



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 44  
4 August 2015



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### WALKER OF THE WEEK

My Walker of the Week this time around goes to 13 year old Bendigo walker **Zahra Hayes** who won the Victorian U16 5km roadwalk championship on Sunday at Middle Park with an outstanding time of 24:39. In fact, it was a PB by over a minute and is one of the few times she has raced over this longer distance. She came 2<sup>nd</sup> in the U14 2km walk at the LBG Carnival in Canberra last month (9:36) and continued her good form on Sunday.



**Zahra in action on Saturday in Melbourne (photo Simon Baker)**

### WHAT'S COMING UP

Next Saturday sees our final VRWC points competition day for the winter season, with program reading as follows

**Saturday 8<sup>th</sup> August 2015, Middle Park**

VRWC EVENTS: Entries close for all events at 1.50pm sharp – Last points race for the season.

2.15pm	8km	Points Race	Open
2.15pm	6km	Points Race	Open
2.30pm	4km	Points Race	Open
2.40pm	2km	Points Race	Open
2.40pm	1km	Points Race	Open

A reminder that entries are now open for the **2015 Australian Road Walking Championships** which will be held at Middle Park (Melbourne) on **Sunday 30 August**. As this is also a Racewalking Australia Carnival, I have setup an additional carnival page on our VRWC website - check it out at <http://www.vrwc.org.au/2015AustRoadwalkChamps.shtml>. This VRWC page can be viewed as the overall championship entry point as it contains links to other items of relevance, including the AA entry panel. We are now up to 55 entries so the numbers are building. **Entries close with AA on Sunday 16<sup>th</sup> August which is just under 2 weeks time. So you should get your entry in as soon as possible.**

## VRWC PHOTOGRAPHY POLICY

I was asked by one of our coaches on Saturday about our VRWC photography policy so I will explain it here for our newer parents and walkers.

We have an official photographer on duty each race day. The job of that person is to take photos of all the walkers (and sometimes the officials). Committee member Terry Swan vets them and selects the best for uploading to our VRWC photo gallery (<http://www.vrwc.org.au/coppermine/>) and I select photos from there for our weekly newsletter. Our policy is to select photos which show walkers in the best possible light. We all know that everyone occasionally loses form – we focus on photos which show walkers walking well.

We allow parents to take photos or videos of their own children and we allow coaches to do the same with regard to their own athletes. But we do not want parents or coaches taking photos or videos of other walkers, especially those competing against their children or squad members. Such activities can appear very threatening to the walkers concerned and I know of cases with other clubs where this sort of situation has got out of control and has led to quite ugly confrontations. We have avoided that sort of thing in the past and wish to continue to avoid it by adopting this common sense approach.

Finally, we react very quickly to any unknown persons attending our races and taking photos or videos of our walkers. We all know enough about the world to know that there are unsavoury people out there and we want to give our walkers a safe environment in which they can enjoy their walking.

I hope all this makes sense. As always, chat with me or club President Stuart Cooper any race day if you need to clarify any of this.

## VICTORIAN ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 2 AUGUST

Competitors were pleasantly surprised by sunny and still conditions for the early events on Sunday morning but the wind gradually picked up and by the time our final roadwalks were contested, conditions were quite tough. With a number of our masters walkers now at the World Masters championships in France, our numbers were down overall with 46 walkers in attendance for our latest round of Victorian and VRWC championships.

**Chris Erickson** won his fourth Victorian walk championship for the year with a steady 30km time of 2:17:34, just under 5 minutes ahead of NSW champion **Ian Rayson**, 2:22:16. It was Chris's final hitout before he heads off for this month's World Championships in China and he looked in good shape. We were also very pleased to see Canberra based **Nathan Brill** also down for the weekend and winning the Junior Men's 10km with a very respectable 44:36, ahead of **Adam Garganis** 46:25. Others to stand out in the AV junior championships were **Kyle Swan** (U18 10km 48:52), **Zahra Hayes** (U16 5km 24:39), **Corey Dickson** (U14 3km 14:33), **Rebecca Henderson** (U16 5km 25:38) and **Nikola Mandic** (U14 3km 14:52).

### AV Open 30 km Road Walk

1.	Erickson, Chris	ESS	46:05	1:31:41	2:17:34
2.	Rayson, Ian	NSW	48:11	1:35:44	2:22:16
	O'Neill, Terry	GPA	1:02:44	2:04:24	DQ

### AV U20 Boys 10 km Road Walk C'Ship

1.	Brill, Nathan	BOH	44:36
2.	Garganis, Adam	COL	46:25
3.	Taylor, Lucas	YRA	59:07

### AV U20 Girls 10 km Road Walk C'Ship

	Billington, Tayla-Paige	BOH	DNF
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### AV U18 Boys 10 km Road Walk C'Ship

1.	Swan, Kyle	ANW	48:52
2.	Walmsley, Reese	KNA	52:21

### AV U18 Girls 5 km Road Walk Championship

1.	Huse, Philippa	SAN	27:25
2.	Dowie, Ellen	EKA	34:45
	Lillie, Jessica	KNA	DNS

### AV U16 Boys 5 km Road Walk Championship

1.	Walmsley, Hayden	KNA	27:21
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### AV U16 Girls 5 km Road Walk Championship

1.	Hayes, Zahra	SBE	24:39
2.	Henderson, Rebecca	CCA	25:38
3.	Peart, Jemma	BYC	26:31

4.	Richardson, Brodie	KNA	29:21
5.	Noonan, Emily	COL	35:35
6.	Taylor, Lee	YRA	36:47

#### **AV U14 Boys 3 km Road Walk Championship**

1.	Dickson, Corey	KNA	14:33
2.	Mandic, Nikola	CCA	14:52
3.	Thompson, Will	CCA	15:03

#### **AV U14 Girls 3 km Road Walk Championship**

1.	Peart, Alanna	BYC	15:51
2.	Clark, Madison	FKN	16:14
3.	Karagiorgos, Chloe	KNA	16:41
4.	O'Mahony, Kathleen	KNA	17:09
5.	Bishop, Kasey	WEN	17:46

The Victorian championships were complemented by a number of VRWC championships and non-championship races, with results as shown below.

#### **VRWC U12 2km Club Championship**

1.	Beveridge, Heath	11:46
1.	Hay, Charlotte	10:56
2.	Noonan, Claire	11:50

#### **VRWC U10 2km Club Championship**

1.	Karagiorgos, Harrison	12:30
2.	Peart, Scott	13:29
1.	Lillie, Gemma	12:31
2.	Carbery, Elise	15:15

#### **VRWC Open Women 10km Club Championship - Mabel Robinson Trophy**

1.	Tindal, Pam	56:57
2.	Geisler, Sandra	58:05
3.	Muldoon, Wendy	58:18
4.	Rosenbrock, Carolyn	59:54
5.	Elms, Donna	1:03:23
6.	Shaw, Robyn	1:10:58

#### **VRWC Open 3 Hours Walk**

O'Neill, Karyn DQ

#### **VRWC Open 10km**

1.	Christmass, James	1:03:20
2.	Dickenson, Russ	1:03:30

#### **VRWC Open 5km**

1.	Paten, Ruby	31:25
2.	Gardiner, Bob	32:04
3.	Huse, Alan	32:57
4.	Doran, Tony	35:33

Thanks as usual to our officials and judges who we rely on so much. Apologies if I missed anyone.

**Officials:** Tim Erickson, Ian Laurie, Harry Summers, Susan Taylor, Bob Gardiner, Michael Bodey

**Judges:** Judy Mason (chief), Suzanne Callaway, Mark O'Mahony, Gordon Loughnan, Terry Swan, Stuart Cooper, Josh Savage, Brenda Felton, Peter Vysma (DQ Board)

**Canteen:** Wendy Cooper

**Photos:** Simon Baker (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=51>)



**Chris Erickson, Ian Rayson, Adam Garganis, Nathan Brill and Kyle Swan**



**Corey Dickson, Zahra Hayes, Nikola Mandic and Rebecca Henderson (photos Simon Baker)**

**ACT WALKERS CLUB ROADWALKS, STAGE 88, CANBERRA, SATURDAY 1 AUGUST**

Thanks to Robin Whyte for this week's results from Canberra.

**12km Walk**

- |    |                 |         |
|----|-----------------|---------|
| 1. | Monika Short    | 1:30:17 |
| 2. | Doug Fitzgerald | 1:37:55 |
| 3. | Warren Butler   | 1:43:15 |
| 4. | Val Chesterton  | 1:47:58 |
|    | Zoe Hunt        | DNF     |
|    | Pat Fisher      | DNF     |

**3km Walk**

- |    |                |       |
|----|----------------|-------|
| 1. | Laura Burns    | 17:18 |
| 2. | Ellen Vahey    | 18:10 |
| 3. | Katie Alley    | 18:12 |
| 4. | Jennifer Alley | 18:53 |
| 5. | Cilla Chapman  | 26:02 |
| 6. | Bob Chapman    | 26:09 |
| 7. | Jack Thackray  | 26:57 |

**6km Walk**

- |    |                 |       |
|----|-----------------|-------|
| 1. | Jillian Hosking | 30:00 |
| 2. | Connor Frew     | 31:11 |



3.	Callum Burns	31:12
4.	Gabby Hunt	31:15
5.	Mitchell Baker	31:15
6.	Kate Black	37:48
7.	Helena Bialecki	38:42
8.	Dylan Eddowes	44:02
9.	Barbara Eddowes	45:51
10.	Marilyn Banfield	46:09
11.	David Mackenzie	49:18

<b>1km Walk</b>		
1.	Tom Hunt	05:11
2.	Georgia Frew	08:58

### NSWRWC ROADWALKS, TEMPE, NSW, SATURDAY 1 AUGUST

Thanks to Frank Overton for Saturday's results from Sydney. He tells me that events were held on a 1km lap and it was a beautiful winter's day with a temperature of around 23C. 43 athletes fronted the starters signal for a successful day of competition. Some pretty good time sprinkled in there, ably led by Jay Felton with 37:27 for 8km and Dylan Richardson with 29:44 for 6km.

#### Long Division 8km

1.	Jay Felton	37.27
2.	Carl Gibbons	38.01
3.	Aidan Kerr	40.02
4.	Cheryl Webb	40.43
5.	Ian Jessurun	43.58
6.	Jasmyn McDonald	44.40

#### Medium Division 6km

1.	Dylan Richardson	29.44
2.	Kyle Bedford	30.57
3.	Chelsea Goodhew	31.57
4.	Travis Barendregt	36.30
5.	Raquel Roukos	36.36
6.	Judy Brown	49.33
	Ryan Thomson	DNF

#### Short Division 3 km

1.	Nathan Blassett	15.23
2.	Allanah Pitcher	15.50
3.	Elda De Laine	16.06
4.	Tiffany Saker	16.20
5.	Donald Catallo	17.04
6.	Amy Henry	19.08
7.	Nicolle Challinor	19.17

#### Under 10 0.5km

1.	Amelia Croker	3.54
2.	Mitchell Rigney	4.08
3.	Cara Lee	4.52

#### Under 16 2km

1.	Renee Hardy	10.26
2.	Lachlan Rigney	11.32
3.	Danielle Vesper	11.35
4.	Lachlan Becroft	11.46
5.	Brittany Rpbertson	12.03
6.	Paige Rigney	12.24
7.	Janaya Lee	12.44
8.	Catherine Young	13.39
9.	Dana Lee	13.47
10.	Brodie Douglas	13.57
11.	Taylor Roukos	14.26
12.	Logan Barendregt	16.11

#### Under 12 1km

1.	Ryan Vesper	5.06
2.	Ellie Decelis	5.12
3.	Jessica Rocchetto	5.20
4.	Isabelle Nilon	6.19
5.	Stacie Becroft	6.24
6.	Aidan Hardy	6.33
7.	Shaqville Lee	6.39
8.	Ella Becroft	8.02

### SARWC ROAD WALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 1 AUGUST

And now to South Australia for their weekly walks. Good to see former Australian international Darren Bown walking well (57:53 for 12km) and Alix Harlington kicking out with a good U18 8km (42:42). Justin Hill (23:21 for 5km) and Joe Cross (14:39 for U14 3km) also walked fast.

#### 12km Open/U20/Masters

1.	Darren Bown	M35+	57:53
2.	Peter Crump	M35+	1:08:40
3.	Ollie Adams	F35+	1:18:19
4.	Bill Starr	M35+	1:26:52
5.	James Hoare	M35+	1:30:30

#### 8km Open/U18

1.	Alix Harlington	MU18	42:42
2.	Anna Cross	FU18	45:09
3.	Samantha Findlay	FU20	46:09

**5km Open/U16**

1.	Justin Hill	MOpen	23:21
2.	Danielle Walsh	FU20	24:55
3.	Jake Vidler	MU16	25:40
4.	Rhiannon Lovegrove	FU16	25:53
5.	Bethany Cross	FU16	26:46

**3km U14**

1.	Joe Cross	MU14	14:39
2.	Talisha Skein	FU14	19:18
3.	Mia Wilks	FU12	20:02
4.	Aleesha Vidler	FU14	20:22

<b>SAMA ROADWALKS, LE FEVRE TERRACE, NORTH ADELAIDE, SATURDAY 1 AUGUST</b>
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And staying in Adelaide, thanks to Colin Hainsworth for last weekend's results from the South Australian Masters. Colin commented that it was a cold and damp Saturday arvo. Join the club!

**8km Yacht Handicap**

1.	Doug Smart	1:03:35	M72	65.93%
2.	David Robertson	1:04:45	M82	75.10%
3.	Rodger Barber	0:59:56	M77	74.98%
4.	Graham Harrison	0:59:12	M72	70.81%
5.	Raelene Schild	0:59:32	W50	61.54%
6.	Edna Bates	1:11:08	W62	58.79%
7.	Jeff Kennett	1:15:22	M65	51.14%
8.	Colin Hainsworth	1:08:22	M85	74.98%

**4km Yacht Handicap**

1.	Roger Lowe	0:31:07	M72	65.54%
2.	Helen Suridge	0:29:11	W64	70.14%
3.	Jill Rogers	0:34:18	W70	64.68%
4.	Paul Boyce	0:34:50	M79	64.53%
5.	Kate White	0:35:09	W50	50.30%

<b>WARWC ROAD WALKS, WILSON, PERTH, SUNDAY 2 AUGUST</b>
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And to finish off our Australian reporting, thanks to Terry Jones for the latest results from Western Australia.

**5K Handicap**

Tiahna Ruane	28.22
Ben Reid	27.51
Emily Pivac	26.53
Rose Hollaway	34.21
Karyn Tolardo	30.28
Isabella Tolardo	34.36
Declan Tingay	DNF

**2K Handicap**

Eliza Griffin	11.27
Amber Richards	13.52
Alessia Andritsos	12.57
Sienna Andritsos	12.01
Alexandra Griffin	10.49
Kristine Wells	12.50
Myka Richards	15.06
Amy Holland	12.23
Declan Tingay	9.14
Leslie Romeo	16.19

<b>NORWEGIAN T&amp;F CHAMPIONSHIPS, HAUGESUND, NORWAY, 31 JULY – 2 AUGUST</b>
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And now onto our international results. Erik Tysse was in great form in Haugesund, Norway, last weekend, with a win in their 5000m track walk (19:19.1), ahead of Håvard Haukenes (19:42.6). The women's walk was won by Merete Helgheim in a slower 13:45.2.

**Men 5000m Race Walk**

1.	Erik TYSSE	NOR	80	19:19.1
2.	Håvard HAUKENES	NOR	90	19:42.6
3.	Fredrik RØTNES	NOR	96	20:33.9
4.	Joakim SÆLEN	NOR	93	20:47.8

**Women 3000m Race Walk**

1.	Merete HELGHEIM	NOR	81	13:45.3
2.	Vilde LUNDIN	NOR	99	15:23.6
3.	Fride MØLLER FLATIN	NOR	97	15:24.2
	Josefin GREIFF	NOR		DNF

**UKCAU AND EA/AAA CHAMPIONSHIPS, BEDFORD STADIUM, BEDFORD, 1-2 AUGUST**

Thanks to Mark Wall for the results and some commentary on the AAA Track championships in Bedford last weekend.

This annual British fixture combined both UK Intercounties (UKCAU) and EA/AAA championships. To be eligible from a UKCAU perspective requires either 9 months continuous residency or birth in a county. To be eligible from an EA/AAA perspective requires the walker to represent England in International competition.

The men's race was tight early on before Olympian Dominic King stamped his authority, winning convincingly with 12:07.14. Callum Wilkinson, after a long season and after his UK Junior 10,000m record, walked a slightly subdued 12:35.22 for second while Daniel King, twin of Dom and 2006 Commonwealth representative rounded out the podium with 12:49.56. Both Kings became Centurions in 2012 so perhaps a first with centurions taking 2 of the 3 podium positions.

The women's race was more complicated from a medal perspective. Bethan Davies won in a Welsh Record of 13:03.66 to beat current Italian International Tatyana Gabellone, who came home in 13:12.51. These two took the UKCAU gold and silver medals while Gemma Bridge in third place was the third UKCAU medallist but won the EA/AAA title with 14:01.23. Gemma is on a Cross country Scholarship at McNiese University in Louisiana as a Masters student, but as longer term readers will recall she has had walks success stretching back to 2012. Dr Brianna Mullvee, better know to Australians as Brianna Heazlewood, after a restricted training program, finished 4<sup>th</sup> in the UKCAU title 14:49.12 but was ineligible for a EA medal, being an Australian. Jasmine Nicholls and Sophie Lewis-Ward therefore filled the remaining podium placings.

**3000m Open Men**

1.	Dominic KING	Essex	12:07.1
2.	Callum WILKINSON	Enfield & Haringey AC/Suffolk	12:35.2
3.	Daniel KING	Essex	12:49.6
4.	Christopher SNOOK	Aldershot Farnham & Dist AC/Hampshire	13:18.8
5.	Luc LEGON	Bexley AC/Kent	13:36.5
6.	Francisco REIS	Middlesex	13:39.4
7.	Mark WILLIAMS	Tamworth AC/Staffordshire	13:49.6
8.	Ian RICHARDS	Steyning AC/Sussex	14:31.0
9.	Steve ALLEN	Barnet & District AC/Hertfordshire	15:29.7
10.	Steven UTTLEY	Ilford AC/Oxfordshire	15:47.1
	Timothy SNOOK	Aldershot Farnham & Dist AC/Hampshire	DNF
	Cameron CORBISHLEY	Medway & Maidstone AC/Kent	DQ
	Roger LILLEY	Cambridgeshire	DQ

**3000m Open Women**

1.	Bethan DAVIES	West Wales	13:03.7
2.	Tatyana GABELLONE	Avon & Somerset	13:12.5
3.	Gemma BRIDGE	Oxfordshire	14:01.2
4.	Brianna MULVEE	Herne Hill Harriers	14:49.1
5.	Jasmine NICHOLLS	Leicester Walking Club/Leicestershire	15:17.0
6.	Sophie LEWIS WARD	Cambridge Harriers/Kent	15:28.9
7.	Heather BUTCHER	Cambridge Harriers/Kent	15:49.8
8.	Kate DONALDSON	Leicester Walking Club/Nottinghamshire	16:07.3
9.	Megan STRATTON-THOMAS	Swansea Harriers/West Wales	16:37.4
10.	Penelope CUMMINGS	Surrey	16:47.3
11.	Helen MIDDLETON	Bedfordshire	17:53.2
12.	Fiona BISHOP	Surrey	20:10.2
13.	Pamela ABBOTT	Cambridgeshire	20:43.3

Mark Eastwood has his usual collection of top photos – see <http://markeaston.zenfolio.com/f1026672774>. Thanks to Mark for the photos of the first 3 in each race.



Bethan Davies, Tatyana Gabellone and Gemma Bridge (photos Mark Easton)



Dominic King, Callum Wilkinson and Daniel King (photos Mark Easton)

**SPANISH T&F CHAMPIONSHIPS, CASTELLÓN, SPAIN, 1-2 AUGUST**

Last week the top Spanish walkers contested the Spanish Autonomous Regions Championships with a 5000m track walk and a week later they were back to contest 10,000m walks at the Spanish T&F Championships in Castellon.

The women were first up, with Julia Takacs adding to her 5000m victory of last week with a commanding 10,000m win in a very fast 44:00.5. To show the Spanish depth, Maria Jose Poves was second with 44:17.5 and Raquel Gonzales was third with 44:47.5. Wow!

**Women 10,000m Race Walk**

1.	Júlia TAKÁCS	ESP	89	44:00.4
2.	María José POVES	ESP	78	44:17.2
3.	Raquel GONZALEZ	ESP	89	44:47.5
4.	Ainhoa PINEDO	ESP	83	45:59.2
5.	Amanda CANO	ESP	94	46:05.1
6.	Lidia SANCHEZ-PUEBLA	ESP	96	46:13.7
7.	María JUAREZ GALLARDO	ESP	93	47:18.6



8.	Maria LARIOS LOPEZ	ESP	92	47:49.8
9.	Paula MARTINEZ CACHEIRO	ESP	92	48:58.8
10.	Mar CHILLON	ESP	96	50:29.2
11.	Raquel LEON ASENSIO	ESP	91	51:33.0
12.	Andrea CABRE CARCELLER	ESP	88	53:32.0
	Laura GARCÍA-CARO	ESP	95	DQ

The men's race was expected to go to Miguel Angel Lopez and it all went according to plan with a very fast 39:15.6. Benjamin Martin was second with 40:03.4 while Alvaro Martin was third with 40:13.6. Again, a race of high quality and one that omens well for the future of Spanish walking.

#### Men 10,000m Race Walk

1.	Miguel Angel LOPEZ	ESP	88	39:15.6
2.	Benjamín SÁNCHEZ	ESP	85	40:03.4
3.	Alvaro MARTIN	ESP	94	40:13.6
4.	Diego GARCIA	ESP	96	40:20.5
5.	Luis Alberto AMEZCUA	ESP	92	40:27.3
6.	Francisco ARCILLA	ESP	84	42:19.1
7.	José Ignacio DÍAZ	ESP	79	42:30.8
8.	Pablo OLIVA	ESP	96	43:15.4
9.	Mario SILLERO	ESP	90	43:17.2
10.	Jesús Ángel GARCÍA	ESP	69	43:28.4
11.	Francisco Jose DURAN	ESP	93	43:50.9
12.	Luis CORCHETE	ESP	84	44:04.2
13.	Christian CUROPOS	ESP	94	45:26.3
14.	Marcos MONTERRUBIO	ESP	81	46:21.7
15.	Mikel ODRIOZOLA	ESP	73	47:15.4
16.	Rodrigo DOMINGUEZ FERNÁNDEZ	ESP	77	47:15.8
17.	José FERNÁNDEZ	ESP	80	52:11.9
	Luis Manuel PEREZ	ESP	92	DQ
	Marc TUR	ESP	94	DQ

### EDMONTON PAN AMERICAN JUNIOR CHAMPIONSHIPS, EDMONTON, CANADA, 31 JULY – 2 AUGUST

A couple of weeks ago, Edmonton hosted the Pan American Games. This week, the city hosted the Pan American Junior Championships and 10,000m walks were on offer. The women's walk was held first, with Bolivian pre-race favourite Stefany Coronado leading from start to finish to set a new Games record of 47:05.1, ahead of Karla Jaramillo (47:47.6) and Daniela Pastrana (48:57.1). The men's walk saw Peruvian Cesar Rodriguez lead from the start but with a few others forming a lead pack. A couple of key DQs thinned the leading ranks and it was left to Rodriguez to go on and win convincingly with 42:12.81, a good time but a long way outside the Games record of 39:50.73, set by Jefferson Perez in 1993.

#### Women 10,000m Race Walk

1.	Stefany CORONADO	BOL	96	47:05.1
2.	Karla JARAMILLO	ECU	97	47:47.6
3.	Daniela PASTRANA	COL	96	48:57.1
4.	Yudi Alejandra HERNANDEZ	COL	96	49:27.9
5.	Leyde GUERRA	PER	98	50:14.3
6.	Anali CISNEROS	USA	97	52:03.3
7.	Anastasia SANZANA	CHI	98	52:36.8
8.	Katie MICHTA	USA	96	52:46.0
9.	Michelle VARAS	CHI	98	53:31.4
10.	Mandy ROACH	CAN	96	58:29.8
	Evelyn INGA	PER	98	DQ

#### Men 10,000m Race Walk

1.	CESAR RODRIGUEZ	PER	97	42:12.81
2.	Diego Fernando Cuellar C	COL	96	43:04.31
3.	Oscar Armando Menjivar A	ESA	97	44:31.74
4.	Anthony Peters	USA	96	44:48.17
5.	MELILLÁN YHOJAN	CHI	99	45:13.46
6.	Cameron Haught	USA	98	48:18.55
	Brayan Alberto Fuentes R	COL	96	DQ
	PAOLO YURIVILCA	PER	96	DQ

**PRESIDENT'S CUP, VALMIERA, LATVIA, 31 JULY – 1 AUGUST**

Competitors from Latvia, Lithuania and Estonia contested the walks in the President's Cup T&F Meet in Valmiera, Latvia, last weekend, with local Latvians winning both events – Arnis Rumbenieks won the men's 10,000m walk with 42:30.3 while Agnese Pastare won the women's 5000m walk with 21:53.2.

**Men 10,000m Race Walk**

1.	Arnis RUMBENIEKS	LAT	88	42:30.3
2.	Normantas PETRISA	LTU	94	44:56.4
3.	Arturs MAKARS	LAT	97	45:26.2
4.	Lauri LELUMES	EST	78	45:33.8
5.	Raivo SAULGRIEZIS	LAT	94	45:36.4
6.	Ruslans SMOLONSKIS	LAT	96	45:46.4
7.	Edgars GJACS	LAT	93	46:04.8
8.	Margus LUIK	EST	80	46:16.0

**Women 5000m Race Walk**

1.	Agnese PASTARE	LAT	88	21:53.2
2.	Egle JUOCYTE	LTU	93	24:49.4
3.	Angela MANDEL	EST	0	25:18.7
4.	Anita CUHNOVA	LAT	85	25:31.6
5.	Anna TIPUKINA	EST	96	27:45.5
6.	Inga RITERE	LAT	95	28:43.1

**GERMAN JUNIOR T&F CHAMPIONSHIPS, JENA, GERMANY, 31 JULY – 2 AUGUST**

The Germans continue to build their walking stocks and look to have some good young walkers coming on, judging from their U20 and U18 T&F Championship walks last weekend.

**Men U20 10,000m Race Walk**

1.	Nathaniel SEILER	GER	96	43:34.7
2.	Karl JUNGHANSS	GER	96	45:11.0
3.	Heiner TERP	GER	96	45:45.5
4.	Jacob STUTZKE	GER	97	46:44.8
5.	Oliver KÄFLEIN	GER	97	47:28.6
6.	Julius KINDERMANN	GER	96	51:22.5

**Women U20 5000m Race Walk**

1.	Annika BREMBACH	GER	96	23:58.3
2.	Emilia LEHMEYER	GER	97	24:10.9
3.	Lisa LINKE	GER	97	25:24.9
4.	Pauline BARZ	GER	98	25:37.8

**Men U18 5000m Race Walk**

1.	Leo KÖPP	GER	98	22:53.9
2.	Marius RICHTER	GER	98	22:57.6
3.	Niklas RICHTER	GER	99	23:08.2

**Women U18 3000m Race Walk**

1.	Teresa ZUREK	GER	98	14:27.9
2.	Jennifer OKUN	GER	98	14:38.0
3.	Julia RICHTER	GER	99	14:42.7
4.	Julia HENZE	GER	98	15:44.2
5.	Inga GRZYBOWSKI	GER	98	16:22.3
6.	Carolin KIRCHNER	GER	99	16:53.7

**NAIROBI KENYAN WORLD CHAMPIONSHIP TRIALS, NAIROBI, KENYA, 31 JULY – 1 AUGUST**

A couple of weeks ago, Ethiopian walker Ayalnes Dejene took bronze in the World Youth Girls 5000m walk in Cali. Last week, the Congo hosted a racewalk judging seminar. This week sees walk results from Kenya and Nigeria (see below). Is the sleeping African giant gradually awaking from its long slumber. First to Kenya where Samuel Gathimba won the men's 20km with 1:23:12 and Grace Wanjiru Njue won the women's 20km with 1:39:53. And I see 46 year old 2012 Olympian David Kimutai Rotich still walking well, coming third with 1:24:41.

**Men 20km Race Walk**

1.	Samuel GATHIMBA	KEN		1:23:12
2.	Simon WACHIRA	KEN		1:23:45
3.	David KIMUTAI	KEN	69	1:24:41
4.	Silvanus Wekesa KARANI	KEN	76	1:29:31
5.	Eric SHIKUKU	KEN	84	1:31:11
6.	Simon MISANGU	KEN		1:32:36
7.	Joseph GITAU	KEN		1:33:42
8.	Peter THEURI	KEN		1:36:16

**Women 20km Race Walk**

1.	Grace Wanjiru NJUE	KEN	79	1:39:53
2.	Grace THOITHI	KEN		1:44:44
3.	Judith JEROP	KEN		1:53:09
4.	Ruth WANGUI	KEN		2:00:47

<b>NIGERIAN T&amp;F CHAMPIONSHIPS, WARRI, NIGERIA, 30-31 JULY</b>
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I think this might be the first time I have ever reported on walks at a Nigerian T&F Championship and it's a good start with reasonable fields and some potential on show.

**Men 20km Race Walk**

1.	Kazeem ADEYEMI	NGR	85	1:37:02
2.	Samuel FATOYINBO GBENGA	NGR	97	1:39:30
3.	Yunusa HUSSEIN	NGR	91	1:39:39
4.	Bemidele ELEGBEDE	NGR	85	1:41:27
5.	Herve TAPTUE	NGR	88	1:43:05
6.	Felix ALADE	NGR	84	1:44:05
7.	Abiola SAMSON	NGR	89	1:45:13

**Women 20km Race Walk**

1.	Faustina OGUH	NGR	97	1:45:18
2.	Fadekemi OLUDE	NGR		1:48:00
3.	Queensly ASEDO	NGR	88	1:50:28
4.	Hensaw QUEEN	NGR	84	1:53:39
5.	Bolanle KAREEM	NGR	90	1:58:11
	Rosemary KURE	NGR	95	DNF

<b>DUTCH T&amp;F CHAMPIONSHIPS, AMSTERDAM, NEDERLANDS, 30 JULY – 2 AUGUST</b>
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There's not much incentive to be a racewalker in Holland – their international standards are set so high that it is impossible for their walkers to aspire to compete at the top level. Rob Tersteeg won their 20km with 1:42:16.

**Men 20km Race Walk**

1.	Rob TERSTEEG	NED		1:42:16
2.	Andre VAN SLOOTEN	NED	78	1:42:54
3.	Andrew CHROBOK	NED	84	1:47:03
4.	Rick LIESTING	NED	77	1:48:07

<b>FINNISH T&amp;F CHAMPIONSHIPS, PORI, FINLAND, 30 JULY – 2 AUGUST</b>
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T&F Championships everywhere last weekend. Gosh, so many countries leave it to the last minute to sort out their teams for the World Championships. Alekski Ojala won the men's 20km with 1:26:27 and Taika Nummi won the women's 10km with 46:16.

**Men 20km Race Walk**

1.	Alekski OJALA	FIN	92	1:26:27
2.	Jarkko KINNUNEN	FIN	84	1:26:27
3.	Eemeli KIISKI	FIN	91	1:29:28
4.	Elmo KOIVUNEN	FIN	94	1:37:48
5.	Timo VILJANEN	FIN	77	1:39:31
6.	Kari LAIHO	FIN	63	1:41:43
7.	Rasmus LANG	FIN	97	1:43:02

**Women 10km Race Walk**

1.	Taika NUMMI	FIN	97	46:16
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2.	Enni NURMI	FIN	98	48:43
3.	Mikaela LÖFBACKA	FIN	90	49:16
4.	Hele HAAPANIEMI	FIN	93	49:54
5.	Elisa NEUVONEN	FIN	91	51:53
6.	Sini JUSSILA	FIN	95	52:43
7.	Venla LAIHO	FIN	95	52:49
8.	Katri GAURILOFF	FIN	99	53:42
9.	Elina HEIKKINEN	FIN	97	54:24
10.	Hanna WESTERLUND	FIN	97	56:57
	Tiia KUIKKA	FIN	94	DQ

#### USATF NATIONAL ONE HOUR RACE WALK, GLOUCESTER MA, SUNDAY 3 AUGUST

Maria Michta-Coffey and Michael Mannozi were the winners of the USATF National 1 Hour walk champs in Gloucester last Sunday.

#### 1 Hour Track Walk

1.	Maria Michta-Coffey	Walk Usa	W29	12726m
2.	Michael Giuseppe Mannozi	Shore Athletic Club	M29	12629m
3.	Jianping Xu	unattached	M49	11377m
4.	Katharine Newhoff	Walk Usa	W18	10572m
5.	Kayla Allen	Auburn Parks & Recreation Trac	W16	10006m
6.	Nicole Court-Menendez	unattached	W21	9891m
7.	Robert Keating	New England Walkers	M68	9718m
8.	Paul DeMeester	unattached	M55	9537m
9.	Leon Jasionowski	Pegasus A.C.	M70	9512m
10.	Sydney Sirois Auburn	Parks & Recreation Trac	W16	9303m
11.	Robert Campbell	World Class Racewalking	M70	8725m
12.	Valentina Vaitones	New England Walkers	W18	8670m
13.	Brittany Collins	Walk Usa	W21	8581m
14.	Charles Mansbach	New England Walkers	M70	8276m
15.	Peter Blank	Potomac Valley Track Club	M60	7455m
16.	Gustave Davis	Connecticut Racewalkers	M77	7090m

#### USATF NATIONAL JUNIOR OLYMPICS, JACKSONVILLE, 27 JULY – 2 AUGUST

While the USA Open walkers were contesting their 1 Hour Track Championships, the younger walkers were participating in the USATF National Junior Olympic T&F Championships, held at the University of North Florida, Jacksonville, Florida. And it was Canberra walker **Ashleigh Resch** who was the star of the show, winning the Women's 3000m U19 walk in 14:33.58, the fastest time overall. I will restrict myself to the first 5 placings in each division. You can check out the full results at <http://results.flotrack.org/2015/07-27-USATF/Web/Timetable.php?D=1>

#### Women's 3000 Meter Race Walk 17-18

1.	<b>Ashleigh Resch</b>	<b>Unattached</b>	<b>14:33.58</b>
2.	Amberly Melendez	South Texas Walking Club	14:58.20
3.	Nayeli Cisneros	Elgin Sharks	16:00.19
4.	Melissa Tylock	Penfield Athletic Club	16:59.65
5.	Denisse Aguilar	Northwest Flyers Track Club	17:19.33

#### Men's 3000 Meter Race Walk 17-18

1.	Matias Serna	Unattached	15:10.39
2.	Matthew Schmidt	Unattached	19:06.33
3.	Andrew Lofton	St. Luke's Spirit TC	20:55.27
4.	Rahul Kumar	Mission Valley Track & Fiel	21:52.14

#### Girls 3000 Meter Race Walk 15-16

1.	Jessica Heiser-Whatley	Warriors Track Club	15:53.47
2.	Melissa Endy	Westfield Flyers	16:11.23
3.	Kirra Facer	Temecula Rangers	17:16.82
4.	Victoria Heiser-Whatley	Warriors Track Club	17:30.58
5.	Itzel Gonzales	Unattached	17:50.26

#### Boys 3000 Meter Race Walk 15-16

1.	Jordan Crawford	E-1 Track Club	15:15.21
2.	Jonathan Aguilar	South Texas Walking Club	15:26.69
3.	Eduardo Uria	South Texas Walking Club	15:51.51



4.	David Hebert	Northwest Flyers Track Club	16:34.47
5.	Thomas Dunleavy	Unattached	17:04.79

#### Girls 3000 Meter Race Walk 13-14

1.	Taylor Ewert	Southwest Ohio TC	15:03.88
2.	Camila Vicens	Track Houston	15:29.36
3.	Rithika Vatturi	Mission Valley Track & Fiel	16:36.13
4.	Emely Antuna	South Texas Walking Club	17:06.13
5.	Alessia Caira	Waltham Track Club	17:15.72

#### Boys 3000 Meter Race Walk 13-14

1.	Juan Moscoso	Central Florida Gliders Tra	15:45.36
2.	Johan Espinoza	South Texas Walking Club	16:58.16
3.	Evan Castro	New Jersey Striders	17:24.65
4.	Jadon Davis	Woodlawn Track Pack	17:58.45
5.	Nathaniel Grimes	E-1 Track Club	18:11.75

#### Girls 1500 Meter Race Walk 11-12

1.	Grace Endy	Westfield Flyers	7:46.67
2.	Izabelle Trefts	Old Town Track Club	8:28.25
3.	Frieda Quinones	Elgin Sharks	8:30.11
4.	Camryn Curtis	E-1 Track Club	8:38.70
5.	Emilly Vargas Arroyo	Unattached	8:49.20

#### Boys 1500 Meter Race Walk 11-12

1.	Christopher Renn	New Jersey Striders	8:58.29
2.	Paul Koizumi	Westfield Flyers	9:45.65
3.	Laughlin Vetter	Salem Track Club	9:47.90
4.	Salvador Espinoza	East Palo Alto Greyhounds	10:24.15
5.	Aleksey Vinogradov	New Jersey Striders	10:29.75

#### Girls 1500 Meter Race Walk 9-10

1.	Sanjana Perungulam	Track Houston	8:56.11
2.	Madison Morgan	Track Houston	9:06.07
3.	Hannah Durrant	Elgin Sharks	9:52.06
4.	Mia Sisilli	New Jersey Striders	10:07.04
5.	Heather Durrant	Elgin Sharks	10:25.31

#### Boys 1500 Meter Race Walk 9-10

1.	Matthew Hebert	Northwest Flyers Track Club	8:58.29
2.	Samuel Quinn	Quintessential Track & Fiel	9:26.93
3.	Evan Gray	CL Athletics Stars Track Cl	11:00.93
4.	Jeremy White	Blue Lightning Track Club	11:10.42
5.	Nicholas Busbin	E-1 Track Club	11:10.72

### BITS AND PIECES

Quite a few countries will be announcing their teams for this month's World Championships in Beijing. Two that came out this week were Great Britain and Italy.

- Tom Bosworth is the only walker in the British Team to contest the World Champs in Beijing later this month. See <http://www.athleticsweekly.com/featured/great-britain-team-announced-for-the-beijing-world-championships-29372/>. Read his reaction here: <http://17sportsmanagement.blogspot.co.uk/2015/07/tom-bosworth-selected-for-world.html>

- The Italians are fielding just about a full team of walkers for Beijing, with their women in particular very strong.

20km men                   Giorgio Rubino (1:19:37), Federico Tontodonati (1:22:00)  
 50 km men                 Marco de Luca (3:45:25), Matteo Giupponi (3:49:52), Teodorico Caporaso (3:51:44)  
 20 km women             Eleonora Anna Giorgi (1:26:17), Antonella Palmisano (1:27:51), Elisa Rigauda (1:27:12)

- Great article on Chinese walker Liu Hong, favourite for this month's World Championship women's 20km. See <http://www.iaaf.org/news/feature/liu-hong-race-walk-china>

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Sun 2 Aug - Anna Rita Sidoti added to Italian "Wall of Fame"  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2170](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2170)
- Sat 1 Aug - Results of Pan American Junior Championships in Edmonton  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2169](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2169)
- Sat 1 Aug - Results of the Spanish Track Championships in Castellon  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2168](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2168)
- Fru 31 Jul - Entry lists for the Spanish Track Championships in Castellon  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2167](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2167)
- Fri 31 Jul - Entry lists for the Pan American Junior Championships in Edmonton  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2166](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2166)
- Wed 29 Jul - Results of the previous weekend's Portuguese Championships in Leiria  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2165](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2165)
- Tues 28 Jul - Italian walks team to compete in the 2015 World Champs in Beijing  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2164](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2164)

The omarchador blog continued on with 7 press releases

- Mon 3 Aug - Results of Pan American Junior T&F Champs in Edmonton  
<http://omarchador.blogspot.pt/2015/08/campeonatos-pan-americanos-de-juniores.html>
- Sun 2 Aug - Miguel Lopez wins Spanish 10,000m walk Championship  
<http://omarchador.blogspot.pt/2015/08/miguel-lopez-tetracampeao-de-espanha.html>
- Sat 1 Aug - Julia Takacs wins Spanish 10,000m walk Championship  
<http://omarchador.blogspot.pt/2015/08/julia-takacs-campea-de-espanha-em-pista.html>
- Fri 31 Jul - Ethiopian takes third in girls' World Youth Championships  
<http://omarchador.blogspot.pt/2015/07/africa-desperta-para-marcha-atletica.html>
- Thu 30 Jul - Congo hosts racewalk judging seminar in prep for African Games  
<http://omarchador.blogspot.pt/2015/07/congo-prepara-juizes-de-marcha-para.html>
- Wed 29 Jul - Alvaro Martin and Julia Takacs win Spanish Autonomous Regions Championships  
<http://omarchador.blogspot.pt/2015/07/alvaro-martin-e-catalunha-destacam-se.html>
- Tues 28 Jul - Federico Tontodonati and Elisa Rigaudó win Italian track champs  
<http://omarchador.blogspot.pt/2015/07/federico-tontodonati-e-elisa-rigaudó.html>

## #BANCHEGIN

First to the good news. Mikhail Butov, Secretary General of the All-Russian Athletics Federation (ARAF), has confirmed their previous announcement not to send Russian walkers to this month's World Champs in Beijing from the disgraced Olympic Training Center in Saransk. They intend to announce exactly who will go on 5<sup>th</sup> August (tomorrow) "*We definitely will not send walkers from school Chegin. Deciding who will go, we will take on the presidium VFLA August 5.*" Presumably they will have to select a second string walking team from their other available walkers.

But that news has been pushed to the small print by the latest drugs related claims, presented last week in an ARD German TV documentary titled *Doping - Top Secret: The Shadowy World of Athletics*. This is the same German documentary team which broke the earlier stories of widespread doping in Russia and which led eventually to Chegin's demise.

You can watch the full 55 minute video at <http://www.daserste.de/information/reportage-dokumentation/dokus/videos/geheimsache-doping-engl-version-100.html>. It is indeed an eye opener and it's all in English.

The latest doco is based on a leaked IAAF database of 12,000 drugs testing results from 5000 athletes, covering the period from 2001 to 2012. The Sunday Times and ARD/WDR used two of the world's "foremost anti-doping experts", scientists Robin Parisotto and Michael Ashenden, to review the data. According to the experts, the database reveals:

- A third of medals (146, including 55 golds) in endurance events at the Olympics and World Championships between 2001 and 2012 were won by athletes who have recorded suspicious tests. It is claimed none of these athletes have been stripped of their medals.
- More than 800 athletes - one in seven of those named in the files - have recorded blood tests described by one of the experts as "highly suggestive of doping or at the very least abnormal".
- A top UK athlete is among seven Britons with suspicious blood scores.
- British athletes - including Olympic champion heptathlete Jessica Ennis-Hill - have lost out in major events to competitors who were under suspicion.
- Ten medals at London 2012 were won by athletes who have dubious test results.
- In some finals, every athlete in the three medal positions had recorded a suspicious blood test.
- **Russia emerges as "the blood testing epicentre of the world" with more than 80% of the country's medals won by suspicious athletes**, while Kenya had 18 medals won by suspicious athletes.
- Stars such as Britain's Mo Farah and Jamaican sprinter Usain Bolt recorded no abnormal results.
- Athletes are increasingly using blood transfusions and EPO micro-doses to boost the red cell count.

**Russia accounted for 415 abnormal tests, followed distantly by Ukraine, Morocco, Spain, Kenya, Turkey and others. "A remarkable 80 percent of Russia's medal winners recorded suspicious scores at some point in their careers," the Sunday Times said.**

The fact that this huge database of results has been leaked by someone within the IAAF testing program indicates that that person, at least, is frustrated by the lack of progress in bringing drugs cheaters to justice, and protecting the rights of those clean athletes who have lost out in major championships.

While the IAAF has predictably come out and threatened to deal with the whistleblower rather than investigate the claims (the normal old response of shoot the messenger), WADA is not convinced and is setting up an independent investigation into the claims. The IOC has also come out very strongly and does not seem ready to sit back. So hopefully this means a proper investigation.

Below are a selection of articles. This is indeed athletics 'Tour De France' moment.

<http://www.sovsport.ru/blogs/blog/bmessage-item/40441>

<http://www.bbc.com/sport/0/athletics/33749208>

<http://www.telegraph.co.uk/sport/othersports/athletics/11778516/More-than-15-of-medal-winning-distance-runners-this-century-are-guilty-of-doping-according-to-reports.html>

[http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11490784&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11490784&ref=rss)

<http://www.bbc.com/sport/0/athletics/33752070>

<https://www.wada-ama.org/en/media/news/2015-08/wada-alarmed-by-widespread-doping-allegations-against-international-athletics>

<http://www.sports.ru/others/athletics/1031868782.html>

<http://www.insidethegames.biz/articles/1029121/new-doping-allegations-may-delay-completion-of-wada-commission-investigation>

Of course, when we have people like USA sprinter Justin Gatlin, who has twice been banned for drug offences, back and winning races and making big money on the international circuits, you just have to ask – how serious are athletics chiefs about cleaning up the sport. It is indeed a frustrating and disappointing situation.

Whether it is Sergey Bubka or Seb Coe who wins the election and becomes the next IAAF President, their first and most important job will be to clean up the sport of Track & Field and deal with the ongoing ramifications of this latest expose.

I saw a Slovak newspaper article the other day, explaining that the complete Slovak walking team is currently at a high altitude camp in Livigno, on the Italian-Swiss border. Walkers from other countries, including Australia, are also training in the small mountain village, at an altitude of just over 2200m. The Slovaks are not alone in this sort of training – many of our top walkers regularly use altitude training to enhance their ability to carry oxygen during maximal exertion. Of course, our friends in the Saransk walking centre have been regularly going for the old EPO shortcut - why take all this extra effort when you can get the same response from a few pills! And the above articles seem to imply that they are not the only ones and that they have known for years that they can regularly get away with this in most cases.

#### 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.

#### **2015/2016 Australian/Victorian Key Dates**

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
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA

### 2015 International Key Dates

Aug 4-16, 2015	20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France. See <a href="http://www.lyon2015.com">www.lyon2015.com</a>
Aug 15-16, 2015	<b>104<sup>th</sup> Centurions 100 Miles qualifying walk</b> , Castletown, Isle of Man See <a href="http://www.isleofman100milewalk.co.uk/index.html">http://www.isleofman100milewalk.co.uk/index.html</a>
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships in Athletics, Beijing, China. See <a href="http://www.iaafbeijing2015.com/en/">http://www.iaafbeijing2015.com/en/</a>
Sun Sept 13, 2015	MTR Hong Kong Racewalking Carnival ( <a href="http://www.hkaaa.com">http://www.hkaaa.com</a> ), Hong Kong, HK
Sept 26-29, 2015	Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA
May 7-8, 2016	27 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 <sup>th</sup> World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 5-21, 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.com/en">http://www.rio2016.com/en</a>
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
Aug 2021	18 <sup>th</sup> 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>)