



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 39
30 June 2015



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WALKER OF THE WEEK

My Walker of the Week this time around is 42 year old Ballarat walker **Kelly Ruddick** who has just been named as part of our Australian team for this year's IAAF World Championships in Beijing in August. Kelly, one of 5 qualified women, had missed out in the selection announcement in mid June, as the available spots were awarded to Tanya Holliday (SA), Beki Smith (NSW) and Rachel Tallent (VIC). Less than 2 weeks since that announcement and she is in the team following Tanya's withdrawal due to illness.

For Kelly, it has been a long hard road, mixing family and work commitments with an athletics career that was late in starting. I have updated my profile of her – see <http://www.vrwc.org.au/tim-archive/articles/wv-kelly-ruddick.pdf> – and recommend that you have a read. You cannot but be inspired by her dedication. Well done Kelly, we will be cheering for you in China in August.



Kelly racing in the women's 20km at the 2014 IAAF World Cup in Taicang, China

WHAT'S COMING UP

Next Saturday sees us hosting the **AV 15km roadwalks for Open Men and Open Women** at Middle Park.

| Saturday 4th July 2015, Middle Park | | | |
|---|-------|---|--------------------|
| 2.15pm | 15km | AV Championships | Open Men and Women |
| 2.15pm | 15km | VRWC Championship - Elsie Jacobson Trophy | Open Women |
| 2.15pm | 15km | VRWC Championship | Under 20 Men/Women |
| 2.15pm | 15km | Points Race | Open |
| 2.30pm | 10km | Points Race | Open |
| 2.30pm | 5km | Points Race | Open |
| 2.45pm | 3km | Points Race | Open |
| 2.45pm | 1.5km | Points Race | Open |

AV 15km Walkers must pre-enter with AV by Wednesday evening - see <http://athsvic.org.au/event/2015-av-walk-series-15km-championships/>. All other races can be entered on the day but we do prefer you to pre-enter the VRWC races if possible as it makes for much less admin work on race day – you can pre-enter VRWC races at <http://www.vrwc.org.au/wp1>. Note also that VRWC members racing in the AV 15km championships are automatically placed into the VRWC 15km races without having to separately enter.

Looking further forward, Athletics Australia has now added a page to its website to start advertising the Australian **Roadwalk Championships** which will be held at Middle Park on the morning of **Sunday 30th August**. AA plans to open entries the first week in July and close entries 10 days before the carnival. See <http://www.athletics.com.au/Compete/Events/2015-australian-race-walking-championships> for a timetable and course map.

And good luck to the Australian walkers competing in the **28th Summer Universiade in Gwanju, South Korea**. These Games run from 3-14 July. See <http://www.gwangju2015.com/> for further info. We will see a number of our Aussie walkers in action.

- Thurs 9 July, 7:30AM 20km Men: **Dane Bird-Smith (QLD), Rhydian Cowley (VIC)**
- Friday 10 July, 7:30AM 20km Women: **Rachel Tallent (VIC), Stephanie Stigwood (TAS), Nicole Fagan (NSW)**

VRWC ROAD WALKS, MIDDLE PARK, SATURDAY 26 JUNE

We had a good turnout of 54 walkers for our latest club walks at Middle Park on Saturday and conditions were good – cool but dry and relatively still. **Quentin Rew** (33:01 for 8km), **Jason Kozica** (18:18 for 4km) **Jemima Montag** (18:26 for 4km) led out from the start and stormed though for great times. Others to do well in the longer races included **Stuart Kollmorgen** (38:48 for 8km) and **Kyle Swan** (30:47 for 4km). Special mentions to **Carolyn Rosenbrock** (big PB in the 8km), **Josh Jensen** (first effort over 6km) and **Angus Hay** (first effort over 4km).

VRWC 8KM OPEN WALK

| | | | |
|----|---------------------|-------|--------------|
| 1. | Rew, Quentin | 33:01 | |
| 2. | Kollmorgen, Stuart | 38:48 | |
| 3. | Walmsley, Reese | 40:29 | |
| 4. | Evans, Simon | 42:54 | |
| 5. | Thompson, Will | 44:26 | First one |
| 6. | Feain, Lachlan | 46:13 | |
| 7. | Feain, Gerard | 47:36 | |
| 8. | Dickenson, Russ | 50:53 | |
| 9. | Gardiner, Bob | 52:45 | |
| | Donahoo, Mark | DNF | 5km in 26:21 |
| | Bennett, Ralph | DNF | |
| | Keirl, Bernie | DQ | |
| | | | |
| 1. | Tindal, Pam | 45:56 | |
| 2. | Geisler, Sandra | 45:56 | |
| 3. | Rosenbrock, Carolyn | 46:58 | PB 2:32 |
| 4. | Steed, Gwen | 52:48 | |
| 5. | O'Neill, Karyn | 53:03 | |

VRWC 6KM OPEN WALK

| | | | |
|----|--------------------|-------|-----------|
| 1. | Swan, Kyle | 30:47 | |
| 2. | Walmsley, Hayden | 33:44 | |
| 3. | Jensen, Josh | 35:38 | First one |
| 4. | Barrow, Geoff | 43:18 | |
| 5. | Beaumont, Ian | 52:11 | |
| | | | |
| 1. | Mundoon, Wendy | 33:57 | |
| 2. | Carr, Heather | 34:03 | |
| 3. | Elms, Donna | 36:37 | |
| 4. | Beaumont, Margaret | 50:24 | |

VRWC 4KM OPEN WALK

| | | | |
|----|-------------------|-------|-----------|
| 1. | Kozica, Jason | 18:18 | PB 1:19 |
| 2. | Christmass, James | 20:48 | |
| 3. | Smyth, David | 22:21 | |
| 4. | Kennedy, Paul | 22:36 | |
| 5. | Doran, Anthony | 26:02 | |
| 6. | Hay, Angus | 29:58 | First one |
| 7. | Morrison, John | 31:11 | |
| 8. | Wicks, Barrie | 32:27 | |

| | | | |
|----|--------------------|-------|--------------|
| 1. | Montag, Jemima | 18:26 | |
| 2. | Richardson, Brodie | 23:03 | PB 0:10 |
| 3. | O'Mahony, Kathleen | 23:48 | |
| 4. | Feain, Madeleine | 26:06 | |
| 5. | Davis, Anna | 27:13 | |
| | De Lisen, Paige | DNF | 3km in 17:54 |

Our shorter distance races were also well supported and were led out by **Rebecca Henderson** (9:42 for 2km), **Madison Clarke** (10:31 for 2km), **Chloe Karagiorgos** (10:33 for 2km) and **Charlotte Hay** (5:17 for 1km).

VRWC 2KM OPEN WALK

| | | | |
|----|------------------------|-------|---------|
| 1. | Beveridge, Heath | 12:06 | |
| 2. | Onley, Gordon | 17:15 | |
| | | | |
| 1. | Henderson, Rebecca | 09:42 | |
| 2. | Clarke, Madison | 10:31 | |
| 3. | Karagiorgos, Chloe | 10:33 | PB 0:13 |
| 4. | Louey, Grace | 12:17 | |
| 5. | Lillie, Gemma | 12:25 | |
| 6. | Rudston-Brown, Caitlyn | 14:04 | |
| 7. | Chapman, Alana | 14:04 | |
| 8. | Thompson, Merilyn | 14:23 | |
| 9. | Carbery, Elise | 14:46 | |

VRWC 1KM OPEN WALK

| | | |
|----|----------------------|-------|
| 1. | Hay, Charlotte | 05:17 |
| 2. | Karagiorgos, Chelsea | 06:51 |

As usual, thanks to our many officials and judges. Sorry if I missed anyone.

Checkin: Mark Donahoo, Michael Bodey, Ralph Bennett
Officials: Tim Erickson, Harry Summers, Susan Taylor, Lee Taylor
Judges: Peter Vysma (chief), Gordon Loughnan, Mark O'Mahony, Michael Bodey, Stuart Cooper, Lloyd Nichols
Canteen: Wendy Cooper, Kate Suich
Photos: Terry Swan (see <http://www.vrwc.org.au/coppermine/>).

Thanks to Terry for the photos. And a reminder that the chip lapsplits are uploaded by Ralph Bennett each week to http://vrwc.org.au/wp1/?page_id=8.



Quentin Rew, Jason Kozica, Reese Walmsley, Stuart Kollmorgen, Carolyn Rosenbrock and Kathleen O'Mahony



Charlotte Hay, Rebecca Henderson, Madison Clark, Jemima Montag and Angus Hay



Josh Jensen, Brodie Richardson, Gemma Lillie, Chelsea Karagiorgos and Elise Carbery

NSWRWC ROAD WALKS - SUTHERLAND OPEN, SUNDERLAND, NSW, SATURDAY 27 JUNE

Thanks to Lauren Richardson for the latest results from NSWRWC in Sydney. Good turnout once again and great weather for fast walking. Lots of good things to say. 17 year old Tyler Jones continued his buildup to next month's World Youth Champs with a fast 36:18 for 8km while Cheryl Webb continued to chip away at her times with 40:19. Kyle Bedford stepped up to the 6km distance with a fast 29:37 and the club welcomed first time walkers Hayden Blaskett and Tim Jessep in the younger age group races.

8km Walk

- | | | |
|----|------------------|-------|
| 1. | Tyler Jones | 36.18 |
| 2. | Carl Gibbons | 39.33 |
| 3. | Cheryl Webb | 40.19 |
| 4. | Has mum McDonald | 43.35 |
| 5. | Jasmine Dighton | 43.48 |
| 6. | Bryony Beasley | 44.15 |
| 7. | Joan Purcell | 61.37 |

Under 16

Results to come next week.

U12 1km Walk

- | | | |
|----|-------------------|------|
| 1. | Tom Jessep | 4.59 |
| 2. | Dion Carrothers | 5.04 |
| 3. | Ryan Vesper | 5.10 |
| 4. | Ellie Decelis | 5.20 |
| 5. | Jessica Rocchetto | 5.43 |

6km Walk

| | | |
|----|-------------------|-------|
| 1. | Dylan Richardson | 29.37 |
| 2. | Kyle Bedford | 29.41 |
| 3. | Samantha Brown | 33.19 |
| 4. | Raquel Roukos | 34.11 |
| 5. | Ryan Thomson | 35.20 |
| 6. | Travis Barendregt | 37.52 |
| 7. | Judy Brown | 47.14 |

| | | |
|-----|-------------------|------|
| 6. | Shaquille Lee | 6.11 |
| 7. | Stacie Beecroft | 6.34 |
| 8. | Issabella Holland | 6.43 |
| 9. | Paige Nash | 6.54 |
| 10. | Natasha Fairhall | 6.57 |
| 11. | Paige Lee | 6.59 |
| 12. | Ella Beecroft | 8.01 |
| 13. | Aiden Hardy | 8.02 |

3km Walk

| | | |
|----|-------------------|-------|
| 1. | Hayden Blaskett | 15.58 |
| 2. | Tiffany Sakes | 17.04 |
| 3. | Nicolle Challinor | 22.20 |

| |
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| SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 27 JUNE |
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The South Australian Racewalkers competed in Adelaide last Saturday with a variety of distances and a good attendance of 28 walkers. Justin Hill and Kristie Goznik lead out with fast 6km times.

12km Walk

| | | | |
|----|-------------|-------|---------|
| 1. | Peter Crump | M 35+ | 1:08:43 |
| 2. | Bill Starr | M 35+ | 1:28:00 |
| 3. | James Hoare | M 35+ | 1:29:59 |

3km Walk

| | | | |
|----|-----------------|--------|-------|
| 1. | Victoria Upton | F U14 | 17:15 |
| 2. | Chloe Upton | F U14 | 18:03 |
| 3. | Royrie Upton | M Open | 18:07 |
| 4. | Ayeisha Wallace | F U16 | 19:02 |
| 5. | Talisha Skein | F U14 | 19:16 |
| 6. | Mia Wilks | F U12 | 19:45 |
| 7. | Maddy Wallace | F U12 | 20:22 |
| 8. | Adrian Upton | M U14 | 20:22 |
| 9. | Aleesha Vidler | F U14 | 20:49 |

6km Walk

| | | | |
|----|--------------------|--------|-------|
| 1. | Justin Hill | M Open | 28:11 |
| 2. | Kristie Goznik | F Open | 29:06 |
| 3. | Danielle Walsh | F U20 | 30:09 |
| 4. | Alix Harlington | M U18 | 30:54 |
| 5. | Troy Hooker | M 35+ | 34:57 |
| 6. | Jake Vidler | M U16 | 35:15 |
| 7. | Tristan Camilleri | M U16 | 35:47 |
| 8. | Lachlan Wilkinson | M 35+ | 38:24 |
| | Sarah Damin | F U16 | DNF |
| | Rhiannon Lovegrove | F U16 | DNF |
| | John Leydon | M 35+ | DNF |

1.5km Walk

| | | | |
|----|---------------|-------|-------|
| 1. | Toby Wilks | M U12 | 7:47 |
| 2. | Kitarni Upton | F U12 | 8:44 |
| 3. | Seth Upton | M U10 | 9:56 |
| 4. | Helen Wallace | F 35+ | 12:50 |
| 5. | Hannah Wilks | F U10 | 12:55 |

| |
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| SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 27 JUNE |
|--|

Thanks to Colin Hainsworth for the weekly South Australian Masters walks in Adelaide, also from Saturday. Colin commented: Sunny, calm, cool arvo. Good course, slight undulations.

12km Yacht Handicap

| | | | | |
|----|------------------|---------|-----|--------|
| 1. | Geoff Byham | 1:19:38 | M68 | 76.31% |
| 2. | George White | 1:08:54 | M70 | 88.84% |
| 3. | Graham Harrison | 1:30:49 | M71 | 69.45% |
| 4. | Colin Hainsworth | 1:42:21 | M85 | 76.82% |
| 5. | Marie Maxted | 1:21:26 | W55 | 72.91% |

6km Yacht Handicap

| | | | | |
|----|---------------|---------|-----|--------|
| 1. | Doug Smart | 0:47:19 | M71 | 64.92% |
| 2. | Helen Suridge | 0:44:02 | W64 | 71.69% |
| 3. | Roger Lowe | 0:44:40 | M72 | 69.65% |
| 4. | Kevin Finn | 0:38:34 | M63 | 72.62% |
| 5. | Edna Bates | 0:52:08 | W62 | 59.04% |
| 6. | Jan Layng | 0:45:14 | W66 | 71.67% |
| 7. | Rodger Barber | 0:44:15 | M77 | 75.31% |
| 8. | Jeff Kennett | 0:56:45 | M65 | 50.43% |

3km Yacht Handicap

| | | | | |
|----|--------------|---------|-----|--------|
| 1. | Paul Boyce | 0:24:42 | M79 | 67.29% |
| 2. | Julia Lycett | 0:21:40 | W51 | 60.76% |

ACT WALKERS CLUB ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 20 JUNE

First a catch from last week with the Canberra walking scene.

5km Walk

| | | |
|-----|-----------------|-------|
| 1. | Connor Frew | 25:43 |
| 2. | Mitchell Baker | 25:49 |
| 3. | Gabby Hunt | 26:03 |
| 4. | Zoe Hunt | 26:20 |
| 5. | Tim Fraser | 30:04 |
| 6. | Callum Burns | 30:05 |
| 7. | Kate Black | 30:35 |
| 8. | Peter Baker | 31:04 |
| 9. | Helena Bialecki | 31:39 |
| 10. | Jane Bates | 35:45 |
| 11. | Jenny Reading | 36:26 |
| 12. | Rosemary Parker | 36:46 |
| 13. | Warren Butler | 42:37 |
| 14. | Terry Munro | 44:03 |
| 15. | Cilla Chapman | 45:05 |
| 16. | Jack Thackray | 46:32 |

10km Walk

| | | |
|----|----------------------|---------|
| 1. | Ann Staunton-Jugovic | 56:31 |
| 2. | Bob Parker | 1:14:46 |
| 3. | Geoff Barker | 1:17:43 |
| 4. | Doug Fitzgerald | 1:21:33 |
| 5. | Bob Chapman | 1:36:37 |

1.5km Walk

| | | |
|----|----------------|-------|
| 1. | Laura Burns | 08:37 |
| 2. | Jennifer Alley | 08:42 |
| 3. | Katie Alley | 08:43 |
| 4. | Harry Baker | 10:37 |
| 5. | Georgia Frew | 12:57 |
| 6. | Hana Jugovic | 13:08 |

3km Walk

| | | |
|----|----------------|-------|
| 1. | Spencer Burns | 15:58 |
| 2. | Nola de Chazal | 34:19 |

ACT WALKERS CLUB ROAD RACES, LAKE GINNINDERRA, CANBERRA, SATURDAY 27 JUNE

And now onto this week's Canberra walk results, thanks to Robin Whyte.

6km Walk

| | | |
|-----|-----------------|-------|
| 1. | Connor Frew | 30:35 |
| 2. | Mitchell Baker | 30:37 |
| 3. | Callum Burns | 31:45 |
| 4. | Gabby Hunt | 32:00 |
| 5. | Spencer Burns | 33:56 |
| 6. | Tim Fraser | 38:32 |
| 7. | Greg Durr | 41:27 |
| 8. | Rosemary Parker | 45:39 |
| 9. | 9 Terry Munro | 52:24 |
| 10. | Helen Munro | 57:54 |
| | David Mackenzie | DNF |

12km Walk

| | | |
|----|----------------------|---------|
| 1. | Ann Staunton-Jugovic | 1:10:44 |
| 2. | Robin Whyte | 1:19:07 |
| 3. | Bob Parker | 1:29:47 |
| 4. | Geoff Barker | 1:31:35 |
| 5. | Doug Fitzgerald | 1:38:29 |
| 6. | Warren Butler | 1:50:58 |
| | Val Chesterton | DNF |
| | Derek Robinson | DNF |

1km Walk

| | | |
|----|--------------|------|
| 1. | Georgia Frew | 8:53 |
|----|--------------|------|

2km Walk

| | | |
|----|-----------------|-------|
| 1. | Laura Burns | 12:04 |
| 2. | Helena Bialecki | 12:42 |
| 3. | Jack Thackray | 17:55 |

QRWC ROAD RACES AND GOLD COAST MASTERS MEET, MURRARIE, SUNDAY 28 JUNE

QRWC hosted QMA roadwalks alongside its own club walks at the Murrarie Recreation Ground in Murrarie (Brisbane) on Sunday morning. Robyn Wales tells me it was a beautiful sunny day with the temperature around 20C. Walk of the day had to be by Erika Woodward who bettered her 10km PB by nearly 1 minute with an improving 59:29.

QMA 10km

| | | | |
|----|----------------|------|-------|
| 1. | Erika Woodward | W30+ | 59:29 |
| 1. | Patrick Sela | M65+ | 73:37 |

QRWC 3km

| | | |
|----|--------------------|-------|
| 1. | Amelia Schofield | 16:57 |
| 2. | Jonathan Wearne | 17:30 |
| 3. | Isabella Schofield | 18:32 |

QMA 20km

| | | |
|----|---------------|---------|
| 1. | Peter Bennett | 1:48:51 |
|----|---------------|---------|

QRWC 2km

| | | |
|----|------------------|-------|
| 1. | Anika Clarke | 12:42 |
| 2. | Kirra Stonehouse | 13:50 |
| 3. | Korey Brady | 15:06 |
| 4. | Sophie Porter | 16:29 |

QRWC 15km

| | | |
|----|---------------|---------|
| 1. | Peter Bennett | 1:21:30 |
| 2. | Iggy Jiminez | 1:24:07 |

QRWC 5km

| | | |
|----|----------------|-------|
| 1. | Shane Pearson | 30:17 |
| 2. | Ethan Clarke | 30:49 |
| 3. | Callum Haig | 34:32 |
| 4. | Jessica Wright | 38:07 |

QRWC 1km

| | | |
|----|--------------------|------|
| 1. | Scarlett Schofield | 6:27 |
| 2. | Makenna Clarke | 8:16 |

Robyn also sent this great photo through. It shows 2015 Australian reps Dane Bird-Smith (centre back) and Clara Smith (left) with the young Queensland walkers. After the club race, they did a warm down with them and then posed for photos. Nice!



Finally, the Gold Coast Masters held their own meet at Griffith University, with 3000m walk results as shown below.

Gold Coast Masters 3000m, Griffith University, Gold Coast. Sunday 28 June

| | | |
|----|-------------------|----------|
| 1. | Tenyka Chapman | 15:56.55 |
| 2. | Nyle Sunderland | 17:12.43 |
| 3. | Bridie Mulcaster | 18:29.56 |
| 4. | Paul Lindenberg | 19:20.57 |
| 5. | Debbie Lindenberg | 20:29.96 |

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGER, BENDIGO, SUNDAY 29 JUNE

Thanks to Paul Rance for the latest results from Bendigo in country Victoria. He reported:

The Bendigo Walkers Club held 2km and 5km sealed handicap events at Lake Neanger on Sunday morning, with athletes producing fast times in the calm, cool conditions. In the 5km sealed handicap Michael Gillies-Smith scored a 1 second victory over Barb Bryant with Zahra Hayes close up in 3rd place, with all 3 placegetters producing personal bests and Barb Bryant also broke her own 55-64 age 5km record by 40 seconds and eclipsed her 2km record by 34 seconds on the way through. Zahra Hayes broke the 16 year old Club U14 record, previously held by Australian champion Natalie Gleeson, by 33 seconds. Norm West also performed strongly to finish just outside the placings while 81 year old Kyneton athlete Bill Lotherington had his first race with the Club and produced a strong effort. In the 2km race Caitlyn Tozer won her 3rd event from her last 4 competitions as she walked to the line strongly with just 1 second separating Peter and Annette Curtis in the race for 2nd and 3rd placings.

2km sealed handicap

| | | |
|----|------------------|-------|
| 1. | Caitlyn Tozer | 17.42 |
| 2. | Peter Curtis | 10.52 |
| 3. | Annette Curtis | 14.23 |
| 4. | Sheridan Commons | 14.59 |
| 5. | Ebony Whiley | 13.10 |

5km sealed handicap

| | | |
|----|-----------------------|-------|
| 1. | Michael Gillies-Smith | 25.11 |
| 2. | Barb Bryant | 27.42 |
| 3. | Zahra Hayes | 25.43 |
| 4. | Norm West | 40.20 |
| 5. | Annette Major | 30.41 |
| 6. | Bill Lotherington | 37.37 |

USA OUTDOOR T&F CHAMPIONSHIPS, HAYWARD FIELD, EUGENE, OREGON, 25-29 JUNE

Lots to report from America. First to Eugene for the USA Outdoor T&F Championships were held over a 5 day period spread around last weekend. The Junior (U20) 10,000m walks were held on Saturday, with wins to Anali Cisneros (51:41.41) and Anthony Peters (45:26.01).

Junior Women 10,000m Walk, Saturday 27 June, 7:30AM

| | | | |
|----|-------------------|------------------|----------|
| 1. | Anali Cisneros | Elgin Sharks | 51:41.41 |
| 2. | Katie Michta | Walk USA | 52:48.03 |
| 3. | Katharine Newhoff | Walk USA | 53:33.09 |
| 4. | Amberly Melendez | South Texas W C | 54:00.16 |
| 5. | Kayla Allen | Auburn Parks Rec | 55:03.60 |
| 6. | Lauren Harris | Walk USA | 55:27.73 |
| 7. | Sydney Sirois | Auburn Parks Rec | 57:07.96 |
| 8. | Jennifer Lopez | Unattached | 57:42.06 |
| 9. | Kirra Facer | Temecula Ran | 1.00 ? |
| | Katherine Miale | New Jersey Str | DNF |
| | Nayeli Cisneros | Elgin Sharks | DQ |

Junior Men 10,000m Walk, Saturday 27 June, 8:45AM

| | | | |
|----|------------------|-----------------|----------|
| 1. | Anthony Peters | Unattached | 45:26.01 |
| 2. | Cameron Haught | WalkUSA-Ohio | 47:45.47 |
| 3. | Spencer Dunn | Unattached | 52:06.53 |
| 4. | Matias Serna | Unattached | 52:54.31 |
| 5. | Alexander Peters | Unattached | 53:15.98 |
| 6. | Steven Berry | Lone Peak T C | 53:27.86 |
| 7. | Eduardo Uria | South Texas W C | 58:21.90 |
| | Nehemiah Cionelo | New Mexico R W | DQ |

Video Junior Women's race: http://www.usatf.tv/gprofile.php?mggroup_id=45365&do=videos&video_id=150314

Video Junior Men's race: http://www.usatf.tv/gprofile.php?mggroup_id=45365&do=videos&video_id=150324

The Open 20,000m track championships were held on Sunday morning, with wins to John Nunn (1:28:39.48) and Miranda Melville (1:36:33.99).

Open Men 20,000m Track Walk, Sunday 28 June, 8AM

| | | | |
|----|-----------------|---------------------|------------|
| 1. | John Nunn | U.S. Army | 1:28:39.48 |
| 2. | Nick Christie | Unattached | 1:30:51.69 |
| 3. | Patrick Stroupe | Unattached | 1:31:28.34 |
| 4. | John Cody Risch | Q Elite | 1:31:47.55 |
| 5. | Emmanuel | Corvera Unattached | 1:33:07.11 |
| 6. | Michael Mannozi | Shore Athletic Club | 1:35:24.88 |

Open Women 20,000m Track Walk, Sunday 28 June, 8AM

| | | | |
|----|---------------------|---------------------|------------|
| 1. | Miranda Melville | New York A C | 1:36:33.99 |
| 2. | Maria Michta-Coffey | Walk USA | 1:38:45.92 |
| 3. | Katie Burnett | Unattached | 1:40:00.57 |
| 4. | Robyn Stevens | Wolfpack Run | 1:45:18.84 |
| 5. | Erin Taylor-Talcott | Shore Athletic Club | 1:47:50.54 |
| 6. | Molly Josephs | Missouri Baptist | 1:48:21.00 |
| 7. | Sam Cohen | Wisconsin R R T | DNF |
| 8. | Chelsea Conway | Shore Athletic Club | DQ |
| 9. | Erin Gray | Bowerman Track C | DQ |

Again, another excellent race video at http://www.usatf.tv/gprofile.php?mggroup_id=45365&do=videos&video_id=150534.

OHIO JUNIOR OLYMPIC T&F CHAMPIONSHIPS, CEDARVILLE, OHIO, 27-28 JUNE

And more results from USA last weekend with the Ohio Junior Olympic T&F Champs which were held at Cedarville University in Ohio. Another win to expatriate Aussie **Ashleigh Resch**. Go Ashleigh!

3000m Race Walk

| | | | | |
|----|------------------|--------|------------------|----------|
| 1. | Ashleigh Resch | W17-18 | unat (Australia) | 14:23.90 |
| 2. | Taylor Ewert | W13-14 | SWOHTC | 16:41.20 |
| 3. | Michael Belovich | M15-16 | SWOHTC | 16:44.99 |
| 4. | Dani Worsham | W17-18 | SWOHTC | 20:27.37 |

1500m Race Walk

| | | | | |
|----|--------------|-------|-----------------|----|
| 1. | Evan Rayburn | M9-10 | Total Effect TC | DQ |
|----|--------------|-------|-----------------|----|

KOREAN ROADWALK CHAMPIONSHIPS, MUNGYEONG, SOUTH KOREA, MONDAY 29 JUNE

Marcialdalmondo reports (see http://www.marcialdalmondo.com/eng/dettaggi_news.aspx?id=2132) on the 69th Korean Athletics Championships which took place in Mungyeong, South Korea, last weekend. The 20km road walk championships were valid as selection for this year's World Championships in Beijing and had a full international panel of judges including Chun Doo-An (KOR), Dukho Cho (KOR), Akira Fujisaki (JPN), Khoo Beng Chong (MAS), Echo Yeung (HKG). Alas, the hot and humid day has a great influence in the walks which saw very small fields and surprisingly slow finish times for this walking powerhouse.

20km Men Road Walk

Only 4 of the 9 starters actually finished the race, with victory going to Chilung Park with 1:29:38. I am not sure if the non-finishers were disqualified or not. My Korean is a bit rusty!

| | | | |
|----|------------------|-----|-----------|
| 1. | PARK CHILSUNG | KOR | 1:29:38 |
| 2. | OH SEHAN | KOR | 1:31:09 |
| 3. | CHOE BYEONGHO | KOR | 1:35:44 |
| 4. | KLM DONGHYON | KOR | 1:40:15 |
| 5. | KIM DAEHO | KOR | DNF or DQ |
| 6. | CHOE BYEONGKWANG | KOR | DNF or DQ |
| 7. | KANG KILDONG | KOR | DNF or DQ |
| 8. | KIM HYUNSUB | KOR | DNF or DQ |
| 9. | KIM NAKHYUN | KOR | DNF or DQ |

20km Women Road Walk

Only 3 starters and they all finished relatively close together with victory going to Yeong Jeon with 1:37:47.

| | | | |
|----|----------------|-----|---------|
| 1. | JEON YEONG | KOR | 1:37:47 |
| 2. | WEON SEASBYEOL | KOR | 1:37:58 |
| 3. | LEE JEONGEUN | KOR | 1:37:59 |

T&F MEET, PLASENICA, SPAIN, THURSDAY 24 JUNE

Three meets in Spain on which to report. Alvaro Martin was busy with an 18:56.7 5000m on Thursday, followed by a win the Spanish U23 10,000m (41:54.5) on the weekend. While his 5000m walk win was a close one, just holding out Richard Vargas of Venezuela (18:58.2) and Diego Garcia (19:03.3) with Ivan Jajuelo one second further back with 19:04.5, it was 19 year old Diego Garcia who took the bulk of the spotlight in Plasencia as his time of 19:03.2 broke his own Spanish U20 track record by a further 10 seconds.

The men were not the only ones scorching around the track. 19 year old Lidia Sánchez-Puebla won the women's 5000m walk in Plasencia in her own PB time of 22:01:33 (her previous best of 22:35.74 was obtained in Pamplona last May 23, 2015) and indicates that she, like Garcia, is in shape leading into the European Junior Championships. The main times are shown below. For full walk results, check out http://www.marcialdalmondo.com/admin/pdf/risultati/25062015193al_caceres.pdf.

Men 5000m Race Walk

| | | | | |
|----|-------------------|-----|----|---------|
| 1. | Alvaro MARTIN | ESP | 94 | 18:56.7 |
| 2. | Richard VARGAS | VEN | 94 | 18:58.2 |
| 3. | Diego GARCIA | ESP | 96 | 19:03.2 |
| 4. | Ivan PAJUELO | ESP | 93 | 19:04.5 |
| 5. | Marc TUR | ESP | 94 | 19:24.9 |
| 6. | José Ignacio DÍAZ | ESP | 79 | 19:48.3 |
| 7. | Pablo OLIVA | ESP | 96 | 19:51.4 |
| 8. | Mario SILLERO | ESP | 90 | 20:27.3 |
| 9. | Luis PÁSSARO | POR | 94 | 21:41.9 |

| | | | | |
|-----|---------------------|-----|----|---------|
| 10. | Leonardo TORO LOPEZ | ESP | 67 | 22:02.5 |
| 11. | Pedro SANTOS | POR | 92 | 22:39.9 |

Women 5000m Race Walk

| | | | | |
|----|------------------------|-----|----|---------|
| 1. | Lidia SANCHEZ-PUEBLA | ESP | 96 | 22:01.3 |
| 2. | Laura GARCÍA-CARO | ESP | 95 | 22:19.4 |
| 3. | Laura GUTIERREZ | ESP | 88 | 22:44.0 |
| 4. | Laura SANABRIA SANCHEZ | ESP | 00 | 25:06.1 |
| 5. | Ana PULGARIN CARDENO | ESP | 01 | 26:28.8 |

SPANISH U23 T&F CHAMPIONSHIPS, TARRAGONA, SPAIN, 27-28 JUNE

Men 10,000m Race Walk

| | | | | |
|----|----------------------|-----|----|---------|
| 1. | Alvaro MARTIN | ESP | 94 | 41:54.5 |
| 2. | Ivan PAJUELO | ESP | 93 | 42:36.4 |
| 3. | Marc TUR | ESP | 94 | 43:30.1 |
| 4. | Francisco Jose DURAN | ESP | 93 | 44:38.2 |
| 5. | Christian CUROPOS | ESP | 94 | 45:33.1 |
| 6. | Marc GUERRERO | ESP | 95 | 48:29.2 |

Women's 10,000m Race Walk

| | | | | |
|----|-----------------------|-----|----|---------|
| 1. | Amanda CANO | ESP | 94 | 47:04.9 |
| 2. | Maria JUAREZ GALLARDO | ESP | 93 | 48:23.0 |
| 3. | Coral AJA | ESP | 93 | 55:55.7 |
| 4. | Teresa Elena CORBAL | ESP | 94 | 58:45.4 |
| 5. | Laura SANCHIDRIAN | ESP | 94 | 59:33.6 |

SPANISH U18 T&F CHAMPIONSHIPS, CIUDAD REAL, 27-28 JUNE

Men 10,000m Race Walk

| | | | | |
|--|-------------------|-----|----|---------|
| | Kevin CERRO | ESP | 98 | 48:02.9 |
| | Carlos TUR | ESP | 98 | 48:17.2 |
| | Jose Manuel PEREZ | ESP | 99 | 48:20.8 |
| | Andrei RODRIGUEZ | ESP | 99 | 48:40.5 |

Women 5000m Race Walk

| | | | | |
|--|-------------------|-----|----|---------|
| | Irene VAZQUEZ | ESP | 98 | 24:19.2 |
| | Marina PEÑA | ESP | 99 | 24:20.3 |
| | Antia CHAMOSA | ESP | 99 | 24:25.3 |
| | Alicia VÁZQUEZ | ESP | 98 | 24:39.2 |
| | Irene MONTEJO | ESP | 98 | 25:16.3 |
| | Estela MATEA | ESP | 99 | 25:37.7 |
| | Georgina RUIZ | ESP | 99 | 26:23.8 |
| | Ana DOMINGUEZ | ESP | 98 | 26:38.5 |
| | Eva NAVARRO MUNOZ | ESP | 99 | 26:45.3 |
| | Lluna CAPDEVILA | ESP | 98 | 26:46.0 |
| | Leyre ARAMBURU | ESP | 99 | 26:50.2 |
| | Maria NICOLAS | ESP | 98 | 26:54.1 |

T&F MEET, HEROUVILLE SAINT-CLAIR, FRANCE, THURSDAY 25 JUNE

Johann Diniz was expected to be the star of the meet at the Herouville Saint-Clair Stadium last Thursday evening so the 5000m walk was scheduled right at the climax of the evening, just after the 110m hurdles and before the 100m sprint. Alas, due to a muscle injury the French world record holder could not compete, but all was not lost as fellow French walker Kevin Champion took the bit between the teeth, storming through to a meet record time of 18:57.42.

5000m Track Walk

| | | | |
|------------------|-------------------------------|--------|---------|
| CAMPION Kevin | Afa Feyzin-venissieux | SEM/88 | 18:57.4 |
| BOULCH Mael | Pays De Landerneau Athletisme | SEM/90 | 21:21.4 |
| CASSAGNES Adrien | Stade Rodez Athletisme | ESM/94 | 21:23.2 |
| FESSELIER Fabian | Caen Athletic Club | ESM/94 | 22:06.3 |
| LECAPLAIN Maxime | Eamh - S/1 U.s.o Mondeville | ESM/94 | 22:12.3 |
| BOUTRAIS Andy | R2ma - S/1 Asptt Rouen | SEM/91 | 22:42.6 |
| LE PAGE Cedric | Eamh - S/1 U.s.o Mondeville | JUM/96 | 23:46.5 |

| | | | |
|------------------|--------------------------------|--------|----|
| QUINION Aurelien | Efcvo - S/l Acsam | ESM/93 | DQ |
| BORDIER Gabriel | Us St Berthevin | JUM/97 | DQ |
| BOYEZ Antonin | Dsa - Doubs Sud Athletisme Bes | SEM/84 | NP |

FRENCH NATIONAL MEET, AMIENS, FRANCE, SATURDAY 27 JUNE

Emmanuel Tardi was in Amiens last Saturday for a French National Meet and Kevin Champion was back in action, walking fast once again. There were 9 starters in the 5000m walk which got underway at 7PM and Champion's winning time 19:26.7 saw him finish well ahead of Aurelien Quinion 20:07.4 and Cedric Houssaye 20:12.2.

Mens 5000m Race Walk

| | | | | |
|----|----------------------|-----|----|---------|
| 1. | Kevin CAMPION | FRA | 88 | 19:26.7 |
| 2. | Aurelien QUINION | FRA | 93 | 20:07.4 |
| 3. | Cedric HOUSSAYE | FRA | 79 | 20:12.2 |
| 4. | Yanis SOUABER | FRA | 96 | 22:05.2 |
| 5. | Mohammed MASSOUSSI | TUN | 88 | 22:08.9 |
| 6. | Andy BOUTRAIS | FRA | 91 | 22:46.1 |
| 7. | David DURAND-PICHARD | FRA | 72 | 24:25.8 |
| 8. | Cyrille LEBLOND | FRA | 73 | 24:54.9 |
| 9. | SimonBAZZO BORTOT | FRA | 96 | 24:55.2 |



Left: Champion leads out in Amiens



Right: Podium

CHAMPIONNATS ILE-DE-FRANCE DES 20KM, NOGENT-SUR-MARNE, SUNDAY 28 JUNE

Emmanuel was back in action on Sunday morning when he travelled to Nogent sur Marne (outside Paris) for the annual 20k Ile de France Championship. Apart from the 20km event, there were also 10km and 35km walk options with an overall 4 hour limit. The 1km lap, on the banks of the Marne river, included a very tough uphill and a very steep downhill. Emmanuel tells me that the weather was fresh when they started but the temperature increased quickly and was very hot by 10AM when the first walkers finished. It was the last opportunity for walkers to qualify for National Championship, which is restricted to the top 16 in the yearly rankings, so there were more than 50 walkers on the start line at 8.30AM. Thomas Carvalho started very fast and led for the first 3km before Cedric Houssaye and Ludovic Hadula bridged the gap. By 5km, it was Cédric Houssaye on his own and he went on to win easily. The women's event was won by Séverine Lanoue.

In the other events, Eric Toutain won the 35km with 3:49:25 and David Durdand-Pichard won the 10km with 53:06'.

20km Walk (first 30)

| | | | | |
|----|--------------------------|--------|---------------------------------|----------|
| 1. | HOUSSAYE Cedric | SEM/79 | Sco Ste-marguerite Marseille | 1h32'48" |
| 2. | HADULA Ludovic | SEM/87 | Charleville Mezieres Athletisme | 1h35'49" |
| 3. | DA SILVA CARVALHO Thomas | SEM/83 | Coulommiers Brie Athletisme | 1h40'47" |
| 4. | DUMAIRE Thomas | SEM/90 | Athle Sud 77 | 1h42'32" |
| 5. | LEGENTIL Cyril | SEM/86 | Dynamic Aulnay Club | 1h46'42" |

| | | | | |
|-----|--------------------|--------|--------------------------------|----------|
| 6. | LANOUE Severine | SEF/85 | Avia Club Issy-les-moulx | 1h49'06" |
| 7. | BROU Florent | ESM/93 | Ac Paris-joinville | 1h50'12" |
| 8. | QUENNEHEN Marine | SEF/91 | Ca Montreuil 93 | 1h51'18" |
| 9. | LEGENTIL Laurent | SEM/88 | Dynamic Aulnay Club | 1h52'06" |
| 10. | LEGENTIL Marc | SEM/84 | Dynamic Aulnay Club | 1h53'44" |
| 11. | DAHM Florent | SEM/87 | Ca Montreuil 93 | 1h54'13" |
| 12. | DAMBRINE Benoît | ESM/95 | Yonne Ac | 1h54'55" |
| 13. | BOLLINGER Vincent | SEM/84 | Dynamic Aulnay Club | 1h54'55" |
| 14. | LE BASTARD Sophie | SEF/90 | Plm Conflans | 1h55'47" |
| 15. | BEURION Mathieu | SEM/89 | Ac Paris-joinville | 1h56'23" |
| 16. | BERGEAL Arthur | SEM/84 | Elan 91 | 1h56'58" |
| 17. | MARIE Frederic | VEM/61 | Ouest Yvelines Athle | 1h57'50" |
| 18. | MURAT Alex | VEM/58 | Asfi Villejuif | 1h59'16" |
| 19. | BOYER Nicolas | SEM/77 | Athle Sud 77 | 1h59'27" |
| 20. | FRANCHIN Celia | SEF/87 | Paris Uc | 1h59'36" |
| 21. | VICTOR Etienne | VEM/64 | Ca Groupe Gonesse Villiers Bel | 2h05'22" |
| 22. | LEMOGNE Loic | VEM/55 | C.c. Taverny Athletisme | 2h06'07" |
| 23. | MENNESSON Nicole | VEF/65 | Entente Oise Athlétisme | 2h08'13" |
| 24. | DUCLOS Eddy | VEM/69 | Us Champagne-sur-seine | 2h10'26" |
| 25. | SIMEONI Bruno | VEM/59 | Entente Oise Athlétisme | 2h13'52" |
| 26. | MARQUIS Cecile | VEF/71 | Stadium Montigny Athletic Club | 2h14'54" |
| 27. | GALMICHE Catherine | VEF/57 | Ca Groupe Gonesse Villiers Bel | 2h15'01" |
| 28. | CHOCHOY Christine | VEF/68 | Dynamic Aulnay Club | 2h16'24" |
| 29. | BENASSY Marc | VEM/60 | Avia Club Issy-les-moulx | 2h17'54" |
| 30. | LEMOGNE Jocelyne | VEF/54 | C.c. Taverny Athletisme | 2h18'26" |

35km Walk

| | | | | |
|----|---------------|--------|---------------------------|----------|
| 1. | TOUTAIN Eric | VEM/63 | As Culturelle Francophone | 3h49'25" |
| 2. | GOULEY Fabien | SEM/83 | Us Ivry | 3h56'48" |

10km Walk

| | | | | |
|----|----------------------|--------|---------------------------|----------|
| 1. | DURAND-PICHARD David | VEM/72 | Antony Athletisme 92 | 53'06" |
| 2. | DANCHOT Julien | JUM/96 | Ea St Quentin En Yvelines | 55'32" |
| 3. | CHATEAU Xavier | VEM/63 | Uai Nogent-sur-marne | 1h02'32" |
| 4. | LANGLOIS Cloe | JUF/97 | Dynamic Aulnay Club | 1h03'43" |
| 5. | SERVE Margot | JUF/97 | Senlis Athle | 1h04'48" |
| 6. | CHABIN Frederic | VEM/65 | LP Longjumeau | 1h06'19" |
| 7. | TARDI Emmanuel | VEM/67 | LP Longjumeau | 1h11'43" |



Eric Toutain, Cedric Houssaye, Ludovic Hadula and Thomas Da Silva Carvalho



Severine Lanoue, Marine Quennehen and Durand-Pichard (all photos Emmanuel Tardi)

24 HEURES DE MARCHE DE HAUTE-SAINTONGE, MONTGUYON, FRANCE, 27-28 JUNE

Does Emmanuel Tardi ever sleep? Judging in Amiens on Saturday, racing in the Championnats Ile-de-France des 20km on Sunday morning and still finding time to source photos and results from the 24 Heures de Haute-Saintonge in Montguyon. This is a particularly tough 24 Hour event as the 2.2km road loop goes around the local castle with a tough uphill and consequent downhill. The race, which started at 11AM on Saturday and finished 24 hours later, saw a win to French walker Daniel Dien. An amazing 128 walkers competed in this event. Wow!



Left: Not an easy course!



Right: Winner Daniel Dien

24 Heures de Haute-Saintonge (first 20 finishers only)

| | | | | | |
|----|---------------------|--------------------|------|-----------|----------|
| 1. | DIEN Daniel | ANTIN | 1950 | 155.88 km | 23:54:11 |
| 2. | RIVOAL Claude | LÉVIGNAC | 1960 | 155.33 km | 23:58:46 |
| 3. | VIGNAUD Annette (F) | PERIGUEUX | 1958 | 155.22 km | 23:46:09 |
| 4. | SUAU Michel | CESTAS | 1957 | 144.99 km | 23:54:12 |
| 5. | GUILLAUMIN Michel | PARIS | 1947 | 144.00 km | 23:57:46 |
| 6. | GUERIN Séverine (F) | MÉRIGNAC | 1977 | 133.77 km | 23:43:17 |
| 7. | LINARD Benoît | NEUVY DEUX CLOCHER | 1965 | 133.44 km | 23:57:05 |

| | | | | | |
|-----|-----------------------|---------------------|------|-----------|----------|
| 8. | SADET François | MERY ES BOIS | 1960 | 122.99 km | 23:57:06 |
| 9. | CHAIGNE Isabelle (F) | T SAUVEUR LA LANDE | 1969 | 122.77 km | 20:11:11 |
| 10. | PIERRE Patrick | LABASTIDE DU TEMPLE | 1948 | 111.22 km | 24:00:17 |
| 11. | PILLET Frédéric | ROCHEFORT | 1961 | 122.44 km | 23:47:20 |
| 12. | SOULARD Eliane (F) | VILLENAVE D'ORNON | 1957 | 122.44 km | 23:48:05 |
| 13. | COURRAUD Brigitte (F) | MONTGUYON | 1956 | 122.33 km | 23:51:09 |
| 14. | COURRAUD Joël | MONTGUYON | 1956 | 122.33 km | 23:51:11 |
| 15. | JAMET Jean-Pierre | BREUILLET | 1937 | 122.33 km | 23:58:47 |
| 16. | MICHAU Philippe | SAINT-ASTIER | 1955 | 122.22 km | 23:46:38 |
| 17. | CHAIGNE Christophe | ST SAUVEUR LA LANDE | 1967 | 122.22 km | 23:48:19 |
| 18. | CHIFFOLEAU Alain | LA POMMERAYE | 1942 | 111.44 km | 23:51:38 |
| 19. | BOULITEAU Bernard | MARMANDE | 1966 | 111.44 km | 23:57:09 |
| 20. | GENAIS Yannick | ST GEORGES MONTAIG | 1964 | 111.44 km | 23:13:30 |

| |
|--|
| UKA/RWA/UKCAU 10KM TITLES, MINET CYCLE CIRCUIT, HAYES, SUNDAY 28 JUNE |
|--|

More championships again this weekend in England with the UKA/RWA/UKCAU 10km roadwalk championships contested on the Minet Cycle Circuit in Hayes. The medals must have taken a bit of sorting out due to the differing rules governing each category. For instance, the UKA title is only open to those eligible to represent the UK so Rebecca Collins, being a UK national won the UKA title but was ineligible to win the RWA title or the UK Inter-Counties title as she is a member of an Irish club. On the other hand, Francisco Reis, a former Portuguese International, was able to win the RWA and UKCAU titles which are based on club membership but was ineligible to win the UKA title. Boy, I'm glad I didn't have to be the one to sort all that out! Thanks to Mark Wall for passing these results onto me.

| Women 10 km | | | | UKA | RWA | UKCAU |
|--------------------|--------------------|---------------|-------|------------|------------|--------------|
| 1. | Rebecca Collins | North Down AC | 55:01 | 1 | | |
| 2. | Kate Donaldson | Leicester WC | 57:12 | 2 | 1 | 1 |
| 3. | Penelope Cummings | Herne Hill H | 60:09 | 3 | 2 | 2 |
| 4. | Maureen Noel | Belgrave H | 63:04 | | 3 | 3 |
| 5. | Ann Wheeler | Leicester WC | 64:56 | | | |
| 6. | Angela Martin | Surrey WC | 65:58 | | | |
| 7. | Ann Jones | Steyning AC | 66:10 | | | |
| 8. | Judy Howard | Abingdon AC | 68:38 | | | |
| 9. | Noel Blatchford | Abingdon AC | 68:42 | | | |
| 10. | Naomi Sharma | Abingdon AC | 72:09 | | | |
| 11. | Kay Koeslag | Belgrave H | 72:09 | | | |
| 12. | Sandra Campbell | Surrey WC | 77:06 | | | |
| 13. | Grazina Narviliene | Belgrave H | DQ | | | |

| 10km Men | | | | UKA | RWA | UKCAU |
|-----------------|----------------------|---------------------|-------|------------|------------|--------------|
| 1. | Francisco Reis | Unattached | 50:00 | | 1 | 1 |
| 2. | Fabian Deuter | Hillingdon AC | 51:57 | | 2 | 2 |
| 3. | Ian Richards | Steyning AC | 52:52 | 1 | 3 | 3 |
| 4. | Christopher Hobbs | Ashford AC | 53:02 | 2 | | |
| 5. | Trevor Jones | Steyning AC | 53:03 | 3 | | |
| 6. | Steve Allen | Barnet & Dist | 53:07 | | | |
| 7. | David Crane | Surrey WC | 55:27 | | | |
| 8. | Malcolm Martin | Surrey WC | 56:14 | | | |
| 9. | Carlos Cobo Corrales | Surrey WC | 56:39 | | | |
| 10. | Steve Uttley | Ilford AC | 56:45 | | | |
| 11. | John Ralph | Enfield & H | 59:48 | | | |
| 12. | Graham Chapman | Headington RR | 59:59 | | | |
| 13. | Mark Culshaw | Belgrave H | 60:17 | | | |
| 14. | Ken Bobbett | Hillingdon AC | 60:25 | | | |
| 15. | Arhtur Thomson | Enfield & H | 62:22 | | | |
| 16. | Andrew Cox | Hillingdon AC | 62:39 | | | |
| 17. | Shaun Lightman | Surrey WC | 63:52 | | | |
| 18. | Colin Vesty | Leicester WC | 64:17 | | | |
| 19. | Paul Gaston | Surrey WC | 65:57 | | | |
| 20. | Ron Penfold | Steyning AC | 66:45 | | | |
| 21. | Dave Kates | Ilford AC | 68:04 | | | |
| 22. | Sean Pender | Enfield & H | 68:23 | | | |
| 23. | Brian Boggenpoel | Ilford AC | 69:26 | | | |
| 24. | Bob Dobson | Ilford AC | 69:50 | | | |
| 25. | Cameron Corbishley | Medway & M | DQ | | | |
| 26. | Daniel King | Colchester Harriers | DQ | | | |

Thanks to Mark Easton for permission to use the following photos. See <http://markeaston.zenfolio.com/p27995934> for the full gallery.



Rebecca Collins and Kate Donaldson (photos Mark Easton)



Francisco Reis and Fabian Deuter

ENGLISH SCHOOLS AA INTER-COUNTIES RACEWALKS, NUNEATON, SUN 27 JUNE

And thanks to Mark Wall for these additional results from England – the English Schools AA Inter-Counties Developmental walks. Mark tells me that the 10-13 years olds race was judged only for contact, using the 'B rule'.

3000m races over 15 years

| | | | |
|----|------------------|---------------|---------|
| 1. | Tim SNOOK | Hampshire | 13:35.9 |
| 2. | Chris SNOOK | Surrey | 13:45.0 |
| 3. | Daniel WATLING | Staffordshire | 16:49.6 |
| 1. | Abigail JENNINGS | Surrey | 18:00.7 |

2000m 13 – 15 years

| | | | |
|----|------------------|---------------------|---------|
| 1. | Ben ALLEN | Leicester & Rutland | 9:52.0 |
| | George WILKINSON | Suffolk | DQ |
| 1. | Anna GARCIA | South Yorkshire | 9:33.7 |
| 2. | Kara LANE West | Midlands | 10:47.8 |
| 3. | Alana ZEIDLER | South Yorkshire | 11:20.1 |
| 4. | Katle ELLIOTT | Surrey | 13:31.4 |
| 5. | Mia LOTTEN | Surrey | 13:40.7 |
| 6. | Anna HINCHCLIFFE | Surrey | 14:04.1 |

2000m 10 – 13 years

| | | | |
|----|------------------------|---------------------|---------|
| 1. | Faris ALKHAMESI | Leicester & Rutland | 11:44.3 |
| 2. | Kai KUNDY | South Yorkshire | 12:30.2 |
| 3. | Kyle SMITH | Warwickshire | 12:39.3 |
| 4. | Jamie COOKE | West Midlands | 12:56.5 |
| 5. | Nick HART | Hampshire | 12:57.2 |
| 6. | Toby BUCK | Northamptonshire | 13:38.3 |
| 7. | Sam SHIPLEY | South Yorkshire | 15:56.7 |
| 1. | Molly MELEADY – HARLEY | Derbyshire | 11:57.3 |
| 2. | Lara MacCALL | South Yorkshire | 12:39.2 |
| 3. | Ruby HORTON | Hampshire | 13:01.6 |
| 4. | Emma RATCLIFFE | Suurey | 14:02.8 |
| 5. | Hannah GADD | West Midlands | 14:19.4 |
| 6. | Lucy WALKER | South Yorkshire | 14:27.8 |

PAAVO NURMI GAMES, TURKU, FINLAND, FRIDAY 26 JUNE

Finnish walker Veli-Matti Partanen continued his fine 2015 form with yet another PB, with a winning time of 19:35.1 in the 5000m walk at the Paavo Nurmi Games in Turku. Matias Korpela also walked well for second with 19:54.5.

Men 5000m Race Walk

| | | | | |
|----|---------------------|-----|----|---------|
| 1. | Veli-Matti PARTANEN | FIN | 91 | 19:35.1 |
| 2. | Matias KORPELA | FIN | 89 | 19:54.5 |
| 3. | Eemeli KIISKI | FIN | 91 | 20:27.8 |
| 4. | Aleksi OJALA | FIN | 92 | 20:47.1 |
| 5. | Elmo KOIVUNEN | FIN | 94 | 21:48.3 |

ITALIAN U18 CHAMPIONSHIPS MILAN, ITALY, FRIDAY 26 JUNE

The Italian U18 track walk championships in Milan last weekend saw huge track walk fields with 29 boys and 41 girls in action. Few countries would be able to field such numbers (Australia certainly wouldn't) so it omens well for the future of our sport in that country. In the Boys' walk, pre-race favourite Giacomo Brandi was an easy winner iwth 44:55.74 while Anthea Mirabello won the Girls' 5000m with 24.33.26. The Pit Lane rule was used with three red cards causing a 1 minute stop. The Girls' race was so big that it has to be contested in two heats, with the results then combined together to give final placings.

I am going to show all finishers as it is not often we see fields like these at the U18 level.

10000m U18 Men

| | | | | |
|-----|--------------------|------|--------------------------------|----------|
| 1. | Giacomo Brandi | 1998 | Sport Atl. Fermo | 44:55.74 |
| 2. | Mattia Iorillo | 1998 | Libertas Amatori Atletica Legg | 46:15.83 |
| 3. | Nicolas Fanelli | 1999 | Atl. Amatori Cisternino | 46:20.89 |
| 4. | Giuseppe Pantera | 1998 | Fiamme Gialle G. Simoni | 46:48.85 |
| 5. | Stefano Cicalo | 1998 | Atl Valeria | 47:59.77 |
| 6. | Emanuele Romanzi | 1999 | Fiamme Gialle G. Simoni | 48:10.29 |
| 7. | Luca Magistri | 1999 | Fiamme Gialle G. Simoni | 48:46.47 |
| 8. | Attilio Trapasso | 1998 | CS Giovanile Cz Lido | 49:48.36 |
| 9. | Diego Chirivi | 1999 | CUS Torino | 49:55.71 |
| 10. | Elia Maccari | 1998 | Sintofarm Atletica | 49:57.15 |
| 11. | Alfonso Alberga | 1999 | Amatori Atl. Acquaviva | 50:10.76 |
| 12. | Matteo Dolfi | 1998 | Atletica Firenze Marathon SS | 50:31.82 |
| 13. | Guglielmo Brusaca | 1999 | ASD Spectec Duferco Carispezia | 50:35.51 |
| 14. | Leandro Tomasselli | 1999 | Esercito Sport & Giovani | 50:38.15 |
| 15. | Matteo Vicario | 1999 | RCF Roma Sud | 50:59.78 |

| | | | | |
|-----|-------------------|------|--------------------------------|----------|
| 16. | Fabio Barattini | 1999 | Atletica Livorno | 51:03.45 |
| 17. | Lorenzo Grossi | 1998 | Atletica Livorno | 51:26.40 |
| 18. | Edoardo Gagliardi | 1999 | Atletica Piedmont ASD | 51:41.14 |
| 19. | Luigi Loconsole | 1998 | Amatori Atl. Acquaviva | 51:48.96 |
| 20. | Juriy Micheletti | 1998 | Atl. Bergamo Creberg 1959 | 51:49.39 |
| 21. | Alessandro Pierri | 1999 | ASD Lib. GS SS Salvatore | 52:58.95 |
| 22. | Andrea Corradini | 1998 | ASD Atl. Villanuova '70 | 53:02.22 |
| 23. | Giuseppe Serrone | 1998 | Atletica Fiamma Giovanazzo Car | 53:48.74 |
| 24. | Michele Minto | 1998 | Atl. Sacmi Imola Avis | 54:46.00 |
| 25. | Matteo Tomasini | 1998 | SEF Virtus Emilsider Bo | 56:34.54 |

5000m U18 Women (combining of 2 heats for final placings)

| | | | | |
|-----|------------------------|------|--------------------------------|----------|
| 1. | Anthea Mirabello | 1999 | Fiamme Gialle G. Simoni | 24:33.26 |
| 2. | Vanessa Tomei | 1998 | ASD Atletica Gran Sasso Teramo | 24:47.08 |
| 3. | Angelica Mirabello | 1999 | Fiamme Gialle G. Simoni | 25:41.60 |
| 4. | Alice Route | 1998 | Atl Bergamo in 1959 Creberg. | 25:45.04 |
| 5. | Molly Jade Davey | 1998 | GSSelf Atl. Montanari Gruzza | 26:03.40 |
| 6. | Annalisa Russo | 1998 | ASD Polisportiva Astro 2000 | 26:10.83 |
| 7. | Linda Terzi | 1998 | GSSelf Atl Montanari Gruzza. | 26:26.26 |
| 8. | Francesca Pini Azzurra | 1999 | Assi Giglio Rosso Firenze | 26:32.00 |
| 9. | Chiara Cuni | 1999 | Atl Brescia in 1950. | 26:45.01 |
| 10. | Chiara Verteramo | 1999 | CUS Torino | 26:52.47 |
| 11. | Maria Teresa Vulpis | 1999 | US Giovani Atleti Bari | 26:54.07 |
| 12. | Fabiana Bucci | 1998 | ASD Amat. Atletica Serafini | 27:02.17 |
| 13. | Beatrice Andreose | 1998 | GS Fiamme Oro Padova | 27:02.64 |
| 14. | Arianna Pisano | 1998 | Atletica Arcobaleno Savona | 27:06.00 |
| 15. | Prisca Simonetti | 1998 | ASD ACSI Italia Atletica | 27:10.22 |
| 16. | Laura Silli | 1999 | Sportiamo | 27:14.78 |
| 17. | Chiara Pusceddu | 1999 | Atletica Selargius | 27:27.67 |
| 18. | Giulia Cippitelli | 1998 | Atl Avis Macerata. | 27:34.64 |
| 19. | Katty Perizzolo | 1998 | Atletica Vis Abano | 27:35.71 |
| 20. | Andrea Georgia Lacatus | 1998 | PBM Bovisio Masciago | 27:41.76 |
| 21. | Chiara Tomasi | 1999 | Atletica Di Brand | 27:50.53 |
| 22. | Francesca Bocchino | 1999 | RCF Roma Sud | 28:01.46 |
| 23. | Beatrice Foresti | 1998 | Atl Bergamo in 1959 Creberg. | 28:07.62 |
| 24. | Francesca Cortelezzi | 1999 | Bracco Atletica | 28:13.71 |
| 25. | Federica Piro | 1999 | Polisportiva Tethys Chieti | 28:17.52 |
| 26. | Nicole Tarabella | 1998 | Atl. Pietrasanta Versilia | 28:22.50 |
| 27. | Erika Pontarollo | 1998 | Atl. Vicentina | 28:32.86 |
| 28. | Sofia Bonanni | 1999 | Atletica Firenze Marathon SS | 28:47.96 |
| 29. | Annachiara Paternico | 1998 | Assindustria Sport Padova | 28:49.75 |
| 30. | Marianna Esposito | 1998 | Polisportiva Tethys Chieti | 28:55.79 |
| 31. | Andrea Noemi Parma | 1998 | Atl Bergamo in 1959 Creberg. | 29:16.92 |
| 32. | Paola Arcolin | 1999 | PBM Bovisio Masciago | 29:23.21 |
| 33. | Sara Perullo | 1999 | Atletica Livorno 2 | 2.356.25 |
| 34. | Teresa Liberatore | 1999 | Acquadela Bologna | 29:29.79 |
| 35. | Tiziana Linari | 1998 | Fiamme Gialle G. Simoni | 29:46.53 |

TRACK WALKS, POZNAN, POLAND, SUNDAY 21 JUNE

Men 5000m Race Walk

| | | | | |
|----|-----------------|-----|----|---------|
| 1. | Michal KAMINSKI | POL | 97 | 22:24.2 |
|----|-----------------|-----|----|---------|

Women 5000m Race Walk

| | | | | |
|----|---------------------|-----|----|---------|
| 1. | Anna BAJON | POL | 94 | 25:43.2 |
| 2. | Paulina LEWANDOWSKA | POL | 97 | 26:03.0 |
| 3. | Kornelia ZIELINSKA | POL | 98 | 26:23.6 |

SLOVENIAN JUNIOR T&F CHAMPIONSHIPS, MARIBOR, SLOVENIA, 27-28 JUNE

Women 5000m Race Walk

| | | | | |
|----|------------|-----|---|---------|
| 1. | Eva CANADI | SLO | 0 | 28:39.1 |
|----|------------|-----|---|---------|

UKRAINIAN U18 T&F CHAMPIONSHIPS, KIROVOGRAD, UKRAINE, 25-26 JUNE**Men 10,000m Race Walk**

| | | | |
|-------------------|-----|----|---------|
| Eduard ZABUZHENKO | UKR | 98 | 46:39.2 |
| Stanislav MASHTAL | UKR | 98 | 47:17.1 |

Women's 5000m Race Walk

| | | | |
|----------------|-----|----|---------|
| Ksenia BYELOVA | UKR | 98 | 26:35.4 |
| Yana FARINA | UKR | 99 | 26:45.8 |
| Yuliya KOTIK | UKR | 99 | 26:51.4 |

HUNGARIAN JUNIOR T&F CHAMPIONSHIPS, MISKOLC, HUNGARY, 27-28 JUNE**Men 10,000m Race Walk**

| | | | |
|---------------------|-----|----|----------|
| 1. Bence VENYERCSÁN | HUN | 96 | 43:33.73 |
| 2. Soma KOVÁCS | HUN | 97 | 48:17.51 |
| 3. Donát BURGER | HUN | 97 | 49:15.76 |

Women 10,000m Race Walk

| | | | |
|---------------------|-----|----|----------|
| 1. Rita RÉCSEI | HUN | 96 | 49:16.45 |
| 2. Anna SÜDI | HUN | 97 | 54:56.70 |
| 3. Viktória BENCZIK | HUN | 97 | 59:06.00 |

PORTUGUESE U23 T&F CHAMPIONSHIPS, POMBAL, PORTUGAL, 27-28 JUNE**Men 10,000m Race Walk**

| | | | |
|--------------------|-----|----|----------|
| 1. Miguel CARVALHO | POR | 94 | 43:06.42 |
| 2. Rui COELHO | POR | 94 | 45:54.06 |
| 3. Pedro AMARAL | POR | 97 | 45:59.87 |
| 4. Xavier SOUSA | POR | 96 | 48:08.36 |

Women 10,000m Race Walk

| | | | |
|--------------------|-----|----|----------|
| 1. Mara RIBEIRO | POR | 95 | 48:52.25 |
| 2. Mariana MOTA | POR | 95 | 50:16.66 |
| 3. Mafalda MARQUES | POR | 97 | 56:05.07 |
| 4. Vera PORTELA | POR | 95 | 56:07.84 |

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 10 press releases this week

- Mon 29 June - Walk results from the 69th Korean Championships in Mungyeong
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2132
- Sun 28 June - Spanish U23 and U18 Championships in Tarragona and Ciudad Real
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2131
- Sat 27 June - entry lists for Spanish U23 and U18 Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2130
- Fri 26 June - Metatarsal injuries
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2129
- Fri 26 June - Paavo Nurmi Games in Finland
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2128
- Thu 25 June - Discussing the new Pit Lane Rule
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2127
- Wed 24 June - Great results for Spanish athletes at Gran Premio Diputacion in Cacerei
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2126
- Wed 24 June - Kevin Champion wins in Herouville Saint-Clair
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2125

- Wed 24 June - Italian team to contest the Summer Universiad in Gwangju (KOR)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2124
- Tues 23 June - World top list for U18 Boys, leading into World Youth Games in Cali
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2123

The omarchador blog continued on as usual with 9 press releases

- Mon 29 June - Mara Ribeiro and Miguel Carvalho win Portuguese U23 Champs
<http://omarchador.blogspot.pt/2015/06/mara-ribeiro-e-miguel-carvalho.html>
- Sun 28 June - Portuguese W60 walker Maria Orlete Mendes honored in Mogadouro
<http://omarchador.blogspot.pt/2015/06/maria-orlete-mendes-homenageada-em.html>
- Sat 27 June - preview of this weekend's Portuguese U23 Champs
<http://omarchador.blogspot.pt/2015/06/campeonatos-sub-23-em-pombal-este-fim.html>
- Fri 26 June - Results of Italian U18 walk championships
<http://omarchador.blogspot.pt/2015/06/campeonatos-italianos-de-juvenis-sub-18.html>
- Fri 26 June - Results of Paavo Nurmi Games in Finland
<http://omarchador.blogspot.pt/2015/06/jogos-paavo-nurmi-em-turku-finlandia.html>
- Thu 25 June - walks disappointing left out of Meeting de Santo António in Portugal
<http://omarchador.blogspot.pt/2015/06/meeting-de-santo-antonio-nao-renasce.html>
- Thu 25 June - Álvaro Martín dominates walks at Diputación de Cáceres
<http://omarchador.blogspot.pt/2015/06/significativas-marcas-obtidas-no.html>
- Wed 24 June - Kevin Campion records 18.57,42 at meet in Hérouville Saint-Clair, France
<http://omarchador.blogspot.pt/2015/06/kevin-campion-185742-no-meeting-de.html>
- Tue 23 June - England wins Small Nations Tournament in Bedford
<http://omarchador.blogspot.pt/2015/06/inglaterra-vence-torneio-das-pequenas.html>

AROUND TAIHU MULTI-DAY RW CHALLENGE, TAIHU, CHINA, 26-29 SEPTEMBER 2015

Thanks to Steve Taylor for posting the following regarding this year's 4 Day Walk in China.

Below is a copy of an email I received from the Chinese Athletic Association regarding their four day walking event around the beautiful Lake Taihu in Wuzhong. Having attending this event on the last two occasions I do not exaggerate when I say the world's best walkers are in attendance. The CAA extend an invitation again this year so if you are interested please email Ms Jingmeng Han at chn@athletics.org.cn for further information.

INVITATION - Around Taihu Multi-day Race Walking Challenge 2015

Dear friends,

Hope this letter finds you all in good health and cheerful mood.

Chinese Athletic Association and the LOC of Wuzhong Multi-day RW Challenge 2015 are glad to invite you and your fellow race walkers to participate in our wonderful multi-day race walking competition in Wuzhong, Jiangsu Province, on 26-29 September. Please see detailed information below:

| | | |
|------------|----------------------------|-------------------|
| DATES: | September 26-29, 2015 | |
| DISTANCES: | September 26 th | First leg: 15km |
| | September 27 th | Second leg: 10km |
| | September 28 th | Third leg: 15.6km |
| | September 29 th | Forth leg: 12km |

Like the first two editions, race walkers can sign up as individual or teams.

OFFICIAL HOSTING PERIOD: Sep. 25-29, full board
(extra stay charge: 320 RMB per head per day, twin room with full board)

VISA: CAA/ LOC will provide visa invitation to help with visa application, please submit passport copies to chn@athletics.org.cn. Please also specify from which country will the participants be applying for visa

TRANSPORTATION: LOC will provide transportation from (and to) Shanghai Pudong International Airport (PVG) and Shanghai Hongqiao International Airport (SHA)

Further information will be provided in due course, we remain for future contacts.

With our best regards,

On behalf of
Zhaocai Du
Vice-President & General Secretary
Chinese Athletic Association

WHEN DOES AGE MATTER

Kelly Ruddick has done wonderfully to gain a vest in the Australian team for the 2015 IAAF World Championships at 42 years of age but she is not our oldest Australian walking representative. There are a couple of other Victorians who have represented Australia at older ages.

- **Harry Summers** (who has just celebrated his 80th birthday), gained his first Australian vest at the age of 46 when he competed in the 1981 World Cup 50km in Valencia. Amazingly, he earned another vest in 1985 at 50 years of age, competing in his second IAAF World Cup, this time in the Isle of Man.
- **Willi Sawall** was 42 years of age when he walked in the 1984 Olympic 20km and 50km events in Moscow. From then he continued on and gained further vests in the 1985 World Racewalking Cup in the Isle of Man (43), the 1986 Commonwealth Games in Edinburgh (44) and the 1987 IAAF World Champs in Rome (45).

Interestingly, both Willi and Kelly come from Ballarat in country Victoria. I think it must be something in the water!



One from the archives – the 1987 World Championships trial at Fishermans Bend in Melbourne – Australian representatives Bill Dyer, Harry Summers, Andrew Jachno, Mark Donahoo, Willi Sawall and Duncan Knox

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

| | |
|-------------------|---|
| Sat July 4, 2015 | Vic 15km roadwalk champs, Middle Park, VIC |
| Sat July 18, 2015 | VMA 10km and Victorian RWA Postal Challenge, Middle Park, VIC |
| Sun Aug 2, 2015 | Victorian Roadwalk Championships (including Vic 30km), Middle Park, VIC |
| Sun Aug 30, 2015 | Australian Roadwalk Championships, Middle Park, VIC |
| Sun Sept 13, 2015 | Vic 50km Championship, Middle Park, VIC |
| Oct 3-10, 2015 | Australian Masters Games, Adelaide, SA |

2015 IAAF Race Walking Challenge Dates

| | | |
|-------------------|---|----------------|
| Aug 22-30, 2015 | 15 th IAAF World Championships (http://www.iaafbeijing2015.com/en/) | Beijing, CHINA |
| Sun Sept 13, 2015 | MTR Hong Kong Racewalking Carnival (http://www.hkaaa.com) | Hong Kong, HK |
| Sept 26-29, 2015 | Around Taihu Multi-day Race Walking Challenge 2015 | Taihu, CHINA |

Looking further forward

| | |
|---------------------|---|
| July 3-14, 2015 | 28 th Summer Universiade, Gwanju, South Korea |
| July 15-19, 2015 | 9 th World Youth T&F Championships, Cali, Colombia |
| Aug 22-30, 2015 | 15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com |
| Aug 4-16, 2015 | 20 th 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 7-8, 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 5-21, 2016 | 31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en |
| July 12-16, 2017 | 10 th World Youth T&F Championships, Nairobi, Kenya |
| August 5-13, 2017 | 16 th IAAF World Championships in Athletics, London, UK |
| August 19-30, 2017 | 29 th Summer Universiade, Taipei, Taiwan |
| 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 |
| Aug 2021 | 18 th IAAF World Championships in Athletics, Eugene, USA |

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