



HEEL AND TOE ONLINE

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

My Walker of the Week this time around goes to ACT Masters walker **Colin Heywood** who celebrated his first big carnival as an M60 walker with three very convincing wins in the Australian Masters Championships in Sydney over the Easter break. His times - **1500m in 7:08.43, 5000m in 25:32.01 and 10km in 53:40** – are very high quality and indicate that Colin is going to be hard to beat in his new age group over the next few years.

Now I can lay claim to walking against Colin in one of his first ever walks. In the mid nineties I was asked to lead a one lap walk around the iconic Tan Track in inner Melbourne, held in conjunction with the Wednesday lunchtime Tan timetrial series that takes place each Spring and Autumn. I had never met Colin before and he had done very little walking but he worked me hard the whole way and, from memory, we completed out 3.8km lap in just under 20 mins. He then joined our VRWC club and competed with us regularly until shifting to Canberra around 2005. Since then, he has taken in a number of World Masters Champs and continues to produce quality performances.



The 2011 World Masters Champs in Sacramento - 20km walkers Colin Heywood, Garry Hastie, Rosemarie Stigwood, Stuart Kollmorgen, Pam Tindal, James Christmass and Lyn Ventris

WHAT'S COMING UP

- A reminder that our VRWC winter season kicks off on Sunday with the **Castlemaine NAB 500**. Castlemaine is only about 1 hour's drive NW of Melbourne and the carnival there will feature 3 races, all within the grounds of the Castlemaine Botanical Gardens. Bendigo Walkers Club walker Michael Gillies-Smith has done all the legwork to get the new meet up and running and has succeeded in getting strong support from many local businesses including the Castlemaine NAB, The Bike Vault, Bolle and McKenzie Davey Amcal Pharmacy. As a result, we have big prizes for placegetters, random prizes and much more.

All we need now is a big turnout of walkers to show the sponsors that they have a going concern here. Entries are open until Friday evening so please give us your support here and get your entry in asap. We are also throwing in a BBQ at the end for anyone who can stay. Even the weather forecast is in our favour – 22°C and dry.

And an added incentive – **the first 30 entries in the NAB 500 go into a draw for a pair of Bolle athlete eyewear sunglasses (donated by Bolle and The Bike Vault).**

CASTLEMAINE NAB 500	
Date:	Sunday April 12 th 2015
Venue:	Castlemaine Botanical Gardens , 2 Walker Street, Castlemaine, Victoria 3450
Distances:	U18 3km, 40+ 3km and Open 5km
Course:	Paths within the Botanical Gardens
Program:	10:15AM: Check-in closes for 3km and 5km walk events 10:30AM: Start of U18 3 km \$100 / \$50 / \$25 for male and for female 10:30AM: Start of 40+ 3 km \$100 / \$50 / \$25 for male and for female 11:00AM: 15-min presentation by the VRWC on the basics of good racewalking technique. Then first-timers and watchers get to have a go themselves over a 400m circuit. Random spot prize of \$50 healthy-eating/weight management plan. You've got to be in it to win it! 11:20AM: Open 5km Castlemaine Challenge \$500 / \$200 / \$100 for male and for female 12:00PM: Presentations followed by bbq lunch
Entry Fee:	Open \$25 (walkers can only enter one event) U18 & 40+ \$10 Families \$40
Entries:	http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml https://www.facebook.com/pages/Events-in-Nature/802234679824240
Entries Close:	Midnight, Friday 10 th April 2015

- Then it's a short break until **the first of our Middle Park roadwalks kicks off on Saturday 25th April**. You can check out the full fixture at <http://www.vrwc.org.au/vrwcw15.shtml>.
- Finally, a reminder that South Australian Masters walker **Leigh Smith** kicks off his walk from Melbourne to Adelaide at 6:30AM next Monday morning, starting at **6:30AM at Harbour Esplanade right outside Etihad Stadium, Docklands, and heading north**. For those who remember, this means walking along the 2006 Commonwealth Games roadwalk course – very appropriate really.

His walk will take him 14 days with daily splits as shown below. It would be a daunting walk for anyone but consider the fact that Leigh is 79 years old and you get some idea of the massive challenge he is undertaking.

MON 13 APR	ETHIAD STADIUM - MADDINGLEY	60.8km
TUE 14 APR	MADDINGLEY - BALLARAT WEST	63.9km
WED 15 APR	BALLARAT WEST - BUANGOR	70.9km
THU 16 APR	BUANGOR - ARARAT	23.6km
FRI 17 APR	ARARAT - DADSWELL BRIDGE	61.3km
SAT 18 APR	DADSWELL BRIDGE - WAIL	59.9km
SUN 19 APR	WAIL - LAWLOIT	65.0km
MON 20 APR	LAWLOIT - BORDERTOWN	63.9km
TUE 21 APR	BORDERTOWN - PENDLETON FARM STAY	32.7km
WED 22 APR	PENDLETON FARM STAY - KEITH - CULBURRA	62.6km
THU 23 APR	CULBURRA - COOKE PLAINS	62.9km
FRI 24 APR	COOKE PLAINS - CALLINGTON	61.7km
SAT 25 APR	CALLINGTON - HAHNDORF	28.6km
TOTAL		713.60km

I intend to be there to see him off on Monday morning. It would be great to have a good contingent of Melbourne based walkers there to wish him all the best. See <https://www.facebook.com/pages/Leigh-Smiths-Thank-You-Walk/1554995831383166?sk=timeline>.



Leigh Smith in action in the South Australian Masters

AUSTRALIAN MASTERS CHAMPIONSHIPS, BANKSTOWN, SYDNEY, NSW, 3-6 APRIL

Our Australian masters walkers descended on Sydney over the Easter long weekend for their annual T&F Championships. It was a big weekend for the walkers with 3 events on offer – 1500m track walk on Friday and 5000m track walk on Saturday at the Bankstown Athletics Track, followed by a 10km roadwalk on Monday. First a short summary from VMA Newsletter editor Russ Dickenson

Once again the Victorians did very well with "The Usual Suspects" achieving high age graded results: Andrew Jamieson, Colin Heywood, Pam Tindal, Lyn Ventris and Heather Carr all getting above 90% results. Mark Donahoo walked well in the 1500m before having injury problems in the later races. The most improved walker, I believe, is Barbara Bryant who walked exceptionally. Pam walked brilliantly to beat Lyn twice. It was cool and raining for the 1500m and a bit the same for the 5000m but a lovely day for the 10km.

It was an enjoyable and well run meeting but the course for the 10k walk was a "shocker". It was held on a bicycle Criterium course of about a 750m loop. This was downhill for half of the loop then uphill the rest. It was a what you would call a tough course for people trying to push, but to achieve the required 1k loop, they had added a walk up and down a ramp that was just too steep for racing. We would all train on this, but to race? In the end Lyn Ventris, who is recovering from a severe hamstring injury (and surgery) decided not to race and Andrew had to pull out halfway with back spasms. He felt that the course was a factor in this as it seems to be only on hills that he has this problem.

Tim, I think in the end it was just a case of a course being chosen by someone who has no idea about race walking, particularly for Masters walkers. I commented on Facebook something like "imagine the furore if the sprinters had to accept conditions so unsatisfactory".

And now onto the results:

1500m Track Walks, Friday 3 April

The 1500m walks kickstarted day one of the championships in Sydney and conditions were good from what I heard. The highlights in the women's races were provided by **Pam Tindal**, **Lyn Ventris** and **Heather Carr**. Lyn, back from an extended injury break, came up against an inform Pam in the W55 division, Pam winning a close fought race 7:17.68 to 7:20.16. Meanwhile, Heather dominated the W65 as usual with an excellent 7:58.85. The men's races also provided some memorable highlights compliments of **Andrew Jamieson** (M65 7:15.85), **Garry Hastie** (M50 6:50.77), **Mark Donahoo** (M55 6:59.52) and **Colin Heywood** (M60 7:08.43).

W30-35	1	Westcott, Belinda	NSW	11:12.86
W35-39	1	Heinecke, Kay	NSW	10:25.08
	2	Simmonds, Nicole	NT	11:34.74
W40-44	1	Kingston, Sharon	ACT	12:05.64
	2	Brady, Kay	NSW	14:22.52
W45-49	1	Brown, Suzanne	NSW	9:22.64
	2	Bott, Kirsten	TAS	9:35.43
	3	Fellows, Denise	QLD	11:01.94
W50-54	1	Staunton-Jugovic, Ann	ACT	8:12.28
	2	Elms, Donna-Marie	VIC	8:42.65
	3	Shaw, Robyn	VIC	8:49.47
W55-59	1	Tindal, Pam	VIC	7:17.68

	2	Ventris, Lyn	WA	7:20.16
	3	Leitch, Elizabeth	TAS	8:48.36
W60-64	1	Bryant, Barb	VIC	8:08.43
	2	Wilson, Julie	WA	10:16.60
W65-69	1	Carr, Heather	VIC	7:58.85
	2	Brown, Judy	NSW	12:19.79
W70-74	1	Steed, Gwen	VIC	9:34.37
	2	Purcell, Joan	QLD	10:34.86
	3	Schickert, Lynne	WA	10:59.21
W75-79	1	Beaumont, Margaret	VIC	12:29.32
M35-39	1	Lowe, Daniel	WA	8:57.34
M40-44	1	Patterson, Adam	VIC	9:13.86
	2	Kingston, Brett	ACT	10:00.06
M45-49	1	Jessurun, Ian	NSW	7:01.76
	2	Guevara, Argenis	QLD	8:16.13
	3	Mason, Robert	NSW	13:10.90
	-	Singh, Rohit	NSW	DQ
M50-54	1	Hastie, Garry	WA	6:50.77
	2	Barker, William	ACT	9:57.18
M55-59	1	Donahoo, Mark	VIC	6:59.52
	2	Osborne, Robert	NSW	8:22.93
	3	Pomplun, Bill	NSW	10:24.37
M60-64	1	Heywood, Colin	NT	7:08.43
	2	Riddoch, Clyde	VIC	8:17.08
	3	Bennett, Rodney	NSW	9:34.09
	4	West, John	NSW	9:58.67
M65-69	1	Jamieson, Andrew	VIC	7:15.85
	2	White, George	SA	8:09.10
	3	Dickenson, Russ	VIC	8:27.29
	4	Connors, Robert	NSW	10:49.56
M70-74	1	Clark, Frank	QLD	9:00.83
	2	Whyte, Robin	ACT	9:09.41
	3	Thomas, Bryan	ACT	9:49.80
	4	Allomes, Graham	NSW	9:56.70
	-	White, Baden	NSW	DQ
M75-79	1	Seymon, Thomas	NSW	9:15.62
	2	Beaumont, Ian	VIC	12:15.22
M80-84	1	Silcock-Delaney, Colin	VIC	11:48.61
	2	Smith, Ronald	QLD	13:54.65
M85-89	1	Hainsworth, Colin	SA	11:56.27

5000m Track Walks, Saturday 4 April

Conditions had changed for the worse overnight and Saturday was cold, wet and windy for the 5000m track walks. **Pam Tindal** (W55 26:29.74), **Heather Carr** (W60 29:32.38) and **Gwen Steed** (W70 34:01.25) stood out in the women's races while **Andrew Jamieson** (M65 24:54.01), **Colin Heywood** (M60 25:32.01), **Thomas Seymon** (M70 33:14.67) and **Garry Hastie** (M50 25:22.56) were my picks from the men's races.

W35-39	1	Heinecke, Kay	NSW	38:34.84
W40-44	1	Kingston, Sharon	ACT	44:49.49
W45-49	1	Bott, Kirsten	TAS	34:33.22
	2	Brown, Suzanne	NSW	34:46.91
W50-54	1	Staunton-Jugovic, Ann	ACT	28:14.94
	2	Elms, Donna-Marie	VIC	31:22.18
	3	Shaw, Robyn	VIC	32:24.85
W55-59	1	Tindal, Pam	VIC	26:29.74
	2	Ventris, Lyn	WA	26:52.61
	3	Leitch, Elizabeth	TAS	31:29.87
W60-64	1	Bryant, Barb	VIC	29:12.42
W65-69	1	Carr, Heather	VIC	29:32.38
	2	Brown, Judy	NSW	42:21.16
W70-74	1	Steed, Gwen	VIC	34:01.25
	2	Purcell, Joan	QLD	36:47.73
	3	Schickert, Lynne	WA	38:41.23
W75-79	1	Beaumont, Margaret	VIC	43:35.01
M35-39	1	Lowe, Daniel	WA	31:59.46
M40-44	1	Patterson, Adam	VIC	33:50.25

	2	Kingston, Brett	ACT	37:06.02
M45-49	1	Jessurun, Ian	NSW	25:48.85
	2	Smyth, David	VIC	28:08.79
M50-54	1	Hastie, Garry	WA	25:22.56
	2	Evans, Simon	VIC	26:36.64
	3	Barker, William	ACT	34:12.97
M55-59	1	Osborne, Robert	NSW	29:41.84
	2	Moritz, Paul	VIC	33:28.55
	3	Pomplun, Bill	NSW	37:13.03
	-	Donahoo, Mark	VIC	DNF
M60-64	1	Heywood, Colin	NT	25:32.01
	2	Riddoch, Clyde	VIC	30:35.60
	3	Bennett, Rodney	NSW	34:52.28
	4	West, John	NSW	35:14.05
M65-69	1	Jamieson, Andrew	VIC	24:54.01
	2	White, George	SA	27:59.42
	3	Dickenson, Russ	VIC	29:46.83
	4	Connors, Robert	NSW	38:41.11
M70-74	1	Whyte, Robin	ACT	31:42.52
	2	Thomas, Bryan	ACT	34:29.09
	3	Allomes, Graham	NSW	34:29.80
	4	White, Baden	NSW	38:37.80
	-	Clark, Frank	QLD	DNF
M75-79	1	Seymon, Thomas	NSW	33:14.67
	2	Beaumont, Ian	VIC	42:15.41
M80-84	1	Silcock-Delaney, Colin	VIC	41:40.76
M85-89	1	Hainsworth, Colin	SA	41:42.99

10km Road Walks, Monday 6 April

Well, given what Russ Dickenson said earlier in the report about the 10km course, the races went ahead but the times were generally slow compared to those recorded in the 5000m track walk two days before.. **Pam Tindal** (W55 58:28), **Heather Carr** (W65 1:03:56) and **Ann Staunton-Jugovic** (W50 59:43) all walked excellently in the women's race while **Ian Jessurun** (M45 52:58 and fastest overall), **Colin Heywood** (M60 53:40) and **George White** (M65 59:07) were my picks from the men's race.

W40	1	Kingston, Sharon	ACT	1:36:08
W45	1	Brown, Suzanne	NSW	1:14:38
W50	1	Staunton-Jugovic, Ann	ACT	59:43
	2	Elms, Donna-Marie	VIC	1:11:24
	3	Tillman, Annette	NSW	1:36:53
W55	1	Tindal, Pam	VIC	58:28
	2	Leitch, Elizabeth	TAS	1:06:49
W60	1	Bryant, Barb	VIC	1:02:01
W65	1	Carr, Heather	VIC	1:03:56
	2	Brown, Judy	NSW	1:29:48
W70	1	Steed, Gwen	VIC	1:14:11
	2	Purcell, Joan	QLD	1:16:32
	3	Schickert, Lynne	WA	1:21:33
W75	1	Beaumont, Margaret	VIC	1:32:46
M35	1	Lowe, Daniel	WA	1:05:05
M40	1	Patterson, Adam	VIC	1:10:46
	2	Kingston, Brett	ACT	1:14:56
M45	1	Jessurun, Ian	NSW	52:28
	2	Smyth, David	VIC	59:54
	3	Guevara, Argenis	QLD	1:04:59
M50	1	Evans, Simon	VIC	56:06
	2	Hastie, Garry	WA	56:18
M55	1	Donahoo, Mark	VIC	58:58
	2	Osborne, Robert	NSW	1:03:24
	3	Moritz, Paul	VIC	1:09:42
M60	1	Heywood, Colin	NT	53:40
	2	Riddoch, Clyde	VIC	1:07:39
	3	West, John	NSW	1:10:17
	4	Bennett, Rodney	NSW	1:13:52
M65	1	White, George	SA	59:07
	2	Dickenson, Russ	VIC	1:02:41
M70	1	Clark, Frank	QLD	1:06:46
	2	White, Baden	NSW	1:17:21

M75	1	Seymon, Thomas	NSW	1:06:57
	2	Beaumont, Ian	VIC	1:25:28
M85	1	Hainsworth, Colin	SA	1:24:27

To cap things off, congratulations to W65 champion **Heather Carr** (centre) who was inducted into the AMA Hall of Fame. She is shown here with AMA President Wilma Perkins and VMA Legend Lavinia Petrie.



BALLARAT RACEWALKING CLUB CHAMPS, LAKE WENDOUREE, BALLARAT, SUNDAY 22 MARCH

Thanks to Sarah Brennan for her report on the latest races from the Ballarat Racewalking Club.

The first race of the BRWC season, the Daryl Biggin and Sharon Schnyder Founder's Cup, was scaled back to a 1500m Handicap to cater for the young athletes who were competing in the Little Aths State Championships the following weekend. The race took a sealed handicap format. 13-year-old Jemma Peart led from the outset and stormed home in a PB of 6:56. Despite Jemma's excellent walk, handicap honours went to her much-improved younger brother, Scott Peart, in a PB of 9:25. There were some great performances all round, with all junior athletes securing a PB.



BRWC Biggin & Schneider Trophy Winner Scott Peart with Daryl Biggin

Daryl Biggin & Sharon Schnyder Founder's Cup 1.5km Handicap

1.	Scott Peart (8)	9:25	PB 1:34
2.	Jemma Peart (13)	6:56	PB 0:08
3.	Jessika Bridges (12)	8:58	PB 0:12
4.	Kayla Bridges (10)	9:49	PB 0:37
5.	Alanna Peart (11)	7:42	PB 0:24
6.	Kasey Bishop (12)	8:48	PB 0:15
7.	James Pendred	11:40	First one
8.	Sarah Brennan (V)	8:59	

1km Walk

1.	Mia Darlow (9)	6:15
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COLOMBIAN 35KM WALK CHAMPIONSHIP, BOGOTA, COLOMBIA, SUNDAY 31 MARCH

Omar Sierra won the Colombian 35km championships in Bogota (2600m altitude!) on Sunday 31st March in a time of 2:41:49. Second place went to James Rendón, the current South American 50km record holder (3:47:41) in a time of 2:43:24. The Colombian national team, one of the strongest in the Americas, will race next on April 10th in Rio Maior, Portugal. Note also that for the 50 km walk, 6 Colombian athletes have bettered the IAAF 50km standard for this year's World Champs in Beijing: Omar Sierra, James Rendón, Jorge Ruiz, Luis Fernando Lopez, Jorge Diaz and Estiven Ferney Rojas. That is pretty impressive depth.

Colombian 35km Championship

1.	Omar Daniel Sierra Morales	1988	2.41.49
2.	James Aurelio Rendón	1985	2.43.24
3.	Luis Fernando López Eraso	1979	2.43.43
4.	Jorge Armando Ruiz	1989	2.45.39
5.	Ferney Alexis Rojas Mesa	1987	2.48.02
6.	Rodrigo Moreno Munar		2.56.25
7.	Samuel Andres Babativa Gallo	1989	3.00.40
8.	Marlon Estiven Florez Higuera	1989	3.03.01
9.	Esneyder Parra Ardila	1989	3.09.20
	Jhon Edison Herrera	1995	DNF
	Freddy Hernandez Camacho	1978	DNF

USATF MASTERS INDOOR T&F CHAMPS, WINSTON-SALEM, NORTH CAROLINA, 20-22 MARCH

The USA Masters were also in action recently with their own Indoors T&F Champs so a late set of results from the men's and women's 3000m indoor walk. Records to Maryanne Daniel (W55 16:12.61) and Alan Poisner (M80 19:58.46) and some other excellent times to boot.

3000m race walk (03/22/2015)

W35	1	Manns, DaBeth	W38	TNT Internat	25:47.38
W40	1	Bahr, Ali	W42	Unattached	16:51.62
	2	Grayson, Kelley	W43	Unattached	26:32.71
W45	1	Snyder, Nancy	W48	Unattached	22:38.80
W50	1	Kealty, Carolyn	W52	Unattached	16:11.72
	2	Garson, Rebecca	W50	World Class	18:19.39
	3	Kaelin, Lou	W54	Unattached	23:25.99
	-	Terry, Joan	W51	Florida Athl	DQ
	-	Kelly, Linda	W54	Unattached	DQ
W55	1	Daniel, Maryanne	W56	Connecticut	16:12.61 R
	2	Latterman, Leslie	W57	Unattached	20:20.03
	3	DeNoon, Sandra	W59	Florida Athl	20:22.38
	4	Boyle, Holly	W59	Potomac Vall	32:03.77
W60	1	Topham, Debbie	W62	Pegasus A.C.	17:53.26
	2	Lucking, Cynthia	W61	Atlanta Trac	24:15.19
	3	Hancock, Elizabet	W62	Philadelphia	25:03.43
W65	1	Eichel, Yoko	W67	So Cal Track	18:38.56
	2	Geer, Panseluta	W68	Shore Athlet	20:18.36
	3	Backlund, Darlene	W69	So Cal Track	21:21.90
	4	Priest, Jeanette	W65	World Class	21:22.19
	5	Carmines, Kay	W69	So Cal Track	23:26.91
W70	1	Hensley, Barbara	W71	Southwest Oh	23:38.25

M45	1	Swarts, David	M49	Pegasus A.C.	13:33.86
	2	Chasse, Craig	M45	Potomac Vall	22:40.13
	-	Cox, John	M45	Unattached	DQ
M50	1	Murphy, Patrick	M54	Ireland	15:29.20
	2	Morrow, Art	M50	So Cal Track	18:30.65
M55	1	Stadler, Christoph	M55	Unattached	15:47.17
	-	Kaelin, Byron	M55	Unattached	DNF
	-	DeMeester, Paul	M55	Unattached	DQ
M60	1	Blank, Peter	M60	Potomac Vall	19:52.61
	2	Arcand Jr, Albert	M60	Potomac Vall	21:10.32
M65	1	Smith, Andrew	M65	Pegasus A.C.	17:03.16
	2	Moore, Alan	M69	Atlanta Trac	19:26.61
	3	Morrison, John	M66	Potomac Vall	19:59.79
	4	Augustine, Thomas	M65	Potomac Vall	20:47.30
M70	1	Jasionowski, Leon	M70	Pegasus A.C.	17:53.34
	2	Dubow, Joel	M72	Atlanta Trac	19:18.94
	3	Carmines Jr, James	M71	So Cal Track	20:03.00
M75	1	Backlund, John	M75	So Cal Track	21:06.43
	2	Veenstra, James	M77	Unattached	21:08.09
M80	1	Poisner, Alan	M80	Unattached	19:58.46 R
M90	1	Nelman, Alfred	M90	Canada	27:53.21
	2	Boyle, Charles	M91	Potomac Vall	30:26.85

RHÔNE-ALPES WALK CHAMPS, VENISSIEUX, FRANCE, SUNDAY 5 APRIL

Emmanuel Tardi was in Venissieux, a suburb of Lyon, on Sunday for the Rhône-Alpes local roadwalk Championships over 10km and 20km. What makes this an interesting set of results is that the races took place on the same course that will be used for the 2015 World Masters Championship (4-16 August) and it gave the LOC a chance to rest the road. Emmanuel tells me that the course is in a large park near the main stadium (no traffic) and the lap is 2km in length, with 1.850km totally flat and a small incline/decline for 150m. The course is well shaded by pine trees and the only issue he sees might be the long straight (over 800m).

And now to the actual race. Last Sunday was a very cold day and was only 3°C when the races started at 9AM, but conditions improved quickly and it was 18°C when the last walker finished at 11:15AM. More than 50 walkers participated and the meet manager was very happy. The 10km was won by Luis Correa, a Portuguese citizen who live in Switzerland in the very good time of 43:59, ahead of former international walker Dominique Guebey who recorded 51:01 at 63 years of age. The men's 20km was won by the young walker Come Martin with personal best of 1:35:37 while the women's 20km was won by former international Nadine Mazuir (now aged 55) in an impressive 1:52:35.

10km Walk

1.	CORREIA Luis	SEM/78	Lausanne (Suisse)	43:59
2.	GUEBEY Dominique	VEM/52	Entente Sud Lyonnais	51:01
3.	BOUCHET-LIOU Chloe	ESF/94	Entente Athletique Rhone Verco	51:12
4.	DE NEVE Nicolas	ESM/93	Athletisme Chamalieres	51:28
5.	LEMOINE Loic	JUM/97	Ea Romans-bourg De Peage	52:18
6.	BILLA Jeanne	JUF/96	As Caluire Et Cuire	56:00
7.	DAGOSTIN Ludovic	VEM/71	Le Lavandou Bormes Athletisme	56:37
8.	VILMOT Arthur	JUM/97	Clermont Athletisme Auvergne	56:39
9.	HENCHOZ Corinne	VEF/64	Lausanne (Suisse)	56:59
10.	LACROIX Sarah	CAF/98	Leman Athletic Club	58:35
11.	VIGNAT Jeanine	VEF/55	Athle Calade Val De Saone	58:36
12.	RIGOLET Marie	CAF/98	Racing Club Haut-jura Morez	58:44
13.	NAUMANN Marit	VEF/68	Ea Bourg-en-bresse	58:51
14.	RABATEL Fernand	VEM/46	Cs Bourgoin-jallieu	59:07
15.	MARCOTTI Adele	JUF/97	Athletic Club Salonais	59:55
16.	MAZUIR Jacques	VEM/63	Ea Bourg-en-bresse	1:00:54
17.	ARDHUIN Coline	CAF/98	Entente Athletique Grenoble 38	1:01:10
18.	JANIN Pierre-alexandr	CAM/98	Asvel Villeurbanne	1:01:13
19.	DEBERNARD Chantal	VEF/53	Ea Centre Isere	1:01:35
20.	ROBIN-BROSSE Patrick	VEM/69	Cs Bourgoin-jallieu	1:01:42
21.	BAUDET Laurent	VEM/62	Coquelicot 42	1:01:44
22.	BAILLY-BASIN Emilie	CAF/98	Racing Club Haut-jura Morez	1:01:53
23.	CADOUX Monique	VEF/60	Ca Pontcharra-rochette	1:03:01
24.	MILLIET Helene	VEF/56	Chassieu Athletisme	1:03:05
25.	PIN Jean-pierre	VEM/49	Ea Bourg-en-bresse	1:03:05
26.	VERSYN Norah	VEF/65	Asvel Villeurbanne	1:05:58
27.	MAEDER Heidi	VEF/43	Lausanne (Suisse)	1:06:02

28.	MAXENCE Mathilde	CAF/99	Athletic Club Salonais	1:06:50
29.	PETETIN Beatrice	VEF/69	Racing Club Haut-jura Morez	1:09:40
30.	GUEPET Didier	VEM/58	Ea Bourg-en-bresse	1:10:22
31.	FOURQUAUX Maxime	CAM/99	Leman Athletic Club	1:10:24
32.	DESSEIGNE Beatrice	VEF/53	Athletic Club Tassin	1:12:16
33.	BROT Daniel	VEM/53	CM Yverdon (Suisse)	1:12:22
34.	TARDI Emmanuel	VEM/67	LP Longjumeau	1:13:19
35.	BARET Simone	VEF/50	Union Olympique Albertville Ta	1:14:02

20km Walk

1.	MARTIN Come	ESM/95	Annecy Haute Savoie A.	1:35:37
2.	BRANLE-BRANICKI Richard	VEM/67	Ea Centre Isere	1:45:57
3.	MAZUIR Nadine	VEF/60	Entente Athletique Grenoble 38	1:52:35
4.	SERRANO Rene	VEM/66	Entente Athletique De L:arve	1:56:29
5.	FLORINDI Marine	SEF/90	Coquelicot 42	1:56:36
6.	TALLET Sophie	SEF/92	As Aix-les-bains	1:58:56
7.	CORNET Andre	VEM/59	Asvel Villeurbanne	2:01:13
8.	CALEYRON Muriel	SEF/84	Afa Feyzin-venissieux	2:02:12
9.	CORNET Therese	VEF/58	Asvel Villeurbanne	2:02:32
10.	REPUSSARD Isabelle	VEF/52	Lyon Athletisme	2:02:40
11.	REGNIER Sylvie	VEF/62	Ea Bourg-en-bresse	2:07:34
12.	TONNELLIEU Celine	SEF/76	Entente Athletique Grenoble 38	2:10:16
13.	LEGRON Anne	VEF/72	Ea Chambery	2:10:40
14.	BONVARLET Liliane	VEF/53	Decines Meyzieu Athletisme	2:13:35
15.	BOUCHAMA Yamina	VEF/62	Coquelicot 42	2:13:36
16.	BONVARLET Patrick	VEM/60	Decines Meyzieu Athletisme	2:13:36
	MACABREY Quentin	ESM/94	Montbeliard Belfort Athletisme	AB
	BINGGELI Bernard	VEM/46	Lausanne (Suisse)	AB
	HAFNER Bernard	VEM/46	Lyon Athletisme	DQ

Lots of event photos at <http://www.sports-venissians.com/2015/04/aux-bons-souvenirs-de-muriel.html>.



Come Martin and Nadine Mazuir in action in Lyon

SINGAPORE 20KM CHAMPIONSHIP, EAST COAST PARK, SINGAPORE, SAT 4 APRIL

The Singapore 20km championships, held last Saturday in East Coast Park, had a 6AM start to beat the heat.

20km Women

1.	LEE BO-RAM	KOR	2:04:29
2.	JAYARAMAN KOMATHI	SWI	2:25:02

20km Men

1.	TAN KHEK TIONG	RHSC	1:53:22
2.	GANASEN UMASUTTAN	MAS	1:53:49
3.	BACK PETER	MR25	1:59:49
4.	SURESH KUMAR G.	MAS	2:03:23
5.	YANG YEUT LING	RHSC	2:23:20



Lee Bo-Ram and Tan Khet Tiong in action in Hong Kong last weekend

ECUADOREAN ROADWALK CHAMPIONSHIPS, SUCÚA, ECUADOR, 4-5 APRIL

The Ecuador roadwalk championships were held last weekend in Sucúa, Morona Santiago, in the Amazon region of Ecuador with the Open 20km and Junnior 10km walks on Saturday and the 35km on Sunday. In the women's 20 km, 25 year old Paola Perez triumphed with a time of 1:35:20 while Mauricio Arteaga, 26, won the men's championship in 1:26:58, ahead of Xavier Moreno 1:27:09, and Rolando Saquipay 1:27:19. In the 35 km race, Andrés Chocho wone easily with an excellent time of 2:36:56. The Junior titles went to Karla Jaramillo 49.34, and Braulio Morocho 45.04.

20km Women, Saturday 4 April

1.	Paola Bibiana Perez Saquipay	1989	1.35.20
2.	Erica Sena (Brazil)	1985	1.39.06
3.	Yadira Alexandra Guaman Maza	1996	1.40.55
4.	Magaly Bonilla Tungurahua	1992	1.41.46
5.	Estefany Valencia	1994	1.42.17
6.	Maritza Jeaneth Guaman Maza	1988	1.44.20
7.	Myriam Cartagena		1.47.22
8.	Indira Cabrera	1991	1.50.20
9.	Briggette Stefania Gonzales Valdiviezo	1995	1.51.09
10.	Yenni Guadalupe Ortiz (Argentina)	1993	1.59.10

20km Men, Saturday 4 April

1.	Mauricio Jose Arteaga Sanchez	1988	1.26.58
2.	Xavier Moreno	1979	1.27.09
3.	Jaime Rolando Saquipay Pañi	1979	1.27.19
4.	Daniel Pintado	1995	1.28.22
5.	Ricardo Jose Lojan Loaiza	1989	1.29.41
6.	Vinicio Damian Campaña Figueroa	1990	1.31.17
7.	José Rubio	1988	1.32.12
8.	Darwin Fernando Leon Tenesaca	1995	1.32.13
9.	Walter Llugcha	1986	1.33.24
10.	Jordy Rafael Jimenez Arrobo	1994	1.33.50
11.	Wiliam Israel Aymar Celi	1995	1.34.12
12.	David Velasquez		1.34.49
13.	Carlos Miguel Montalvan Carrion	1971	1.35.19

14.	Alcides Javier Peñarrieta Anzules	1984	1.41.27
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35km Men, Sunday 5 April

1.	Cristian Andres Chocho Leon	1983	2.36.56
2.	Edgar Cudco	1983	2.45.37
3.	Jonnatan Wilfrido Caceres Cabrera	1990	2.46.48
4.	Edisón Salazar		2.53.38
5.	Robinson Vivar	1987	2.55.48
6.	David Velasquez		3.02.08

ITALIAN ROADWALK CHAMPIONSHIPS, CASSINO, ITALY, SUNDAY 5 APRIL

The Italian roadwalk championships, held last Sunday in Cassino last Sunday, were a huge affair with 223 walkers participating overall in 20km Open, 20km Junior and 10km U18 events. Open and U20 results shown below. In the U18 10km events, conducted under the new Pit Lane judging rules, wins went to Giacomo Brandi with 44.55 and Anthea Mirabello, with 51.24.

20km Men

1.	Massimo Stano	1992	1.22.16	
2.	Federico Tontodonati	1989	1.22.33	
3.	Leonardo Dei Tos	1992	1.22.58	
4.	Francesco Fortunato	1994	1.24.44	U-23
5.	Teodorico Caporaso	1987	1.25.06	
6.	Michele Antonelli	1994	1.25.14	U-23
7.	Alessandro Maltoni	1993	1.25.56	U-23
8.	Stefano Mansutti	1995	1.29.16	U-23
9.	Mirko Dolci	1985	1.31.44	
10.	Massimiliano Cortinovis	1995	1.32.32	U-23
11.	Alberto Zaupa	1995	1.32.37	U-23
12.	Roberto Defendenti	1968	1.32.47	M45
13.	Flavio Vona	1984	1.33.39	
14.	Vincenzo Verde	1982	1.34.16	
15.	Federico Boldrini	1988	1.35.53	
16.	Mattia Ganucci	1990	1.42.51	
17.	Domenico De Ceglia	1978	1.43.10	M35
18.	Francesco Adriani	1995	1.43.32	U-23
19.	Graziano Morotti	1951	1.43.58	M60
20.	Antonio Lopetuso	1958	1.48.07	M55
21.	Franco Geronimo	1968	1.49.11	M45
22.	Sergio Ansaldi	1961	1.52.57	M50

20km Women

1.	Valentina Trapletti	1985	1.31.48	
2.	Mariavittoria Becchetti	1994	1.34.29	U-23
3.	Tatyana Gabellone	1984	1.34.42	
4.	Federica Curiazzi	1992	1.35.32	
5.	Serena Pruner	1986	1.36.48	
6.	Ilaria Galli	1987	1.39.58	
7.	Nicole Colombi	1995	1.40.02	U-23
8.	Elena Poli	1993	1.41.02	U-23
9.	Diana Cacciotti	1995	1.45.36	U-23
10.	Marta Stach	1995	1.45.59	U-23
11.	Adelaide Sansoni	1982	1.47.23	
12.	Nicoletta Dell'Aquila	1988	1.47.31	
13.	Elena Sbernardori	1991	1.49.17	
14.	Chiara Colonna	1986	1.53.55	
15.	Sara Scipioni	1995	1.54.15	U-23
16.	Silvia Cormaci	1994	1.55.26	U-23
17.	Anna Pia Angelini	1994	1.57.31	U-23
18.	Annalisa Calella	1994	1.57.53	U-23
19.	Roberta Caraccia	1990	1.58.07	
20.	Maura Marchiori	1959	1.59.40	W55
21.	Elena Setti	1961	2.04.23	W50

20km U20 Men

1.	Gregorio Angelini	1996	1.29.16
2.	Gianluca Picchiottino	1996	1.30.48

3.	Stefano Chiesa	1996	1.33.18
4.	Alessandro Rigamonti	1997	1.34.07
5.	Matteo Bersani	1996	1.34.26
6.	Niccolo' Coppini	1997	1.37.38
7.	Luca Capogrossi	1996	1.51.15

20km U20 Women

1.	Eleonora Dominici	1996	1.41.55
2.	Giada Francesca Ciabini	1997	1.44.57
3.	Cindy Porcu	1997	1.46.08
4.	Lidia Barcella	1997	1.46.25
5.	Sara Vitiello	1996	1.47.31
6.	Giulia Panconi	1997	1.48.21
7.	Giulia Imbesi	1996	1.49.28
8.	Martina Ansaldi	1996	1.50.27
9.	Gina Ionela Pascal	1996	1.52.30
10.	Giulia Speziani	1996	1.54.39
11.	Lisa Cani	1996	1.57.10

OUT AND ABOUT

- New Zealand walker Quentin Rew is one of 8 NZ athletes named in their initial IAAF World Championship team. He will contest both the 20km and 50km events in Beijing. See <http://www.odt.co.nz/sport/athletics/338105/athletics-eight-selected-worlds>.
- Ivana Spanovic (Long Jump) and Yohann Diniz (racewalk) have been voted women's and men's European Athletes for the Month of March. See <http://www.european-athletics.org/athletes/athlete-of-the-month/news/article=spanovic-diniz-voted-euro-athletes-the-month/?cid=rss>. Diniz (FRA) set a 20km race walk world record of 1:17.02 at the French Championships in Arles on 8 March. He received over 500 Facebook likes and over 50 retweets and favourites,
- Canadian walker Evan Dunfee updates his blog to talk about his last 6 months of racing and training at <http://dunfeewalks.weebly.com/personal-blog/finally-finding-form>. There is also a nice article on Canadian walking at <http://www.thestar.com/sports/amateur/2015/04/04/sport-of-race-walking-no-walk-in-the-park.html>.
- Excellent IAAF article on Spanish walkers Miguel Angel Lopez who took bronze at the 2013 IAAF World Championships 20km in Moscow – see <http://www.iaaf.org/news/feature/miguel-angel-lopez-spain-race-walk>. And another one on the EAA site: <http://www.european-athletics.org/competitions/european-cup-race-walking/news/article=lopez-will-chase-true-home-success/?cid=rss>
- The Japan News reports on Yusuke Suzuki and on the fantastic state of racewalking in Japan. See <http://the-japan-news.com/news/article/0002045415>.
- Perry Crosswhite has announced he has retired from his post as chief executive of the Australian Commonwealth Games Association (ACGA) after almost 20 years in the role. The former athlete, who represented Australia in basketball at three Olympic Games, including as captain at Montreal 1976 and Moscow 1980, will remain on the Gold Coast 2018 Board, for now, to offer expertise and guidance. See <http://www.insidethegames.biz/commonwealth-games/1026521-australian-commonwealth-games-association-chief-executive-crosswhite-retires>. Perry has strongly backed the ongoing inclusion of walks on the Commonwealth Games program and we can only hope that his replacement will be as supportive as he has been. He will be greatly missed by us all.
- The Athletics Victoria Laurel Wreath top ten count-down continued this week with bibs 6 (jumper Brooke Stratton), 5 (runner Jeff Risely) and 4 (thrower Kathryn Mitchell) unveiled. We wait for the final bib announcements to see if any walkers are amongst the top few. You can follow the countdown on <https://www.facebook.com/athsvic>.

INITIAL AUSTRALIAN TEAM SELECTIONS FOR 2015 WORLD CHAMPS

Athletics Australia last week announced the names of the 26 athletes who have been selected thus far for the 2015 IAAF World Championships in Beijing (22-30 August). As expected, **Chris Erickson (50km)** and **Jared Tallent (20km)** are included as automatics as they had won their respective trials and have bettered the tough AA standards. Further, **Dane Bird-Smith (20km)** and **Jared (50km)** are also included, compliments of their high ranking world times in these events.

No women walkers have been named as yet, even though Tanya Holliday won the trial and has an IAAF qualifier to her name. I think she can justifiably feel a bit peeved about that omission. The walks were the only events to have an additional higher standard applied. If she had been in any other event and had won the trial and bettered the IAAF standard, she would be amongst those names.

Similarly, the third spots in the men's 20km and 50km also remain open although Chris Erickson will take a lot of beating for the third 20km spot, based on his recent performances.



MEN	WOMEN
JEFF RISELEY, ALEX ROWE 800M	100M MELISSA BREEN
NICHOLAS HOUGH 110M HURDLES	200M ELLA NELSON
JOEL BADEN, BRANDON STARC HIGH JUMP	5000M ELOISE WELLINGS
JULIAN WRUCK DISCUS THROW	100M HURDLES MICHELLE JENNEKE, SALLY PEARSON
HAMISH PEACOCK JAVELIN	400M HURDLES LAUREN WELLS
DANE BIRD-SMITH, JARED TALLENT 20KM WALK	3000M STEEPLECHASE MADELINE HEINER, VICTORIA MITCHELL
CHRIS ERICKSON, JARED TALLENT 50KM WALK	HIGH JUMP ELEANOR PATTERSON
	POLE VAULT ALANA BOYD, NINA KENNEDY
	LONG JUMP BROOKE STRATTON
	DISCUS THROW DANI SAMUELS
	JAVELIN KIM MICKLE, KATHRYN MITCHELL, KELSEY-LEE ROBERTS




Jared Tallent, Chris Erickson and Dane Bird-Smith are all off to this year's World Champs in Beijing

MARCIADALMONDO AND OMARCHADOR ROUNDUP

The Marciadalmondo website has seen no new activity this week as it being redesigned to incorporate separate Italian and English language announcements, rather than the current design with Italian text and then English text below it. Once done, all you will have to do is click the English Flag to access all the articles in English. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2059.

The omarchador blog continued on as usual with a bumper 11 press releases

- Mon 6 Apr - Andrés Chocho, Mauricio Arteaga and Paola Pérez win Ecuadorian walk titles
<http://omarchador.blogspot.pt/2015/04/andres-chocho-mauricio-arteaga-e-paola.html>
- Sun 5 Apr - The announcement of the untimely death of Portuguese walker and manager José Duarte
<http://omarchador.blogspot.pt/2015/04/no-desaparecimento-de-jose-duarte.html>
- Sat 4 Apr - Results of the 1 Mile walks at the Portuguese meet Milha Urbana de Corroios
<http://omarchador.blogspot.pt/2015/04/no-desaparecimento-de-jose-duarte.html>
- Sat 4 Apr - The amazing 46 year old Jesus Garcia is part of a big Spanish team announced for this year's European Cup
<http://omarchador.blogspot.pt/2015/04/espanha-anunciou-selecao-para-taca-da.html>
- Fri 3 Apr - Andreas Gustafsson suspended after failing a drugs test
<http://omarchador.blogspot.pt/2015/04/andreas-gustafsson-suspenso-por-dopagem.html>
- Thu 2 Apr - Stano and Trapletti win Italian 20km roadwalk champs
<http://omarchador.blogspot.pt/2015/04/stano-e-trapletti-conquistam-titulos.html>
- Thur 2 Apr - Confirmation that yesterday's article on drones was an April Fools joke
<http://omarchador.blogspot.pt/2015/04/ninguem-pensa-em-drones-para-associacao.html>
- Wed 1 Apr - Iván Garrido and Lorena Arenas Colombian 20km champions
<http://omarchador.blogspot.pt/2015/04/ivan-garrido-e-lorena-arenas-campeoes.html>
- Wed 1 Apr - The European Athletics Assn will use drones to aid walk judging
<http://omarchador.blogspot.pt/2015/04/associacao-europeia-vai-usar-drones-na.html>
- Tue 31 Mar - Omar Sierra wins the Colombian 35km championship
<http://omarchador.blogspot.pt/2015/03/omar-sierra-vence-os-35-km-dos.html>
- Tue 31 Mar - Inês Henriques and Rui Coelho win 10km walks at the Tournament Barrosas
<http://omarchador.blogspot.pt/2015/03/ines-henriques-e-rui-coelho-vencem.html>

HAROLD BODDY – END OF AN ERA

With Geelong walks identity Harold Boddy finally announcing his retirement from many of his racewalking related activities this year, what better time is there than now to talk about Harold and his great contribution to Victorian athletics over many years.

Like many people, Harold came into athletics when his children Tyne, Lana and Reece started in Little Athletics in Geelong. Not one to sit back and let others do the work, Harold was quickly in action as an official and club coach at the Corio Little Athletics Club in suburban Geelong, soon taking on the role as club President.

Geelong Walkers Club, based at Landy Field, had been formed in 1979 but the Corio Winter Walkers Club, based at the Goldsworthy/Corio athletics track, was even older, and it was to Corio Walkers Club that Harold took his children once they showed an interest in our sport of racewalking.

He also became actively involved in Geelong Walkers Club at this time, taking on the position of President in the 1997.1998 season, a role he fulfilled for over 10 years before handing over the mantle only a couple of years ago. A perusal of their annual reports from any of the years in this timeframe shows the huge amount of work he did year by year, coordinating weekly races, tallying points, creating new awards (many of which came from his own pocket) and generally promoting and advancing the sport and the club in the Geelong region.

Realising that they would do better if they also raced in stronger walk fields, he brought Tyne (U12) and Lana (U9) to Melbourne in late 1998 to race with the Victorian Race Walking Club and the family then joined our walking club.

He also started racewalking himself at this stage, having his first walks with VRWC in the 1999 winter season and also joining Corio Athletics Club and competing with them in the AV Interclub competition each summer. Alas, as the years progressed, his races

became fewer as his many commitments (see below) took more and more of his time. My records show that his last serious race was an AV Interclub walk in December 2011.



July 2008 – Harold and Lana Boddy race with VRWC at Middle Park

Once his term as president at Corio Little Athletics finished in the early 2000's, he branched out into both the coaching and judging fields. He started as a Little Athletics D grade judge, worked his way to C, B and eventually A grade levels and qualified as an Athletics Victoria judge as well. His contributions have been many, chairperson of the Little Athletics Victoria Walks Committee, representative on the LA Competition Board and LA Region Walks Coordinator, and for many years he regularly travelled to different Little Athletics centres to conduct walking clinics amongst the children and to recruit judges from amongst the parents.



July 2010 – a typically cold Ballarat day for the Victorian Country champs – walk judges Judy Mason, Peter Vysma, Shane Bertrand, Harold, Terry Knappe and Gordon Loughnan

Leveraging off his success in coaching his own children as racewalkers, Harold has been coaching for more than 10 years now at grass roots Little Athletics level. He has a love for teaching beginners how to racewalk, enjoys seeing his young athletes grow and

develop not only in their skills but in their confidence as well. Conducting training sessions twice a week, his walks squad always has 10-20 youngsters in it. For a small LA centre, this is huge! While many of his walkers regularly made State level, he was just as conscious of those further back in the field and would always be seen walking beside them, providing tips and encouragement.

This 2014/15 season, the plan for the 'Corio' walkers (aka H's Army) was for his daughter Tyne to take the reins after he retired from athletics. But you can't keep a good man down and, when Tyne requested he come out of retirement to help, he was able to enjoy the LA State Championships from the stands rather than running the program from the infield for the first time in years.

Harold is one of those generous people who manage to balance the pressures of a full time professional work career with the added challenges of bringing up a family, yet who find extra time to give so generously to our sport, never earning a cent from their efforts but leaving a legacy that will last long after they pass the baton and put the feet up for a well earned rest.

Well done Harold and thanks for your many years of work for our sport of racewalking.

#BANCHEGIN

- The Russian Athletics Federation has said that Elena Lashmanova could miss the Rio Olympics in 2016 due to an extension to be added to her current drugs disqualification. London 2012 Olympic 20km race walk champion Lashmanova had been handed a ban from February 26 2014 to February 25 2016 after she tested positive for a banned substance in a sample given on January 4 2014. However in the winter she took part in the Mordovian Indoor 5000m track walk championship along with a number of other banned walkers. Because of that her disqualification period will now be restarted from 30 December 2014. I am guessing she is the first of a number of dominos to roll here. Read more at <http://www.athleticsweekly.com/featured/elena-lashmanovas-doping-ban-could-be-reset-20427/#pKklUox3LKFaQH5k.99>. Let's hope it all happens quickly rather than a drip feed.
- Russia is trying to rebuild its badly tarnished brand. Their latest move is to appoint former Olympic 800-meter champion Yuri Borzakovsky permanently as Russia's new top athletics coach, tasked with rebuilding a team badly hit by doping scandals. The 33-year-old Borzakovsky, who won gold at the 2004 Olympics, had been awarded the job on a temporary basis in February after veteran coach Valentin Maslakov resigned following the string of doping bans for Russian athletes. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11428639&ref=rss.

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 Key Dates

May 8-10, 2015 Oceania Area Championships (walks included), Cairns, QLD
 Sun Aug 30, 2015 Australian Roadwalk Championships, Middle Park, VIC
 Oct 3-10, 2015 Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th 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 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Apr 11, 2015	International Racwalk Competition	Podebrady, CZECH REPUBLIC\
Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY

Looking further forward

July 3-14, 2015 28th Summer Universiade, Gwanju, South Korea
 July 15-19, 2015 9th World Youth T&F Championships, Cali, Colombia
 Aug 22-30, 2015 15th IAAF World Championships in Athletics, Beijing, China. See <http://www.iaafbeijing2015.com>
 Aug 4-16, 2015 20th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
 Aug 15-16, 2015 **104th Centurions 100 Miles qualifying walk**, Castletown, Isle of Man
 See <http://www.isleofman100milewalk.co.uk/index.html>

May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx

July 2017	10 th World Youth T&F Championships, Niarobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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