



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 18  
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### WALKER OF THE WEEK

You just can't keep **Emmet Brasier** and **Eliza Clarke** out of my Walker of the Week awards. The talented young Diamond Valley pair have done it again with fantastic doubles this weekend.

- 14 year old Eliza stormed through 2000m in the AV Shield Final on Saturday at Lakeside Stadium in Albert Park in a PB time of **8:53.48**, bettering Jemima Montag's Victorian U15 State record. And that's after running in the 1500m earlier in the day. Then on Sunday, in VRWC roadwalk competition in Middle Park, she recorded a great **14:07** for 3km.
- 16 year old Emmet was second to double Olympian Chris Erickson in the Shield Final on Saturday in a PB of **7:59.30** and then recorded a huge time of **44:28** in winning the 10km roadwalk at the VRWC races the next day. This performance was a 94 sec PB and is now very close to the 2015 World Youth qualifying standard of 44:16.



**Eliza and Emmet in action last weekend**

### WHAT'S COMING UP

The summer season action continues next Saturday evening with the an elite 5000m track walk at the **Canberra Track Classic**. AA has published the entry lists and I have also added in Nicole Fagan who I believe is also in the race. Both fields look very strong and I look forward on reporting next week on what should be two intriguing races. But it is going to be hard to pick a winner. Will Jared Tallent or Dane Bird-Smith win the men's event. Will Tanya Holliday take all before her in the women's event or will the in-form Alana Barber or the experienced Beki Smith cause an upset. The start lists are shown on the next page.

**5000m Walk Women**

|                          |      |          |      |
|--------------------------|------|----------|------|
| Alana Barber             | NZL  | 22:11.52 | 2014 |
| Tayla - Paige Billington | VIC  | 24:01.25 | 2013 |
| Nicole Fagan             | NSW  | 22:27.19 | 2014 |
| Tanya Holliday           | SASI | 21:21.51 | 2013 |
| Zoe Hunt                 | ACT  | 24:42.0  | 2015 |
| Heather Lewis            | GBR  | 22:09.87 | 2014 |
| Jemima Montag            | VIC  | 22:32.95 | 2014 |
| Mari Olsson              | SWE  | 22:24.8  | 2011 |
| Clara Smith              | QLD  | 22:42.46 | 2014 |
| Beki Smith               | NSW  | 21:23.60 | 2012 |
| Rachel Tallent           | VIC  | 22:45.39 | 2014 |

**5000m Walk Men**

|                  |      |          |      |
|------------------|------|----------|------|
| Kyle Bird        | QLD  | 22:18.45 | 2014 |
| Dane Bird-Smith  | QAS  | 18:56.96 | 2013 |
| Rhydian Cowley   | VIS  | 19:29.91 | 2012 |
| Chris Erickson   | VIS  | 19:24.85 | 2011 |
| Danny Hawksworth | VIC  | 23:25.37 | 2014 |
| Michael Reading  | ACT  | 24:05.64 | 2010 |
| Brendon Reading  | ACT  | 20:40.36 | 2012 |
| Jared Tallent    | SASI | 18:47.77 | 2012 |
| Declan Tingay    | WA   | 21:56.5  | 2014 |

**Round 2 of the AV Knockout Competition** continues next Saturday for those who have entered, with a 2000m walk on offer.

And don't forget to regularly check the AV calendar (<http://athsvic.org.au/events/calendar>) for details of key local championships:

- Vic Junior T&F Champs 13-15 Feb 2015 Entries now closed
- Vic Open T&F Champs 27 Feb – 1 Mar 2015 Entries close Sunday 15 February
- Vic Masters T&F Champs 14-15 Mar 2015 Entries close Sunday 11 March

Entries have now closed for the **Australian 20km Summer Championships and Oceania 20km Championships**. These championships will be held in Adelaide on the morning of Sunday 22 February. Still no start lists or detailed info on the race course being used (there is a general map of the area) but at least the timetable has been published.

|        |   |
|--------|---|
| 7:00AM | Men's Oceania & Australian Open 20km Race Walk Championship |
| 7:00AM | Women's Oceania & Australian 20km Race Walk Championship    |
| 8:00AM | Men's Under 20 Invitational 10km Race Walk                  |
| 8:00AM | Women's Under 20 Invitational 10km Race Walk                |
| 9:00AM | Mixed Invitational 5km Race Walk                            |

**SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WEDNESDAY 28 JANUARY**

Thanks to Colin Hainsworth for his weekly results from the South Australian Masters in Adelaide. Colin commented: Good conditions although a head breeze at times on the finishing straight. Their numbers continue to be very strong and I do like their concept of doing two races per night with a short race followed by a longer one.

**1500m Walk**

|     |                    |       |     |        |
|-----|--------------------|-------|-----|--------|
| 1.  | Rhiannon Lovegrove | 07:39 |     |        |
| 2.  | George White       | 08:14 | M69 | 86.64% |
| 3.  | Chloe Upton        | 08:55 |     |        |
| 4.  | Victoria Upton     | 09:12 |     |        |
| 5.  | Marie Maxted       | 09:21 | W54 | 70.05% |
| 6.  | Kitara Upton       | 09:34 |     |        |
| 7.  | Kevin Finn         | 09:46 | M63 | 68.30% |
| 8.  | John Hore          | 10:04 | M66 | 68.45% |
| 9.  | Adrian Upton       | 10:25 |     |        |
| 10. | Seth Upton         | 10:28 |     |        |
| 11. | Helen Suridge      | 10:28 | W63 | 68.32% |
| 12. | Rodger Barber      | 10:36 | M76 | 73.58% |
| 13. | Julia Lycett       | 10:37 | W50 | 59.61% |
| 14. | Graham Harrison    | 10:37 | M71 | 68.83% |
| 15. | Des Mulqueen       | 10:44 | M68 | 65.67% |
| 16. | Leigh Smith        | 10:51 | M79 | 75.02% |
| 17. | Doug Smart         | 10:55 | M71 | 66.93% |
| 18. | Margaret Trengove  | 11:03 | W70 | 70.34% |
| 19. | Roger Lowe         | 11:11 | M71 | 65.34% |
| 20. | Jan Layng          | 11:29 | W66 | 64.42% |
| 21. | Colin Hainsworth   | 11:51 | M85 | 75.52% |
| 22. | Colin Trengove     | 12:02 | M77 | 65.72% |
| 23. | Jill Rogers        | 12:03 | W70 | 64.51% |
| 24. | Margaret McIntosh  | 12:18 | W62 | 57.51% |
| 25. | Mathew Anderson    | 12:22 | M43 | 45.09% |

**3000m Walk**

|     |                  |       |     |        |
|-----|------------------|-------|-----|--------|
| 1.  | George White     | 16:39 | M69 | 87.35% |
| 2.  | Jack Russell     | 18:23 | M62 | 73.20% |
| 3.  | Marie Maxted     | 19:25 | W54 | 69.67% |
| 4.  | Kevin Finn       | 19:54 | M63 | 68.33% |
| 5.  | Geraldine Waites | 20:14 | W65 | 75.29% |
| 6.  | Bill Starr       | 21:23 | M72 | 70.57% |
| 7.  | Graham Harrison  | 21:32 | M71 | 69.20% |
| 8.  | Helen Suridge    | 21:59 | W63 | 67.64% |
| 9.  | Rodger Barber    | 22:02 | M76 | 72.24% |
| 10. | Leigh Smith      | 22:19 | M79 | 74.47% |
| 11. | Doug Smart       | 22:20 | M71 | 66.72% |
| 12. | Linda Whitelaw   | 23:27 | W60 | 61.29% |
| 13. | Roger Lowe       | 24:12 | M71 | 61.58% |
| 14. | Colin Hainsworth | 24:29 | M85 | 74.74% |
| 15. | Jill Rogers      | 24:52 | W70 | 65.44% |
| 16. | Edna Bates       | 25:26 | W62 | 57.79% |

**BENDIGO WALKERS CLUB ROADWALKS, BENDIGO, WEDNESDAY 28 JANUARY**

Thanks to Paul Rance for this week's results from Bendigo. Paul reported:

In the 1km race, limit marker Caitlyn Tozer led all the way to win from Sheridan Commons with backmarker Carissa Brook in 3<sup>rd</sup> place. The 3km race was taken out by improving first year walker Jenny Payne with Annette Curtis 2<sup>nd</sup> and Annette Major in 3<sup>rd</sup> place with Michael Gillies-Smith claiming fastest time honours. Club personal bests were produced on the night by Caitlyn Tozer and Sheridan Commons in the 1km and Jenny Payne and Michael Gillies-Smith in the 3km event.

**3km Handicap**

|    |                       |       |
|----|-----------------------|-------|
| 1. | Jenny Payne           | 20.22 |
| 2. | Annette Curtis        | 21.47 |
| 3. | Annette Major         | 17.54 |
| 4. | Michael Gillies-Smith | 15.06 |
| 5. | Zahra Hayes           | 15.29 |
| 6. | Norm West             | 24.21 |
| 7. | Barb Bryant           | 17.41 |
| 8. | Madison Hill          | 18.11 |
| 9. | John Carter           | 21.32 |

**1km Handicap**

|    |                  |      |
|----|------------------|------|
| 1. | Caitlyn Tozer    | 8.21 |
| 2. | Sheridan Commons | 6.34 |
| 3. | Carissa Brook    | 5.19 |

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 29 JANUARY**

Thanks to Robin Whyte for the latest results from Canberra. A good fast 1500m walk by Ally Durr (6:55).

**1500m Walk**

|     |                      |       |
|-----|----------------------|-------|
| 1.  | Ally Durr            | 06:55 |
| 2.  | Connor Frew          | 07:06 |
| 3.  | Spencer Burns        | 07:08 |
| 4.  | Gabby Hunt           | 07:11 |
| 5.  | Callum Burns         | 07:15 |
| 6.  | Mitchell Baker       | 07:23 |
| 7.  | Ann Staunton-Jugovic | 07:30 |
| 8.  | Laura Burns          | 08:13 |
| 9.  | Peter Baker          | 08:28 |
| 10. | Jennifer Alley       | 08:54 |
| 11. | Kate Black           | 08:57 |
| 12. | Ewen Thompson        | 09:19 |
| 13. | Robin Whyte          | 09:21 |
| 14. | William Barker       | 09:48 |
| 15. | Bryan Thomas         | 10:01 |
| 16. | Brett Kingston       | 10:06 |
| 17. | Rod Gilchrist        | 10:08 |
| 18. | Ruth Baussmann       | 10:25 |
| 19. | Jennifer Gilchrist   | 10:39 |
| 20. | Raelene Campbell     | 10:56 |
| 21. | Doug Fitzgerald      | 10:59 |
| 22. | Margaret McSpadden   | 12:05 |
| 23. | Paul Campbell        | 12:15 |
| 24. | Tiona Kane           | 12:20 |
| 25. | Robert Kennelly      | 12:20 |
| 26. | Edna Dundas          | 14:01 |

**700m Walk**

|    |               |       |
|----|---------------|-------|
| 1. | Tom Hunt      | 03:34 |
| 2. | Harry Baker   | 04:38 |
| 3. | She Hawke     | 05:25 |
| 4. | Lorna England | 06:10 |
| 5. | Jack Thackray | 06:26 |

**ATHLETICS SA INTERCLUB, SA ATHLETIC STADIUM, MILE END, SATURDAY 31 JANUARY**

Justin Hill (23:52.77) and Alix Harlington (7:11.22) were the winners in the weekly Interclub competition in Adelaide last Saturday.

**5000m Walk**

|    |                    |      |                   |          |
|----|--------------------|------|-------------------|----------|
| 1. | Justin Hill        | MOP  | ADELAIDE HARRIERS | 23:52.77 |
| 2. | Anna Cross         | WU16 | PEMBROKE          | 25:25.95 |
| 3. | Rhiannon Lovegrove | WU16 | PORT ADELAIDE     | 26:24.33 |
| 4. | Bethany Cross      | WU16 | PEMBROKE          | 27:15.23 |
| 5. | Tristan Camilleri  | MU13 | COAST DISTRICTS   | 30:07.63 |
| 6. | Jake Vidler        | MU16 | SOUTHERN          | DQ       |

**1500m Walk**

|    |                 |      |           |         |
|----|-----------------|------|-----------|---------|
| 1. | Alix Harlington | MU16 | SALISBURY | 7:11.22 |
|----|-----------------|------|-----------|---------|

|    |                           |      |               |         |
|----|---------------------------|------|---------------|---------|
| 2. | Joe Cross                 | MU13 | PEMBROKE      | 7:36.88 |
| 3. | Nicholas Dallimore        | MU16 | FLINDERS      | 8:10.53 |
| 4. | Felicity Henderson-Wilson | WOP  | SAINTS        | 8:11.22 |
| 5. | Sarah Damin               | WU16 | SAINTS        | 8:18.13 |
| 6. | Ebony Betro               | WU13 | PORT ADELAIDE | 9:47.80 |

### AV SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 31 JANUARY

The Athletics Victoria Shield Final was held at Lakeside Stadium in Melbourne last Saturday and what a huge day it was, starting at 9AM and finishing around 9PM. I officiated till 3PM, finishing just in time to catch the walks which started just before 4PM. There were so many walkers (107 toed the line) that 3 graded heats were necessary, with the fastest walkers in the first heat. And of course this stat of 107 walkers does not include everyone as lots of teams don't make the Grand Final which is restricted to the first two teams from each category in each zone. Further, many of the walkers compete in lots of events on the day, given the team based nature of the event. I did feel especially for those walkers like Danny Hawksworth who ran a hard 3000m steeple just before the walks and then had to front almost immediately for their 2000m walk. They breed them tough in Melbourne!

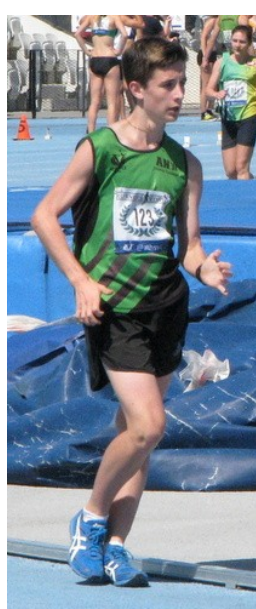
The first heat was for walkers with times faster than 11:30 and it lived up to expectations. I have trolled through the finish times and see Pbs for 16 of the 41 walkers in the race – that is some statistic! **Chris Erickson** led from the front with his usual impressive form, recording a winning time of 7:42.09. Behind him, **Emmet Brasier** and **Adam Garganis** fought out second place with both doing good Pbs of 7:59.0 and 8:06.88 respectively. Youngsters took out 5 of the 6 top places (a great sign for the future) with the race highlight being provided by 14 year old **Eliza Clarke** whose time of 8:53.48 bettered the current Victorian U15 2000m record. One place further back, Geelong walker **James Christmass** finally broke the Geelong M40 record with his time of 9:06.92. He has been chasing races all summer and finally got it in his last 2000m race! And special mentions to 13 year old **Rebecca Henderson** (9:47.07) and 12 year old **Nikola Mandic** (who had his 12<sup>th</sup> birthday a week ago and walked 9:53.73). Well done to all the walkers on a huge race.

#### Mixed 2000m Walk Section 1

|     |                         |     |                    |          |                                |
|-----|-------------------------|-----|--------------------|----------|--------------------------------|
| 1.  | Erickson, Chris         | M33 | ATHLETICS ESSENDON | 7:42.09  |                                |
| 2.  | Brasier, Emmet          | M16 | DIAMOND VALLEY AC  | 7:59.30  | PB 0:06                        |
| 3.  | Garganis, Adam          | M17 | COLLINGWOOD        | 8:06.88  | PB 0:27                        |
| 4.  | Bird, Kyle              | M18 | MORNINGTON P       | 8:14.11  | PB 0:33                        |
| 5.  | Swan, Kyle              | M15 | ATHLETICS NU       | 8:31.43  | PB 0:46                        |
| 6.  | Clarke, Eliza           | W14 | DIAMOND VALLEY AC  | 8:53.48  | PB 0:11, Vic & VRWC U15 record |
| 7.  | Christmass, James       | M47 | GEELONG REGION     | 9:06.92  | M40 Geelong Record             |
| 8.  | Wellington, Shea        | M17 | KEILOR ST BE       | 9:07.03  | PB 0:58                        |
| 9.  | Billington, Tayla-Paige | W17 | BOX HILL AC        | 9:17.52  | PB 0:11                        |
| 10. | Hawksworth, Danny       | M35 | ATHLETICS ESSENDON | 9:17.54  |                                |
| 11. | Taylor, Michael         | M14 | DIAMOND VALLEY AC  | 9:21.78  | PB 0:30                        |
| 12. | McDonough, Aaron        | M42 | PRESTON AC         | 9:28.72  |                                |
| 13. | Donahoo, Mark           | M56 | ATHLETICS ESSENDON | 9:43.72  |                                |
| 14. | Henderson, Rebecca      | W13 | CASEY CARDIN       | 9:47.07  |                                |
| 15. | Mayhew-Sharp, Jamie     | M36 | MORNINGTON P       | 9:49.14  | PB                             |
| 16. | Evans, Simon            | M54 | BOX HILL AC        | 9:53.25  |                                |
| 17. | Mandic, Nikola          | M11 | CASEY CARDIN       | 9:53.73  |                                |
| 18. | Taylor, Lucas           | M18 | YARRA RANGES       | 9:55.51  |                                |
| 19. | McInnes, Simone         | W23 | GLENHUNTLY AC      | 9:56.64  | PB 0:06                        |
| 20. | Galbraith, Jordan       | M17 | DIAMOND VALLEY AC  | 9:57.21  | PB 0:02                        |
| 21. | Hayes, Zahra            | W13 | BENDIGO REGION     | 9:57.79  |                                |
| 22. | Kennedy, Paul           | M57 | KEILOR ST BE       | 10:02.62 |                                |
| 23. | Clarke, Georgia         | W12 | DIAMOND VALLEY AC  | 10:21.62 | PB 0:07                        |
| 24. | Laufer, Michelle        | W45 | COLLINGWOOD        | 10:23.73 |                                |
| 25. | Feain, Gerard           | M51 | KEILOR ST BE       | 10:25.37 |                                |
| 26. | Keirl, Bernie           | M51 | DIAMOND VALLEY AC  | 10:32.62 |                                |
| 27. | Kondogonis, John        | M53 | KEILOR ST BE       | 10:39.07 |                                |
| 28. | Dawson, Thomas          | M13 | COLLINGWOOD        | 10:45.31 | PB                             |
| 29. | Noonan, Emily           | W14 | COLLINGWOOD        | 10:45.46 | PB 0:32                        |
| 30. | Reid, Ross              | M60 | COLLINGWOOD        | 10:49.92 |                                |
| 31. | Dyer, Chelsea           | W21 | BOX HILL AC        | 10:51.90 |                                |
| 32. | Baker, Simon            | M56 | OAKLEIGH AC        | 10:58.91 |                                |
| 33. | Whiley, Ebony           | W19 | BENDIGO REGION     | 11:05.58 |                                |
| 34. | Dyer, Bill              | M53 | BOX HILL AC        | 11:09.62 |                                |
| 35. | Bennett, Ralph          | M73 | VICTORIAN MA       | 11:10.62 |                                |
| 36. | Major, Annette          | W52 | BENDIGO REGION     | 11:13.45 |                                |
| 37. | Langford, Taylor        | W13 | DIAMOND VALLEY AC  | 11:13.72 |                                |
| 38. | Knox, Duncan            | M55 | ATHLETICS ESSENDON | 11:16.93 |                                |
| 39. | Collis, Hugh            | M14 | DIAMOND VALLEY AC  | 11:34.48 |                                |
| 40. | Higham, Cassie          | W30 | GLENHUNTLY AC      | 12:00.86 | PB 0:40                        |
| 41. | McShanag, Connor        | M18 | ATHLETICS ESSENDON | 12:14.71 |                                |



**Chris Erickson, Adam Garganis, Emmet Brasier and Eliza Clarke in action**



**Shae Wellington, James Christmas, Tayla-Paige Billington, Kyle Swan and Rebecca Henderson**

Heat 2 was for walkers with times between 11:30 and 12:20 (I think) but the first 10 walkers all bettered expectations. Natalie Laurie led them home with a brisk 10:15.38 ahead of Matthew Irons 10:38.62 and Nicholas Mirarchi 10:52.56.

**Mixed 2000m Walk Section 2**

|     |                    |     |                    |          |         |
|-----|--------------------|-----|--------------------|----------|---------|
| 1.  | Laurie, Natalie    | W23 | ATHLETICS NU       | 10:15.38 |         |
| 2.  | Irons, Matthew     | M33 | MELBOURNE UN       | 10:38.62 | PB 0:53 |
| 3.  | Mirarchi, Nicholas | M23 | GEE LONG REGION    | 10:52.56 |         |
| 4.  | Olden, Graeme      | M50 | BOX HILL AC        | 10:59.35 | PB 0:31 |
| 5.  | Clarke, Patrick    | M46 | DIAMOND VALLEY AC  | 11:04.84 | PB 0:15 |
| 6.  | Paten, Ruby        | W11 | CASEY CARDIN       | 11:08.78 |         |
| 7.  | Patti, Adrian      | M34 | DONCASTER AC       | 11:17.37 |         |
| 8.  | Collis, Bede       | M11 | DIAMOND VALLEY AC  | 11:20.55 |         |
| 9.  | Antypas, Magdelene | W14 | DIAMOND VALLEY AC  | 11:21.11 |         |
| 10. | Irons, Julia       | W16 | KEILOR ST BE       | 11:29.13 |         |
| 11. | Noonan, Claire     | W10 | COLLINGWOOD        | 11:30.73 |         |
| 12. | Riddoch, Clyde     | M61 | ATHLETICS WAVERLEY | 11:34.51 |         |
| 13. | Gourlay, Marlene   | W63 | VICTORIAN MA       | 11:35.74 |         |
| 14. | Schwerkolt, Zoe    | W16 | BOX HILL AC        | 11:38.22 |         |
| 15. | Hunter, Pia        | W48 | BOX HILL AC        | 11:40.89 |         |

|     |                    |     |                    |          |
|-----|--------------------|-----|--------------------|----------|
| 16. | Mielczarek, Macken | W11 | GEELONG REGION     | 11:54.00 |
| 17. | Keighery, Peter    | M48 | KEILOR ST BE       | 12:00.09 |
| 18. | Wright, Ethan      | M13 | COLLINGWOOD        | 12:00.42 |
| 19. | Gardiner, Robert   | M78 | COLLINGWOOD        | 12:15.74 |
| 20. | McCann, Adam       | M38 | ATHLETICS NU       | 12:15.80 |
| 21. | Shaw, Robyn        | W53 | WESTERN ATHL       | 12:16.14 |
| 22. | Campbell, Rebecca  | W17 | ATHLETICS ESSENDON | 12:28.20 |
| 23. | Feain, Madeleine   | W16 | KEILOR ST BE       | 12:29.37 |
| 24. | Rosenbrock, Caroly | W52 | ATHLETICS NU       | 12:33.27 |
| 25. | Dyer, Debbie       | W51 | BOX HILL AC        | 12:36.02 |
| 26. | Doran, Anthony     | M62 | GLENHUNTLY AC      | 12:43.72 |
| 27. | Williams, Steven   | M43 | ATHLETICS WAVERLEY | 12:46.66 |
| 28. | Steed, Gwen        | W72 | VICTORIAN MA       | 12:57.65 |
| 29. | Walburg, Kirsten   | W16 | DONCASTER AC       | 13:03.00 |
| 30. | Taylor, Lee        | W13 | YARRA RANGES       | 13:04.33 |
| 31. | McPherson, Glennis | W68 | MENTONE AC         | 13:14.91 |
| 32. | Hutton, Philip     | M68 | GLENHUNTLY AC      | 13:18.69 |
| 33. | Quinn, Karen       | W50 | DIAMOND VALLEY AC  | 13:20.52 |
| 34. | Camilleri, Brent   | M13 | DIAMOND VALLEY AC  | 13:41.93 |
| 35. | Garganis, Clare    | W44 | COLLINGWOOD        | 13:51.08 |

Heat number 3 brought the remaining walkers together for their race and it was the Keilor St Bernard's pairing of Maria Abfalter and Elaine Irons who were first home.

### Mixed 2000m Walk Section 3

|     |                     |     |                     |          |
|-----|---------------------|-----|---------------------|----------|
| 1.  | Abfalter, Maria     | W46 | KEILOR ST BE        | 12:54.17 |
| 2.  | Irons, Elaine       | W14 | KEILOR ST BE        | 13:05.93 |
| 3.  | Mirarchi, Thomas    | M14 | GEELONG REGION      | 13:16.00 |
| 4.  | Harvey, Christopher | M53 | MALVERN HARRIERS AC | 13:18.05 |
| 5.  | Leamer, Jordyn      | W11 | GEELONG REGION      | 13:26.25 |
| 6.  | Bowden, Kuniko      | W48 | MENTONE AC          | 13:50.96 |
| 7.  | Brasier, Caitlin    | W24 | DIAMOND VALLEY AC   | 14:07.40 |
| 8.  | Fisher, Sarah       | W27 | DIAMOND VALLEY AC   | 14:08.06 |
| 9.  | Roberts, Jacque     | W14 | KEILOR ST BE        | 14:24.66 |
| 10. | Davey, Louise       | W48 | COBURG HARRIERS AC  | 14:26.49 |
| 11. | Spiteri, Kelly      | W41 | COBURG HARRIERS AC  | 14:46.69 |
| 12. | Brown, Tammarah     | W15 | RICHMOND HAR        | 14:52.23 |
| 13. | Gunn, Nicole        | W35 | KEILOR ST BE        | 15:05.97 |
| 14. | Tunnecliffé, Maree  | W20 | DONCASTER AC        | 15:17.90 |
| 15. | Mendes, Jennifer    | W14 | ATHLETICS ESSENDON  | 15:21.04 |
| 16. | Cashin, Brenda      | W50 | WESTERN ATHL        | 15:24.15 |
| 17. | Rosen, Tim          | M26 | GLENHUNTLY AC       | 15:26.03 |
| 18. | Molnar, Jo          | W53 | ATHLETICS WAVERLEY  | 15:27.17 |
| 19. | Moody, Cara         | W19 | CASEY CARDIN        | 15:38.91 |
| 20. | Williams, Steven    | M55 | MALVERN HARRIERS AC | 15:43.48 |
| 21. | Thompson, Riley     | M14 | DONCASTER AC        | 16:36.11 |
| 22. | Albiston, Simone    | W48 | ATHLETICS WAVERLEY  | 17:27.52 |
| 23. | Ireland, Olive      | W54 | BRUNSWICK AC        | 17:28.19 |
| 24. | Rickard, Tess       | W21 | BRUNSWICK AC        | 17:39.05 |
| 25. | Ireland, Mark       | M30 | BRUNSWICK AC        | 17:49.00 |
| 26. | Rickard, Ian        | M58 | BRUNSWICK AC        | 18:20.62 |
| 27. | Lui, Yuan Chow      | M15 | DONCASTER AC        | 14:38.57 |
| 28. | Brown, Rickeylee    | W14 | RICHMOND HAR        | 16:58.05 |
|     | Scarlett, Katharin  | W31 | MELBOURNE UN        | DNF      |
|     | Knox, Christian     | M11 | ATHLETICS ESSENDON  | DQ       |
|     | Beaumont, Hamish    | M38 | MELBOURNE UN        | DQ       |

### VRWC ROAD RACES, MIDDLE PARK, SUNDAY 1 FEBRUARY 2015

It was a wet morning at Middle Park on Sunday for the last of our VRWC summer roadwalks – in fact, it was raining when we got there, it was raining when we left and it rained pretty much uninterrupted throughout the races. We were also restricted to our 1km course due to Australian Formula 1 Grand Prix setup works (a yearly headache for us). But this did not stop a number of fine performances as the walkers slogged their way through the puddles.

15 year old **Kyle Swan** and 17 year old **Adam Garganis** both tested themselves over 15km, Kyle recording a great first up 1:11:36 (for a new U16 club record) and Adam doing a big PB of 1:12:15. In the 10km event, 16 year old **Emmet Brasier** laid his cards on the table with a storming PB of 44:28, not far short of the 2015 World Youth qualifying standard of 44:16 and a time that definitely makes him the front runner for the second position behind Tyler Jones who recorded 44:13 in December 2014 at Fawkner Park. Our two international guests **Alana Barber** and **Heather Lewis** were also in action, Alana walking to a big PB of 46:49 and Heather

doing a solid 48:46. We also welcomed NZ walker **Terri Grimm** who recorded 1:02:51 after a delayed start and we welcomed back **Brian Trower** after a long absence – good to see you back on deck Brian. And special mentions to 16 year old **Jemima Montag** (13:25 for 3km) and 14 year old **Eliza Clarke** (14:07 for 3km) who also walked fantastically. Lapslits at <http://vrwc.org.au/wp1>.

#### Open 15km Walk

|    |                |       |         |         |                   |
|----|----------------|-------|---------|---------|-------------------|
| 1. | Swan, Kyle     | 23:52 | 47:38   | 1:11:36 | First one         |
| 2. | Garganis, Adam | 23:53 | 47:38   | 1:12:15 | PB 8:54           |
| 3. | O'Neill, Terry | 30:22 | 1:01:26 | 1:32:43 |                   |
| 4. | O'Neill, Karyn | 34:30 | 1:09:57 | 1:46:08 |                   |
|    | Trower, Brian  | 29:55 | 59:41   | DNF     | (14km in 1:26:32) |

#### Open 10km Walk

|    |                       |       |         |         |                |
|----|-----------------------|-------|---------|---------|----------------|
| 1. | Brasier, Emmet        | 22:18 | 44:28   | PB 1:34 |                |
| 2. | Barber, Alana (NZL)   | 23:53 | 46:49   | PB 1:18 |                |
| 3. | Lewis, Heather (GBR)  | 23:57 | 48:46   |         |                |
| 4. | Donahoo, Mark         | 26:58 | 54:24   |         |                |
| 5. | Tindal, Pam           | 27:55 | 57:46   |         |                |
| 6. | Keirl, Bernie         | 28:52 | 59:41   |         |                |
| 7. | Carr, Heather         | 32:05 | 1:04:57 |         |                |
| 8. | Grimmett, Terry (NZL) | 32:15 | 1:05:21 |         |                |
|    | Campbell, Caitlin     | 32:12 | DNF     |         | (8km in 51:03) |

#### Open 5km Walk

|     |                    |       |
|-----|--------------------|-------|
| 1.  | Kollmorgen, Stuart | 24:06 |
| 2.  | Huse, Philippa     | 27:54 |
| 3.  | Bennett, Ralph     | 28:37 |
| 4.  | Armstrong, David   | 31:21 |
| 5.  | Shaw, Kirstin      | 31:42 |
| 6.  | Elms, Donna        | 32:35 |
| 7.  | Gardiner, Bob      | 32:53 |
| 8.  | Wrigley, Liz       | 38:19 |
| 9.  | Wicks, Barrie      | 38:53 |
| 10. | Turner, Gary       | 40:31 |

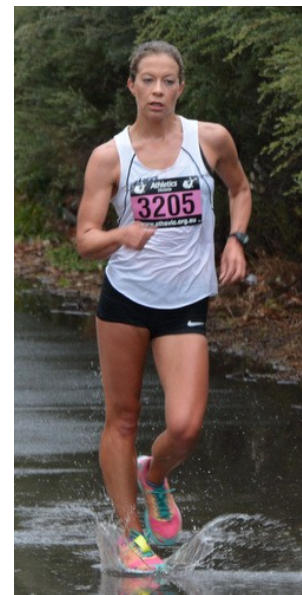
#### Open 3km Walk

|    |                |       |
|----|----------------|-------|
| 1. | Montag, Jemima | 13:25 |
| 2. | Clarke, Eliza  | 14:07 |
| 3. | Feain, Lachlan | 17:14 |
| 4. | Feain, Gerard  | 17:33 |

#### U12 2km Walk

|    |                |       |
|----|----------------|-------|
| 1. | Hay, Charlotte | 12:14 |
| 2. | Hay, Angus     | 15:05 |

Thanks to Terry Swan for lots of photos (see <http://www.vrwc.org.au/coppermine/>).



**Emmet Brasier, Kyle Swan, Adam Garganis and Alana Barber race in trying conditions at Middle Park on Sunday**



**Left: Stuart Kollmorgen, Eliza Clarke and Jemima Montag lead out the 5km/3km walkers  
Right: Charlotte and Angus Hay in the 2km walk**

Thanks as usual to our regular officials and helpers.

**Officials:** Tim Erickson, Mark Donahoo, Ralph Bennett, Damien Elms, Bob Gardiner, Harry Summers  
**Judges:** Peter Vysma, Stuart Cooper, Terry Swan  
**Canteen:** Marlaine Stanway

### 2015 WA STATE CHAMPIONSHIPS, WAAS, PERTH, FRIDAY 30 JANUARY

The Western Australian State Championships are spread over 2 weekends, with most of the walk events scheduled for next weekend. But one result to report so far with Tiahna Ruane winning the U18 5000m with 26:43.8.

#### Women U18 5000m Walk

|    |               |    |     |         |
|----|---------------|----|-----|---------|
| 1. | Ruane, Tiahna | 01 | WTC | 26:43.8 |
| 2. | Pivac, Emily  | 00 | AWA | 29:00.3 |

### AACT SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, FRIDAY 30 JANUARY

It seems that most of the walkers in Canberra prefer the mid-week ACT Walking Club track walks rather than the Athletics ACT interclub competition. Numbers continue to be small for this Friday evening competition.

#### 3000m Walk

|    |              |      |     |         |
|----|--------------|------|-----|---------|
| 1. | Callum Burns | MU16 | NCG | 15:52.7 |
|----|--------------|------|-----|---------|

#### 1500m Walk

|    |                 |      |          |        |
|----|-----------------|------|----------|--------|
| 1. | Dylan Eddowes   | MU18 | Aths Act | 8:46.3 |
| 2. | Barbara Eddowes | WOP  | Vets     | 9:26.8 |

### NEW ZEALAND ROUNDUP

A couple of results from New Zealand to start the international roundup this week.

#### **Auckland City Athletics Meeting, Mt Smart Stadium, Auckland, 28 January 2015**

One day before his 19<sup>th</sup> birthday, Jonathan Lord made an attempt on Andrew Causer's New Zealand U19 3000m race walk record of 12:25.90, set in Christchurch in March 1991. Lord recorded 12:47.26, Jared Free was second in 13:49.34 and Samantha Parkinson clocked 19:58.62.

#### **Athletics NZ 10,000m Championships, Auckland, Sunday 31 January 2015**

Courtney Ruske from Christchurch clocked 51:21.31 in the 10,000m race walk and Jared Free recorded 50:19.90.



## CEDARVILLE COLLEGIATE INVITATIONAL, CEDARVILLE, OHIO, FRIDAY 30 JANUARY

One result from USA this week – a Collegiate Invitational 3000m, held at Doden Field House, Cedarville University, Ohio. Some fast walking by Cody Risch in winning the men's event with 12:04.52.

### Women 3000m Walk

|     |                    |                 |          |
|-----|--------------------|-----------------|----------|
| 1.  | Cobb, Jill         | Southwest Oh    | 14:25.69 |
| 2.  | Griffiths, Brianna | SR Cornerstone  | 15:17.92 |
| 3.  | Dunn, Abby         | JR Goshen       | 15:41.81 |
| 4.  | Ovokaitys, Kayla   | JR Cornerstone  | 15:41.93 |
| 5.  | Gray, Kayla        | SO Goshen       | 16:09.15 |
| 6.  | Brickson, Reini    | Unattached      | 16:22.98 |
| 7.  | Brogan, Bailey     | SO Cornerstone  | 16:31.17 |
| 8.  | Worsham, Nikki     | SO Rio Grande   | 16:35.92 |
| 9.  | Manlan, Melissa    | SO Cornerstone  | 17:05.92 |
| 10. | Farris, Amanda     | SR Lindsey Wils | 17:14.27 |
| 11. | Green, Jourdann    | JR Lindsey Wils | 18:20.68 |
| 12. | Hensley, Barbara   | Miami Valley TC | 23:25.82 |

### Men 3000m Walk

|     |                    |                 |          |
|-----|--------------------|-----------------|----------|
| 1.  | Risch, Cody        | Unattached      | 12:04.52 |
| 2.  | Swarts, David      | Pegasus AC      | 13:33.71 |
| 3.  | Wiseman, Joshua    | Unattached      | 13:37.04 |
| 4.  | Brickson, Mitchell | SR Goshen       | 13:57.16 |
| 5.  | Pfahler, Joel      | Unattached      | 14:07.36 |
| 6.  | Nash, Omar         | Unattached      | 14:14.02 |
| 7.  | Nay, Kolton        | SR Goshen       | 14:18.23 |
| 8.  | Sandlin, Brad      | SR Goshen       | 14:18.24 |
| 9.  | Withrow, Isaac     | JR Cornerstone  | 15:10.73 |
| 10. | Sorreles, Hayden   | SO Lindsey Wils | 15:47.16 |
| 11. | McGruder, Jim      | Unattached      | 16:54.42 |

## PORTUGUESE 35KM, RIO MAIOR, PORTUGAL, SATURDAY 31 JANUARY

London Olympic 50km walker Pedro Isidro, Olympic athlete won over 35km in Rio Maior on Saturday with a time of 2:40:55. With adverse weather conditions (cold, windy and showers) and with few spectators, victory was assured for Isidro once teammate Sergio Vieira withdrew after 15km. The top three finishers all bettered the 2:51:30 qualifying mark set for the European Cup 50km later this year (to be held in Murcia in May 17<sup>th</sup>).

### 35km Men

|    |                 |      |              |         |
|----|-----------------|------|--------------|---------|
| 1. | Pedro Isidro,   | 1985 | SL Benfica   | 2.40.59 |
| 2. | Miguel Carvalho | 1994 | CN Rio Maior | 2.43.30 |
| 3. | Pedro Martins   | 1968 | CA Seia      | 2.49.54 |
| 4. | Amaro Teixeira  | 1989 | SC Braga     | 3.15.43 |
| 5. | Henrique Santos | 1965 | GD Diana     | 3.27.03 |

## TURKISH ROADWALK CHAMPIONSHIPS, ANTALYA, TURKEY, SATURDAY 24 JANUARY

Thanks to omarchador for these results – see <http://omarchador.blogspot.pt/2015/02/campeonatos-de-marcha-da-turquia-em.html>. Olympic walkers Recep Çelik and Semiha Mutlu Özdemir won their respective Turkish roadwalk championship races in Antalya, a southern city located in the Mediterranean region, on Saturday 24<sup>th</sup> January.

Çelik, the national 20km record holder (1:22:31), and Ersin Tacir, the national indoor track 5000m record holder (20.19.85), were separated by 1 second in the men's race with times of 1:24:33 and 1:24:34 respectively while Serkan Doğan took third with 1:25:50. In the women's event, Özdemir won with 1:41:59, nearly 10 minutes ahead of second placed Gülşen Kilinc (1:51:16). The Junior 10 km championships were won by Mustafa Özbek (44.29) and Derya Karakurt (49.35), while the U18 championships were won by Nurullah Kara (46.51, 10 km) and Ayşe Tekdal (24.56, 5km).

### 20km Men

|    |                  |      |                    |         |
|----|------------------|------|--------------------|---------|
| 1. | Recep Çelik      | 1983 | Diyarbakir         | 1.24.33 |
| 2. | Ersin Tacir      | 1985 | Van                | 1.24.34 |
| 3. | Serkan Doğan     | 1992 | Malatya Bş.Bld.Sk. | 1.25.50 |
| 4. | Mert Atli        | 1993 | Van                | 1.27.38 |
| 5. | Özgür Ozan Pamuk | 1993 | Balikesir/Ayvalik  | 1.31.05 |
| 6. | Şahin Şenoduncu  | 1994 |                    | DNF     |

**20km Women**

|    |                      |      |                   |         |
|----|----------------------|------|-------------------|---------|
| 1. | Semiha Mutlu Özdemir | 1987 | Balikesir-Ayvalik | 1.41.59 |
| 2. | Gülşen Kiliç         | 1994 | Samsun            | 1.51.16 |
| 3. | Sabahat Akpınar      | 1995 | Hatay             | 2.04.25 |
| 4. | Sariye Aküren        | 1994 | Batman            | 2.05.17 |

|  |
|--|
| <b>LITHUANIAN INDOOR CLUB CHAMPIONSHIPS, VILNIUS, LITHUANIA, SUNDAY 31 JANUARY</b> |
|--|

Fast walking for Brigita Virbalyte (12:22.9) and Genadiy Kozlovskiy (19:50.3) in Vilnius last Sunday.

**Men 5000m Race Walk indoor**

|    |                       |     |    |         |
|----|-----------------------|-----|----|---------|
| 1. | Genadiy KOZLOVSKIY    | LTU | 91 | 19:50.3 |
| 2. | Artur MASTIANICA      | LTU | 92 | 20:35.1 |
| 3. | Normantas PETRISA     | LTU | 94 | 21:48.1 |
| 4. | Martynas JARUSEVIČIUS | LTU | 96 | 22:12.0 |
| 5. | Daumantas LIUTINSKIS  | LTU | 99 | 22:48.1 |
|    | Arnoldas BUDRYS       | LTU | 96 | DQ      |

**Women 3000m Race Walk indoor**

|     |                            |     |    |         |
|-----|----------------------------|-----|----|---------|
| 1.  | Brigita VIRBALYTĖ-DIMSIENĖ | LTU | 85 | 12:22.9 |
| 2.  | Neringa AIDIETYTĖ          | LTU | 83 | 12:56.0 |
| 3.  | Živilė VAICIUKEVIČIŪTĖ     | LTU | 96 | 13:38.3 |
| 4.  | Inga MASTIANICA            | LTU | 89 | 13:41.6 |
| 5.  | Monika VAICIUKEVIČIŪTĖ     | LTU | 96 | 14:20.1 |
| 6.  | Austėja KAVALIAUSKAITĖ     | LTU | 0  | 14:44.3 |
| 7.  | Aušrinė KUZMICKAITĖ        | LTU | 98 | 16:21.8 |
| 8.  | Justė BILEVIČIŪTĖ          | LTU | 99 | 16:24.0 |
| 9.  | Gabrielė ČERNIŪTĖ          | LTU | 97 | 16:36.5 |
| 10. | Rita ANDREJEVA             | LTU | 91 | 16:57.1 |

|   |
|---|
| <b>UKRAINIAN CLUB CHAMPIONSHIPS, ZAPOROZHYE, UKRAINE, 27-28 JANUARY</b> |
|---|

And the same in Zaporozhye with Ivan Banzeruk (19:38.4) and Valentyna Myronchuk (13:21.6) winning their club championship walks.

**Men 5000m Race Walk indoor**

|     |                       |     |    |         |
|-----|-----------------------|-----|----|---------|
| 1.  | Ivan BANZERUK         | UKR | 90 | 19:38.4 |
| 2.  | Oleksandr VENHLOVSKIY | UKR | 85 | 19:41.0 |
| 3.  | Oleksandr ROMANENKO   | UKR | 81 | 20:07.7 |
| 4.  | Serhiy SVITLYCHNIY    | UKR | 94 | 20:56.7 |
| 5.  | Oleksiy BILORUS       | UKR | 92 | 21:18.8 |
| 6.  | Anton RADKO           | UKR | 95 | 21:42.4 |
| 7.  | Serhiy KLYMENCHUK     | UKR | 95 | 21:43.1 |
| 8.  | Volodymyr MYTSYK      | UKR | 97 | 21:44.3 |
| 9.  | Volodymyr HONTZOVSKIY | UKR | 91 | 21:58.1 |
| 10. | Anatoliy YAKYMCHYK    | UKR | 93 | 22:47.3 |

**Women 3000m Race Walk indoor**

|    |                      |     |    |         |
|----|----------------------|-----|----|---------|
| 1. | Valentyna MYRONCHUK  | UKR | 94 | 13:21.6 |
| 2. | Yelena SHEVCHUK      | UKR | 86 | 13:25.8 |
| 3. | Nataliya KONTSEVICH  | UKR | 84 | 13:27.4 |
| 4. | Viktoriya FERENTS    | UKR | 93 | 13:42.5 |
| 5. | Kseniya RADKO        | UKR | 94 | 14:05.3 |
| 6. | Olha KISIL           | UKR | 91 | 14:12.1 |
| 7. | Rusalina POVOROZNYUK | UKR | 95 | 14:17.3 |

|   |
|---|
| <b>LATVIAN RACE WALKING INDOOR CHAMPIONSHIPS, RIGA, LATVIA, SUNDAY 25 JANUARY</b> |
|---|

The Latvian Indoor walk Championships (see <http://omarchador.blogspot.pt/2015/01/campeonatos-da-letonia-de-pista-coberta.html>) saw Normunds Ivzāns (21:34.35) and Agnese Pastare (13:43.40) take the Open titles in a meet that featured over 50 walkers. In the younger age groups, wins went to Raivo Liniņš (4.49,10 U14 1000m), Marina Efremenkova (5.54,84 U14 1000m), Rudis Laganovskis (11.21,96 U16 2000m) and Liega Krasovska (11.18,94 U16 2000m).

**Men 5000m Race Walk indoor**

|    |                   |     |      |          |
|----|-------------------|-----|------|----------|
| 1. | Normunds Ivzāns   | LAT | 1971 | 21:34.35 |
| 2. | Artūrs Makars     | LAT | 1997 | 22:08.76 |
| 3. | Raivo Saulgriezis | LAT | 1994 | 22:37.76 |

|     |                    |     |      |          |
|-----|--------------------|-----|------|----------|
| 4.  | Ruslans Smolonskis | LAT | 1996 | 23:08.82 |
| 5.  | Edgars Gjačš       | LAT | 1993 | 23:31.70 |
| 6.  | Dainis Boļševičš   | LAT | 1996 | 28:07.97 |
| 7.  | Jānis Zelģis       | LAT | 1999 | 28:31.27 |
| 8.  | Maksims Semjonovs  | LAT | 1999 | 29:30.92 |
| 9.  | Kalvis Lāzers      | LAT | 1997 | 31:45.21 |
| 10. | Lauris Streilis    | LAT | 1999 | 32:50.23 |

#### Women 3000m Race Walk indoor

|    |                       |     |      |          |
|----|-----------------------|-----|------|----------|
| 1. | Agnese Pastare        | LAT | 1988 | 13:43.40 |
| 2. | Inga Rītere           | LAT | 1995 | 17:08.03 |
| 3. | Sabīne Veisa          | LAT | 1999 | 17:32.18 |
| 4. | Jana Dūmiņa           | LAT | 1996 | 18:02.65 |
| 5. | Diāna Ņikiforova      | LAT | 1997 | 18:09.20 |
| 6. | Anastasija Mošerenoka | LAT | 1998 | 18:11.49 |
| 7. | Skārleta Matlava      | LAT | 1998 | 19:20.01 |
| 8. | Jana Fedotovska       | LAT | 1996 | 19:51.78 |

### INDOOR MEET, SPAŁA, POLAND, SUNDAY 25 JANUARY

I am sure this is only a partial result but I will go with what I can get. Dawid Tomala wins in Poland with 11:44.8 for 3000m.

#### Men 3000m Race Walk indoor

|    |                 |     |    |         |
|----|-----------------|-----|----|---------|
| 1. | Dawid TOMALA    | POL | 89 | 11:44.8 |
| 2. | Jakub JELONEK   | POL | 85 | 11:47.4 |
| 3. | Lukasz BIELECKI | POL | 94 | 12:43.4 |

### M.A.R.W. MIDLAND CHAMPIONSHIPS, STOURPORT SPORTS CLUB, SUNDAY 1 FEBRUARY

Thanks to Mark Wall for the results of the Midland Championships. He commented: A very windy day on a undulating 1.25km circuit and the absence of more favoured candidates in the women.

#### Men's 10km Championship

|    |                   |                     |       |
|----|-------------------|---------------------|-------|
| 1. | Mark Williams     | Tamworth A.C.       | 57.45 |
| 2. | Peter Boszko      | Birchfield Harriers | 61.05 |
| 3. | Roger Michell     | Surrey W.C.         | 62.20 |
| 4. | Chris Berwick     | Leicester W.C.      | 65.11 |
| 5. | John Constandinou | Birchfield Harriers | 65.24 |
| 6. | George Smolinski  | Leicester W.C.      | 65.39 |
| 7. | David Fall        | Birchfield Harriers | 77.17 |
| 8. | Ed Shilabeer      | Ilford A.C.         | 69.04 |
|    | Daniel Watling    | Birchfield Harriers | DQ    |
|    | Chris Smith       | Leicester W.C.      | DQ    |

#### Women's 5km Championship

|    |                  |                     |       |
|----|------------------|---------------------|-------|
| 1. | Charlotte Finney | Birchfield Harriers | 29.34 |
| 2. | Sarah Lightman   | Leicester W.C.      | 31.42 |
| 3. | Julie Bellfield  | Halesowen A.C.      | 32.47 |
| 4. | Hilary Mann      | Sparkhill Harriers  | 33.20 |
| 5. | Jessica Mills    | Birchfield Harriers | 33.55 |
| 6. | Tracey Mills     | Birchfield Harriers | 35.13 |
| 7. | Lynn Bellfield   | Halesowen A.C.      | 36.31 |

### NEW ENGLAND MASTERS INDOOR T&F CHAMPS, PROVIDENCE, RI, SUNDAY 1 FEBRUARY

Good walks by Erin Taylor Talcott and Emerson Hernandez in the New England Masters Indoor T&F Champs at the Career and Technical Academy in Providence. Rhode Island.

#### W30-89 1 Mile Race Walk

|    |                  |     |            |         |        |
|----|------------------|-----|------------|---------|--------|
| 1. | Natalie DeQuarto | W18 | unattached | 8:23.71 | 72.74% |
|----|------------------|-----|------------|---------|--------|

#### W14-84 3000 Meter Race Walk

|    |                     |     |                     |          |        |
|----|---------------------|-----|---------------------|----------|--------|
| 1. | Erin Taylor Talcott | W36 | Shore Athletic Club | 14:07.74 | 83.10% |
| 2. | Meaghan Podlaski    | W17 | unattached          | 14:29.84 | 81.86% |
| 3. | Meagan Allen        | W16 | New England Walkers | 15:28.90 | 77.61% |
| 4. | Maryanne Daniel     | W56 | Connecticut         | 16:19.66 | 84.46% |
| 5. | Carol Bendall       | W56 | Fleet Feet A        | 17:04.08 | 80.79% |

|    |                    |     |                     |          |        |
|----|--------------------|-----|---------------------|----------|--------|
| 6. | Pamela Allie-Morri | W52 | Fleet Feet A        | 17:51.22 | 74.39% |
| 7. | Elizabeth Pasquale | W62 | Shore Athletic Club | 18:18.81 | 80.26% |
|    | Rebecca Goldstein  | W63 | unattached          | DQ       |        |

#### M14-84 3000 Meter Race Walk

|    |                    |     |                     |          |        |
|----|--------------------|-----|---------------------|----------|--------|
| 1. | Emerson Hernandez  | M25 | Shore Athletic Club | 12:55.60 | 81.41% |
| 2. | Dave Talcott       | M54 | Shore Athletic Club | 14:12.63 | 87.75% |
| 3. | Nolan Allen        | M14 | New England Walkers | 16:18.04 | 71.25% |
| 4. | Bob Keating        | M67 | New England Walkers | 16:20.48 | 86.94% |
| 5. | Stephen Peckiconis | M55 | Cambridge Sp        | 17:02.35 | 73.84% |
| 6. | Joe Light          | M67 | New England Walkers | 20:15.76 | 70.12% |
| 7. | Charles Mansbach   | M70 | New England Walkers | 20:36.63 | 71.41% |
| 8. | Gustave Davis      | M77 | Connecticut         | 23:59.16 | 67.29% |
|    | Clyde Wilder       | M78 | New England Walkers | DQ       |        |

### OUT AND ABOUT

- The latest edition of the monthly British racewalking magazine **Race Walking Record** (January 2015) is now available and it looks great. Catharine Telling has stepped down as assistant editor so Peter Cassidy has over the role of lead editor, assisted by Peter Marlow, Trevor McDermott and Chris Smith. The publication website remains <http://racewalkingrecord.co.uk/>. The January 2015 edition can be accessed at <http://racewalkingrecord.co.uk/wp-content/uploads/2015/02/Race-Walking-Record-Jan.-2015.pdf>. And of course the archives of this historic magazine are found at <http://www.racewalkuk.com/RWR.asp>, compliments of John Constandinou.
- Thanks to Russ Dickenson for this little gem, from the latest Victorian Masters newsletter. Brazilian Masters athlete Francisco do Carmo de Oliveira has been banned for Life from competing in any "Masters Sport" and belonging to any sports institution. WMA has acknowledged this decision. Carmo de Oliveira had falsified his passport and driving licence to show himself 10 years older than he was (08/06/1927) and he had been competing in masters athletics and other events for 11 years in the incorrect age groups. He had refused to give to the hearing panel the correct information of his details. The panel found him guilty and banned him for all events and associations. He was to return all trophies and medal gained in the period of his cheating. Nice one!
- The IAAF has launched its new online platform for potential host cities of its World Athletics Series events. The new bidding website and newsletter will allow cities to access the latest information about bidding for IAAF events, including event descriptions, bidding timelines and procedures, host cities' rights and obligations as well as best practices from past and future host cities of IAAF events. See <http://www.iaaf.org/eventbidding>. Let's hope that we soon see some action reflected here with new bidders being invited to apply for the 2016 and 2018 World Racewalking Cups – they MUST be moved from Russia.
- In the same way Mexican race walking was revolutionised by a Polish coach, Indian walkers are on the march courtesy of a Russian. See <http://www.iaaf.org/news/feature/india-race-walking-feature>.
- The IAAF has updated its excellent publication Race Walking 2014 (A guide to Judging and Organising). It now contains the full specs for handling racewalking events using the new Pit Lane rule. Check it out at <http://www.iaaf.org/about-iaaf/documents/technical#manuals-guidelines>.

I also hear on the grapevine that Athletics Australia is intending to use the Pit Lane rule in Sydney at the Australian Junior Championships (for the U16 3km race). It will be interesting to see how it goes.

- The inaugural Hong Kong 24 Hour Festival was held in Hong Kong last weekend, with 6, 12 and 24 Hour Run categories and 12 and 6 Hour Walk categories. In summary, the men's 12 Hour walk was won by Leung Ting Kin with 93.2km and the women's 12 Hour Walk was won by Kwok Chik Ha with 84.0km. I am told by Bill Purves that the judging was strict, with many judges working in rotation and quite a few red cards. Full results can be seen at <http://racetecresults.com/Results.aspx?CId=16387&RId=166&EId=4>.

### THIS WEEK'S NEWS FROM OMARCHADOR AND MARCIADALMONDO

I just don't have time to publish everything every week so I pass on the weekly press releases from omarchador and marciadalmondo and invite readers to check out their articles for additional walking results or info that I have not had time to include this time around.

omarchador has 10 new press releases this week

- Mon 2 Feb - Portuguese women test themselves over 20km in Rio Maior  
<http://omarchador.blogspot.pt/2015/02/cabecinha-com-melhor-marca-mundial-do.html>

- Sun 1 Feb - Portuguese 35km in Rio Maior  
<http://omarchador.blogspot.pt/2015/02/pedro-isidro-vence-prova-de-observacao.html>
- Sun 1 Feb - Turkish walk championships  
<http://omarchador.blogspot.pt/2015/02/campeonatos-de-marcha-da-turquia-em.html>
- Sat 31 Jan - Eric Tysse walks fast 3000m indoors in Bergen  
<http://omarchador.blogspot.pt/2015/01/erik-tysse-1-segundo-do-recorde-de.html>
- Fri 30 Jan - Portuguese regional champs to be held this year in Setubal  
<http://omarchador.blogspot.pt/2015/01/baixa-da-banheira-recebe-os-campeonatos.html>
- Fri 30 Jan - Spanish walker Beatriz Pascual walks 43.39 in Viladecans  
<http://omarchador.blogspot.pt/2015/01/beatriz-pascual-com-4339-em-viladecans.html>
- Fri 30 Jan - results of London Indoor Games at Lee Valley  
<http://omarchador.blogspot.pt/2015/01/jogos-de-londres-na-pista-coberta-de.html>
- Thurs 29 Jan - Latvian indoor track championships in Riga  
<http://omarchador.blogspot.pt/2015/01/campeonatos-da-letonia-de-pista-coberta.html>
- Thurs 29 Jan - Quentin Rew set NZ record of 11:15.20 for 3000m  
<http://omarchador.blogspot.pt/2015/01/quentin-rew-com-111520-em-wellington.html>
- Wed 28 Jan - Vera Nacharkina is the new director of the training center of Saransk  
<http://omarchador.blogspot.pt/2015/01/vera-nacharkina-e-nova-directora-do.html>
- Wed 28 Jan - Susana Feitor celebrates her 40th birthday  
<http://omarchador.blogspot.pt/2015/01/susana-feitor-em-dia-de-aniversario.html>
- Tues 27 Jan - Ana Cabecinha races in the Algarve walk championships  
<http://omarchador.blogspot.pt/2015/01/ana-cabecinha-figura-maior-dos.html>

and Marciadalmondo has 7 new press releases this week

- Italian 50km championship and winter walking trophy results  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1993](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1993)
- Enrico Lang publishes an updated report on “Patello-femoral syndome”  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1992](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1992)
- Indoor results from Russia, Ukraine and France  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1991](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1991)
- A link to the IAAF article just published on Indian racewalking  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1990](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1990)
- Preview of Italian 50km championship and winter walking trophy  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1989](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1989)
- Vera Nacharkina takes over as director of the Saransk walking school  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1988](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1988)
- Nikola Magio will lead a Convention of Slovenian Race Walking Judges this weekend  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1987](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1987)

**#BANCHEGIN**

I had announced in last week's newsletter that I would refrain, if possible, from further comment about the Russian drugs scandals and allow the IAAF to investigate. But I did note that I would comment further if required. Well, it has not taken long before I have had to avail myself of that proviso so here goes with some further comments.

- It was only a few days ago that Russian Federation president Valentin Balakhnichev was talking tough, saying he would resist any move at the Court of Arbitration for Sport to strip banned Russian walkers of medals from the 2012 London Olympics. To quote from the press release "we have the ability to go to CAS."  
See <http://www.sbs.com.au/news/article/2015/01/28/russia-fight-if-walker-medals-stripped>.
- And to throw further mud in the faces of the rest of the world, Vera Nacharkina was announced last week as the new director of the walks centre in Saransk, taking the place of disgraced and shortlived director Olga Kaniskina. If the following is true, this is just plain shameful - Nacharkina, as part of the team coaches in the Saransk Training Centre, was seemingly one of those involved in the attempted coverup at the recent Mordovian indoor walk championships. The following photos clearly show someone who looks just like her with the original men's podium and then with the doctored podium (published later weeks later as part of a sanctioned coverup). If true, this shows the utter disrespect and contempt that that Russia has for the rest of the world's walking community.



**Left: Nacharkina hands out the medals to the men on the day of the Mordovian championships?  
Right: Nacharkina poses for a staged photo some time later with an amended podium as part of the official coverup?**

Nacharkina is an insider, being a long term coach at Saransk, and a supporter of Chegin. Is any real change going to take place while Russian authorities continue with this sort of provocative action. What we need is a real cleanout of tainted personalities.

- But yes, it's a case of two steps forwards and then two steps back for Russia. Last week, two further drugs bans were announced by RUSADA for Russian international medallists - Yulia Zaripova will be stripped of her 2012 Olympic 3000m steeplechase title after being handed a backdated two-year suspension for doping, while 2011 world heptathlon champion Tatyana Chernova has received a similar ban after failing for anabolic steroids.
- Following the latest drugs ban announcements, Balakhnichev announced the next day he would now submit his resignation at a Board meeting on February 17, also insisting to ITAR TASS there would now be no more doping scandals involving Russian athletes in the near future – oh yes, we all believe that one! Talk about taking a fall for the team! See <http://www.insidethegames.biz/sports/summer/athletics/1025254-russian-set-to-be-stripped-of-london-2012-olympic-title-after-doping-ban>
- The scandal is now getting lots of media coverage in Russia. See the following "Soviet Sport" interview with Jared Tallent re the unfolding Russian drugs saga - <https://sport.mail.ru/news/athletics/20877822/>
- The latest two bans have provoked a very reasoned response from the BBC and show how closely these additional cases mirror those of the Russian 2012 Olympic walk medallists, now banned but able to retain their Olympic medals. More manipulation by RUSADA to try to minimise the damage. See <http://www.bbc.com/sport/0/athletics/31078095>. To quote from the article:

*Jessica Ennis-Hill's coach Toni Minichiello wants Russian heptathlete Tatyana Chernova's drugs ban to be re-examined by the sporting authorities. Chernova, now 27, beat Briton Ennis-Hill to gold at the 2011 World Championships in Korea. But this week she was given a ban and had earlier results annulled after a sample from 2009 was re-tested.*

*"In Daegu, she set a personal best with the benefit of drug use in the previous years," Minichiello told BBC Sport. "It is a frustration for us because the period in between the two bans there is a medal loss but it is a positive that she has finally been caught."*

**Research carried out by the University of Oslo in October 2013 established that muscles can retain the advantages given by anabolic steroids decades after the point at which they were taken.**

*Minichiello wants athletics' world governing body the IAAF and the World Anti-Doping Agency (Wada) to have a "long, hard look" at Chernova's punishment. After testing positive for a banned steroid, Chernova's results from 15 August 2009*

to 14 August 2011 were annulled by the Russian anti-doping agency and she was given a two-year ban, backdated to 22 June 2013. On 30 August 2011, she won world gold in Daegu with a personal best of 6,880 points, beating defending champion Ennis-Hill's 6,751.

"Maybe it highlights that there is a gap within the anti-doping code which allows only a two-year ban from the initial test and then another ban from the date of the re-test," added Minichiello. "I think it should probably all run seamlessly and athletes should be banned for the whole time. Otherwise you have a ban for Chernova that really looks quite ineffective." Chernova's ban is due to expire on 21 June, and with the qualification period for the 2015 World Championships in Beijing running until 10 August, she could compete both there and at the 2016 Rio Olympics.

All in all, it's a Lance Armstrong moment for Russia and another few nails in the coffin of the rotting corpse that is Russian Track and Field Athletics. And talking of Armstrong, he is still unsuccessfully trying to convince us he is a nice guy. The same can't be said for Russia (as yet). See <http://www.theguardian.com/sport/100-tours-100-tales/2015/jan/28/what-is-lance-armstrong-doing>

For my own part, I have decided to publish no more Russian walk results in my newsletter. They can have their own drugs tainted and doctored events as much as they like but don't ask me to report them. I would hope that other walks related outlets would follow suite.

### WMA ATHLETES TO COMPETE IN EVENTS AT IAAF WORLD CHAMPS IN BEIJING, AUGUST 2015

Thanks to Russ Dickenson for bringing this to our attention in the latest Victorian Masters newsletter

After lengthy negotiations, between WMA, the IAAF and the LOC of the IAAF World Track and Field Championships, to be held in Beijing, China it has been agreed two Masters events will be included into the programme. These events will take place as a lead in to the evening competition on Saturday 29<sup>th</sup> August 2015.

The events selected are a **W50+ 400 metres** and a **M50+ 800 metres**. It has been proposed that each event be a straight final with not less than eight athletes in the women's 400 metres and up to ten athletes for the men's race. Invitations to participate in the Masters events will be extended to those athletes who during 2014 and 2015 have run the 400 metres (Women) in 1.05.00 or better and the 800 metres (Men) in 2.06.00 or better. Athletes who wish to be considered for selection to participate in these events should submit their applications in electronic or written form to WMA Secretary Winston Thomas at the following address by 30<sup>th</sup> March:

4 Gate Croft  
Hemel Hempstead  
Herts HP3 9NA  
GREAT BRITAIN

WMA sincerely thanks Cesar Moreno Bravo, the IAAF representative to WMA, for his dedicated efforts to make this inclusion of Masters events into the IAAF Championships a reality. We also thank both the IAAF Competitions Department and the LOC for their cooperation and guidance.

Stan Perkins WMA President

### VRWC LIBRARY

The VRWC Committee is pleased to announce the opening of its new sports library at our clubrooms in Middle Park. Club members are welcome to borrow any of the books on offer which cover our sport of racewalking as well as lots of other sporting related areas. It is a small start but will grow quickly as we now invite members to contribute any sporting books that they no longer need at home.



## WALKING FROM MELBOURNE TO ADELAIDE

Colin Hainsworth of the South Australian Masters walkers emailed me few days ago to tell us about a big walk being planned by SAMA member Leigh Smith. Leigh, who turns 80 in April, is planning to walk from Melbourne to Hahndorf, in the Adelaide Hills, a distance of around 700km. Colin commented: *It shows that 'age is no barrier'! Maybe on the day some of your walkers could see him off from Etihad Stadium. Regards, Colin.*

We sure can, Colin!

### My Story

Following a triple bypass heart operation in 1992 it was suggested that walking would be of assistance in my recovery.

After several months it was apparent my recovery had progressed to the extent that a friend who competed in race walking encouraged me to join the SA Masters Athletics. After competing for a couple of years at a local level I branched into interstate and overseas events and at 65 I had gold medals for 10k walk at State, Australian and World Masters Games plus numerous other medals. I am still competing at Santos Stadium Adelaide in local events and will continue to compete in the Australian Masters when they are held.

Over the past 25 years my family and friends have been affected with cancer and heart disease.

It is also a walk to say Thank You for all those people who have been involved in the sporting groups over the years that have given me immense pleasure including my wonderful wife who has given me her total support.

The walk will commence on Monday ~~12th~~<sup>13</sup> April 2015 at the Etihad Stadium Docklands Melbourne and ends Saturday 25th April 2015 at the Hahndorf Football Oval prior to the Anzac Day football match against Mt Barker which coincidentally is two days before my 80th birthday

In taking this walk it is hoped that funds can be raised for research for the treatment and prevention of Cancer and Heart Disease.

PTO for donation page



You can check out Leigh's facebook page at <https://www.facebook.com/pages/Leigh-Smiths-Thank-You-Walk/1554995831383166>.

In 1979, Australian Centurion Jack Webber walked from Melbourne to Adelaide and set the standard for others to follow. He set off from Melbourne on Wednesday 15th August 1979 and reached Adelaide on Saturday August 25th to set a new walk record of an epic 10 days 2 hours 30 mins. He regarded this as perhaps his greatest achievement and he had the privilege of being accompanied by former Olympian Marjorie Jackson over the last few hundred metres - amid a great reception - to the Adelaide Town Hall. Geoff Peters, soon to become a Centurion himself, took two weeks of work to accompany Jack, providing massages each night and attending to all his needs throughout the day. Check it out at <http://www.centurions.org.au/centprofiles/02%20jack%20webber.pdf>.



## VRWC WINTER FIXTURE – DRAFT NOW AVAILABLE FOR VIEWING

Our committee has been busy putting the finishing touches to our VRWC Winter Season walking program and it is now ready to disseminate for the wider community to review. Just note it's a DRAFT at this stage so don't take the dates as final.

One major change to note – we will no longer be scheduling U15, U12 and U9 club events – from this winter onwards, all events will be Open to all age groups. However, don't worry as you will still be able to accumulate points towards the various age-group related points competitions so nothing changes there. I think it will be an exciting change.

Check it out at <http://www.vrwc.org.au/documents/VRWC%20fixture%20-%20winter%202015%20-%20draft.pdf>.

## FROM THE ARCHIVES

The following photo was published today on Penrith City Council's facebook page and features NSW walker Lorna Carrington who was one of the most successful athletes to ever come out of that municipality.

See <https://www.facebook.com/penrith.city.council/photos/a.10150124612174862.289974.259016264861/10152731156759862/?type=1&theater>.

Lorna, 17, gained Australian wide fame when she won the 1929 national/invitation 880 yards title in Australian record time (3:53). At the 1930 Australian championships, she reduced this to 3:49. This was to remain an Australian record until March 1951 when another 17 year old, Leslie Cabrera, clocked 3:43 at the Sydney Sports Ground grass track.

When this brilliant athlete died during childbirth in 1940, at age 27, she held every Australian record, the 440 yards (1:38,8), 880 yards (3:49), 1 mile (8:55) and 1500m (8:24.2).

The Lorna Carrington Cup was instituted by the Australian Federation of Amateur Walking Clubs in 1958 when they formed and is awarded to the winning team in the Open Women's 10km roadwalk. It was first presented in 1960 and it was held every second year from then on. However, in 1967 it became an annual event and has been contested annually since. NSWRC has consistently won this event and has shown itself to be the premier club with regard to womens walking in Australia. It remains the standard on which the other clubs can test themselves.



**Lorna Carrington (on left)**



**Lorna Carrington Cup**

## VRWC CLUB RECORD UPDATE

Two new club records this week. Well done to Eliza and Kyle

|               |                             |         |                                   |            |
|---------------|-----------------------------|---------|-----------------------------------|------------|
| Clarke, Eliza | U 14 Women 2000m Track Walk | 8:53.48 | AV Shield Final, Lakeside Stadium | 31/01/2015 |
| Swan, Kyle    | U16 Men 15km Road Walk      | 1:11:36 | VRWC, Middle Park                 | 01/02/2015 |

## 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

|                  |   |
|------------------|---|
| Sat Feb 7, 2015  | Canberra Track Classic (5000m Walks), Canberra, ACT   |
| Sun Feb 8, 2015  | VMA 5000m Walk Champs and VRWC track races, Mentone Athletics Track, Mentone, VIC   |
| Sun Feb 22, 2015 | Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA.<br>Entries close on Fri 30 January. Enter at <a href="http://www.athletics.com.au/Compete/Online-Entries">http://www.athletics.com.au/Compete/Online-Entries</a> |
| Mar 11-15, 2015  | Australian Junior T&F Championships, Sydney, NSW  |
| Mar 14-15, 2015  | 2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster  |
| Mar 26-29, 2015  | Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)  |

### 2015 IAAF Race Walking Challenge Dates

|                 |  |                          |
|-----------------|--|--------------------------|
| Feb 22, 2015    | Oceania Race Walk Championships  | Adelaide, AUSTRALIA      |
| Mar 7, 2015     | Circuito Internacional de Marcha Chihuahua 2015                              | Chihuahua, MEXICO        |
| Mar 15, 2015    | Asian 20km Race Walking Championships  | Nomi, JAPAN              |
| Mar 21, 2015    | Dudinska Paldesjatka (D-50-km)   | Dudince, SLOVAK REPUBLIC |
| Apr 11-12, 2015 | African Race Walking Championships   | Maurice, MAURITIUS       |
| Apr 18, 2015    | 24 <sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética | Rio Maior, PORTUGAL      |
| May 1, 2015     | 2015 IAAF Race Walking Challenge   | Taicang, CHINA           |
| May 9-10, 2015  | Pan American Race Walking Cup  | Arica, CHILE             |
| May 17, 2015    | 11 <sup>th</sup> European Cup Race Walking                                   | Murcia, SPAIN            |
| Jun 6, 2015     | XXIX Gran Premio Cantones de La Coruña                                       | La Coruña, SPAIN         |
| Aug 22-30, 2015 | 15 <sup>th</sup> IAAF World Championships                                    | Beijing, CHINA           |

### Other Top Races in 2015

|              |  |                           |
|--------------|--|---------------------------|
| Mar 15, 2015 | Lugano Trophy - Memorial Mario Albisetti     | Lugano, SWITZERLAND       |
| Apr 11, 2015 | International Racwalk Competition            | Podebrady, CZECH REPUBLIC |
| Apr 19, 2015 | 46 <sup>th</sup> International Racewalk Meet | Naumburg, GERMANY         |

### 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. See <a href="http://www.iaafbeijing2015.com">http://www.iaafbeijing2015.com</a>   |
| July/Aug 2015       | 20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France  |
| Aug 15-16, 2015     | <b>104<sup>th</sup> Centurions 100 Miles qualifying walk</b> , Castletown, Isle of Man<br>See <a href="http://www.isleofman100milewalk.co.uk/index.html">http://www.isleofman100milewalk.co.uk/index.html</a> |
| 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 Team Championships, 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, Niarobi, Kenya  |
| 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 Team Championships, 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, Doha, Qatar   |
| 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   |

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 90125431 Mob: 0412 257 496

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