



HEEL AND TOE ONLINE

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

This week was a big week for walking in Australia with some great performances

- The Australian Junior T&F Championships in Sydney with its usual high quality walking across the board
- The new VRWC club records done by Kyle Swan, Jemima Montag and Corey Dickson
- The performances of Nathan Brill, Jesse Osborne and Jemima Montag whose 10,000m walks in Sydney all bettered the World Junior qualifying standards (again!) in Sydney
- The performances of our top walkers in the IAAF Challenge Series walks in Nomi, Japan, especially the PB walks of Dane Bird-Smith and Chris Erickson, up the front of the field
- Jared Tallent's huge walk in the IAAF Challenge Series walk in Lugano, Switzerland.
- The performances of our Victorian Masters walkers in their annual T&F Championships in Melbourne.

With so much to choose from, I have decided to award my Walkers of the Week to the two youngest winners on the list, namely **Corey Dickson** and **Rebecca Henderson**, who won the U14 3000m championships at the Australian Junior T&F Champs in Sydney. 11 year old Corey won his event by 14 secs with a PB time of 15:16.01 while 12 year old Rebecca won her event by 7 secs. Corey and Rebecca won their U12 2km championship events in the LBG Carnival in Canberra last June and they have now made the big step up into Athletics Australia competition, winning yet again. Well done!



Corey and Rebecca in winning mode in Sydney last weekend

WHAT'S COMING UP

Next Sunday sees our final VRWC races for the summer when we combine with the Victorian Masters for their annual 5000m track championships at Dolamore Oval, Mentone. The timetable is shown below with VWC 5000m, 3000m and 1500m track walks on as well.

Sunday 23rd March 2014, VMA Champs & VRWC Events, Mentone

Venue: Mentone Athletics Track, Dolamore Oval, Queens St, Mentone

8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.40am	1500m	VRWC Open

That's all we have this weekend in Melbourne with the next and final round of AV Shield (Round 12) not scheduled until the following Thursday, 27th March. So you have no excuses for not joining us at Mentone!

Next weekend also sees Jared Tallent back in action at the IAAF Challenge Series event in Dudince, Slovakia. Jared will race in the 20km again as he hones his preparation for the World Cup in May. I believe that Ian Rayson will also be competing in the 20km event at that meet.

Finally, some of our Australian Masters walkers will be heading off later this month to the **World Masters Athletics Indoor Championships** in **Budapest** (see <https://www.facebook.com/WMABudapest2014>). The meet runs from **25-30 March** and includes 3000m track walks and 10km road walks.

AUSTRALIAN JUNIOR T&F CHAMPIONSHIPS, SYDNEY, 12-16 MARCH

The Australian Junior T&F Championships were held last week in Sydney and it was a huge meet with age groups from U14 to U20 in attendance and lots of top performances across the board. The walks were no exceptions with U14, U15, U16, U17, U18 and U20 events contested. Special thanks to Terry Swan for his VRWC gallery of photos from the meet - www.vrwc.org.au/coppermine. Lots reproduced here.

The first walks were the U17 and U18 5000m championships last Wednesday evening and, with good conditions, the performances were excellent. Well done to winners Tyler Jones (22:20.13), Adam Garganis (22:32.82), Jemima Montag (22:43.54 for a new meet record) and Zoe Boldiston (24:55.09). Quite a few of these walkers fronted up two days later for the U20 10,000m but more of that later.

Men 5000m Walk Under 17, 7:35PM, Wed 12 March

1.	Tyler Jones	98	NSW	22:20.13	
2.	Emmet Brasier	98	VIC	22:41.43	PB 0:22
3.	Luke McCutcheon	98	QLD	23:18.30	PB 0:03
4.	Simeon Leatherland	98	WA	23:23.82	PB 0:31
5.	Ross Darlow	98	VIC	23:37.79	PB 0:46
6.	Reese Walmsley	98	VIC	24:05.85	
7.	Aidan Kerr	98	NSW	24:18.72	PB 0:43
8.	Nathan Brown	98	NSW	25:22.25	PB 0:37
9.	Cooper Owen	98	VIC	26:02.97	PB 0:34
10.	Thomas Hopkins	98	ACT	27:27.58	
11.	Damien Owen	98	NSW	28:08.04	

Men 5000m Walk Under 18, 7:35PM, Wed 12 March

1.	Adam Garganis	97	VIC	22:32.82	
2.	Declan Tingay	99	WA	22:51.19	PB 1:04
3.	Louis Rose	97	TAS	24:31.13	
4.	Luke Jobson	97	NSW	24:56.94	
5.	Adam Mylonas	97	NSW	26:57.26	
	Tom Doyle	97	NSW	DQ	

Women 5000m Walk Under 17, 8:45PM, Wed 12 March

1.	Jemima Montag	98	VIC	22:43.54	Meet Record
2.	Clara Smith	98	QLD	23:30.73	
3.	Emily Hamilton	98	VIC	25:45.65	
4.	Tahlia Hunt	98	TAS	26:08.70	
5.	Philippa Huse	99	VIC	26:46.22	PB 0:01
6.	Paige De Lisen	98	VIC	27:06.06	
7.	Lauren Collis	98	VIC	27:50.10	PB 0:39
8.	Rhiannon Minett	98	NSW	28:21.10	

9.	Sarah Kelland	98	NSW	32:31.19
10.	Karina Hopkins	98	ACT	34:51.24

Women 5000m Walk Under 18 , 8:45PM, Wed 12 March

1.	Zoe Boldiston	97	VIC	24:55.09
2.	Jayde Hill	97	NSW	25:40.02
3.	Zoe Hunt	97	ACT	26:04.07
4.	Stephanie Grujoski	97	NSW	26:46.44
5.	Jade Sanders	97	VIC	27:34.86
6.	Lydia McKay	97	NSW	28:52.91
7.	Holly Hughes	97	WA	29:31.47
	Bryony Beasley	97	NSW	DQ



Left: Tyler Jones leads Adam Garganis



Right: Jemima Montag



Left: Vic girls Zoe, Philippa, Emily, Jemima, Jade, Lauren and Paige



Right: Zoe Boldiston

The U15 and U16 3000m walks were held the next afternoon in warmer conditions. Well done to winners Callum Burns 15:15.24, Declan Tingay (13:05.87), Eliza Clarke (14:44.93) and Jasmyn McDonald (14:58.15) - 4 events and all winners from different States. Now that is healthy. And a special mention to Victorian Philippa Huse who backed up after a 5th place PB in the U17 5000m the night before - second time around, she took silver in the U16 3000m in another PB - 15:05.94.

Men 3000m Walk Under 15 , 4PM, Thurs 13 March

1.	Callum Burns	00	ACT	15:15.24
2.	Jake Vidler	00	SA	15:45.89
3.	Jayden Goode	00	SA	16:09.73
4.	Hayden Millican	00	NSW	16:25.59
5.	Jonah Mead	00	QLD	16:31.47
6.	Elijah Harris	00	NSW	17:11.37
7.	Hugh Collis	00	VIC	17:32.45
8.	Callum Haig	00	QLD	20:09.11
	Ryan Thomson	00	NSW	DNF
	Kyle Bedford	00	NSW	DQ

Men 3000m Walk Under 16, 4PM, Thurs 13 March

1.	Declan Tingay	99	WA	13:05.87	PB 0:34
2.	Kyle Swan	99	VIC	13:22.57	
3.	Alix Harlington	99	SA	14:29.41	PB 0:22
4.	Jamie McCutcheon	99	QLD	14:46.63	PB 0:20
5.	James Clay	99	NSW	15:53.83	
6.	Jordan Glover	99	NSW	15:58.09	
7.	Cory McGinniskin	99	NSW	18:01.27	

Women 3000m Walk Under 15, 5PM, Thurs 13 March

1.	Eliza Clarke	00	VIC	14:44.93
2.	Raquel Roukos	00	NSW	14:52.68
3.	Katie Hayward	00	QLD	15:16.23
4.	Gabby Hunt	00	ACT	16:01.83
5.	Rhiannon Lovegrove	00	SA	16:07.38
6.	Sarah Damin	00	SA	16:16.77
7.	Sophie Crichton	00	NSW	17:08.29
8.	Brodie Richardson	00	VIC	17:34.19
9.	Clancy Smith	00	QLD	17:59.80
10.	Molly O'Neill	00	NSW	18:39.47

Women 3000m Walk Under 16, 5PM, Thurs 13 March

1.	Jasmyn McDonald	99	NSW	14:58.15	
2.	Philippa Huse	99	VIC	15:05.94	PB 0:38
3.	Lucy Francis	99	NSW	15:08.77	
4.	Chelsea Goodhew	99	NSW	15:25.23	
5.	Ebony Burnard	99	NSW	15:56.21	
6.	Shanae Norton	99	NSW	16:04.19	
7.	Jordan Bardsley	99	ACT	16:49.98	
8.	Josephine Laufer	99	VIC	17:29.91	PB 0:56
9.	Ally Grujoski	99	NSW	17:39.14	
	Emily Hopkins	99	ACT	DQ	



Callum Burns, Declan Tingay, Kyle Swan, Jasmyn McDonald, Raquel Roukos and Eliza Clarke

The final walks (U14 3000m and U20 10,000m) were held on the Friday in warmer and very humid conditions. My walkers of the week, Corey Dickson and Rebecca Henderson, won the U14 walks in emphatic style before attention was turned to the highest quality walks fields of the meet - those for the U20 men and women. This was the official 2014 World Junior Championships trial and would also decide the 2014 World Cup U20 10km spots so there was a lot riding on it.

The men's event saw the usual battle between Victorians Nathan Brill and Jesse Osborne who slugged it out together for 21 of the 25 laps before Jesse slowed. The final result saw Nathan winning in 43:12.63 ahead of Jesse 43:38.63, both times under the World Junior qualifying standard. This confirmed their spots for Oregon and attention switched to the third spot which was taken, as expected, by Tyler Jones who almost certainly confirmed his World Cup spot alongside Nathan and Jesse. The quality of performance continued with Adam Garganis 46:41.51 and Kyle Swan (youngest in the field at 14 years of age!) 46:41.51. The women's race saw Jemima Montag take her second gold for the meet (she won the U17 5000m on the Wednesday) in a World Junior qualifying time of 48:25.18. Alas, she is too young for World Junior selection so she will have to be content with a World Cup U20 spot. The first eligible World Juniors walker to finish was second placed Jasmine Dighton and, given that she has already qualified, this probably seals a World Juniors spot for her. Again, lots of PBs amongst the girls.

Victoria finished on a high with golds in all 4 walks events on Friday, to take their tally to 8 golds from 12 events - a huge effort from the various State based coaches, none of whom are awarded any funding by AA (don't get me started!).

Men 3000m Walk Under 14, 4:37PM, Friday 14 March

1.	Corey Dickson	02	VIC	15:16.01	PB 0:05
2.	Spencer Burns	02	ACT	15:30.45	
3.	Harrison Mavin	01	NSW	15:51.93	
4.	Lachie Sky	02	NSW	16:19.04	
5.	Mitchell Baker	01	ACT	16:26.10	
6.	Benjamin Reid	01	WA	16:33.50	
7.	Joseph Rickard	01	VIC	17:28.66	
8.	Daryl Ellis	01	WA	19:24.70	
	Oliver Chippendale	02	NSW	DQ	

Women 3000m Walk Under 14, 4:37PM, Friday 14 March

1.	Rebecca Henderson	01	VIC	15:10.57	
2.	Tiahna Ruane	01	WA	15:17.85	PB 0:39
3.	Abbey McMillen	01	NSW	15:19.37	PB 0:58
4.	Zahra Hayes	01	VIC	15:47.79	
5.	Jemma Peart	01	VIC	15:58.58	
6.	Samantha Brown	01	NSW	16:07.12	
7.	Taylor Langford	01	VIC	16:51.35	PB 0:11
8.	Tenyka Chapman	01	QLD	17:16.38	
9.	Alexandra Sutherland	02	NSW	17:36.98	
10.	Arabella Phillips	01	TAS	20:41.40	

Men 10000m Walk Under 20, 6:35PM, Friday 14 March

1.	Nathan Brill	96	VIC	43:12.63	WJ qualifier
2.	Jesse Osborne	95	VIC	43:38.83	WJ qualifier
3.	Tyler Jones	98	NSW	46:08.96	
4.	Adam Garganis	97	VIC	46:41.51	
5.	Kyle Swan	99	VIC	46:50.00	PB 1:11
6.	Carl Gibbons	96	NSW	47:39.45	
7.	Jonathon Lord	96	NZL	47:43.61	
8.	Kyle Bird	96	VIC	47:54.03	PB 1:01
9.	Louis Rose	97	TAS	49:22.22	PB 2:36
10.	Lucas Taylor	96	VIC	55:39.16	
	Reese Walmsley	98	VIC	DNF	
	Jay Felton	95	NSW	DQ	

Women 10000m Walk Under 20, 6:35PM, Friday 14 March

1.	Jemima Montag	98	VIC	48:25.18	WJ qualifier
2.	Jasmine Dighton	96	NSW	50:39.41	
3.	Elizabeth Hosking	95	ACT	50:40.61	
4.	Katya Martin	97	QLD	51:12.18	
5.	Zoe Boldiston	97	VIC	52:24.29	PB 1:14
6.	Stephanie George	96	VIC	53:33.74	
7.	Kate Holt	96	WA	53:55.01	PB 2:57
8.	Eloise Jackson	95	QLD	54:39.64	PB 2:50
9.	Tayla-Paige Billington	97	VIC	55:08.59	
10.	Amanda Barendregt	96	NSW	57:46.19	PB 0:33
	Amy Bettiol	95	NSW	DNF	
	Lucy-Rose Boardman	96	QLD	DNF	



Corey Dickson, Rebecca Henderson, Nathan Brill and Jesse Osborne



Tyler Jones, Jemima Montag and Jasmine Dighton

AUSTRALIAN MASTERS T&F CHAMPIONSHIPS, HOBART, TASMANIA, 8-10 MARCH

I was not able to publish the times from the Australian Masters 10km roadwalks in last week's newsletter but they are now to hand. The top performers by Age Grades were Heather Lee, Andrew Jamieson and Heather Carr.

M40	1	Lowe, Daniel	M38	Western Australia	1:01:28	62.44%
M40	1	Nipperess, Dean	M42	Queensland	51:47	76.35%
	2	Smyth, David	M44	Western Australia	57:47	69.50%
M45	1	Guevara, Argenis	M45	Queensland	59:51	67.63%
M50	1	Hastie, Garry	M52	Western Australia	51:50	82.71%
	2	Evans, Simon	M53	Victoria	55:07	78.45%
M55	1	Moore, David	M56	Tasmania	1:16:36	57.93%
M60	1	Riddoch, Clyde	M60	Victoria	1:09:46	66.03%
	2	West, John	M63	New South Wales	1:21:28	58.29%
M65	1	Jamieson, Andrew	M67	Victoria	53:44	92.38%
	2	Dickenson, Russell	M68	Victoria	59:37	84.25%
	3	Marsh, Lawrie	M67	Tasmania	1:07:03	74.03%

	4	Richardson, Ian	M69	Queensland	1:09:56	72.69%
M70	1	Seymon, Jim	M76	New South Wales	1:07:49	82.30%
	2	Ilgoutz, Gunther	M75	Victoria	1:11:30	76.95%
	-	Smith, Leigh	M78	South Australia	DQ	
M80	1	Hainsworth, Colin	M84	South Australia	1:18.44	76.28%
	-	Silcock-Delaney, Colin	M81	Victoria	DQ	
W45	1	Sunderland, Nyle	W46	Queensland	1:01:11	73.06%
W55	1	Leitch, Elizabeth	W58	Tasmania	1:04:52	77.93%
W60	1	Carr, Heather	W64	Victoria	1:00:23	90.37%
	-	Lloyd, Nancy	W60	New South Wales	DQ	
W65	1	Feldman, Elizabeth	W65	Victoria	1:10:00	79.05%
W70	1	Purcell, Joan	W72	Queensland	1:13:12	84.26%
	2	Trengove, Margaret	W70	South Australia	1:16:34	77.94%
	3	Schickert, Lynne	W72	Western Australia	1:20:35	76.54%
W85	1	Lee, Heather	W87	New South Wales	1:25.06	95.31%

SAMA TRACK WALKS, AIS STADIUM, MILE END, ADELAIDE, WEDNESDAY 12 MARCH

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters in Adelaide.

800m Walk

1.	Kim Mottrom	3:12
2.	Justin Hill	3:26
3.	Mark Worthing	4:33
4.	John Hore	5:16
5.	Rodger Barber	5:27
6.	Roger Lowe	5:28
7.	Louise Schrama	6:09
8.	Matthew Anderson	6:10
9.	Jill Rogers	6:20

5000m walk

1.	Richard Everson	26:17	M50	78.01%
2.	Peter Crump	27:50	M53	75.58%
3.	Jack Russell	29:57	M61	75.65%
4.	Bill Starr	34:53	M71	72.70%
5.	Rodger Barber	36:34	M75	73.11%
6.	Norman White	37:58	M55	56.38%
7.	Roger Lowe	38:06	M70	65.74%
8.	James Hoare	39:12	M67	61.66%

SAMA TRACK WALKS, AIS STADIUM, MILE END, ADELAIDE, SUNDAY 16 MARCH

And keeping to Adelaide where the Masters were back again on Sunday for 10,000m championships.

10,000m Walk

1.	Richard Everson	53:47:8	1	M50	78.37%
2.	Peter Crump	56:59:4	2	M50	75.87%
3.	Gloria Holliday	62:03"8	1	W50	77.04%
4.	Laurie Marsh (Tas)	65:01:0	1	M65	74.63%
5.	Marie Maxted	68:36:5	2	W50	69.69%
6.	James Hoare	73:44:4	1	M65	67.31%
7.	Rodger Barber	74:04"3	1	M75	74.28%
8.	Norman White	74:47:5	1	M55	58.51%
9.	Roger Lowe	79:53:6	1	M70	64.42%
10.	Matthew Anderson	92:11:9	1	M40	42.22%

VICTORIAN MASTERS T&F CHAMPS, BILL SEWARD ATHLETICS TRACK, BURWOOD, 15-16 MARCH

The Victorian Masters T&F Championships were held last weekend at the Bill Seward Athletics Track in East Burwood, with 3000m walks contested on Saturday (in strong winds) and 1500m walks contested on Sunday (in better conditions). The 3000m walks saw Heather Carr (W60 16:41.76 90.14%) and Ralph Bennett (M70, 17:10.13 87.89%) the best from an age graded perspective.

3000m Track Walks, Saturday 15 March

W35	1	Sandra Geisler	W36	RNG	15:21.88	76.42%
	2	Nicole Gunn	W35	KSB	23:07.67	50.56%
W40	1	Kylie Irshad	W42	SCA	15:31.86	78.71%
W50	1	Pam Tindal	W54	VMA	15:39.48	86.39%
	2	Donna Elms	W52	PTN	18:13.44	72.87%
	3	Robyn Shaw	W52	WES	18:34.24	71.51%
W55	1	Julie Challen	W56	VMA	20:38.35	66.81%
W60	1	Heather Carr	W64	EAG	16:41.76	90.14%
	2	Marlene Gourlay	W62	VMA	18:01.09	81.57%
	3	Alison Thompson	W61	VMA	18:17.41	79.46%
W65	1	Liz Feldman	W65	VMA	18:38.18	81.74%
	2	Celia Johnson	W66	VMA	21:05.31	73.15%
W70	1	Gwen Steed	W71	VMA	19:50.94	83.15%
	2	Beverly Hugo	W74	VMA	23:30.56	73.45%
W75	1	Pam Mews	W79	VMA	31:44.56	59.18%
	2	Valerie Case	W77	VMA	32:24.41	55.97%
M40	1	Stuart Kollmorgen	M44	COL	14:06.56	81.26%
	2	David Smyth	M44	COL	15:15.70	75.12%
M45	1	James Christmass	M46	COR	14:02.81	82.96%
M50	1	Simon Evans	M53	BOH	14:56.56	82.73%
	2	Stephen Murphy	M53	ATE	23:55.39	51.67
M55	1	Mark Donahoo	M55	ATE	14:54.62	84.39%
	2	Chris Worsnop	M56	OLX	22:49.21	55.64%
M60	1	Tim Erickson	M63	COB	16:38.05	81.75%
	2	Clyde Riddoch	M60	WAV	19:12.72	68.64%
	3	Gerald Sofianos	M64	STK	22:17.26	61.66%
M65	1	Russ Dickenson	M68	SCA	16:54.97	84.96%
	2	Geoff Barrow	M65	MEN	19:44.93	70.35%
M70	1	Ralph Bennett	M72	VMA	17:10.13	87.89%
	2	John Morrison	M74	SAN	21:14.52	72.91%
	-	Barrie Wicks	M73	VMA	DQ	
M75	1	Bob Gardiner	M77	COL	18:59.91	84.96%
M80	1	Colin Silcock-Delaney	M81	VMA	27:16.58	62.82%
M85	-	Sydney Elks	M85	VMA	DQ	

The pace was hot for Sunday morning's 1500m walks with James Christmass 6:21.66 and Sandra Geisler 7:06.37 leading the way in their respective events. Pam Tindal (W50 7:31.60 87.02%) and Bob Gardiner (M74 8:47.63 89.93%) the best overall.

1500m Track Walks, Sunday 16 March

W35	1	Sandra Geisler	W36	RNG	7:06.37	80.12%
	2	Laura McLennan	W37	VMA	9:53.19	57.88%
	3	Nicole Gunn	W35	KSB	10:33.47	53.70%
W40	1	Michelle Laufer	W44	COL	7:20.66	82.01%
	2	Clare Garganis	W43	COL	10:05.72	59.19%
W45	1	Pia Hunter	W47	BOH	9:26.97	65.32%
W50	1	Pam Tindal	W54	VMA	7:31.60	87.02%
	2	Donna Elms	W52	PTN	8:26.63	76.24%
	3	Robyn Shaw	W52	WES	8:38.68	74.47%
W60	1	Alison Thompson	W61	VMA	8:27.44	82.77%
W65	1	Liz Feldman	W65	VMA	8:37.29	84.81%
	2	Celia Johnson	W66	VMA	10:03.77	73.51%
W70	1	Gwen Steed	W71	VMA	9:27.78	83.23%
	2	Beverly Hugo	W74	VMA	11:31.52	71.26%
W75	1	Pam Mews	W79	VMA	14:32.68	61.02%
	2	Valerie Case	W77	VMA	14:45.27	58.24%
M40	1	David Smyth	M44	COL	7:12.72	77.95%
M45	1	James Christmass	M46	COR	6:21.66	89.83%
	2	Mal Grimmett	M48	VMA	9:36.16	53.63%
	3	Stephen Wright	M47	COB	12:17.99	46.84%
M50	1	Simon Evans	M53	BOH	7:08.65	84.87%
	2	Stephen Murphy	M53	ATE	10:45.80	56.33%
M55	1	Mark Donahoo	M55	ATE	6:57.14	88.77%
	2	Christopher Worsnop	M56	OLX	10:56.60	56.91%
M60	1	Clyde Riddoch	M60	WAV	10:02.04	64.48%
	2	Gerald Sofianos	M64	STK	10:43.44	62.87%

M65	1	Russ Dickenson	M68	SCA	7:58.54	88.38%
	2	Geoff Barrow	M65	MEN	9:18.90	73.16%
M70	1	Ralph Bennett	M72	VMA	8:16.07	89.50%
	2	John Morrison	M74	SAN	10:01.71	75.71%
	3	Barrie Wicks	M73	VMA	11:33.39	64.85%
M75	1	Bob Gardiner	M77	COL	8:47.63	89.93%
M80	1	Colin Silcock-Delaney	M81	VMA	12:15.38	68.45%

BALLARAT RACEWALKING CLUB FOUNDERS CUP, BALLARAT, SUNDAY 16 MARCH

The rain held off for the BRWC's first official race of the year – the Daryl Biggin & Sharon Schnyder Founder's Cup 3km Handicap. Eleven eager competitors lined up, but it was young Mia Darlow, racing off scratch, who maintained her lead to win the trophy in a 53 second PB. Ross Darlow managed the fastest time of the day, strolling through in 15:59. Fantastic walks also by new members Matt Coon & John Kilmartin, and another BRWC record to Fraser Saunder.

Daryl Biggin & Sharon Schnyder Founder's Cup 3km Handicap

1.	Mia Darlow (8)	20:26	PB 0:53
2.	Fraser Saunder (9)	19:16	PB 0:24; New BRWC U10M Record
3.	Amy Canavan (12)	17:32	
4.	Matt Coon (10)	21:32	First Ever
5.	Leah Canavan (9)	21:59	
6.	John Kilmartin (62)	18:50	First Ever
7.	Kayla Bridges (9)	23:07	
8.	Kasey Bishop (11)	21:50	
9.	Ross Darlow (15)	15:59	
10.	Sarah Brennan (37)	16:46	
11.	Jessika Bridges	DQ	



Winner Mia Darlow with Daryl Biggin

2014 ASIAN 20KM RACE WALKING CHAMPIONSHIPS, NOMI CITY, JAPAN, SUNDAY 16 MARCH

The Asian Race Walking Championships is an annual race walking competition for athletes representing countries from Asia, organized by the Asian Athletics Association (AAA). It was established in 2006 and has featured races for senior men (20 km and 50 km) and women (20 km). After the inaugural 2006 event in Wajima, Japan, the competition was split into two events: the 20 km (both men and women) were incorporated into the All-Japan Race Walking competitions held in mid March in Nomi, Japan, and the 50 km event was held about a month later in mid April in Wajima, Japan. This continued until the year 2008, after which the 50km race was removed. Now there are only 20km races for men and women.

So this time around, it was 20km races for men and women in Nomi. Apart from being the Asian Championships, it doubled this year as an IAAF Race Walking Challenge event and quite a few Australians joined their Asian counterparts for what were two very competitive races.

As far as the Asian Championships were concerned, Hyunsub Kim of Korea won the men's 20km title with a new national record of 1:19:24, Japanese walker Yusuke Suzuki finished on the second place in 1:21:01 and India's Gurmeet Singh took third place in 1:21:30. Tongmei Zhou of China won the women's Asian 20km Championship with a time of 1:31:58 ahead of Rei Inoue of Japan with 1:32:56 and India's Khusbir Kaur, who was in the lead for most of the race and ended up with 1:33:37, a new Indian record.

But there were lots of extra walkers in the mix, given that this was also an IAAF Challenge Series event as well as a Japanese National event. The organising committee have split the results into various categories, two of which are published below.

First to the International Races which incorporate the Asian Championship finishers also (noted with an *). There were lots of Australians in the mix in the men's event, led brilliantly by **Dane Bird-Smith** (third place and a new PB of 1:21:01) and **Chris Erickson** (10th place and a new PB of 1:22:19). Behind them were fellow Australians **Adam Rutter** (1:25:11 and on the improve), **Rhydian Cowley** (1:27:36) **Brad Aiton** (1:28:23 for his inaugural 20km effort), **Nick Dewar** (1:29:44), **Brandon Dewar** (1:36:36) and **Dean Nipperess** (1:38:55). In the women's event, the sole Australian was **Stephanie Stigwood** with 1:39:01. Boy, were the Indian men impressive - 4 in the first 8 in the listing below.

20km Walk Men International

1.	Kim Hyun-Sub	KOR	85	1:19:24	* NR
2.	Yusuke Suzuki	JPN	88	1:21:01	*
3.	Dane Bird-Smith	AUS	92	1:21:01	PB 1:02
4.	Basant Bahadur Rana	IND	84	1:21:29	
5.	Gurmeet Singh	IND	85	1:21:30	*
6.	Kolothum Thodi Irfan	IND	90	1:21:37	
7.	Georgiy Sheiko	KAZ	89	1:21:44	*
8.	Devender Singh	IND		1:21:49	
9.	Park Chil-Sung	KOR	82	1:22:16	
10.	Chris Erickson	AUS	81	1:22:19	PB 0:01
11.	Choe Byeong-Kwang	KOR	91	1:23:01	
12.	Byun Young-Jun	KOR	84	1:23:11	
13.	Kim Dae-Ro	KOR	88	1:23:20	
14.	Adam Rutter	AUS	86	1:25:11	
15.	Oh Se-Han	KOR	88	1:25:50	
16.	Krishnan Ganapathi	IND		1:26:09	
17.	Rhydian Cowley	AUS	91	1:27:36	
18.	Brad Aiton	AUS	94	1:28:23	Inaugural
19.	Zhang Zhi	CHN	94	1:28:25	
20.	Choe Byeong-Ho	KOR	95	1:29:41	
21.	Nick Dewar	AUS	92	1:29:44	
22.	Hakmali Sauda	INA	93	1:31:00	*
23.	Leng Xiao	CHN	96	1:31:41	*
24.	Tse Chun Hung	HKG	81	1:32:38	* NR
25.	Muhammad Harun	MAS		1:33:36	*
26.	Chang Wei-Lin	TPE		1:34:10	*
27.	Brandon Dewar	AUS		1:36:36	
28.	Edmund Sim	SIN	83	1:36:58	*
29.	Dean Nipperess	AUS		1:38:55	
30.	Eswaran Rajan Deren	MAS		1:44:37	
	Kang Kil-Dong	KOR	92	DNF	

20km Walk Women International

1.	Zhou Tongmei	CHN	88	1:31:58	*
2.	Rei Inoue	JPN	91	1:32:56	*
3.	Khusbir Kaur	IND	93	1:33:37	* NR
4.	Jeon Yeong-Eun	KOR	88	1:35:23	*
5.	Duan Dandan	CHN	95	1:37:09	
6.	Galina Kichigina	KAZ	88	1:37:28	
7.	Stephanie Stigwood	AUS	90	1:39:01	
8.	Jessica Ching Siu Nga	HKG	87	1:39:02	* NR
9.	Sholpan Kozhakhmetova	KAZ	91	1:39:55	*
10.	Chang Chia-Feng	TPE	93	1:43:30	*
11.	Elena Goh Ling Yin	MAS	96	1:48:20	
12.	Pua Ling En	MAS		1:48:23	*

The National 20km events for Japanese walkers are listed separately and, as usual, the standard was very high.

20km Walk National Japanese Men

1.	Kai Kobayashi	JPN	93	1:22:25	
2.	Yosuke Kimura	JPN	93	1:22:41	

3.	Tomofumi Kanno	JPN	93	1:24:54
4.	Nobuyuki Harada	JPN	93	1:25:03
5.	Hironari Tomatsu	JPN	93	1:25:14
6.	Hotaka Ouchi	JPN	91	1:26:16
7.	Masaki Yamamoto	JPN	93	1:26:41
8.	Tsuyoshi Tasaka	JPN	93	1:26:42
9.	Genta Yamanaka	JPN		1:26:50
10.	Tetsuya Tanighuchi	JPN	93	1:27:24
11.	Yuki Ito	JPN	92	1:27:30
12.	Toru Ozaki	JPN	92	1:27:36
13.	Yu Mikami	JPN	93	1:27:44
14.	Yuki Murai	JPN		1:27:53
15.	Ryota Shiojima	JPN	94	1:28:40
16.	Katsuyu Ko	JPN		1:29:40
17.	Gai Saito	JPN	94	1:30:14
18.	Yuta Kotobuki	JPN	91	1:30:17

20km Walk National Japanese Women

1.	Kumiko Okada	JPN	91	1:33:25
2.	Fumiko Okabe	JPN	90	1:37:56
3.	Shiho Watanabe	JPN	94	1:38:44
4.	Sae Matsumoto	JPN	93	1:39:58
5.	Ayako Fukuda	JPN	93	1:40:39
6.	Nozomi Yagi	JPN	94	1:42:08
7.	Aoi Kanasaki	JPN	92	1:42:47
8.	Remi Okubo	JPN	95	1:43:16
9.	Hikari Tachibana	JPN	92	1:44:17
10.	Marina Hosaka	JPN	93	1:45:15
11.	Mai Nakahara	JPN	93	1:46:08
12.	Tomoko Aikyo	JPN		1:51:26

But there were a lot more walkers in the races overall (in fact well over 100 in the men's 20km) and some of them finished well up. I think that Dane was actually fourth rather than third, second place overall going to Japanese walker Isamu Fujisawa in a time of 1:20:23. And there was one further Japanese walker ahead of Chris Erickson with a time of 1:21:50 so Chris probably finished 12th. If you check out the results set at <http://jaic.org/ishikawa/res2013/nomikyouho/2014nomikyouhoResults.pdf>, you see lots more names. So it's all very confusing and the above listings are by no means complete. There is another results listing at <http://athleticsasia.org/AWC2014/results2014.pdf> but it does not really help at all, being just as incomplete.



Dane, Chris and Adam in action in the men's race (photos Satoshi Yanagisawa)

Chris Erickson reported on the races as follows

The pace wasn't too crazy to begin with but with 100+ in the men's race there were a lot of people in the first 500-600m to work through. Went thru 1km in 4:10ish then 8:12 for the lap. A lead group formed ahead with Dane who was with me at 2km but pushed ahead to join the leaders. I was content to sit with the 2nd pack and feeling good on the front of the pack and we walked consistently 8:12-15 per lap thru to 12km. Went thru 10km in 41:08 and at the stage it was myself and an Indian doing

the pace. He then picked it up at 12km and I started to tail off but still went 8:09 for 12-14km. Got a little lazy next lap and did 8:17 which then put me right on PB pace but I held together and picked off a couple of guys ahead of me and was 8:15 then 8:13ish last lap. So a very even walk and I felt good the whole way. I thought I had sub 82 in me at 12km but just could not hold it. The course was a 2km circuit thru a residential area and had 7 90deg turns but it was good in a way as it broke it up. It was a little windy, more so in the women's race after ours with the 300m stretch straight into the wind but besides that it was good.

Kym "Handsup" from Korea won in 79:20, apparently kicking away hard at 14km and dropping everyone. As it was a circuit and you could only ever see a couple of hundred metres in front of you so was impossible to know what was happening anywhere else than around you. The women's race had the worse of the conditions as the wind picked up, it got colder and rained lightly. Our conditions whilst cool were good.



**Chris and Adam have some Japanese soup with Satoshi after the race
(Satoshi spent a year at the AIS helping run the walks program so knows our walkers well)**

ODESUR SOUTH AMERICAN GAMES, SANTIAGO, LIMA, 13-16 MARCH

Organización Deportiva Suramericana (ODESUR) is a multi-sports organisation that organises the South American Games every 4 years. The 10th edition of the multisport games took place at Santiago de Chile's National Stadium over the last few days, with the two 20,000m track walks held on separate days.

20km Walk Women, Thursday 13 March

Colombia's Lorena Arenas produced the goods on day one of competition, setting a South American 20,000m race walk record in the women's walk championship. 20 year old Arenas burst onto the national scene in 2012, winning the junior women's 10km race at the IAAF World Race Walking Cup. She then placed 22nd in the 2013 World Championships in Moscow and won the Chihuahua leg of the 2014 IAAF Race Walking Challenge earlier this year. Now she can add yet another top result to her growing resume - South American Games champion. She dominated the race early, passing the half way mark in 46:30.9 before storming home with a second half split of 45:16.0 for a final time of 1:31:46.9 and a new South American Record, ahead of Sandra Galvias 1:34:04.4 and Erick De Sena 1:36:37.3

"I felt very good, although the sun was very strong and it was warm at the track. The race left me very satisfied. My goal is to be in even better shape at the upcoming Taicang World Cup, where my target is to walk under 1:30. However, I'm happy with today's result. I was able to keep my pace and that brought me the record."

1.	Sandra Lorena ARENAS	COL	93	1:31:46.9
2.	Sandra Viviana GALVIS	COL	86	1:34:04.4
3.	Erica ROCHA DE SENA	BRA	85	1:36:37.3
4.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:41:01.4
5.	Cristal PALLALEF	CHI	94	1:51:44.5
	Wendy CORNEJO	BOL	93	DNF
	Claudia VALDERRAMA IBANEZ	BOL	83	DQ
	Elianay Santana DA SILVA PEREIRA	BRA	84	DQ

20km Walk Men , Saturday 15 March

Colombia continued its walks domination in the meet with the gold and silver in the men's 20km, matching its performance a few days earlier with the women. 21 year old Eider Arévalo 1:22:11.1 bettered his team mate José Montana by just three seconds while Ecuadorean Mauricio Arteaga completed the podium with 1.23.19.3. Arévalo has a wonderful record thus far in his short career, winning the 2010 World Cup U20 10km in Chihuahua, repeating the victory in the World Cup in Saransk in 2012 and then taking the 2012 World Junior walk gold (40:09.74!) and competing in the London Olympics while still a junior. Most recently, he won the 20km in the IAAF Challenge event in Chihuahua earlier this year. Definitely one to watch.

1.	Eider AREVALO	COL	93	1:22:11.1
2.	José MONTANA	COL	92	1:22:14.1
3.	Mauricio ARTEAGA	ECU	88	1:23:19.3
4.	Richard VARGAS	VEN	94	1:24:11.4
5.	Yerko ARAYA	CHI	86	1:24:13.8
6.	Juan Manuel CANO	ARG	87	1:24:45.0
7.	Marco Antonio RODRIGUEZ	BOL	94	1:26:36.6
	Moacir ZIMMERMANN	BRA	83	DQ
	Ronal Rey QUISPE MISME	BOL	89	DQ
	Andres CHOCHO	ECU	83	DQ
	Edward ARAYA	CHI	86	DQ

See more reports at

<http://www.iaaf.org/news/report/south-american-odesur-games-sandra-arenas-rec>

<http://omarchador.blogspot.pt/2014/03/lorena-arenas-vence-com-recorde-nos-sul.html>

<http://omarchador.blogspot.pt/2014/03/eider-arevalo-conquistou-medalha-de.html>



The women's 20,000m race walk podium at the ODESUR Games (© Copyright Giovani Dos Santos)

MEMORIAL MARIO ALBISETTI, LUGANO, SWITZERLAND, SUNDAY 16 MARCH

The big events just kept on coming last weekend with the biggest of them all on Sunday in Switzerland - the 12th edition of the Memorial Mario Albisetti in Lugano (see <http://www.lugano-racewalking.com>) is one of the most prestigious race walking events on the European calendar and also doubled as a European Athletics Race Walking Permit Meet and an IAAF Challenge Series Meet. Ukraine's Ruslan Dmytrenko and China's Liu Hong claimed the wins against star studded fields on a sunny and warm morning in the picturesque Swiss lakeside town - but more of that below. My report is lifted from that of Diego Sampaolo, published on the IAAF website (see <http://www.iaaf.org/news/report/ruslan-dmytrenko-liu-hong-lugano-trophy>).

20km Open Men

Japan's Takumi Saito took the lead during the first five kilometres of the men's 20km race race but the eight- strong chasing group - Ruslan Dmytrenko, the Chinese pair of Cai Zelin and Wei Chu, Slovakia's Matej Toth, Australia's Jared Tallent, Ireland's 2013 IAAF World Championships 50km race walk winner Robert Heffernan, Japan's Daisuke Matsunaga and Poland's Dawid Tomala – caught Sato at 5km, which they reached in 20:20. The eight-man leading pack went through at 10km in 40:30 before Chu and Tomala started to struggle in the next kilometre and drifted off the back of the group.

Tallent, a triple Olympic Games medallist, tried to force the pace at 15km, which was passed in 1:00:46, but Dmytrenko and Cai jointly responded and surged away, opening up a gap of 10 seconds at 17km (1:08:32). The pair then embarked on a head-to-head duel in the next two kilometres before Dmytrenko, fourth in the 20km at the 2012 IAAF World Race Walking Cup, edged ahead at 19km. Dmyrenko crossed the finish line in 1:20:08, improving his personal best by nine seconds. Cai finished second in 1:20:31, beating Toth by 11 seconds. The Slovak former World Cup winner will compete in the 20km event at the IAAF World Race Walking Cup in Taicang, China, on 3-4 May and then in the 50km at the European Athletics Championships in Zurich this summer. Tallent took fourth place in 1:20:55, coming home two seconds ahead of Heffernan. "I am very happy with my personal best on a nice course. I enjoyed walking in sunny weather conditions," said Dmytrenko.

1.	Ruslan Dmytrenko	UKR	86	1:20:08
2.	Cai Zelin	CHN	91	1:20:31
3.	Matej Tóth	SVK	83	1:20:42
4.	Jared Tallent	AUS	84	1:20:55
5.	Robert Heffernan	IRL	78	1:20:57
6.	Daisuke Matsunaga	JPN	95	1:21:17
7.	Yu Wei	CHN	87	1:22:57
8.	Dawid Tomala	POL	89	1:23:02
9.	Aléxandros Papamihail	GRE	88	1:23:04
10.	Marco De Luca	ITA	81	1:23:24
11.	Ihor Hlavan	UKR	90	1:23:34
12.	Máté Helebrandt	HUN	89	1:23:35
13.	Caio Bonfim	BRA	91	1:23:52
14.	Erick Barrondo	GUA	91	1:24:05
15.	Anibal Paau	GUA	87	1:24:08
16.	Łukasz Nowak	POL	88	1:24:45
17.	Nils Gloger	GER	90	1:24:51
18.	Hédi Tارااoui	TUN	89	1:25:20
19.	Lebogang Shange	RSA	90	1:25:23
20.	Li Tianlei	CHN	95	1:25:29
21.	Tom Bosworth	GBR	90	1:25:45
22.	Daniele Paris	ITA	84	1:26:15
23.	Marc Mundell	RSA	83	1:26:19
24.	Zhang Hang	CHN	91	1:26:26
25.	Brendan Boyce	IRL	86	1:26:33
26.	Dušan Majdán	SVK	87	1:26:55
27.	Massimo Stano	ITA	92	1:27:01
28.	Xie Sichao	CHN	93	1:27:32
29.	Leonardo Dei Tos	ITA	92	1:27:46
30.	Hagen Pohle	GER	92	1:27:47
31.	Luke Hickey	IRL	94	1:28:00
32.	Wayne Snyman	RSA	85	1:28:05
33.	Håvard Haukenes	NOR	90	1:28:15
34.	Jamie Higgins	GBR	94	1:28:20
35.	Arnis Rumbenieks	LAT	88	1:28:45
36.	Marcel Lehmborg	GER	92	1:28:53
37.	Mirko Dolci	ITA	85	1:29:13
38.	Mohamed Ameer	ALG	84	1:29:14
39.	Hichem Medjber	ALG	82	1:29:14
40.	Lukáš Gdula	CZE	91	1:29:30
41.	Andreas Janker	GER	83	1:29:34
42.	Alex Chavez	USA	93	1:29:37
43.	Nils Brembach	GER	93	1:29:46
44.	Ozgun Ozan Pamuk	TUR	93	1:29:50
45.	Ferhat Belaïd	ALG	92	1:30:01
46.	Sahin Senoduncu	TUR	94	1:30:38
47.	Joakim Sælen	NOR	93	1:30:41
48.	Kostyantyn Puzanov	UKR	91	1:30:45
49.	James Treanor	IRL	93	1:31:02
50.	Gregorio Ajcam	GUA	93	1:32:54
51.	Pavel Schrom	CZE	91	1:34:12
52.	Hugo Andrieu	FRA	92	1:34:13
53.	Taoufik Yesref	ALG	93	1:34:39
54.	Tommaso Romagnoli	ITA	91	1:36:41
55.	Riccardo Macchia	ITA	90	1:36:55
56.	Ondřej Motl	CZE	94	1:37:49
57.	Bruno Carrière	CAN	92	1:38:52
58.	Mohamed Meddour	ALG	90	1:40:03

59.	Lukáš Pazdera	CZE	86	1:41:39
60.	Andrea Romanelli	ITA	86	1:43:32
61.	Ruggero D'Ascanio	ITA	84	1:44:47
62.	Nichan Daimer	GER	67	1:45:54
63.	Serkan Dogan	TUR	92	1:46:33
64.	Mattia Ganucci	ITA	90	1:51:29
65.	Josef Smola	CZE	64	1:52:25
66.	Secundo Edison Gualotuna	ECU	76	1:52:47
67.	Viktar Ginko	BLR	65	1:53:28
68.	Afrim Memolla	ALB	92	1:56:48
	Ivan Losev	UKR	86	DNF
	Antón Kučmín	SVK	84	DNF
	Andreas Gustafsson	SWE	81	DNF
	Graziano Morotti	ITA	51	DNF
	Richard Wild	GBR	70	DNF
	Ato Ibáñez	SWE	85	DNF
	Takuya Yoshida	JPN	90	DNF
	Christopher Linke	GER	88	DNF
	Sándor Rác	HUN	86	DNF
	Alex Flórez	SUI	71	DNF
	Bruno Morotti	ITA	65	DNF
	Alex Wright	IRL	90	DNF
	Perseus Karlström	SWE	90	DNF
	Émerson Hernández	ESA	89	DNF
	Takumi Saito	JPN	93	DQ
	Jakub Jelonek	POL	85	DQ
	Lorenzo Dessi	ITA	89	DQ

20km Open Women

Liu Hong, a medallist at the last three IAAF World Championships, edged young Italian rising star Eleonora Anna Giorgi by just four seconds in the womens race to win in 1:27:25. The Czech rising star Anezka Drahotova, the 2013 European junior 10,000m champion on the track and seventh in the 20km at the World Championships, drove a leading pack of Liu Hong, Giorgi, Poland's Agniewska Dygasz and Ukraine's Lyudmila Olyanovska for the first 10km, the five women going through halfway in 44:14. The group was then whittled down to just three women when Drahotova, Liu and Giorgi surged, increased their pace and went through 15km in 1:05:55. Liu and Giorgi broke away at 18 km quickly carving out a five-second gap over the Czech teenager and increased their gap to 20 seconds as they heard the bell for the final one kilometre lap. The Chinese star launched her kick in the final part of the race to claim her third win in Lugano with 1:27:25.

"It was a very competitive race against two very strong athletes. I am happy because I started my training only 40 days ago after recovering from a stress fracture. I am happy to win my third race here in Lugano", said Liu.

Giorgi crowned the best race of her young career with 1:27:29, improving her previous best time of 1:29:48 by over two minutes, and was just 20 seconds short of Elisabetta Perrone's national record. "I am used to walking in the chasing group. Today, I wanted to walk at the front and this change of tactic gave me a great feeling. I was thrilled to hear the fans supporting me along the course," said Giorgi. "I tried to keep the pace with Liu Hong and I managed to stay with her until the final 200 metres. I improved my personal best for the 10km twice clocking 44:14 in the first half and 43:15 in the second part of the race. I need just two more exams to get my degree at the University. It is not easy to combine study and sport but I manage to do both successfully. My goals are the World Cup in Taicang and the European Championships. My performance today makes me dream (of a medal) but I am aware that I have a lot of work to do. My race in Zurich is scheduled on 14th August. Fourteen is my favourite number as I was born on 14th September 1989 and I finished 14th at the Olympic Games in London."

Drahotova hung on to finish third and improved her own national record, set in Moscow, by almost a minute to 1:28:13. Dygasz and Olyanovska finished fourth and fifth in 1:29:08 and 1:29:26 respectively; with both women going under 1:30 for the first times in their careers. One small surprise was that Guatemala's Mirna Ortiz, the Area record holder with 1:28:31 from last year, didn't feature in the sharp end of the race and came home eighth in 1:32:21.

1.	Liu Hong	CHN	87	1:27:25
2.	Eleonora Giorgi	ITA	89	1:27:29
3.	Anezka Drahotová	CZE	95	1:28:13
4.	Agnieszka Dygasz	POL	85	1:29:08
5.	Lyudmyla Olyanovska	UKR	93	1:29:26
6.	Rachel Lavallée Seaman	CAN	86	1:31:40
7.	Paulina Buziak	POL	86	1:31:47
8.	Mirna Ortiz	GUA	87	1:32:21
9.	Neringa Aidietytė	LTU	83	1:32:22
10.	Brigita Virbalytė-Dimšienė	LTU	85	1:32:48
11.	Déspina Zapounidou	GRE	85	1:33:02
12.	Jo Atkinson	GBR	85	1:33:43

13.	Yang Mingxia	CHN	90	1:34:28
14.	Lucie Pelantová	CZE	86	1:34:39
15.	Alina Matveyuk	BLR	90	1:34:51
16.	Katarzyna Burghardt	POL	85	1:35:01
17.	Valentina Trapletti	ITA	85	1:36:11
18.	Katarzyna Golba	POL	89	1:37:22
19.	Viktória Madarász	HUN	85	1:37:54
20.	Agnese Pastare	LAT	88	1:38:31
21.	Claudia Ștef	ROU	78	1:39:09
22.	Laura Polli	SUI	83	1:39:35
23.	Maritza Rafaela Poncio	GUA	94	1:39:37
24.	Monika Kapera	POL	90	1:40:20
25.	Mariavittoria Becchetti	ITA	94	1:40:29
26.	Eliška Drahotová	CZE	95	1:40:41
27.	Serena Pruner	ITA	86	1:41:03
28.	Heather Lewis	GBR	93	1:42:11
29.	Cisiane Lopes	BRA	83	1:42:46
30.	Corli Swart	RSA	91	1:43:07
31.	Michelle Turner	GBR	72	1:45:23
32.	Monika Nawrocka	POL	90	1:47:33
33.	Anett Torma	HUN	84	1:47:47
34.	Alana Barber	NZL	87	1:52:40
35.	Bariza Ghezalani	ALG	93	1:53:21
36.	Brenda Gannon	IRL		1:53:52
37.	Viviana Valsecchi	ITA	92	1:54:28
38.	Rebecca Collins	GBR	91	1:57:02
39.	Corinne Henchoz	SUI	64	1:59:39
40.	Anna Selníková	CZE	94	2:06:15
	Gladys Moretti	ITA	91	DNF
	Alessia Costantino	ITA	94	DNF
	Federica Curiazzi	ITA	92	DNF
	Marie Polli	SUI	280	DNF
	Mayra Carolina Herrera	GUA	288	DQ
	Sibilla Di Vincenzo	ITA	83	DQ
	Bethan Davies	GBR	90	DQ
	Asma Oukhlif	ALG	91	DQ



Ukraine's Ruslan Dmytrenko and China's Liu Hong claim victory in the 20km events at Lugano (photos www.iaaf.org)



Action from the men's leading pack - Matej Toth and Robbie Heffernan lead (photos Claire Tallent)

Right: Jared is pleased with his 4th place



18 year old Anežka Drahotová (12) leads the women in their race (photo Emmanuel Tardi)

The Junior 10km races were also keenly contested with wins going to Zaharías Tsamoudákis (42:35) and Nicole Colombi (49:28) while the U18 events went to He Xianghong (43:51) and Henrika Parviainen (48:58).

10km Junior Men

1.	Zaharías Tsamoudákis	GRE	96	42:35
2.	Muratcan Karapınar	TUR	96	42:40
3.	Jonathan Hilbert	GER	95	42:42
4.	Daniele Todisco	ITA	95	44:24
5.	Karl Junghannß	GER	96	45:05
6.	Andrea Agrusti	ITA	95	45:36
7.	Michal Morvay	SVK	96	46:08
8.	Leonardo Baldacchini	ITA	95	47:22
9.	Massimiliano Cortinovis	ITA	95	47:27
10.	Hélder Dos Santos	POR	96	47:35
11.	Heiner Terp	GER	96	47:53
12.	Manuel Giordano	ITA	94	50:01
13.	Marco Giordano	ITA	95	52:26

Heiner Terp	GER	96	DNF
Simone Ghilardi	ITA	95	DNF
Süleyman Baytar	TUR	95	DQ
Samuele Foresti	ITA	96	DQ

10km Junior Women

1.	Nicole Colombi	ITA	95	49:28
2.	Eleonora Dominici	ITA	96	49:51
3.	Maxi Woelke	GER	95	51:21
4.	Diana Cacciotti	ITA	95	52:44
5.	Erika Parviainen	FIN	95	52:48
6.	Annika Brembach	GER	96	53:11
7.	Lea Dederichs	GER	95	53:32
8.	Jasmine Nicholls	GBR	95	54:03
9.	Maria Teresa Cortesi	ITA	96	54:11
10.	Sara Vitiello	ITA	96	55:53
11.	Alessia Nardoni	ITA	96	56:08
12.	Giulia Speziani	ITA	96	56:26
13.	Lisa Cani	ITA	96	58:09
14.	Marta Mengardo	ITA	96	60:12
	Margherita Crosta	ITA	95	DNF
	Ellie Dooley	GBR	95	DQ

10km U18 Men

1.	He Xianghong	CHN	98	43:51
2.	Pietro Zabbeni	ITA	98	44:55
3.	Zhao Jianguo	CHN	97	45:41
4.	Gong Fanglong	CHN	98	46:01
5.	Callum Wilkinson	GBR	97	46:36
6.	Tomas Gdula	CZE	97	46:55
7.	Alessandro Rigamonti	ITA	97	47:33
8.	Cameron Corbishley	GBR	97	48:24
9.	Paul Körner	GER	97	50:11
10.	Alberto Carella	ITA	97	51:33
11.	Giacomo Vitangeli	ITA	98	52:04
12.	Andrea Corradini	ITA	98	53:04
13.	Simone Manfredini	ITA	98	55:59

10km U18 Women

1.	Henrika Parviainen	FIN	97	48:58
2.	Xiao Xianghua	CHN	97	49:27
3.	Emma Achurch	GBR	97	49:31
4.	Giada Francesca Ciabini	ITA	97	51:45
5.	Zhang Yan	CHN	96	51:58
6.	Julia Henze	GER	98	53:33
7.	Wang Xiaohui	CHN	97	54:13
8.	Lidia Barcella	ITA	97	54:43
9.	Beatrice Foresti	ITA	98	55:38
10.	Prisca Simonetti	ITA	98	56:44
11.	Molly Jade Davey	GBR	98	56:52
12.	Linda Terzi	ITA	98	58:23
13.	Lucie Novakova	CZE	98	60:25
14.	Virginia Donadini	ITA	98	63:15
15.	Federica Botta	ITA	98	67:13

Full results with splits:

http://www.swisswalking.org/data/pdf/resultats/2014/20140316_lugano_trophy.pdf

Official Photos (some great snaps here):

<http://www.swisswalking.org/fr/news/detail/213>

Race video:

<https://www.youtube.com/watch?v=jO7fRU7i1DM&feature=youtu.be>

SERBIAN ROADWALK CHAMPIONSHIPS, BOR, SERBIA, SATURDAY 8 MARCH

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/03/predrag-filipovic-e-jelena-kostic.html>) for their report on the Serbian roadwalk championship, held in Bor, 10km south of Belgrade, on Saturday 8th March. The best performance of the day had to be that of Predrag Filipović who won the men's 10km in the very fast time of 40:48.8, ahead of Vladimir Savanović 41:41.0 and Predrag Krstović 46:28.6. Jelena Kostić won the women's 5km title with a time of 27:48.8.

10km Men

1.	Predrag Filipović	1978	40:48.8
2.	Vladimir Savanović	1985	41:41.0
3.	Nikola Lilić (U20)	1996	45:36.2
4.	Predrag Krstović	1980	46:28.6
5.	Predrag Pešić (U18)	1998	48:19.9
6.	Milan Zeković (U20)	1995	49:52.0
7.	Nikola Jovanović (U18)	1998	52:57.3
8.	Dimitrije Dejković (U18)	1998	53:05.7
9.	Danijel Nikolić	1986	59:09.6
	Nenad Zdravković	1995	DNF

5km Women

1.	Jelena Kostić	1994	27:48.8
2.	Jovana Milosavljević (U18)	1998	28:57.6
3.	Milica Stojanović	1993	29:18.7
4.	Aleksandra Manić (U18)	1998	29:33.4
5.	Jelena Ivković	1990	30:18.9
6.	Marija Jovanović	1992	30:34.6
7.	Marija Krstić	1995	31:50.9
8.	Vlastimirka Puškić (U18)	1998	32:06.3
9.	Milica Jović (U18)	1997	32:21.3

10km Junior Women

1.	Milica Kostić	1996	52:36.5
2.	Danica Gogov	1996	53:29.9
3.	Jovana Drašković	1996	61:27.8
4.	Jovana Milošević	1996	69:39.7

3km Boys

1.	Jovan Delčev	1999	18:56.1
2.	Miloš Petrović	1999	19:10.4
3.	Dimitrije Gavrilović	2001	19:39.5
4.	Marko Mičić	2000	20:25.6
	Lazar Živković	2002	DQ

2km Girls

1.	Milica Simić	2000	12:16.6
2.	Maja Stojanović	1999	13:05.7
3.	Milja Dimitrov	1999	13:27.7
4.	Vesna Matić	2001	14:21.4

2014 ASCOT HOTEL MANX HARRIERS OPEN MEETING, ISLE OF MAN, SATURDAY 8 MARCH

The annual Ascot Hotel Manx Harriers Open Meeting was held on the Isle of Man on Saturday 8th March in difficult and windy conditions. This year the meet also played host to the Nihill Shield Junior Racewalking Match between England RWA and Ireland, the shield being retained by the England RWA team. The new Pit Lane rule was used so any walk times with an * indicate a time penal for that walker. Results read as follows.

Open 20km

1.	Alex Eaton	Manx Harriers	U20M	1.39.38
2.	Jock Waddington	Isle of Man Veterans	M50	1.45.04
3.	Adam Cowin	Manx Harriers	U23	1.46.45
4.	John Egan	Bree	Sen M	1.50.02
5.	Dale Farquhar	Manx Harriers	Sen M	1.50.56
6.	Dave Walker	Manx Harriers	M40	1.52.59
7.	Vinny Lynch	Isle of Man Veterans	M50	1.56.34*
8.	David Kidd	St. L. O'Tooles	Sen M	1.57.20
9.	Stewart Jones	Manx Harriers	M40	2.01.57
10.	Andy Green	Manx Harriers	M60	2.01.57
11.	Andrew Titley	Isle of Man Veterans	M45	2.03.11
12.	Sarah Bourke	St. Coca's	Sen W	2.06.29
13.	Darrin Oldam	Unattached	M45	2.11.06
14.	Eric Hynes	Swinford	Sen M	2.11.19
15.	Philip Vermeulen	Unattached	M55	2.16.08
16.	Ed Walter	Manx Harriers	M35	2.19.43
17.	Mark Byrne	Redcar R.W.C.	M50	2.29.37

Open 10km

1.	Evan Lynch	Clonmel	U20M	45.33
2.	Nicholas Dunphy	KCH	U20M	54.41
3.	Daniel Watling	Wolverhampton & Bilston	U20M	57.54
4.	Marie Jackson	Manx Harriers	W50	58.26
5.	Sally Walker	Manx Harriers	W40	58.30
6.	Janette Morgan	Isle of Man Veterans	W50	58.49
7.	Danielle Oates	Manx Harriers	U20W	59.16
8.	Rebecca Greatbatch	Manx Harriers	U20	61.39
9.	Hannah Hunter	Unattached	SenW	64.12
10.	Dermot O'Toole	Unattached	M60	69.56
11.	Stephanie Morley	Claremorris	U20W	70.13
12.	Norbert Will	Northern Ireland Veterans	M75	71.20
13.	Mary Tait	Unattached	W40	80.45
	Steph Quayle	Manx Harriers	W45	DNF

5km

1.	Aaron Egan	Clonmel	U17B	23.35
2.	Luc Legon	Bexley	U17B	24.29
3.	Anthony Tobin	Clonmel	U20M	24.58*
4.	Tom Partington	Manx Harriers	U17B	25.00
5.	Sophie Lewis Ward	Cambridge Harriers	U17G	25.13
6.	Veronica Burke	Ballinasloe	U20W	25.15
7.	Andrew Bell	Castlebar	U17B	25.30
8.	Rachel Glennon	Mullingar Harriers	U17G	25.31
9.	Tim Snook	Aldershot Farnham & District	U17B	26.19*
10.	Sinead O'Connor	Celbridge	U20W	26.22
11.	Dearbhaile Beirne	Mohill	U17G	26.47
12.	Joe Mooney	Adamstown	U17B	27.05
13.	Ashling Heneghan	Westport	U20W	27.11
14.	Edel Glennon	Mullingar Harriers	U20W	27.17
15.	Orlaith Delahunt	Sligo	U17G	27.25
16.	Karen Bourke	St. Coca's	U20W	29.31
17.	Fina Hayes	Le Cheile	U17G	30.04
18.	Aloisia King	Tallaght	U17G	30.25
19.	Indigo Burgin	Cambridge Harriers	U17G	31.22

* 1 minute pit lane time penalty applied

3km

1.	Ana Garcia	City of Sheffield	U15G	14.15
2.	Chris Snook	Aldershot Farnham & District	U15B	15.07
3.	Niamh O'Connor	Celbridge	U15G	15.11
4.	Alana Zeidler	City of Sheffield	U15G	16.26
5.	Evie Butcher	Cambridge Harriers	U15G	16.33
6.	Ben Allen	Leicester Walking Club	U15B	16.47
7.	Sarah Glennon	Mullingar Harriers	U15G	17.05
8.	Anna Bourke	St. Coca's	U15G	17.32
9.	Sandra McWade	Mullingar Harriers	U15G	17.53

2km

1.	Kara Lane	Birchfield Harriers	U13G	10.56
2.	Lucy Lewis Ward	Cambridge Harriers	U13G	11.23
3.	Archie Walter	Manx Harriers	U13B	12.40
4.	Leah Goddard	Northern A.C.	U13G	12.53

1km

1.	Tom Brennan	Manx Harriers	U13B	6.53
2.	Hannah Halsall	Manx Harriers	U11G	7.08



Left: 20k/10k start



Right: year old Alex Eaton (photographs Murray Lambden)

OUT AND ABOUT

Australian Open 20km roadwalk champion **Kelly Ruddick** was honoured last week at the annual Australian Masters Athletics awards by being announced as the overall AMA Walks Award winner for 2013. Kelly is not only our current top open female walker, she has also be recognized as our top Masters walker. Since coming into the W40 division nearly 12 months ago, shs has made her mark with five world records in 3000m, 5000m and 10000m as well as an Australian record in the 20 km. Congratulations Kelly.

The Spanish Masters Indoor Athletics Champs were held on 9th March in Zaragoza, Spain, and are fully reported by oMarchador at <http://omarchador.blogspot.pt/2014/03/maria-jose-poves-com-recorde-do-mundo.html> . Highlight was the new W35 World Record of 12:23.46 (3000m) set by 36 year old international and Olympic walker Maria Jose Poves.

VRWC CLUB RECORD UPDATE

Three new VRWC club records this week from the Australian Junior Championships in Sydney

Corey Dickson	3000m Track Walk U12	15:16.01	Aust Junior T&F Champs, Sydney	14/03/2014
Kyle Swan	10,000m Track Walk U15 & U16	46:50.00	Aust Junior T&F Champs, Sydney	14/03/2014
Jemima Montag	10,000m Track Walk U7 & U18	48:25.18	Aust Junior T&F Champs, Sydney	14/03/2014

JERZY HAUSLEBER (1930-2014)

I hardly know where to start when reporting the death of Jerzy Hausleber, the Polish coach who revolutionised the world of racewalking in the 1970's and who took Mexico from an unknown minnow to the world's strongest walking nation in less than 10 years.

Hausleber was born in September 1930 in Poland and died of cardiac arrest in March 2014 in Mexico City, Mexico, aged 83. As a young man in the Polish navy, he had visited Mexico in 1949 when his ship berthed in Veracruz. Little did he realise at that stage that he would spend the better part of his life in that country and become, in the process, a national hero.

It all came about in the leadup to the 1968 Olympics in Mexico City when, in 1966, General Jose de Jesus Clark Flores, then President of the Mexican Olympic Committee, initiated a project to bring international coaches to Mexico in certain target sports to increase the chances of medals at their first home Olympics. Why was walking targeted - perhaps the altitude factor mixed with the natural fluency and endurance of the Mexican people, or perhaps it was just seen as an easy target sport due to its small footprint internationally at the time. Regardless of why, he was one of 7 instructors brought to Mexico as part of the program, arriving on 30th May 1966 and taking on a small group of 6 athletes. He was a little known coach an an ex-boxer. His racewalking credentials were few. Can you imagine the learning curve in going from Poland to Mexico in the sixties - language, customs and expectations to name a few.

One of those early pupils was an unknown 29 year old army sergeant by the name of Jose Pedraza. He was quick to learn, claiming the nation's first international title when he won the 10,000m walk at the 1966 Central American and Caribbean Games in San Juan,

Puerto Rico. He was soon to become world famous in what was the most controversial Olympic Games of all time. Commercialism had become an issue in the form of sponsorship and the wearing of branded running shoes (Nike and Adidas). The Black Power movement was beginning to find a voice. The Warsaw Bloc countries had invaded Czechoslovakia. The Mexican government had brutally put down riots over the poor living conditions of the impoverished population. And finally the altitude of Mexico City (7,347 feet above sea level) was the main topic of discussion for months before the Games. Many sports commentators were predicting deaths in the endurance events and much attention was focussed on the marathon and long walks.

If there were concerns about the altitude, it did not deter the athletes and good fields of 33 and 36 walkers contested the two walks - with Pedraza entered in both events. The great Russian walker Golubnichiy, in his third Olympics, was always going to be the walker to beat in the 20km championship. The World Record holder since 1958 (1:27:05), with Olympic gold and bronze medals already in his possession and coming off silver medals in the 1966 European and the 1967 Lugano Cup 20 km events, he was a big-event performer and the one who was seemed strong enough to beat the altitude.

The event was an unusual one. The starting time was 4.30pm and competitors finished the last 2km in darkness. Early on, Golubnichiy (USSR) and Laird (USA), who were leading, went straight instead of turning into the circuit. They lost some 20 yards but Golubnichiy caught the leaders again within 200 yards, while Laird never recovered and finished a disappointing 25th.

Oxygen debt hit most competitors early in the race and the second half was a struggle for all but the leading few. After 85 minutes of hard walking, Golubnichiy entered the stadium in first place, followed closely by teammate Nikolai Smaga. Then the 60,000-plus spectators went wild as a third walker appeared – Mexican champion Jose Pedraza. 200 metres from the finish, Pedraza passed Smaga and set his sights on Golubnichiy. As Pedraza pushed his body to the limit, he received three cautions but it would have taken a suicidal judge to disqualify the determined Mexican while the stadium echoed with chants of "May-hee-co" and "Pay-drah-zah." An international incident was avoided when Golubnichiy drew away slightly in the home stretch to win by a mere three yards. Mexican racewalking had arrived!

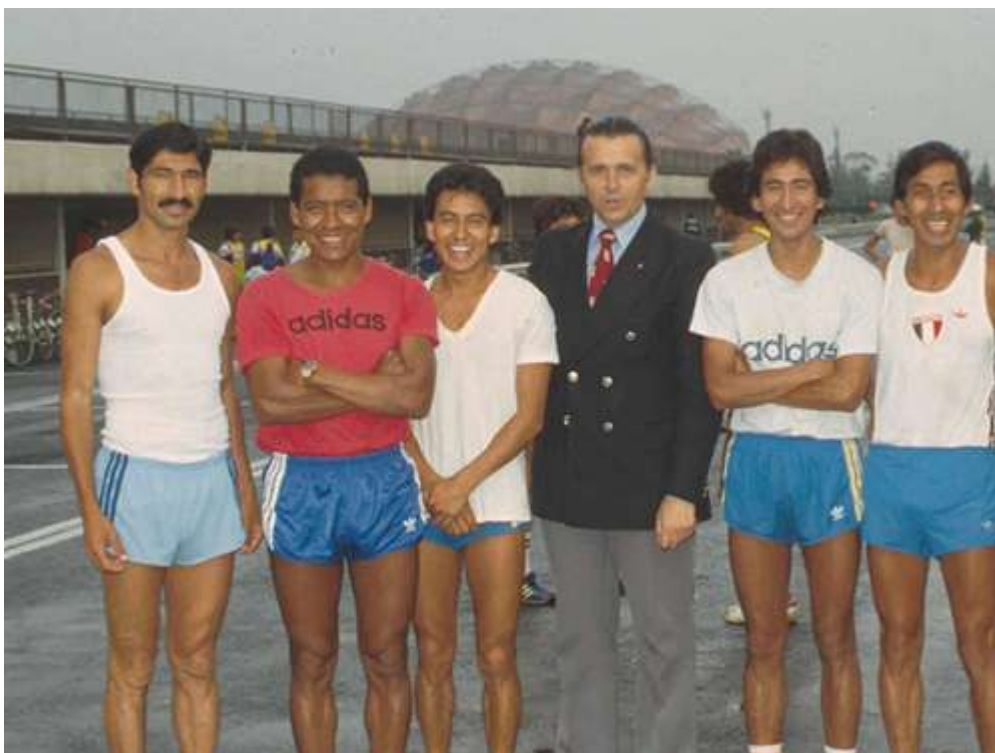


The famous finish – Golubnichiy looks over his shoulder with 90m to go to see Pedraza closing quickly.

Money soon flowed into the fledgling racewalking program and Hausleber was able to expand, bringing more walkers into the program. It did not happen overnight and not with generation-one but by 1976, Mexico was the undisputed top country in their new national sport of racewalking. Olympic medals in 1976 (Daniel Bautista 20km gold), 1984 (Raul Gonzalez 50km gold and 20km silver and Ernesto Canto 20km gold), 1992 (Carlos Mercenario 20km silver) and 1996 (Bernardo Segura 20km bronze), along with a whole string of world records, World Racewalking Cup medals and IAAF World Championship medals flowed from the program. (official records indicate that his charges won 118 medals in international competitions).

Hausleber's lasting contribution to the world of racewalking was his "Mexican" style. Gone was the classic "heel and toe", replaced by the fluid, "foot-hitting-the ground-going-backwards" mechanics that propelled the sport's performances to unheard-of heights. It must be said that some judges took a while to embrace the revolution, and "el profe" (the Prof - as Hausleber was often called) had to endure criticism for a string of Mexican DQs. What Hausleber taught Mexican stars like Gonzalez, Bautista, Mercenario, Mendoza, the dogged Bermudez and the supreme elegance that was Ernesto Canto, the Mexicans taught the rest of us. (Extracted from the email that Canada's Roger Burrows sent to people on his list.)

The world came to Mexico to learn from him and he opened his doors to one and all. It was tough work with hard sessions at heady altitudes and no one could keep up with the Mexicans. Yet through it all, the Mexicans flowed with a new found rhythm and confidence and a speed that was staggering to behold. The walking drills that Hausleber developed and promoted are now used world wide.



The always impeccably dressed Hausleber with some of his best - Raul Gonzales, Daniel Bautista and Ernesto Canto
(photo <http://www.excelsior.com.mx/adrenalina/2014/03/13/948450#image-3>)

Hausleber was in Mexico for good. He was naturalised in 1984, received the decoration of the Aztec Eagle in 1993 and won the National Sports Award twice (in 1995 and 2011). The auditorium of the National Coaching School Sports (ENED) and the track of the National Center for Talent Development Sports and High Performance (CNAR) bear his name.

Even after bad health forced his retirement from the program, he continued to receive from the Mexican government, through CONADE (National Commission for Physical Culture and Sport), a monthly salary of 29,800 pesos, a chauffeur, a nurse and medical expenses.

Olympic champions Daniel Bautista and Ernesto Canto led the group of former athletes who attended his funeral service last week in Mexico City. Others present included the CONADE director Jesus Mena and the President of the Mexican Olympic Committee, Carlos Padilla.

His death drew tributes from many senior public figures and also many of the athletes he coached.

“This is a great loss for the sport and also for the Mexican walking. He was the coach who achieved the most in any sport for our country. No one produced so many Olympic medalists, World champions, Pan American and Central American winners,” commented Ernesto Canto, who won the 20km race walk at the 1983 IAAF World Championships and 1984 Olympic Games. *“There was nobody who was his equal, he leaves a great legacy. Not only was he an extraordinary coach, but he was also a great person and extraordinary human being.”*

Carlos Mercenario, the 1992 Olympic Games 50km silver medallist and three-time winner at the IAAF World Race Walking Cup, also paid tribute to his mentor. *“Nobody led the way he did. Mexican sport in the international context has never had such good results. From Jose Pedraza in 1968 (the 1968 Olympic Games 20km race walk silver medallist and Mexico’s first Olympic medallist in athletics) right up until the most recent medals, they were all a product of his knowledge.”*

Links for further viewing and reading: - check out the first link which is a fantastic 13 minute video on the history of Mexican race walking and Jerzy Hausleber by Mexican journalist Antonio Rosique.

www.marciaitaliana.com/ita/visualizza_video.aspx?id=27

<http://omarchador.blogspot.pt/2014/03/morreu-jerzy-hausleber-1930-2014.html>

http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1720

<http://www.iaaf.org/news/iaaf-news/jerzy-hausleber-death>

<http://www.excelsior.com.mx/adrenalina/2014/03/13/948450>



Hausleber jokes with Ernesto Canto in 2011 on the occasion of his National Sports Award

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

Sun Mar 23, 2014 VMA 5000m Track Champs and VRWC track walks, Dolomore Oval, Mentone, VIC
 Sat Mar 29, 2014 Queensland Track Classic, Brisbane (QLD) - 5000m walks
 Mar 29-30, 2014 LAVic State T&F Championships
 April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar 25-30 2014 **WMA Indoor Championships, Budapest, Hungary** - <https://www.facebook.com/WMABudapest2014>
 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**
 Aug 16-28, 2014 **Youth Olympic Games, Nanjing, China.** See <http://www.nanjing2014.org/en/>

2014 European Athletics Permit Meets

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

Remaining 2014 IAAF Challenge Series Walks

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 31, 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

July 3-14, 2015 **28th Summer Universiade, Gwanju, South Korea**
 July 2015 **9th World Youth T&F Championships, Cali, Colombia**
 Aug 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
 July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
 May 2016 **27th IAAF World Race Walking Cup, Cheboksary, Russia**
 July 2016 **16th World Junior T&F Championships, ?**
 Oct 26 -Nov 6, 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>
July 2017 **10th World Youth T&F Championships, ?**
July 2017 **29th Summer Universiade, Taipei, Taiwan**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
May 2018 **28th IAAF World Race Walking Cup, Cheboksary, Russia**
July 2018 **16th World Junior T&F Championships, ?**
Apr 4-15, 2018 **Commonwealth Games, Gold Coast, Queensland** (racewalks on the program). See <http://www.gc2018.com>
2019 **17th IAAF World Championships in Athletics, ?**
July 2019 **11th World Youth T&F Championships, ?**
July 2019 **30th Summer Universiade, Brasilia, Brazil**
July 2020 **32nd Olympic Games, Tokyo**

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