



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 05  
4 November 2014



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### WALKER OF THE WEEK

My Walker of the Week this time around goes to Diamond Valley Athletics Club walker **Eliza Clarke** who recorded a great time of **6:41.8** in winning the 1500m walk at the AV Shield competition at Doncaster last Saturday. She won the Avis Redman Trophy last winter as the top AV U16 female walker and has PBs of 14:16 (3000m), 25:16 (5km) and 55:13 (10km) - and she is only 14 years of age. She has made a great start to her summer season and has a lot more to come.



**Eliza in action at Middle Park earlier this year**

### WHAT'S COMING UP

The **Victorian All Schools Track & Field Championships** will be held at Lakeside Stadium next weekend (7-9 November) - <http://athsvic.org.au/event/2014-victorian-all-schools-track-field-championships>.

Entries are still open for our annual **Falls Creek training camp** which will run from Sunday 28 December 2014 to Saturday 10 January 2015. Numbers are building nicely and our first camp newsletter is now out - see <http://www.vrwc.org.au/documents/2015FallsCreekCampNewsletter1.pdf>. You can register at <http://www.vrwc.org.au/vrwc-fallscreek.shtml> and you can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.

Entries are now open for this year's **Australian 50km championship**, to be held at Fawkner Park in Melbourne on Sunday 14 Dec. See [https://sites.google.com/meetsregform/index.cfm?fuseaction=display\\_event\\_registration\\_step1&MeetID=1376&OrgID=887](https://sites.google.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1376&OrgID=887). The timetable reads as follows

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: Men 2 hours, Women 2 hours 15 minutes
9:00am	10km Walk: U20 Men and Women	Cut-off: Men 56 minutes, Women 60 minutes
10:00am	5km Walk: U18 Men and Women	Cut-off: Men 28 minutes, Women 30 minutes

Entries close with Athletics Australia at 5:00pm on the Monday 1st December 2014

## ATHLETICS VICTORIA SHIELD COMPETITION

AV Shield throughout Victoria continued in very tough conditions last Saturday – very windy with showers (and even hail at some venues. All 7 venues had 3000m/1500m walks and 116 walkers in total competed- very impressive.

### AV Shield Round 4, Yellow Zone, Moonee Valley Athletics Track, Aberfeldie, Saturday 1 November

A big field of 27 walkers in the 3000m at Aberfeldie and Mark Donahoo finished first with 15:46.1.

#### 3000m Walk

1.	Mark Donahoo	M40+	ATE	15:46.1
2.	Paul Kennedy	MOP	KSB	16:03.7
3.	John Kondogonis	M40+	KSB	16:13.5
4.	Gerard Feain	MOP	KSB	16:14.9
5.	Tim Erickson	M40+	COB	16:20.0
6.	Connor McShanag	MU20	ATE	16:41.3
7.	Duncan Knox	M40+	ATE	17:50.4
8.	Caitlin Campbell	FOP	ATE	18:07.9
9.	Peter Ramsay	M40+	SME	18:20.1
10.	Robyn Shaw	F40+	WES	18:32.4
11.	Alana Plymin	FOP	SME	18:41.2
12.	Julia Irons	FU18	KSB	19:16.8
13.	Madeleine Feain	FU18	KSB	19:23.4
14.	Linda Close	FOP	WTN	19:50.3
15.	Phillip Dunstone	M40+	WES	21:12.6
16.	Janice Hodgart	F40+	WES	21:18.1
17.	Roslyn Ireland	FOP	BWK	21:27.5
18.	Stephen Wright	M40+	WES	21:58.3
19.	Kelly Spiteri	FOP	COB	22:08.7
20.	Nicole Gunn	FOP	KSB	22:47.2
21.	Louis Davey	FOP	COB	22:50.3
22.	Elizabeth McIntosh	FOP	COB	22:54.1
23.	Stuart Nicol	M40+	SME	22:54.6
24.	Brenda Cashin	F40+	WES	23:57.5
25.	Olive Ireland	FOP	BWK	25:03.3
26.	Heather Lamb	FOP	BWK	25:39.6
27.	Ian Rickard	MOP	BWK	28:28.9

#### 1500m Walk

1.	Lachlan Feain	MU16	KSB	8:08.6
2.	Rhiannon Matthews	FU14	KSB	8:55.6
3.	Dominic Sykes	MU14	KSB	10:32.9

### AV Shield Round 4, Blue Zone, Nunawading, Saturday 1 November

Rhydian Cowley 12:08.4 and Jemima Montag 13:51.8 were fastest overall in the Shield competition and continued their good form. Reese Walmsley 14:16.5 and Kyle Bird 14:21.7 also walked very fast. Rebecca Henderson was the fastest in the 1500m with 7:11.1.

#### 3000m Walk

1.	Rhydian Cowley	MOP	GHY	12:08.4
2.	Jemima Montag	WU18	MAC	13:51.8
3.	Reese Walmsley	MU18	KNA	14:16.5
4.	Kyle Bird	MOP	MPA	14:21.7
5.	Philippa Huse	WU16	SAN	15:41.8
6.	Ralph Bennett	M40+	VMA	17:20.8
7.	Paige De Lisen	WU18	KNA	17:21.4
8.	Rupert Van Dongen	MOP	CCA	17:50.1
9.	Marlene Gourlay	W40+	VMA	18:09.1
10.	Russell Dickenson	M40+	SCA	18:35.6

11.	Anthony Doran	MOP	GHY	19:33.9
12.	Gwen Steed	W40+	VMA	20:10.1
13.	Glennis McPherson	WOP	MEN	20:08.3
14.	Philip Hutton	MOP	GHY	20:48.2
15.	Geoff Barrow	MOP	MEN	20:58.6
16.	John Morrison	MOP	SAN	21:45.2
17.	Kuniko Bowden	WOP	MEN	22:35.0
	Jeanne Bryan	W40+	VMA	DQ

#### 1500m Walk

1.	Rebecca Henderson	WU14	CCA	7:11.1
2.	Hayden Walmsley	MU14	KNA	7:28.4
3.	Nikola Mandic	MU14	CCA	7:30.6
4.	Karla Bulte	WU16	CCA	7:41.9
5.	Joseph Rickard	MU16	MPA	8:01.0
6.	Rachael Guy	WU16	CCA	8:07.6
7.	Hayley Woolfe	WU14	CCA	8:08.4
8.	Ruby Paten	WU14	CCA	8:10.8
9.	Brodie Richardson	WU16	KNA	8:19.6
10.	Mikhala Hodges	WU14	KNA	8:52.2
11.	brianna briet	WU14	INV	9:02.8
12.	Anaya Hodges	WU16	KNA	10:24.3
13.	John Zeleznikow	M40+	GHY	14:52.7
14.	Joseph Zeleznikow	MU14	GHY	15:48.0

#### AV Shield Round 4, White Zone, Ringwood Athletics Track, Ringwood, Saturday 1 November

Jason Kozica 14:31.5 and Tayla-Paige Billington 15:15.5 were best at Ringwood.

#### Mixed 3000m Walk

1.	Kozica, Jason	M27	STK	14:31.5
2.	Billington, Tayla-Paige	W17	BOH	15:15.5
3.	Tindal, Pam	W55	ANW	15:29.3
4.	Swan, Kyle	M15	ANW	16:09.4
5.	Geisler, Sandra	W37	RWD	16:35.6
6.	Swan, Emily	W17	ANW	17:43.8
7.	Olden, Graeme	M50	BOH	18:15.3
8.	Rosenbrock, Carolyn	W52	ANW	18:49.6
9.	McCann, Adam	M38	ANW	19:33.1
10.	Hunter, Pia	W48	BOH	19:36.7
11.	Sofianos, Gerald	M65	STK	22:32.6
12.	Molnar, Jo	W53	AWA	23:35.7
	Beavis, Mark	M58	YRA	DQ

#### Mixed 1500m Walk

1.	Taylor, Lee	W13	YRA	9:03.5
2.	Dodds, Harry	M12	RWD	11:35.2

#### AV Shield Round 4, Red Zone, Rieschiecks Reserve, Doncaster, Saturday 1 November

Emmett Brasier continued his great form with 12:29.3, well ahead of Adam Garganis 13:44.9. In the 1500m, team mate Eliza Clarke also walked strongly for 6:41.8. Talk about a couple of very talented young walkers from Diamond Valley.

#### Mixed 3000m Walk

1.	Brasier, Emmet	M16	DIV	12:29.3
2.	Garganis, Adam	M17	COL	13:44.9
3.	Mcdonough, Aaron	M42	PTN	14:27.1
4.	Laufer, Michelle	W45	COL	14:51.3
5.	Hawkins, Trenton	M35	PTN	15:11.2
6.	Langford, Taylor	W13	DIV	16:42.0
7.	Clarke, Patrick	M46	DIV	17:17.1
8.	Clarke, Georgia	W12	DIV	17:56.9
9.	Elms, Donna-Marie	W53	PTN	18:16.9
10.	Walshe, Kerry	W52	DIV	18:54.4
11.	Walburg, Kirsten	W16	DAC	20:28.0
12.	Garganis, Clare	W44	COL	21:15.8
13.	Brasier, Caitlin	W24	DIV	22:44.6

14.	Campbell, Donna	W44	PTN	26:08.0
15.	Lazar, Dennis	M58	DIV	26:59.8

**Mixed 1500m Walk**

1.	Clarke, Eliza	W14	DIV	6:41.8
2.	Noonan, Emily	W14	COL	8:14.3
3.	Dawson, Thomas	M13	COL	8:15.1
4.	Wright, Ethan	M13	COL	8:37.0
5.	Holmes, Charlotte	W11	DIV	9:43.9
6.	Wright, Leah	W14	COL	10:17.1
7.	Camilleri, Rhianyn	W9	DIV	10:22.7
8.	Rudston-Brown, Cai	W13	WCA	10:26.9
9.	Nicola, Naomi	W9	IVA	10:29.2
10.	Lui, Yuan Chow	M15	DAC	11:06.9
11.	O'Connell, Joanna	W13	DAC	11:51.8
12.	Caldwell, Abbey	W13	DAC	11:52.4
13.	Dawson, Christina	W12	COL	13:37.8
14.	Sheedy, Evan	M11	DIV	16:40.4

And finally to our three country regions where small fields contested the walks. Best time to James Christmass at Geelong.

**AV Shield Round 4, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 1 November**

**3000m Walk**

1.	Peart, Jemma	W13	BYC	16:15.95
2.	Brennan, Sarah	W38	BYC	16:16.97
3.	Kilmartin, John	M63	BHA	18:50.11

**1500m Walk**

1.	Peart, Alanna	W11	BYC	8:46.70
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**AV Shield Round 5, Geelong Zone, Landy Field, Geelong, Saturday 1 November**

**Mixed 3000m Walk**

1.	Christmass, James	M47	COR	15:50.78
	Wiffen, Geoffrey	M49	GLG	DQ

**Mixed 1500m Walk**

1.	Mirarchi, Thomas	M14	COR	10:23.60
2.	Davison, Mackayla	W14	UNA	10:09.51

**AV Shield Round 4, Bendigo Zone, La Trobe Track, Bendigo, Saturday 1 November**

**3000m Walk**

1.	Whiley, Ebony	U20	EAG	16:35.39
2.	Curtis, Annette	40+	SBE	22:01.30
3.	Minchin, Lisa	40+	SBE	22:51.10
4.	Boldiston, Zoe	U18	SBE	15:20.02
5.	Hayes, Zahra	U14	SBE	15:21.18

**1500m Walk**

1.	Hill, Madison	U16	SBE	8:44.36
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**BENDIGO WALKERS CLUB RACES, LA TROBE UNI TRACK, BENDIGO, WEDNESDAY 29 OCTOBER**

Thanks to Paul Rance for the latest results from the Bendigo Walkers Club. He reported as follows:

On Wednesday evening the Bendigo Walkers Club held their annual Bendigo Walking Cup at the LUBAC over the traditional Bendigo Cup 2400m distance under handicap conditions. Ebony Whiley had been winless for the entire 2014 Year of race walking and saved her best performance for the Club's most prestigious event as she raced clear of the field over the last 400m to record a memorable victory. For Ebony it was her 3<sup>rd</sup> Walking Cup victory in the 8 years the event has been contested having also won in 2007 and 2010. 2<sup>nd</sup> place went to the consistent Barb Bryant with last year's Walker of the Year winner Carissa Brook taking 3<sup>rd</sup> place while Zahra Hayes produced the fastest time.

**Bendigo Walking Cup 2400m**

1.	Ebony Whiley	13.21
2.	Barb Bryant	13.47
3.	Carissa Brook	13.34
4.	Zahra Hayes	12.22
5.	Peter Curtis	13.16
6.	Madison Hill	14.29
7.	John Carter	16.52
8.	Sheridan Commons	18.24
9.	Annette Curtis	17.39
10.	Norm West	19.29
11.	Geoff Major	19.37
12.	Caitlyn Tozer	21.47

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 30 OCTOBER**

Thanks to Robin Whyte for the weekly results from the ACT Walkers Club in Canberra

**1500m Walk**

1.	Zoe Hunt	6:55
2.	Ally Durr	7:10
3.	Mitchell Baker	8:12
4.	Geoff Barker	9:53
5.	Rod Gilchrist	10:07
6.	Venesser Rogic	10:29
7.	Ruth Baussmann	10:53
8.	Jennifer Gilchrist	11:00
9.	Doug Fitzgerald	11:14
10.	Margaret McSpadden	12:03
11.	Phil Toomey	12:06
12.	She Hawke	13:51
13.	Jo Cockwill	13:53

**GEELONG WALKERS CLUB TRACK WALKS, GOLDSWORTHY RESERVE, CORIO, THURS 30 OCT**

Thanks to Michelle de Graaf for the latest results from the Geelong Walkers Club.

	<b>10 Minute Time Trial</b>	<b>Age</b>	<b>Distance</b>	<b>Nominated</b>	<b>Difference</b>
1	Jenny Larkins	VET F	1097.9	1100	2.1
1	Renee Van Dreumel	VET F	1097.9	1100	2.1
3	Wayne Carmichael	VET M	1177.7	1180	2.3
4	Colin Silcock-Delaine	VET M	1302.4	1283	19.4
5	James Christmass	VET M	2073.9	2050	23.9
6	Sheldon Thomson	VET M	1177	1150	27.0
7	Michelle de Graaf	VET F	1376.8	1404	27.2
8	Barbara Fairbrother	VET F	961.2	990	28.8
8	Jessikah Tidd	U/12 F	961.2	990	28.8
10	Mark Wiffen	VET M	1269	1300	31.0
11	Carla de Graaf	VET F	1013.2	1050	36.8
12	Rinie Van Dreumel	VET M	1193.8	1155	38.8
13	Jennie Van Dreumel	VET F	1198.5	1248	49.5
13	Gayle Jepson	VET F	1198.5	1248	49.5
15	Mackayla Davison	U/14 F	1672.6	1900	223.4

**SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WEDNESDAY 29 OCTOBER**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: Cool evening – good walking conditions

**1500m Yacht Handicap Walk**

1.	George White	07:58	M69	89.54%
2.	Geoff Byham	09:02	M68	78.03%

3.	Margaret Trengove	10:11	W70	76.33%
4.	John Hore	10:27	M66	65.94%
5.	Rodger Barber	10:45	M76	72.55%
6.	Leigh Smith	10:50	M79	75.14%
7.	Doug Smart	11:22	M71	64.28%
8.	Roger Lowe	11:22	M71	64.28%
9.	Colin Trengove	11:22	M76	68.62%
10.	Harry Hayford	11:24	M62	57.91%
11.	Jill Rogers	12:13	W70	63.63%

#### 3000m Yacht Handicap Walk

1.	Doug Smart	21:58	M71	67.84%
2.	Christine Thomas	24:04	W49	53.78%
3.	Geoff Byham	18:34	M68	77.41%
4.	Leigh Smith	22:19	M79	74.47%
5.	John Leydon	17:25	M52	70.37%
6.	Linda Whitelaw	22:26	W60	64.07%
7.	James Hoare	21:09	M68	67.96%
8.	George White	16:12	M69	89.77%
9.	Colin Hainsworth	23:40	M84	76.01%
10.	Rodger Barber	21:44	M76	73.23%
11.	Edna Bates	25:04	W61	57.98%
12.	Helen Suridge	21:32	W63	69.05%
13.	Roger Lowe	23:18	M71	63.96%

### GEELONG WALKERS CLUB WALKS, GEELONG GRAMMAR, GEELONG, THURSDAY 23 OCTOBER

Thanks to Michelle de Graaf for the latest results from Geelong Walkers who contested a 3km handicap walk along the river at the back of Geelong Grammar last Thursday.

#### 3km Handicap

1.	Wayne Carmichael	VET M	26.31
2.	Sheldon Thomson	VET M	26.34
3.	Mark Wiffen	VET M	24.01
4.	Renee Van Dreumel		29.02
5.	Jennie Van Dreumel	VET F	26.08
6.	Rinie Van Dreumel	VET M	28.12
7.	Gayle Jepson	VET F	26.08
8.	Mackenzie Mielczarek	U/12 F	19.10
9.	Colin Silcock-Delaine	VET M	25.29
10.	Jessikah Tidd	U/12 F	33.41
11.	Barbara Fairbrother	VET F	33.41
12.	Michelle de Graaf	VET F	22.57
13.	Carla de Graaf	VET F	32.05
14.	Jenny Larkins	VET F	29.02
15.	James Christmass	VET M	17.33
16.	Mackayla Davison	U/14 F	31.32

### WA ALL SCHOOLS T&F CHAMPS, WA STADIUM, PERTH, 31 OCTOBER – 2 NOVEMBER

The Western Australian All Schools T&F Championship were conducted last weekend with the 3000m walks first cabs off the rank at 7:45pm on Friday evening, by which time conditions were cool, mild and perfect for walking. Good walking in particular by Declan Tingay 13:59.50, Zach Newton 15:11.45 and Tiahna Ruane 15:46.05.

#### Under 14 Girls 3000m

1.	Tiahna Ruane	15:46.05
2.	Courtney Johns	17:38.08
3.	Kailyn Moore	18:34.71
4.	Caitlin Gallagher	19:55.73
5.	Niamh Pivac	20:06.31

#### Under 14 Boys 3000m

1.	Zachary Newton	15:11.45
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2.	Benjamin Reid	16:59.15
3.	Jarrad Burges	18:18.39

#### Under 16 Girls 3000m

1.	Mikayla Johns	16:45.78
2.	Emily Pivac	16:57.72
3.	Hayley Jackson	19:17.91
	Ayesha Wallace-Gibb	DQ

#### Under 16 Boys 3000m

1.	Declan Tingay	13:59.50
2.	Bradley Mann	16:14.67
	Christopher Gerken	DQ

The Under 18 5000m walks took place on Sunday morning. Declan Tingay won by a huge margin in the boys's event with his time of 24:03.37 but it was a close race in the girls's event with Mikayla Johns 28:45.15 finishing just ahead of Emily Pivac 28:47.11.

#### Under 18 Girls

1.	Mikayla Johns	28:45.15
2.	Emily Pivac	28:47.22
3.	Holly Hughes	30:06.11
4.	Caitlin Gerken	30:50.19

#### Under 18 Boys

1.	Declan Tingay	24:03.37
2.	Bradley Mann	28:41.32
	Christopher Gerken	DQ

You can read Daniel Lowe's report on the WARWC website (see <http://racewalkingwa.wordpress.com/2014/10/31/wa-all-schools-3000m-walk-wrap/>). Plenny of great photos there as well.

### TRELOAR SHIELD, SYDNEY ATHLETIC FIELD, SYDNEY, SATURDAY 1 NOVEMBER

Thanks to Frank Overton for the latest T&F results from Sydney. His comment: Very Hot and windy stormy day. Great 5000m times by Tyler Jones 22:01.07, Jay Felton 22:17.26 and Nicole Fagan 22:50.31 and good 3000m times to youngsters Raquel Roukos 15:11.21 and Samantha Brown 15:15.95.

#### 1500m Walk

1.	Sky, Lachie	M12	Sydney Pacif	08:04.68
2.	Brennan, Elise	W12	U.T.S. North	08:15.82
3.	tebbutt, archie	M10	Gosford Athl	08:39.09
4.	Parker, Hannah	W12	Randwick Bot	08:57.86
5.	Brown, Ainslie	W12	U.T.S. North	10:07.80
	Guthrie, William	M12	Balmain Athl	DNF

#### 3000m Walk

1.	Roukos, Raquel	W14	Nepean Distr	15:11.21
2.	Brown, Samantha	W13	Parramatta C	15:15.95
3.	Blaskett, Hayden	M12	Sydney Strid	15:40.34
4.	Millican, Hayden	M14	Sydney Pacif	16:08.47
5.	Mavin, Harrison	M13	Sydney Pacif	16:40.05
6.	Barendregt, Travis	M14	Nepean Distr	17:05.70
7.	Becroft, Lachlan	M12	Nepean Distr	17:25.17
8.	Little, Bayden	M11	Sydney Pacif	18:01.12
9.	Henry, Amy	W14	St. George D	18:22.31
10.	Catallo, Donald	M14	St. George D	20:34.83

#### 5000m Walk

1.	Jones, Tyler	M16	Mingara Athl	22:01.07
2.	Felton, Jay	M19	U.T.S. North	22:17.26
3.	Fagan, Nicole	W25	Sydney Unive	22:50.31
4.	Richardson, Dylan	M14	Mingara Athl	24:55.03
5.	Goodhew, Chelsea	W15	Westlakes At	26:02.83
6.	Webb, Cheryl	W38	Blacktown Ci	27:17.20

7.	McDonald, Jasmyn	W15	Parramatta C	27:34.23
8.	Beasley, Bryony	W17	Nepean Distr	29:11.78
9.	tebbutt, oscar	M13	Gosford Athl	29:12.19
10.	Barendregt, Amanda	W18	Nepean Distr	30:26.08
11.	grujoski, ally	W15	South Sydney	30:26.17

### ATHLETICS SA INTERCLUB, SA ATHLETIC STADIUM, MILE END, ADELAIDE, SAT 1 NOV

And to Adelaide for their weekly Interclub where Rhiannon Lovegrove was fastest over 3000m with 14:44.10.

#### 3000m Walk

1.	Rhiannon Lovegrove	W13	PORT ADELAID	14:44.10
2.	Anna Cross	W14	PEMBROKE ATH	14:54.07
3.	Alix Harlington	M14	SALISBURY AM	14:59.80
4.	Joe Cross	M11	PEMBROKE ATH	15:13.49
5.	Danielle Walsh	W17	PORT ADELAID	15:39.57
6.	Bethany Cross	W13	PEMBROKE ATH	16:13.95
7.	Sarah Damin	W13	SAINTS ATHLE	16:16.31
8.	Peter Crump	M53	SAINTS ATHLE	16:48.98
9.	John Leydon	M51	UNITED COLLEGIANS	17:13.01
10.	Samantha Findlay	W16	SOUTHERN ATH	17:33.87
11.	Chloe Upton	W11	SOUTHERN ATH	18:52.42
12.	james hoare	M67	PORT ADELAID	21:25.24

#### 1500m Walk

1.	Jessica Hahn	W14	PORT ADELAID	08:05.84
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### PAN PACIFIC MASTERS GAMES, GOLD COAST, QLD, 1-9 NOVEMBER

The Pan Pacific Masters Games are now well under way at the Gold Coast in Queensland and the 5000m track walk and 10km road walk have already been contested. The 5000m walk was first up on Sunday. Robyn Wales emailed me some photos and commented:

Highlights were the dominance of Stuart Kollmorgen and Nyle Sunderland as well as the return to competition of Olympians Lisa Sheridan Paolini (with impeccable technique) and Frank Clark (who discovered the rules had changed since he last walked). It's been a wonderful few days of catching up and enjoying the camaraderie of the crazy race walkers!

Results are at: [www.mastersathletics.com.au](http://www.mastersathletics.com.au). Walk results are shown below.

#### 5000m Walk Men, Sunday 1 November

M40	1	Patterson, Adam	M42	Vic	33:06.87
M45	1	Guevara, Argenis	M46	Qld	30:16.43
M50	1	Evans, Simon	M54	Vic	28:30.23
	2	Lindenberg, Paul	M52	Qld	30:23.13
	3	Davis, Kevin	M54	Qld	37:30.12
	-	Rowe, Greg	M53	Nsw	DQ
M55	1	Bennett, Peter	M58	Qld	26:29.82
	2	Worsnop, Christopher	M57	Vic	39:41.49
M60	1	West, John	M64	Nsw	36:11.32
M65	1	Heness, Keith	M68	Qld	35:30.43
M70	1	Clark, Frank	M71	Nsw	33:55.87
M75	1	Sela, Patrick	M75	Qld	36:29.02
	2	Megas, George	M78	Qld	40:32.39
M80	-	Janes, Bert	M81	Nsw	DQ
	-	Johnson, Ronald	M82	Nzl	DQ
M85	1	Grigg, Russell	M87	Qld	49:23.68

#### 5000m Walk Women, Sunday 1 November

W40	1	Stanley, Katrina	W44	Qld	36:04.24
W45	1	Sunderland, Nyle	W47	Qld	28:36.61
	2	Adams, Diana	W46	Nzl	30:43.38
	3	Beikoff, Donna	W47	Qld	36:17.56
W50	1	Sheridan Paolini, Elizab	W51	ld	30:25.16
	2	Lindenberg, Debbie	W53	Qld	34:46.11



	-	Pimm, Lynette	W54	Vic	DQ
W60	1	Malhan, Santosh	W60	India	38:29.66
EW65	-	Feldman, Elizabeth	W66	Vic	DQ
W70	1	Purcell, Joan	W73	Nsw	37:00.12
	2	Schickert, Lynne	W73	WA	38:58.45
	3	McKinven, Noela	W72	Qld	39:49.33
W75	1	Mews, Pamela	W79	Vic	58:15.16
W80	1	Dauphinet, Christiane	W83	Qld	40:34.51

#### 10km Road Walk Men, Monday 3 November

M40	1	Patterson, Adam	M42	Vic	1:06:23
M45	1	Kollmorgen, Stuart	M45	Vic	51:37
	2	Guevara, Argenis	M46	Qld	1:00:58
	3	Smyth, David	M45	Vic	1:01:00
M50	1	Evans, Simon	M54	Vic	1:03:33
	2	Lindenberg, Paul	M52	Qld	1:04:05
M55	1	Bennett, Peter	M58	Qld	55:29
	2	Worsnop, Christopher	M57	Vic	1:23:09
M60	1	West, John	M64	Nsw	1:19:42
M65	1	Heness, Keith	M68	Qld	1:12:24
M75	1	Sela, Patrick	M75	Qld	1:15:08
	2	Megas, George	M78	Qld	1:22:58

#### 10km Road Walk Men, Monday 3 November

W45	1	Sunderland, Nyle	W47	Qld	59:17
	2	Adams, Diana	W46	Nzl	1:06:35
W50	1	Sheridan Paolini, Elizab	W51	Qld	1:04:40
	2	Pimm, Lynette	W54	Vic	1:12:36
	3	Lindenberg, Debbie	W53	Qld	1:15:08
W65	1	Feldman, Elizabeth	W66	Vic	1:07:49
W70	1	Purcell, Joan	W73	Nsw	1:14:21
	2	McKinven, Noela	W72	Qld	1:21:38
	3	Schickert, Lynne	W73	WA	1:23:48

And thanks to Robyn for passing on a selection of photos.



Left: Argenis Guevara and Stuart Kollmorgen

Right: Breakfast at Patrick and Maxine Sela's has become a highlight of Pan Pacs. All were invited back after the 10kms for a civilised meal at their lovely waterfront home.



And one final photo from Robyn which shows the start of the U12 and U13 1500m walk at the LAQ Senior Carnival last weekend. The race was won by Tenyka Chapman (15) in 7:32 from Caitlin Hannigan (16).



## SUMMER SERIES T&F, MT SMART STADIUM, AUCKLAND, SATURDAY 1 NOVEMBER

And now to overseas news. First to New Zealand last Saturday when Jared Free set a new Auckland Record for the 3000m walk (13:18.83).

### 3000m Track Walk

1.	Jared Free	MU18	Waitakere	13:18.83
2.	Samantha Parkinson	WU20	Waitakere	19:16.44
3.	Mesha White	WU16	Waitakere	23:16.54

## NZ COACHING SESSION AND RACE, NEWTOWN PARK, WELLINGTON, SATURDAY 1 NOVEMBER

And a second set of results from New Zealand from last Saturday with NZ Olympic walker Quentin Rew taking a coaching session at Newtown Park in Wellington. This was followed by a 3000m walk which was very well attended. Here is what David Lonsdale had to say:

What a good day we had yesterday at Newtown Park. The talk from Quentin and the question and answer session were really enlightening and, with 30 in the room, it was a good atmosphere. The practical demonstrations on the track in two groups by Alana and Quentin were challenging for some but I'm sure they were helpful for everyone. In the 3,000 m race which followed, we were all treated to an amazing display of fitness and skill from Quentin and Alana. Most of our local walkers were up to their usual standard and times but if you look at the photos from Sharon Wray (many thanks) most local walkers including Peter Baillie are shown looking over their left shoulders across the track to see where Quentin and Alana had got to!

It was a lovely experience and the comments from the spectators which I heard from my judging position were very positive. The four judges, who were me, Bruce Perry, Philip Grimmett and David Hood were consistent and the three walkers who were subsequently DQ'd were picked up by all of us. I was a bit more active than the other three. Quentin and Alana's times are among the fastest recorded in New Zealand for some seasons. Well done and thanks for your help.

### 3000m Men

1.	Quentin Rew	Wellington HAC	11:47.47
2.	Alana Barber	Racewalking Auckland	13:10.73
3.	Stuart Hood	Trentham United	16:37.29
4.	Peter Baillie	Scottish	16:42.82
5.	Fraser Samson	Wellington HAC	17:00.14
6.	Sean Lake	Scottish	17:16.69
7.	Bob Gardner	Scottish	17:48.01
8.	Chris Harp	Scottish	18:24.71
9.	Terri Grimmett	Scottish	18:28.44
10.	John Leonard	Scottish	18:34.97
	Ian Morton	Scottish	DQ

### 3000m Women

1.	Jacqueline Wilson	Trentham United	18:53.03
2.	Barbara Morrison	Scottish	19:53.44
3.	Daniel Hunt	Scottish	20:45.78
4.	Arlene Wong-Tung	Scottish	20:55.94
5.	Daniel Du Toit	Upper Hutt A C	21:01.33
6.	Geoff Iremonger	Scottish	21:08.10
7.	Daphne Jones	Scottish	21:37.93
8.	Tony Wolken	Scottish	22:41.34
9.	Mandy Simpson	Scottish	DQ
10.	Stephen Day	Scottish	DQ

## ALL JAPAN RACE WALKING MEETING, TAKAHATA, JAPAN, SUNDAY 26 OCTOBER

The Japanese 50km depth was on display on Sunday 26 October in the All Japan Racewalking meet in Takahata with Hirooki Arai winning with 3:40:34 ahead of 24 year old 50km debutante Takuya Yoshida who recorded 3:43:02. And that was without the presence of Takayuki Tanii who recorded 3:40:19 in the recent Asian championships in Incheon. Koichiro Morioka who came 9<sup>th</sup> in the London Olympics-2012, was on pace for a sub 3:40 but retired around the 40km mark. 29 starters in a 50km is a very impressive statistic.

The 20km stats were also very impressive. U23 walker Kai Kobayashi won the men's 20km with 1:21:13 ahead of Isamu Fujisawa (1:21:55) and junior debutante Fumikata Oikawa (1:22:06). Eighty starters is an incredible number!. In the women's 20km, Chiaki Asada won with 1:35:05 ahead of Michiguchi Ai (1:35:51) and U23 Sae Matsumoto (1:36:20).

10km races were also held for High School students. Great reports as usual from Maricadalmondo and omarchador blogspot:

[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1912](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1912)

<http://omarchador.blogspot.pt/2014/10/campeonatos-japoneses-de-50-km-em.html>

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/29102014847Takahata2014.pdf>. Summary below

**50km Men (29 starters).**

1.	Hirooki Arai	3.40.34
2.	Takuya Yoshida	3.43.02
3.	Yuki Ito	4.01.10
4.	Shuto Goto	4.06.53
5.	Takafumi Higuma	4.10.46
6.	Takahito Otsubo	4.12.12
7.	Takahiro Sakuma	4.26.10
8.	Toru Ozaki	4.30.18
9.	Tetsuya Taniguchi	4.30.22
10.	Takane Sato	4.33.04
11.	Hiroki Mori	4.34.59
12.	Takuya Takahashi	4.35.06
13.	Hideaki Miyajima	4.39.01
14.	Yuta Kotobuki	4.39.13
15.	Masahiro Yamaguchi	4.39.20
16.	Ryota Iguchi	4.48.36
17.	Arata Saito	4.49.09
18.	Yuki Murai	4.51.08
19.	Koki Yoshimura	4.51.34
20.	Jyunichi Hirane	4.55.23
21.	Naomichi Kinoshita	5.05.42
22.	Kota Futsuki	DQ

DNF: Keita Manbo, Koichiro Morioka, Tomofumi Kanno, Takuma Toyama, Toru Yamamoto, Daisuke Watanabe, Tsutoshi Kuwahara.

**20km Men (80 starters)**

1.	Kai Kobayashi	1.21.13
2.	Isamu Fujisawa	1.21.55
3.	Fumikata Oikawa	1.22.06
4.	Tomohiro Noda	1.22.37
5.	Yuga Yamashita	1.23.06
6.	Hironari Tomatsu	1.24.25
7.	Yuki Kurumisawa	1.24.29
8.	Masaki Yamamoto	1.24.47
9.	Satoshi Maruo	1.24.57
10.	Hikaru Fukuoka	1.25.43

**20km Women (20 starters)**

1.	Chiaki Asada	1.35.05
2.	Ai Michiguchi	1.35.51
3.	Sae Matsumoto	1.36.20
4.	Kaori Kawazoe	1.36.44
5.	Fumiko Okabe	1.36.56
6.	Mami Urabe	1.37.44
7.	Remi Okubo	1.38.10
8.	Ayako Hukuda	1.38.24
9.	Chiaki Yamato	1.39.41
10.	Kana Shiromoto	1.44.42

**SOUTH KOREAN ROADWALK CHAMPIONSHIPS, JEJU, SATURDAY 1 NOVEMBER**

The South Koreans were also in action recently with their own roadwalk championships in Jeju. Not quite the same numbers as Japan but still a very good standard. As usual, well reported by marciadalmondo and omarchador blogspot:

[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1913](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1913)  
<http://omarchador.blogspot.pt/2014/11/campeonatos-da-coreia-do-sul.html>

Results at <http://www.marciadalmondo.com/admin/pdf/risultati/01112014723Jeju2014.pdf>

#### Senior Men 20km

1.	KIM HYUNSUB	1:26:40
2.	CHOE BYEONGKWAN	1:26:41
3.	KIM DAEHO	1:26:46
4.	BYUN YOUNJUN	1:27:24
5.	PARK CHILSUNG	1:27:37
6.	KANG KILDONG	1:27:38
7.	OH SEHAN	1:29:57
8.	CHOE BYEONGHO	1:33:47
9.	KIM NAKHYUN	1:34:45
10.	GANG KIHOOON	1:39:56
11.	MIN JINHONG	1:43:43

#### Senior Women 20km

1.	JEON YEONGEUN	1:35:30
2.	LEE JEONGEUN	1:35:41
3.	KIM MI-JUNG	1:36:03
4.	WEON SEASBYEOL	1:38:40
5.	KIM YEUIJIN	1:53:19
6.	LEE BORAM	2:01:38

#### U20 Men 10km

1.	JOO HYUNMYOUNG	43:38
2.	SONG YUNHAW	43:46
3.	KIM HWAN-HEE	45:19
4.	KLM DONGHYON	47:40
5.	LIM CHAEWHAN	50:42
6.	KIM JUNSIK	52:05
7.	LEE KIHA	53:11
8.	PARK TEAHWAN	53:14
9.	HAN INSU	54:09
10.	PARK GUNWOO	56:28

#### U20 Women 10km

1.	KIM MINJT	48:29
2.	LEE DASEUL	49:09
3.	KIM CHAEHYEON	51:10
4.	KIM MINYEONG	52:13
5.	KIM HEE-SU	52:18
6.	HAN HA-YEONG	55:40
7.	SEO JIYOUN	57:34
8.	KIM LEEHYEON	61:50

### 6 JOURS DE FRANCE, PRIVAS, FRANCE, 19-25 OCTOBER

The 9<sup>th</sup> French 6 Day Ultra Carnival (see <http://www.6jours-de-france.fr/index.php?lang=en>) was held in the French town of Privas from 19-26 October. The event, which had both run and walk divisions, was put on as usual by the 452195etplus organization (see <http://www.42195etplus.fr>) and was held over a 1km circuit around the municipal lake. It also included the lesser 72 Hour (3 Days) option.

The 6 Day Walk was won by 39 year old French ultra specialist Christian Mauduit. Better known as a runner with a 6 Day Run best of 812km, he was the winner of the 2010 Deca Ironman (see <http://www.youtube.com/watch?v=SR6qK7sza1I>). But he was not a complete newcomer to ultra walking, having a 24 Hour walk best of 167km. On this occasion, he walked to a total distance of 710.060km to finish just over 70km ahead of Christophe Biet. The first woman to finish was French champion Claudine Anzionnat with a very impressive 620.276km. The 72 Hour walk was won by Josiene Pannier with 331.606km. Full results can be seen at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmmode=1&frmespace=0&frmcompetition=168707>

### 6 Day Walk

1.	MAUDUIT Christian		SEM/75	710.060km
2.	BIET Christophe	J3 Sports Amilly	V1M/66	639.940km
3.	ANXIONNAT Claudine (F)	Athletic Vosges Entente	V3F/51	620.276km
4.	WALLAEYS Jean	Earp Romans	SEM/80	581.411km
5.	BETAILE Roger	Stade Francais (paris)	V3M/53	580.550km
6.	EMONIERE Philippe	Cosm Arcueil	V2M/61	571.916km
7.	BIZARD Claudie (F)	Thiais Ac	V2F/59	571.148km
8.	HAUSMANN Martina (Ger) (F)	Lg Wurzburg	VEF/60	522.213km
9.	PRUCKNER Jaroslav (Cze)	Sk Bradlec	VEM/54	521.008km
10.	MASSON Pascal	Essonne Athletic*	V2M/64	518.481km
11.	ODOUARD Dominique		VEM/57	480.004km
12.	LE MANER Serge		VEM/51	477.957km
13.	ECHE Dominique	Nice Cote D'azur Athletisme	V2M/55	456.429km
14.	PIERRE Patrick	Montauban Handisport	VEM/48	454.575km
15.	LESCURE Frederic		VEM/61	406.217km
16.	JOASSARD Patrick		VEM/72	372.250km
17.	GRASSI Alain		VEM/59	371.450km
18.	CORNICHON Laurent		VEM/63	365.679km
19.	DUBOIS DENGHIEN Catherine (F)	Essonne Athletic*	V1F/65	363.706km
20.	RABREAU Yves		VEM/42	353.930km
21.	JOSE MORA Bernardo (Esp)	Cab Siurell	VEM/63	347.994km
22.	SEGUI Santiago (Esp)	Geieg	VEM/53	315.194km
23.	BURGER Alain		VEM/55	166.572km
24.	PAILLE Stephane	Ca Villenave D'ornon	V2M/64	76.250km

### 72 Hour Walk

1.	PANNIER Josiane (F)	Havre Ac	V3F/50	331.606km
2.	BLONDE Daniel		VEM/57	314.750km
3.	DUPLAN Thierry		VEM/64	278.242km
4.	VARETTE Graziella (F)		VEF/64	260.750km

## TOP WALK CARNIVALS FOR 2014

I was alerted to a short article on the Slovak Athletics Federation website (see <http://atletikasvk.sk/Articles/Detail?ArticleId=1996>) documenting the fact that the Dudince Dudinska 50 meet was ranked 7<sup>th</sup> for racewalk meets by the All-Athletics.com website. Not sure how they work it all out but here is their list of the top 25 walks meets for 2014, based on results and participation.

Event	Country	Date	Result Score	Participation Score	Overall	
1.	Taicang IAAF World Race Walking Cup	CHN	03-04.05	9743	1030	10773
2.	La Coruña Gran Premio Cantones	ESP	31.05	9356	770	10126
3.	Lugano Trophy - Memorial Mario Albisetti	SUI	16.03	9488	580	10068
4.	Poděbrady 2014	CZE	12.04	9448	345	9793
5.	Sochi Russian Winter Race Walking Ch.	RUS	22-23.03	9427	360	9787
6.	Moskva Voronovo Cup	RUS	30.08	9294	385	9679
7.	Dudince Dudinska 50	SVK	22.03	9299	320	9619
8.	Huangshan Chinese Race Walking Ch.	CHN	27-28.02	9317	285	9602
9.	Cheboksary Russian Race Walking Ch.	RUS	06-07.06	9451	110	9561
10.	Chihuahua Circuito Internacional de Marcha	MEX	22.02	9139	405	9544
11.	Nomi Asian Race Walking Championships	JPN	16.03	9387	95	9482
12.	Buy Russian Race Walking GP Final	RUS	13.09	9246	85	9331
13.	Alytus 40th Anniversary International Walking...	LTU	13.06	9117	200	9317
14.	Murcia Spanish 20 km Race Walking Ch.	ESP	16.02	8962	280	9242
15.	Cheboksary Russian Race Walking Cup	RUS	6.09	9005	50	9055
16.	Bacúch International Race Walking Meet	SVK	20.09	8814	225	9039
17.	Quarteiro Portuguese Race Walking Ch.	POR	1.02	8808	225	9033
18.	Druskininkai Lithuanian 10km Race Walking Ch.	LTU	6.09	8740	105	8845
19.	Naumburg German Race Walking Ch.	GER	18.05	8823	15	8838
20.	Brest Belarus Race Walking Ch.	BLR	24-25.06	8763	55	8818
21.	Wajima Japanese 50km Race Walking Ch.	JPN	20.04	8743	45	8788
22.	Hobart Oceania Race Walking Ch.	AUS	2.02	8586	180	8766
23.	Nitra	SVK	25.09	8653	55	8708
24.	Cochabamba South American Race Walking Ch.	BOL	15-16.02	8512	160	8672
25.	Manchester Township USA Race Walk World Cup T...USA		30.03	8612		8612

## MORE SUMMER WALKS DATES ANNOUNCED

The Athletics Australia summer calendar (see <http://www.athletics.com.au/Compete/2015-Australian-Athletics-Tour>) now shows the following two additional meets which will include racewalks.

- Sat Feb 7, 2015 Canberra Track Classic (5000m Walks)
- Sun Feb 22, 2015 Australian Summer 20km Championships, Adelaide (day after Adelaide Track Classic)

## ATHLETICS AUSTRALIA SELECTION POLICY – 2015 IAAF WORLD CHAMPS

Athletics Australia last week published the Selection Policy policy for the 10,000m, 20km walk, 50km walk and marathon for the IAAF World Championships in Beijing (CHN) on 22-30 August 2015. It is a strange one to say the least. For the marathon and 10000m, they have simply gone with the IAAF standards but for the walks that have included an additional much tougher AA Standard as an additional selection criteria. The grid reads as follows

Men	Event	Women
27:45.00	10000m	32:00:00
2:18:00	Marathon	2:44:00
1:25:00 Note Additional AA Standard: 1:21:00	20km Race Walk	1:36:00 Note Additional AA Standard: 1:30:00
4:06:00 Note Additional AA Standard: 3:51:00	50km Race Walk	

Now you can still be selected in the walks with the easier IAAF standard if things fall your way and you fulfil their various criteria but why have they put in this additional set of criteria JUST for the walks. I emailed AA High Performance Manager Simon Nathan last week to ask the following two questions:

- Why do walks need to be considered differently to marathon - surely if a simple selection criteria work for marathon, they can also work for walks.
- Will walks be the exception to the rule with regard to these additional AA standards or will they also be applied to the remaining events when they are published. If not, again, why are walks being treated differently? There is no need for this - the same rules should be applied to all. This is inconsistent.

You guessed it – no answer so far!

## IAAF NEWS

Finally, publishing the following press release from IAAF Walks Committee member Jane Saville.

Hi Everyone,

I just thought I would update you on a couple of IAAF race walking issues:

At the international level the IAAF will introduce Pit Lane in the following competitions in the future:

- World Youth Championships 2015 (Cali, Colombia)
- World Race Walking Team Championships 2016 (Cheboksary, Russia) – note that only in 10km junior races, not in senior events
- World Junior Championships 2016 (Kazan, Russia)

At the moment there isn't any rule making National Federations use it, but it is encouraged. In Spain they will be introducing it for National Championships under 19. I know at the Youth Olympic Games the Pit Lane worked OK but it needs to be explained better to the athletes and they need to use it more in races to get the feeling, so at a national or local level would be a good start.

Also the IAAF will confirm the calendar for 2015 IAAF Race Walking Challenge at the Council meeting in November but the following dates will be put forward:

- Taicang 1 March (TBC November)
- Chihuahua 7 March (TBC November)
- Dudince 21 March (TBC November)
- Rio Maior 18 April (TBC November)
- La Coruña 30 May (TBC November)

It will also include Area Championships and World Championships in 2015. The complete information about rules of the Challenge will be released as soon as possible after dates are confirmed.

If you have any questions please email me.

Regards  
Jane

### 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.

#### 2014/2015 Australian/Victorian Summer Season Key Dates

Dec 5-7, 2014	Australian All-Schools Championships, Adelaide, SA
Sun Dec 14, 2014	Australian 50km Championship meet, Fawkner Park, VIC
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See <a href="https://www.facebook.com/groups/726992100645163/">https://www.facebook.com/groups/726992100645163/</a>
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks)
Sun Feb 22, 2015	Australian 20km Summer Championships, Adelaide
Mar 11-15, 2015	Australian Junior Championships, Sydney, NSW
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

#### Other 2014 Races of Interest

Sat Nov 15, 2014	Athletics New Zealand Long Distance Walk Champs, Auckland, NZ
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#### Looking further forward

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 <sup>th</sup> World Youth T&F Championships, Cali, Colombia
Aug 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
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 <sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia
July 19-24, 2016	16 <sup>th</sup> World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2017	10 <sup>th</sup> World Youth T&F Championships, ?
July 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
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
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, ?
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo

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