/13	
	Tanya Holliday	25	SA	1:35:18	Moscow, 13/08/13	
Junior Men	Jesse Osborne	18	VIC	42:16	Melbourne, 15/12/13	
	Nathan Brill	17	VIC	43:34	Launceston, 01/09/13	



	Nathan Brill	17	VIC	43:43	Melbourne, 15/12/13
	Nathan Brill	17	VIC	43:58	Auckland, NZ, 16/11/13
	Jesse Osborne	18	VIC	44:32	Launceston, 01/09/13
	Tyler Jones	15	NSW	44:47	Melbourne, 15/12/13
	Jay Felton	18	NSW	45:21	Melbourne, 15/12/13
	Tyler Jones	15	NSW	46:01	Launceston, 01/09/13
Junior Women	Tayla-Paige Billington	16	VIC	49:08	Melbourne, 15/12/13
	Jemima Montag	15	VIC	49:22	Melbourne, 15/12/13
	Elizabeth Hosking	18	ACT	49:43	Melbourne, 15/12/13

The next major opportunity will occur in Hobart in early February. There are a few key walkers who have yet to post a qualifier so the pressure for spots is on!

#### **World Junior Championships, Eugene, USA, July 22-27, 2014**

We will take up to 2 boys and 2 girls to contest the 10,000m walks at next year's World Junior Champs. The full selection policy can be viewed at [http://www.athletics.com.au/home/high\\_performance/high\\_performance\\_news/team\\_information/2013\\_wj](http://www.athletics.com.au/home/high_performance/high_performance_news/team_information/2013_wj). The document details the qualifying times and qualification periods which read as follows

Junior Men 1000m walk	43:44	Qualification Period: 1 October 2011 to 18 March 2012
Junior Women 10,000m walk	49:40	Qualification Period: 1 October 2011 to 18 March 2012

As for the World Cup, we already have some qualifiers from last Sunday's race. Alas, Jemima Montag is too young at this stage so she will have to be content with a World Cup selection, assuming she holds her position post Hobart.

Junior Men	Jesse Osborne	18	VIC	42:16	Melbourne, 15/12/13
	Nathan Brill	17	VIC	43:43	Melbourne, 15/12/13
Junior Women	Tayla-Paige Billington	16	VIC	49:08	Melbourne, 15/12/13
	Jemima Montag	15	VIC	49:22	Melbourne, 15/12/13 (too young)

Of course, AA does not always allow young walkers to compete at both World Walking Cup and World Junior Champs so they will review the readiness of Jesse Osborne, Nathan Bill and Tayla-Paige Billington and decide on what is best for them. So there may be World Cup U20 spots available.

In summary, things are looking good at this stage.

### **BENDIGO WALKERS CLUB ROUNDUP**

Thanks to Paul Rance for his final report for the year from the Bendigo Walkers Club.

#### **BRWC Roadwalks, Bendigo, Wednesday 20 November**

On Wednesday November 20<sup>th</sup>, the annual 30 minutes and 60 minutes events was held with Carissa Brook taking the sealed handicap victory in the 30 minute event with the 10 year old producing an excellent personal best distance of 4880m and she set new Club U12 records for 4km and 4800m on the way through, Madison Hill claimed 2<sup>nd</sup> place also with a personal best with Michael Gillies-Smith 3<sup>rd</sup>, the 60 minute walk saw Peter Curtis race to a strong victory with Norm West 2<sup>nd</sup> and Barb Bryant in 3<sup>rd</sup> place.

##### **30 Minutes Handicap Walk**

1.	Carissa Brook	4880m
2.	Madison Hill	4887m
3.	Michael Gillies-Smith	5353m
4.	Ebony Whiley	5020m
5.	Sheridan Commons	3775m
6.	Caitlyn Tozer	3264m

##### **60 Minutes Handicap Walk**

1.	Peter Curtis	9681m
2.	Norm West	7403m
3.	Barb Bryant	9489m
4.	Annette Major	8836m

#### **BRWC Track Walks, Bendigo, Wednesday 27 November**

The club's last competition for the year was on Wednesday 27<sup>th</sup> November with 1500m and 3000m nominated time events being held. Madison Hill took out the 1500m event from Carissa Brook and Zahra Hayes, with the 3 placegetters along with Sheridan Commons and Caitlyn Tozer recording personal best efforts. The 3000m race resulted in a strong victory to Annette Curtis with Norm West 2<sup>nd</sup> and Geoff Major and Barb Bryant in equal 3<sup>rd</sup> place.

### 1500m Walk

Madison Hill	8.17
Carissa Brook	8.21
Zahra Hayes	7.10
Sheridan Commons	10.53
Caitlyn Tozer	13.21

### 3000m Walk

1. Annette Curtis	22.58
2. Norm West	24.02
3. Geoff Major	24.11
4. Barb Bryant	18.24
5. Michael Gillies-Smith	17.05
6. Ebony Whiley	17.47
7. John Carter	21.13
8. Annette Major	19.49
9. Peter Curtis	19.14

### BRWC Presentation Night, Wednesday 4 December

The major Club awards - Walker of the Year and Club Champion - were won by two of the Club's up and coming youngsters. 10 year old Carissa Brook took out the Walker of the year award which is based on handicap placings and times recorded during the year. The Club champion award for the fastest Club athlete was won by 12 year old Zahra Hayes. Zahra also took 2<sup>nd</sup> place in the Walker of the Year and won the short distance most improved award and short distance fastest time aggregate, Carissa also won the short distance aggregate and was 2<sup>nd</sup> in the short distance most improved. The long distance awards saw Norm West taking out the aggregate and long distance most improved with Peter Curtis winning the long distance fastest time aggregate while Barb Bryant won the Club most consistent award from Zahra Hayes.



Walker of the Year winner Carissa Brook with Club Champion Zahra Hayes (Photo Paul Rance)

The Bendigo Walkers Club's 2014 year of race walking will commence on Wednesday 15<sup>th</sup> January in Rosalind Park with 1km and 5km sealed handicap events being conducted from 6pm..

### SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 11 DECEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Two walks - cool, pleasant evening. Next meeting 8<sup>th</sup> January 2014.

### 1500m Yacht Handicap

1. David Robertson	11:35	71.32%	M80
2. Gill White	11:17	64.80%	W65
3. Felicity Henderson-Wilson	07:48		
4. Marie Maxted	09:01	72.01%	W53
5. Graham Harrison	10:11	70.89%	M70
6. George White	07:46	90.76%	M68
7. Leigh Smith	10:58	73.15%	M78
8. Roger Lowe	11:06	65.04%	M70
9. Harry Hayford	12:22	52.84%	M61
10. John Hore	10:35	64.39%	M65

### 3000m Yacht Handicap

1.	David Robertson	23:20	72.31%	M80
2.	Jack Russell	16:47	79.36%	M61
3.	Graham Harrison	20:28	71.91%	M70
4.	Linda Whitelaw	22:30	63.20%	W59
5.	Colin Hainsworth	23:11	76.32%	M83
6.	Marie Maxted	19:10	69.92%	W53
7.	Leigh Smith	22:30	72.79%	M78
8.	Norman White	23:08	54.39%	M55
9.	Roger Lowe	23:28	62.72%	M70
10.	Gill White	24:59	60.97%	W65

## ATHLETICS VICTORIA SHIELD COMPETITION - ROUND 5, SATURDAY 14 DECEMBER

Athletics Victoria Shield competition continued on Saturday with Round 5 contested, with 2000m walks on offer at all 7 venues. 112 walkers in total is indeed looking healthy.

### RED ZONE, Meadowglen International Athletics Track, Epping

Emmett Brasier was in fine form at Epping, walking to a 7 sec PB of 8:37.4. Aaron McDonough 9:15.7 and Eliza Clarke 9:29.3 were also in PB form. This is a strong venue with lots of walkers.

#### Mixed 2000m Walk

1.	Brasier, Emmet	M15	DIAMOND VALLEY AC	8:37.4	PB 0:07
2.	McDonough, Aaron	M41	PRESTON AC	9:15.7	PB 0:04
3.	Clarke, Eliza	W13	DIAMOND VALLEY AC	9:29.3	PB 0:01
4.	Hawkins, Trenton	M34	PRESTON AC	9:45.0	
5.	Keirl, Bernie	M50	DIAMOND VALLEY AC	10:20.5	
6.	Smyth, David	M44	COLLINGWOOD	10:46.5	
7.	Collis, Lauren	W15	DIAMOND VALLEY AC	11:04.8	
8.	Owen, Cooper	M15	DIAMOND VALLEY AC	11:24.4	
9.	Collis, Hugh	M13	DIAMOND VALLEY AC	11:30.8	
10.	Clarke, Patrick	M45	DIAMOND VALLEY AC	11:41.6	
11.	Elms, Donna-Marie	W52	PRESTON AC	11:46.9	
12.	Gardiner, Robert	M77	COLLINGWOOD	11:59.3	
13.	Walshe, Kerry	W51	DIAMOND VALLEY AC	12:22.3	
14.	Laufer, Josephine	W14	COLLINGWOOD	12:49.3	
15.	Quinn, Karen	W49	DIAMOND VALLEY AC	13:01.2	
16.	Valladares, Yasmin	W21	PRESTON AC	13:45.5	
17.	Garganis, Clare	W43	COLLINGWOOD	13:57.5	
18.	Walburg, Kirsten	W15	DONCASTER AC	14:22.5	
19.	Camilleri, Brent	M12	DIAMOND VALLEY AC	14:22.9	
20.	Lane, Mikaela	W22	DONCASTER AC	14:36.0	
21.	Fisher, Sarah	W26	DIAMOND VALLEY AC	14:44.9	
22.	Dawson, Thomas	M12	COLLINGWOOD	15:02.7	
23.	Grenade, Christopher	M11	PRESTON AC	16:18.1	
24.	Lane, Natasha	W22	DONCASTER AC	16:18.5	
25.	Smith, Charmaine	W38	DONCASTER AC	16:37.2	
26.	Walker, Bree	W21	DONCASTER AC	21:15.7	
	Reddie, Andrew	M21	DONCASTER AC	DQ	
	Inchinoli, Andrew	M14	PRESTON AC	DQ	
	Jarvis, Heather	W49	COLLINGWOOD	DQ	

### BLUE ZONE, Knox Athletic Track, Scoresby

Rhydian Cowley was a long way ahead at Scoresby with his 8:02.5 but he was not the only one walking fast, with Kyle Bird 8:52.6, Michael O'Mahony 9:49.9 and 10 year old Nicola Mandic 10:10.5 (a PB). Philippa Huse 10:02.8 and Paige De Lisen 10:13.3 (a PB) were the top women and also walked impressively.

#### Men 2000m Walk

1.	Rhydian Cowley	MOP	GHY	8:02.5	
2.	Kyle Bird	MU18	MPA	8:52.6	
3.	Michael O'Mahony	MOP	KNA	9:49.9	
4.	Nikola Mandic	MU14	CCA	10:10.5	PB 0:03
5.	Aaron Tam	MU20	KNA	10:27.7	
6.	Russ Dickenson	M40+	SCA	10:42.6	
7.	Ralph Bennett	M40+	VMA	11:29.0	
8.	Terry O'Neill	M40+	CCA	11:35.1	
9.	Kym Osmand	MOP	OAK	11:43.2	

10.	Scott Fairburn	MOP	KNA	12:09.6
11.	Hayden Walmsley	MU14	KNA	12:24.0
12.	Geoff Barrow	MOP	MEN	12:45.4
13.	Philip Hutton	MOP	GHY	12:55.6
14.	Alex Fairburn	MOP	MEN	13:20.6
	Noel Fairburn	M40+	KNA	DQ

#### Women 2000m Walk

1.	Philippa Huse	WU16	SAN	10:02.8	
2.	Paige De Lisen	WU16	KNA	10:13.3	eq PB
3.	Simone McInnes	WOP	GHY	10:21.4	
4.	Brodie Richardson	WU14	KNA	11:03.3	
5.	Mikhala Hodges	WU14	KNA	11:54.6	
6.	Bianca Attard	WU20	KNA	12:01.6	
7.	Michaela Attard	WOP	KNA	12:38.1	
8.	Gwen Steed	W40+	VMA	12:40.4	
9.	Karyn O'Neill	WOP	CCA	12:51.5	
10.	Celia Johnson	W40+	VMA	13:32.6	
11.	Rebekah Lyness	WOP	CCA	13:57.1	
12.	Kuniko Bowden	WOP	MEN	14:54.9	
	Anna Petrakos	WOP	MEN	DQ	

#### WHITE ZONE, Bill Sewart Aths Track, Burwood

Simon Evans 9:45.8 and Sandra Geisler 9:56.4 were the fastest at Burwood. Lucas Taylor also broke 10 minutes with his time of 9:59.0.

#### Men 2000m Walk

1.	Simon Evans	MOP	BOH	9:45.8
2.	Lucas Taylor	MU18	YRA	9:59.0
3.	Clyde Riddoch	M40+	AWA	11:17.6
4.	Graeme Olden	M40+	BOH	11:43.1
5.	Patrick Noonan	MOP	STK	11:51.0
6.	Jacob Wright	MU20	ANW	12:30.8
7.	Geza Benke	MOP	OLM	12:50.6
8.	Adam McCann	MOP	ANW	14:07.0
9.	Christopher Worsnop	MOP	OLX	14:10.2

#### Women 2000m Walk

1.	Sandra Geisler	WOP	RWD	9:56.4
2.	Natalie Laurie	WOP	ANW	11:47.4
3.	Zoe Schwerkolt	WU16	BOH	12:34.6
4.	Emilie Garside	WOP	CDN	12:39.1
5.	Janice Marston	W40+	AWA	13:54.7
6.	Jo Molnar	W40+	AWA	14:54.8
7.	Simone Albiston	W40+	AWA	18:20.1

#### YELLOW ZONE, Newport Park Athletics Facility, Newport

Paul Kennedy 9:36.0 and Mark Donahoo 9:44.2 battled it out in Newport while Gerard Feain continued his season of improvement with an excellent 10:14.8. We also welcomed back Kirstin Shaw after her year studying in Cooktown and she was the fastest of the women with 11:41.9.

#### Men 2000m Walk

1.	Kennedy, Paul	56	KEILOR ST BE	9:36.0
2.	Donahoo, Mark	55	ATHLETICS ESSENDON	9:44.2
3.	Feain, Gerard	50	KEILOR ST BE	10:14.8
4.	McShanag, Connor	17	ATHLETICS ESSENDON	10:36.8
5.	Erickson, Tim	63	COBURG HARRIERS AC	10:57.4
6.	Feain, Lachlan	14	KEILOR ST BE	11:24.8
7.	Knox, Duncan	54	ATHLETICS ESSENDON	11:46.4
8.	Dunstone, Phillip	45	WESTERN ATHL	13:47.0
9.	Murphy, Stephen	52	ATHLETICS ESSENDON	13:59.9
10.	Hamer, Brian	61	WESTERN ATHL	14:33.3
11.	Sykes, Dominic	12	KEILOR ST BE	15:48.0
12.	Rickard, Ian	57	BRUNSWICK AC	17:07.8
	Wooldrige, Jack	18	BRUNSWICK AC	DQ
	Wright, Dale	47	WILLIAMSTOWN AC	DQ



**Women 2000m Walk**

1.	Shaw, Kirstin	22	WESTERN ATHL	11:41.9
2.	Crea, Gabriella	14	ATHLETICS ESSENDON	11:52.4
3.	Campbell, Rebecca	16	ATHLETICS ESSENDON	12:14.2
4.	Shaw, Robyn	52	WESTERN ATHL	12:14.7
5.	Matthews, Rhiannon	12	KEILOR ST BE	12:34.6
6.	Feain, Madeleine	15	KEILOR ST BE	12:43.7
7.	Close, Linda	48	WILLIAMSTOWN AC	14:11.7
8.	Ireland, Roslyn	30	BRUNSWICK AC	14:17.7
9.	Sadler, Felicity	14	KEILOR ST BE	14:30.0
10.	Cashin, Brenda	49	WESTERN ATHL	16:36.0
11.	Ireland, Olive	53	BRUNSWICK AC	16:39.5
12.	Rickard, Gemma	15	BRUNSWICK AC	18:11.6
	Lamb, Heather	49	BRUNSWICK AC	DQ
	Gunn, Nicole	34	KEILOR ST BE	DQ

**BALLARAT REGION, Llanberris Reserve, Ballarat**

Ross Darlow as in great form in Ballarat, walking to a big 2000m PB of 9:29.73.

**2000m Walk**

1.	Ross Darlow	MU16	EKA	9:29.73	PB 0:24
2.	Jemma Peart	WU14	BYC	10:30.65	
3.	Alanna Peart	WU14	BYC	12:09.96	
4.	Kobie Somerfield	WU18	BHA	10:45.45	
5.	Kevin Ruddick	MOP	BHA	14:20.40	

**BENDIGO REGION, La Trobe University Bendigo Athletics Centre, Bendigo**

Small walks numbers once again in Bendigo where Madison Hill was fastest with 12:21.37.

**2000m Walk**

1.	Madison Hill	WU14	SBE	12:21.37
2.	Annette Curtis	W40+	SBE	14:37.87
3.	Norm West	M40+	SBE	15:41.41

**GEELONG REGION, Landy Field, Geelong**

Good to see James Christmass back in action in Geelong with a fast 9:05.14.

**2000m Walk**

1.	James Christmass	M40+	COR	9:05.14
2.	Thomas Mirarchi	MU14	COR	14:42.47
	Patrick Bongiorno	MU14	COR	DQ

**RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 15 DECEMBER**

Thanks to Rick Cattermole for the latest walk results from the Western Australian Race Walking Club. As Rick explained: Wow! 41C is not a very nice temperature for racewalking!! 10 hardy souls turned up to an earlier than usual start to beat the heat. Must mention young Tina Kezic who walked with an injury and finished a 1500m in some discomfort. Also young Simeon Leatherland who was only a few seconds short of the WA record in the 1500m.

**10km Open**

1.	Daniel Lowe	61.16
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**5km Open**

1.	Sara Cattermole	31.52
2.	Christopher Gerken	32.10
	Caitlin Gerken	DNF

**3km Open**

1.	Melissa Hall	21.07
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**1.5km Open**

1.	Simeon Leatherland	6.37
2.	Tim Kezic	9.43
3.	Ryan Kezic	10.20
4.	Tina Kezic	10.42
5.	Jaymee Lee Curry	12.54

## CARDIFF MET / WELSH ATHLETICS GRAND PRIX, CYNCOED, CARDIFF, SUNDAY 15 DEC 2013

The first leg of the Winter Racewalk Challenge Series, an indoor 3000m, was held at the National Indoor Athletics Centre in Cardiff last Sunday, in conjunction with a Cardiff Met / Welsh Athletics Grand Prix meet. Bethan Davies was the star of the walk with her time of 13:09.21 which was only 0.57 secs outside the British Senior record. Full meet results set at <http://www.welshathletics.org/media/622012/welsh%20athletics%20&%20cardiff%20met%20results%20grand%20prix%201%20.pdf>.

### Men & Women 3000m Walk

1.	Cameron CORBISHLEY	U20M	Medway and Maidstone	12:54.76
2.	Bethan DAVIES	SENW	Cardiff AAC	13:09.21
3.	Heather LEWIS	SENW	no club submitted	13:28.72
4.	Ellie DOOLEY	U20W	Leeds City AC	13:47.27
5.	Emma ACHURCH	U20W	Leicester Walking Club	14:41.85
6.	Jasmine NICHOLLS	U20W	Leicester Walking Club	14:41.93

### Men & Women 1000m Walk

1.	Megan STRATTON-THOMAS	U15G	no club submitted	5:02.24
2.	Amy PHIPPS	U15G	Neath Harriers	5:21.66
3.	Amelia DAVEY	U15G	Carmarthen Harriers	5:28.36
4.	Jeri-Lynne GRABHAM	U15G	Cardiff AAC	5:37.03
5.	Eleri SLADE	U15G	Swansea Harriers	6:12.22
6.	Daniel MCKELLICH	U15B	Cardiff AAC	5:59.60

## 27<sup>TH</sup> SEA GAMES, NYI PYI TAW, MYANMAR, 15-19 DEC 2013

The latest South East Asian Games were held over the last week in Nyi Pyi Taw in Myanmar (Burma) and the 20km walks saw two new Games records.

### 20km Walk Men

1.	Hendro	INA	1:29:41	Games Record
2.	Vo Xian Vinh	VIE	1:33:30	
3.	Myo Min Thiha	MYA	1:36:18	
4.	Kittiphong Chonduang	THA	1:37:03	

### 20km Walk Women

1.	Saw Mar Lar New	MYA	1:35:03	Games Record
2.	Nguyen Thi Thanh Phuc	VIE	1:37:08	
3.	Kay Khine Myo Tun		1:40:15	
4.	Tanaphon Assawawongcharoen	THA	1:44:46	

## COUPE DE NOEL, YVERDON, SWITZERLAND, SUNDAY 15 DECEMBER

Emmanuel Tardi was in Yverdon, Switzerland, on the border of Lake Neuchatel last Sunday for the the 30<sup>th</sup> edition of the Coupe de Noel. He reported as follows:

This annual event is organised by former Swiss international racewalker Daniel Brot (9h39 for 100k in 1978). The course is a 1.111km lap so 9 laps were required for the 10km distance. The weather was fresh (around 5°C) and humid with lots of fog. For me it was a great change to last week in Malaysia.

There were 75 walkers on the start line at 10AM, including 32 non judged walkers. Young French walkers easily won both major races and both recorded PBs. Martin Come had finished only 7<sup>th</sup> at the last French Junior Championships (50'50 ) but his PB was 46'37 . Jeanne Billa is the current French Cadet champion (25'17) and her PB was 58'13 . Sunday was her first serious try over 10km and it was a great success!

### 10km Men

1.	Martin Come	95	Athletique Club Tassin	FRA	45'41
2.	Urbain Girod	63	CM.Monthey	SUI	49'43
3.	Luis Manuel Correia	78	CM Cour Lausanne	POR	50'10
4.	Clement Gonod	96	EA:Bourg-en-Bresse	FRA	53'37
5.	Bernard Lovis	61	CM.Monthey	SUI	57'44
6.	Cédric Hugi	62	CME La Poste La Tour-de-Peilz	SUI	59'11
7.	Gérard Biarese	68	UAVH Aubagne	FRA	60'54
8.	Claude Berner	63	CME La Poste-La Tour-de-Peilz	SUI	62'54
9.	Michel Latapie	80	Célestat	FRA	63'45

10.	Daniel Pasche	53	CM.Monthey	SUI	65'49
11.	Alexis De Coppet	38	CM.Yverdon-les-Bains	SUI	66'29
12.	Joseph Bianco	41	CM.Monthey	SUI	67'17
13.	Emmanuel Tardi	67	LP.Longjumeau	FRA	67'40
14.	Sylvain Mellet	79	Yverdon-les-Bains	SUI	71'56
15.	Gérald Boos	54	CM.Yverdon-les-Bains	SUI	73'38

#### 10km Women

1.	Jeanne Billa	96	EA.Bourg-en-Bresse	FRA	52'06
2.	Corinne Henchoz	43	CM.Cour Lausanne	SUI	55'19
3.	Sylvie Regnier	62	EA.Bourg-en-Bresse	FRA	59'19
4.	Brigitte De Coppet	46	CM.Yverdon-les-Bains	SUI	65'32
5.	Beatrice Petetin	69	Morez RCHJM	FRA	65'56
6.	Christine Metraux	64	Yverdon-les-Bains	SUI	70'47
7.	Helène Baptiste	50	CM.Yverdon-les-Bains	SUI	71'03
8.	Nathalie Bourgoïn	59	NL. Carling	FRA	72'10



**Jeanne Billa, Emmanuel Tardi and Martin Come**



**Winners Martin and Jeanne (photos Emmanuel Tardi)**

**SPANISH WINTER YOUTH TRACK CHAMPIONSHIPS, LLERENA, SPAIN, SATURDAY 7 DECEMBER**

oMarchador reports on the Spanish Winter Youth Champs, held a week ago in Llerena in Spain. - see <http://omarchador.blogspot.pt/2013/12/llerena-acolheu-os-campeonatos-de.html> for the full results. I will restrict the reporting to the first 10 in each race. Numbers were big overall in what was the third occasion that this initiative has been carried out. Spain is certainly looking very strong at the moment with lots of good juniors coming through their system.

**5000m Junior Men**

1.	Diego Garcia Carrera	1996	AD Marathon	21.12.1
2.	Pablo Oliva Requena	1996	Cueva de Nerja.UMA	21.24.8
3.	Fabian Bernabe Rama	1995	Cueva de Nerja.UMA	21.45.6
4.	Adrian Lopez Sanchez	1995	At Almendralejo	21.55.2
5.	Marc Guerrero Plaza	1995	FC Barcelona	22.05.3
6.	Ivan Arenas De La Fuente	1996	Pratenc AA	22.18.3
7.	Manuel Fernandez Leon Ortiz	1996	At Almendralejo	24.50.2
8.	Pedro Jose Garcia Martinez	1996	Guadix Juventud	25.03.8

**5000m Junior Women**

1.	Laura Garcia. caro Lorenzo	1995	AD Marathon	23.43.5
2.	Maria Perez Garcia	1996	Cueva de Nerja.UMA	23.54.0
3.	Lidia Sanchez.puebla Fernandez	1996	Playas de Castellon	24.42.3
4.	Melisa Sanchez Bermejo	1996	UCAM.Athleo Cieza	26.04.1
5.	Santaelena Carla Garcia	1996	CAS Ciudad de Segovia	26.30.8
6.	Miriam Gil Romero	1995	UCAM.Cartagena	26.38.4
7.	Late Alexandra Ortega	1996	At Almendralejo	27.20.5
8.	Del Rio Alicia Hernandez	1996	AD Marathon	29.09.7

**5000m U18 Men**

1.	Manuel Bermudez Jimenez	1997	UCAM.Athleo Cieza	21.31.7
2.	Daniel Chamosa Dacasa	1997	Comesaña Sporting Club	22.24.3
3.	Juan Francisco Martin Amat	1997	Ciudad de Motril	23.51.7
4.	Pau Tormo Esparza	1997	Atletisme Xativa	24.25.4
5.	Ivan Torres Iglesias	1998	Guadix Juventud	24.46.3
6.	Enrique Fernandez Santisteban	1998	Guadix Juventud	25.16.2
7.	Joan Villarroya Sanchis	1997	Running el Garbi	25.16.5
8.	Tur Carlos Monge	1998	Acts Pitius	26.22.2
9.	Carlos Duran Martinez	1997	At Fregenal	28.05.1

**5000m U18 Women**

1.	José Jiménez Mendez	1997	UCAM.Athleo Cieza	24.52.4
2.	Irene Vazquez Gea	1998	UCAM.Athleo Cieza	25.02.3
3.	Carmen Fuentes Castro	1997	Comesaña Sporting Club	25.31.0
4.	Maria Abeledo Manteiga	1997	CA Afflelou Naron	25.33.6
5.	Alicia Vazquez Gea	1998	UCAM.Athleo Cieza	26.20.5
6.	Angela Ruiz Teran	1997	Cayon.Helios DICA	26.44.6
7.	Irene Montejo Garces De Marcilla	1998	Grupo Oasis TresCantos	27.20.1
8.	Tabata Cano Vegas	1998	Pratenc AA	27.37.8
9.	Angela Carrion Antoli	1998	A.C. Jumilla	27.44.2
10.	Marta Tejedor Puentes	1997	CAS Ciudad de Segovia	27.45.7

**5000m U16 Men**

1.	Daniel Oliva Requena	1999	Cueva de Nerja.UMA	24.38.6
2.	Andrei Rodriguez Ortega	1999	ISS . L'Hospitalet	24.51.6
3.	Joaquim Pueyo Artero	2000	ISS . L'Hospitalet	25.53.1
4.	Daniel Jimeno Rivera	2000	Simply.Scorpio 71	26.48.5
5.	Brais Prieto Espiño	1999	Dep. Estadio Gijon	27.09.0
6.	Ivan Garcia Garcia	2000	UCAM.Athleo Cieza	27.26.1
7.	Fernando Vazquez Piñera	1999	UCAM.Athleo Cieza	28.05.5
8.	Ferran Albiol Fora	1999	ISS . L'Hospitalet	28.21.8
9.	Samuel Lopez Hernandez	2000	A.D. Marathon	28.51.8
10.	Sergi Torner Cabot	2000	ISS . L'Hospitalet	28.57.8

**3000m U16 Women**

1.	Antia Chamosa Dacasa	1999	Comesaña Sporting Club	14.15.3
2.	Estela Matea Climent	1999	Atletismo Albacete	15.01.8
3.	Mariona Garcia Rovira	2000	AA Catalunya	15.11.5
4.	Aroa Diaz Ruiz	1999	Unicaja Atletismo	15.26.6

5.	Georgina Ruiz Betlej	1999	Girona C.Brava.CAP	15.27.7
6.	Leyre Aramburu Gonzalez	1999	Atletica Lucense	15.29.8
7.	Jennifer Raya Sanchez	2000	Unicaja Atletismo	15.33.5
8.	Laura Sanabria Sanchez	2000	At Almendralejo	15.46.8
9.	Noa Ramirez Carballo	2000	Atletismo Cuntis	15.54.3
10.	Margalida Adrover Riera	1999	Joan Capo.Felanitx	15.54.8

#### 5000m Open and Masters Men

1.	Alvaro Martin Uriol	1994	Playas de Castellon	20.33.1
2.	Ivan Pajuelo Paredes	1993	A.D. Marathon	21.03.5
3.	Leonardo Toro Lopez	1967	Atletismo Badajoz	22.16.0
4.	Miguel Periañez Garcia	1962	Perceiana-Extremadura	22.44.7
5.	Christian Curopos Costa	1994	R.C. Celta	23.30.5
6.	Pedro Abeledo Cortizas	1967	CA Afflelou Naron	25.50.5
7.	Jose Muñoz Belmonte	1961	Atletismo Zafra	26.12.5
8.	Jesus Anton Acosta	1961	Individual	26.51.6

#### 3000m Open and Masters Women

1.	Julia Takacs Nyerges	1989	Playas de Castellon	13.04.3
2.	Cristina Palacios Alonso	1988	Clinicas RinconVelez	15.54.6
3.	Débora Pato Sabaris	1996	Comesaña Sporting Club	16.36.5
4.	Ana Maria Velazquez Yuste	1970	CAS Ciudad de Segovia	16.44.6
5.	Carmen Mercedes Hernandez Burgos	1969	A.D. Marathon	16.51.6
6.	Macarena Ruiz Cañete	1992	Atletismo Cordobes	17.00.3
7.	Rocio Silva Garcia	1998	At Olivenza	17.55.0
8.	Beata Betlej Spytowska	1968	Girona C.Brava-CAP	18.01.8
9.	Laura Garcia Reyes	1991	At Diocles	18.14.2
10.	Paula Villaverde Touriño	2000	Atletismo Cuntis	18.24.3

### OUT AND ABOUT

- To Canada where **Inaki Gomez** of Vancouver has won the Fred Begley Memorial Trophy as the top off-track athlete of the year. Inaki finished 8<sup>th</sup> at the IAAF World Championships in the 20-kilometre race walk and placed 5<sup>th</sup> at Summer Universiade. At the Canadian Championships he walked to a new Canadian record of 40:01 in the 10-kilometre race walk.
- Joining Inaki among the list of 2013 award recipients is his coach **Gerry Dragomir** who won Coach of the Year. Gerry is the coach to a trio of athletes who competed at the 2013 IAAF World Championships; Inaki Gomez, Evan Dunfee and Benjamin Thorne. Evan Dunfee won silver at the Francophone Games (20km race walk) and set a personal best in the 50-kilometre race walk at the IAAF World Championships. Ben Thorne was fourth at the Francophone Games, 16<sup>th</sup> at Summer Universiade, and 20<sup>th</sup> at the IAAF World Championships.
- Victorian racewalker **Rhydian Cowley** placed 22<sup>nd</sup> with a time of 30:31.45 in last Thursday night's Zatopek Australian 10,000m Championship at Lakeside Stadium in Melbourne.
- Athletics Australia last Friday released a statement from its President David Grace on the decision by Little Athletics Australia not to proceed with a merger with Athletics Australia. This merger had been recommended by the Australian Sports Commission and both national bodies had met over an extended period of time to try to work out how to move forward. Read the release at [http://www.athletics.com.au/home/news/news/2013/december/statement\\_on\\_little\\_athletics\\_](http://www.athletics.com.au/home/news/news/2013/december/statement_on_little_athletics_).

### VRWC CLUB RECORD UPDATE

The wonderful inaugural 10km roadwalk performance of 15 year old Jemima Montag on Sunday at Fawkner Park broke our VRWC U16 and U17 club records. Wow!

Jemima Montag	U16-U17 10km Roadwalk	49:22	Fawkner Park, Melbourne	15/12/2013
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### 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

Dec 28 - Jan 10	VRWC Camp, Falls Creek
Jan 4-12, 2014	Oceania Masters Championships, Bendigo - see <a href="http://www.omabendigo2014.com.au">http://www.omabendigo2014.com.au</a>

Sun Jan 12, 2014 Regal Racewalkers Racewalking Seminar, SOPAC, Sydney  
 Sun Jan 19, 2014 AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park  
 Jan 24-26, 2014 Victorian Country T&F Championships, Ballarat  
 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<sup>th</sup> Australian Junior Athletics Championships, Sydney (NSW)  
 Sat Mar 29, 2014 Queensland Track Classic, Brisbane (QLD) - 5000m walks  
 April 3-6, 2014 92<sup>nd</sup> Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

#### 2014 International Fixture

Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**  
 May 3-4, 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
 May 18, 2014 Naumburg International Racewalks, Naumburg, Germany  
 July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**

#### 2014 European Athletics Permit Meets

Mar 16, 2014 Lugano Trophy - Memorial Mario Albiseti, Lugano, Switzerland  
 Mar 22, 2014 Dudinska 50, Dudince, Slovakia  
 Apr 5, 2014 Grand Prix of Rio Maior, Rio Maior, Portugal  
 Apr 12, 2014 Podebrady, Podebrady, Czech Republic  
 Jun 8, 2014 British Grand Prix of Racewalking, York, England  
 Jun 13, 2014 International Festival of Alytus, Lithuania  
 Aug 31, 2014 Voronovo Cup, Moscow, Russia

#### 2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 24, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

#### Looking even further forward

2015 **28<sup>th</sup> Summer Universiade, Gwanju, Korea**  
 2015 **9<sup>th</sup> World Youth T&F Championships, Cali, Colombia**  
 August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
 July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
 May 2016 **27<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia**  
 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**  
 May 2018 **28<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia**  
 2018 **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**  
 July 2020 **32<sup>nd</sup> Olympic Games, Tokyo**

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