



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 37
14 June 2016



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WALKERS OF THE WEEK

My Walker of the Week this time around is shared between two of our 2016 Olympic walkers in **Tanya Holliday and Chris Erickson**. Competing in the 50th Lake Burley Griffin Carnival in Canberra on Sunday, they dominated the long events around which this carnival is built. The 10 Miles loop around Lake Burley Griffin is indeed a tough one with very few flat spots and some demanding hills indeed. Here's how they performed.

- **Tanya** won the Women's 10 Miles and then won again in the Women's 5km later in the day. Her time of **72:58** in the 10 Mile walk broke her own course record while her 5km time of 21:27 was just outside Kerry Saxby's long standing 5km course record. It is the fourth time she has taken the double at this meet (2012, 2013, 2014 and 2016), a very tough ask.
- **Chris** finally won the Open 20 Miles walk outright in what was his 13th attempt. In 2004, he won the gold as the first Australian (behind Craig Barrett of NZ) but was second overall. Apart from that one, he has 6 silvers and 2 bronzes in the 20M, making him an almost perennial bridesmaid. This time around, he turned the tables on title holder Quentin Rew and 10 times winner Jared Tallent, recording a 90 sec PB time of **2:19:51** and becoming one of the few walkers to break 2:20:00 for this demanding circuit. He was too strong in the second half and finished full of walking.

Both walkers are displaying top form in the leadup to Rio. Exciting times!



Tanya and Chris in action on Sunday in Canberra (photos Terry Swan)

WHAT'S COMING UP

- First to the big news. **Jared Tallent** will be awarded his 2012 Olympic 50km gold medal at 12.15pm this Friday 17 June. Venue will be the Treasury Steps, Old Treasury Building, 20 Spring St, Melbourne. Get there at midday for a 12:15PM start. See further info at <http://www.athletics.com.au/News/jared-tallent-51>.

- Next Saturday we return to Middle Park once again for another set of VRWC winter season road races but they are a bit special as they are our annual 'Guess your finish time' races. It's a Prizes day - when registering, tell the race secretary the time you will walk. The results on the day will be determined by closest to predicted time. No watches are to be worn.

| Saturday 18th June 2016, Middle Park | | | |
|--|-------|--------------------------------------|------|
| VRWC EVENTS: Entries close for all events at 1.45pm sharp. | | | |
| Prizes for all winners of each race who gets closest to their race time. | | | |
| 2.15pm | 12km | Guess your finish time & Points Race | Open |
| 2.15pm | 10km | Guess your finish time & Points Race | Open |
| 2.15pm | 5km | Guess your finish time & Points Race | Open |
| 2.30pm | 3km | Guess your finish time & Points Race | Open |
| 2.30pm | 1.5km | Guess your finish time & Points Race | Open |

And remember that it is much easier for us on race day if you have pre-registered online at <http://vrwc.org.au/wp1/race-entries-2/>. Just choose your event, nominate your finish time and then pay on race day. Last week, 24 walkers pre-registered – our biggest number yet. So thanks everyone – let's see if we can beat that this week. Pre-entry is open until 8PM Friday evening.

- The following weekend sees more AV and VRWC Championships

| Sunday 26th June 2016, Middle Park | | | |
|--|-------|---|---------------------|
| 9.00am | 20km | AV Championship | Open Men |
| 9.00am | 20km | VRWC Championship - Alf Robinson Trophy | Open Men |
| 9.00am | 20km | VMA Championships | Masters Men |
| 9.00am | 20km | AV Championship | Open Women |
| 9.00am | 20km | VMA Championships | Masters Women |
| 9.00am | 20km | Non- championship | Open |
| 10.10am | 10km | AV Schools Championship | Under 20 Men/Women |
| 10.20am | 3km | AV Schools Championship | Under 16 Boys/Girls |
| 10.20am | 3km | AV Schools Championship | Under 14 Boys/Girls |
| 10.40am | 5km | AV Schools Championship | Under 18 Men/Women |
| 10.55am | 5km | Non- championship | Open |
| 10.55am | 2km | Non- championship | Open |
| 11.10am | 1.5km | VRWC Championship | Under 10 Boys/Girls |
| 11.10am | 1.5km | VRWC Championship | Under 12 Boys/Girls |
| 11.45pm | | Presentations | |

If you wish to compete in any of the AV or AV Schools Championships, you must pre-enter via the AV online entry panel at <http://athsvic.org.au/event/2016-av-20km-walks-championship/>. Entries normally close on the Wednesday evening. If entering any of the VRWC or VMA championships, you can enter on the day but we prefer you to enter beforehand via our VRWC entry panel at <http://vrwc.org.au/wp1/race-entries-2/>.

THE 50TH LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 12 JUNE

The 50th edition of the iconic Lake Burley Griffin Carnival was held at Western Park in Canberra last Sunday. As befits our national capital in winter, the temperature was around -3C when the morning dawned at 7AM and the mercury had not budged much by the time the 20 Miles and 10 Miles walks started at 8AM. With well over 200 walkers in attendance from across Australia, it remains our biggest racewalking carnival and it sets the standard by which all other carnivals are measured. As always, it was a credit to the ACT Racewalking Club who host what is a unique event – the 10M and 20M walks are the only point-to-point events left on the national calendar, being contested on a tough and hilly 10 Miles loop around Lake Burley Griffin.

As is always the case, most of our top walkers were there, with 2016 Olympians **Jared Tallent, Chris Erickson, Rhydian Cowley, Quentin Rew, Tanya Holliday and Rachel Tallent** in action, along with 2016 World Teams Champs walkers **Kyle Swan, Adam Garganis, Tyler Jones, Zoe Hunt, Tayla-Paige Billington and Alanna Barber**.

RWV and NSWRC had by far the biggest teams and they level pegged throughout the day, finishing with exactly the same number of points in the Brennen Shield competition, ahead of SARWC and ACTRWC who also had strong teams.

| Club | Tot Pts | 20M | W10 | M10 | MU20 | WU20 | BU10 | GU10 | BU12 | GU12 | BU14 | GU14 | BU16 | GU16 | BU18 | GU5K | W5K |
|------|---------|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|-----|
| RWV | 1019 | 84 | 79 | 84 | | | 84 | | 71 | 75 | 78 | 79 | 61 | 86 | 77 | 78 | 83 |
| NSW | 1019 | | | 82 | 88 | | 82 | 88 | 80 | 84 | 75 | 82 | 82 | 72 | 66 | 77 | 61 |
| SA | 761 | 78 | 84 | | | | | | 74 | | 82 | 74 | 73 | 64 | 69 | 80 | 83 |
| ACTW | 521 | | 72 | | | | | | 70 | 76 | | | 79 | 73 | 83 | | 68 |
| QRWC | 73 | 73 | | | | | | | | | | | | | | | |

As this is principally a Victorian newsletter (although I try to report on everything!), I must first congratulate the Racewalking Victoria team who came home with 25 individual placings and 14 teams placings in the various Racewalking Australia championships. The honour roll reads as follows

| | | | | |
|------------------|---------------------|--|-------------------|---------|
| Gold (9) | Chris Erickson | Open Men 20M | 2:19:51 | |
| | Karyn O'Neill | Open Women 20M | 3:58:53 | |
| | Adam Garganis | Open Men 10M | 1:09:51 | |
| | Stuart Kollmorgen | Masters Men 10M | 1:23:15 | |
| | Philippa Huse | U20 Women 10km | 51:18 | |
| | Chelsea Karagiorgos | U10 Girls 1km | 5:50 | |
| | Rebecca Henderson | U16 Girls 3km | 14:08 | |
| | Kyle Swan | U18 Boys 5km | 23:00 | |
| | Philippa Huse | U18 Girls 5km | 25:18 | |
| | Silver (9) | Quentin Rew | Open Men 20M | 2:21:26 |
| | | Sandra Howorth | Open Women 20M | 4:38:38 |
| Rachel Tallent | | Open Women 10M | 1:13:22 | |
| Pramesh Prasad | | Masters Men 10M | 1:29:34 | |
| Alanna Peart | | U14 Girls 2km | 9:43 | |
| Zahra Hayes | | U16 Girls 3km | 14:10 | |
| Rachel Tallent | | Open Women 5km | 21:31 | |
| Erika Woodwards | | Masters Women 10M | 1:38:35 | |
| Donna Elms | | Masters Women 5km | 29:47 | |
| Bronze (7) | | Heather Carr | Masters Women 10M | 1:40:53 |
| | Kyle Swan | Open Men 10M | 1:15:35 | |
| | David Smyth | Masters Men 10M | 1:31:52 | |
| | Luke Epps | U10 Boys 1km | 5:27 | |
| | Corey Dickson | U14 Boys 3km | 9:45 | |
| | Charlotte Hay | U14 Girls 2km | 9:59 | |
| | Alana Barber | Open Women 5km | 22:36 | |
| Teams Gold (5) | Open 20M | Chris Erickson, Quentin Rew, Aaron McDonough | | |
| | Open Men 10M | Adam Garganis, Kyle Swan, Kim Mottrom | | |
| | U10 Boys 1km | Luke Epps, Liam Hutchins, Scott Peart | | |
| | U16 Girls 3km | Rebecca Henderson, Zahra Hayes, Alanna Peart | | |
| | Open Women 5km | Rachel Tallent, Alana Barber, Tayla Paige Billington | | |
| Teams Silver (5) | Open Women 10M | Rachel Tallent, Alana Barber, Simone McInnes | | |
| | U14 Boys 3km | Corey Dickson, Will Thompson, Luke Epps | | |
| | U14 Girls 2km | Alanna Peart, Charlotte Hay, Gemma Lillie | | |
| | U18 Boys 5km | Kyle Swan, Reese Walmsley, Heath Beveridge | | |
| | U18 Girls 5km | Philippa Huse, Jasmin Hass, Charlotte Hay | | |
| Teams Bronze (4) | Masters 20M | Aaron McDonough, Terry O'Neill, Clarence Jack | | |
| | Open Men 10M | Jason Kozica, Reese Walmsley, Stuart Kollmorgen | | |
| | U10 Boys 1km | Harrison Karagiorgos, Luke Epps, Liam Hutchins | | |
| | U12 Girls 3km | Gemma Lillie, Freya Evans, Kaylah Heikkila-Dubowik | | |

But this is, of course, only half the story. Many of the teams medals (and some of the individual medals) were won by walkers contesting their second or even their third event. It is in the nature of a demanding teams competition that walkers stop up to the place again and again to help their team. Thanks and well done everyone!

Before I go onto the results, I will try to focus in on the best of the best. Here are my picks (in order of events). Apologies if I missed other great walks – it is hard to capture everything in a quick report.

- **Chris Erickson** finally won the Open 20 Miles walk in what was his 13th attempt. Rarely out of the medals, he turned the tables this year on title holder Quentin Rew and 10 times winner Jared Tallent, recording a 90 sec PB time of 2:19:51 and becoming one of the few walkers to break 2:20:00 for this demanding circuit. He was too strong in the second half and finished full of walking.
- **Tanya Holliday and Rachel Tallent** had great battles in the Women's 10 Miles and then again in the Women's 5km later in the day, finishing 1st and 2nd respectively in both events. Tanya set a new 10M record (72:58) ahead of Rachel (73:22) and was just outside Kerry Saxby's 5km record with her winning time of 21:27, Rachel close behind with 21:31.
- 18 year old **Adam Garganis** won the Open Men's 10M in a record 1:09:51, breaking away from the 20M leading group of Jared, Chris and Quentin with 2km to go. A dominant performance.
- 18 year old **Tyler Jones** finished second behind Adam in the Open 10M (70:30) and then won the U20 10km with 45:05.
- 17 year old **Kyle Swan** finished 3rd in the Open 10M (75:35) and then won the U18 5km with 23:00.

- 13 year old **Dorey Dickson** became the youngest ever 10M finisher, coming 11th in 89:24, then fronting in the U14 2km to come 3rd with 9:45.
- 17 year old **Philippa Huse** won the U20 women's 10km (51:18) and then won the U18 5km (25:18).
- 11 year old **Toby Wilks** won the U12 2km (9:31) and was 2nd in the U14 2km (9:24).
- 15 year old **Connor Frew** won the U16 3km (13:27) and was 3rd in the U18 5km (23:59)
- And a special mention to 12 year old **Heath Beveridge** who walked in his U14 2km (14th in 12:05) and then fronted for the U18 5km, finishing 14th in 37:14 and helping the RWV team to silver. A real team performer.

And now to the actual results (get a coffee – it's big!) and a link to a great article from Monday's Canberra Times: <http://www.canberratimes.com.au/sport/act-sport/frost-bites-before-jared-tallents-gold-medal-as-chris-erickson-wins-lake-burley-griffin-race-20160612-gph8rz.html>.

EVENT 1 OPEN 20M

MEN

| | | | | |
|-----|-----------------------|---|---------|-------|
| 1. | Chris Erickson | M | 2:19:51 | RWV |
| 2. | Quentin Rew | M | 2:21:26 | RWV |
| 3. | Jared Tallent | M | 2:23:43 | SARWC |
| 4. | Darren Bown (M) | M | 3:01:17 | SARWC |
| 5. | Peter Bennett (M) | M | 3:08:17 | QRWC |
| 6. | Argenis Guevara (M) | M | 3:12:31 | QRWC |
| 7. | Aaron McDonough (M) | M | 3:13:13 | RWV |
| 8. | Peter Crump (M) | M | 3:18:23 | SARWC |
| 9. | Dean Nipperess (M) | M | 3:34:39 | QRWC |
| 10. | Terry O'Neill (M) | M | 3:36:16 | RWV |
| 11. | Clarence Jack (M) | M | 3:40:47 | RWV |
| 12. | Lachlan Wilkinson (M) | M | 3:58:25 | SARWC |
| 13. | Bill Starr (M) | M | 4:08:38 | SARWC |
| 14. | Robert Osborne (M) | M | 4:11:05 | REGAL |
| | Rhydian Cowley | M | DNF | RWV |
| | Robin Whyte (M) | M | DQ | ACT |
| | Kevin Finn (M) | M | DQ | SARW |

WOMEN

| | | | | |
|----|--------------------|---|---------|------|
| 1. | Karyn O'Neill (M) | F | 3:58:53 | RWV |
| 2. | Sandra Howarth (M) | F | 4:38:28 | RWV |
| 3. | Val Chesterton (M) | F | 5:02:47 | ACTW |

MASTERS MEN

| | | | | |
|-----|-------------------|---|---------|-------|
| 1. | Darren Bown | M | 3:01:17 | SARWC |
| 2. | Peter Bennett | M | 3:08:17 | QRWC |
| 3. | Argenis Guevara | M | 3:12:31 | QRWC |
| 4. | Aaron McDonough | M | 3:13:13 | RWV |
| 5. | Peter Crump | M | 3:18:23 | SARWC |
| 6. | Dean Nipperess | M | 3:34:39 | QRWC |
| 7. | Terry O'Neill | M | 3:36:16 | RWV |
| 8. | Clarence Jack | M | 3:40:47 | RWV |
| 9. | Lachlan Wilkinson | M | 3:58:25 | SARWC |
| 10. | Bill Starr | M | 4:08:38 | SARWC |
| 11. | Robert Osborne | M | 4:11:05 | REGAL |
| | Robin Whyte | M | DQ | ACT |
| | Kevin Finn | M | DQ | SARWC |

MASTERS WOMEN

| | | | | |
|----|----------------|---|---------|------|
| 1. | Karyn O'Neill | F | 3:58:53 | RWV |
| 2. | Sandra Howarth | F | 4:38:28 | RWV |
| 3. | Val Chesterton | F | 5:02:47 | ACTW |

HANDICAP

| | | | |
|----|-------------------|---|-------|
| 1. | Clarence Jack | M | RWV |
| 2. | Lachlan Wilkinson | M | SARWC |
| 3. | Bill Starr | M | SARWC |

TEAMS

| | | | |
|----|--------|----|--|
| 1. | RWV1 | 30 | Chris Erickson, Quentin Rew, Aaron McDonough |
| 2. | SARWC1 | 24 | Jared Tallent, Darren Bown, Peter Crump |
| 3. | QRWC1 | 19 | Peter Bennett, Argenis Guevara, Dean Nipperess |
| 4. | RWV2 | 6 | Terry O'Neill, Clarence Jack, Karyn O'Neill |

MASTERS TEAMS

| | | | |
|----|--------|----|--|
| 1. | QRWC1 | 19 | Peter Bennett, Argenis Guevara, Dean Nipperess |
| 2. | SARWC1 | 16 | Darren Bown, Peter Crump, Lachlan Wilkinson |
| 3. | RWV1 | 11 | Aaron McDonough, Terry O'Neill, Clarence Jack |

OLDEST FINISHER Val Chesterton**EVENT 2 FITNESS 20M****MEN**

| | | | | |
|----|----------------|---|---------|------|
| 1. | Bryan Thomas | M | 4:01:46 | ACTW |
| 2. | Geoff Barker | M | 4:26:25 | ACTW |
| | Derek Robinson | M | DNF | ACTW |

OLDEST FINISHER Bryan Thomas**EVENT 3 MEN & WOMEN AACT 30K CHP****MEN**

| | | | | |
|----|-----------------|---|---------|-------|
| 1. | Chris Erickson | M | 2:10:21 | RWV |
| 2. | Quentin Rew | M | 2:11:41 | RWV |
| 3. | Jared Tallent | M | 2:13:07 | SARWC |
| 4. | Peter Bennett | M | 2:55:43 | QRWC |
| 5. | Argenis Guevara | M | 2:58:00 | QRWC |
| 6. | Dean Nipperess | M | 3:17:14 | QRWC |
| 7. | Terry O'Neill | M | 3:20:58 | RWV |
| 8. | Clarence Jack | M | 3:24:52 | RWV |
| 9. | Robin Whyte | M | 3:33:32 | ACTW |
| | Rhydian Cowley | M | DNF | RWV |

ACT

| | | |
|----|-------------|---------|
| 1. | Robin Whyte | 3:33:32 |
|----|-------------|---------|

WOMEN

| | | | | |
|----|----------------|---|---------|-----|
| 1. | Karyn O'Neill | F | 3:41:54 | RWV |
| 2. | Sandra Howarth | F | 4:18:10 | RWV |

EVENT 4 WOMEN 10M

| | | | | |
|-----|--------------------------|---|---------|-------|
| 1. | Tanya Holliday | F | 1:12:58 | SARWC |
| 2. | Rachel Tallent | F | 1:13:22 | RWV |
| 3. | Claire Tallent | F | 1:17:57 | SARWC |
| 4. | Zoe Hunt | F | 1:18:03 | ACTW |
| 5. | Alana Barber | F | 1:21:15 | RWV |
| 6. | Kristie Goznic | F | 1:24:33 | SARWC |
| 7. | Simone McInnes | F | 1:26:41 | RWV |
| 8. | Katya Martin | F | 1:28:59 | QRWC |
| 9. | Ally Durr | F | 1:34:14 | ACTW |
| 10. | Ann Staunton Jugovic (M) | F | 1:38:01 | ACTW |
| 11. | Erika Woodward (M) | F | 1:38:35 | RWV |
| 12. | Heather Carr (M) | F | 1:40:53 | RWV |
| 13. | Yvette Becker | F | 1:44:23 | SARWC |
| 14. | Kirsten Bott (M) | F | 1:55:35 | TARWC |
| 15. | Noela Mckinven (M) | F | 2:19:31 | QRWC |

MASTERS

| | | | | |
|----|----------------------|---|---------|-------|
| 1. | Ann Staunton Jugovic | F | 1:38:01 | ACTW |
| 2. | Erika Woodward | F | 1:38:35 | RWV |
| 3. | Heather Carr | F | 1:40:53 | RWV |
| 4. | Kirsten Bott | F | 1:55:35 | TARWC |
| 5. | Noela Mckinven | F | 2:19:31 | QRWC |

HANDICAP

| | | | |
|----|---------------|---|-------|
| 1. | Yvette Becker | F | SARWC |
|----|---------------|---|-------|

- | | | | |
|----|----------------|---|-------|
| 2. | Simone McInnes | F | RWV |
| 3. | Kristie Goznic | F | SARWC |

TEAMS

- | | | | |
|----|--------|----|--|
| 1. | SARWC1 | 21 | Tanya Holliday, Claire Tallent, Kristie Goznic |
| 2. | RWV1 | 16 | Rachel Tallent, Alana Barber, Simone McInnes |
| 3. | ACTW1 | 9 | Zoe Hunt, Ally Durr, Ann Staunton Jugovic |

OLDEST FINISHER Noela Mckinven

EVENT 5 MENS 10M

- | | | | | |
|-----|-----------------------|---|---------|--------|
| 1. | Adam Garganis | M | 1:09:51 | RWV |
| 2. | Tyler Jones | M | 1:10:30 | NSWRWC |
| 3. | Kyle Swan | M | 1:15:35 | RWV |
| 4. | Jay Felton | M | 1:16:58 | NSWRWC |
| 5. | Carl Gibbons | M | 1:20:59 | NSWRWC |
| 6. | Kim Mottrom | M | 1:21:51 | RWV |
| 7. | Dylan Richardson | M | 1:22:11 | NSWRWC |
| 8. | Jason Kozica | M | 1:22:22 | RWV |
| 9. | Reese Walmsley | M | 1:22:54 | RWV |
| 10. | Stuart Kollmorgen (M) | M | 1:23:15 | RWV |
| 11. | Corey Dickson | M | 1:29:24 | RWV |
| 12. | Pramesh Prasad (M) | M | 1:29:34 | RWV |
| 13. | David Smyth (M) | M | 1:31:52 | RWV |
| 14. | Hayden Walmsley | M | 1:32:40 | RWV |
| 15. | Simon Evans (M) | M | 1:34:14 | RWV |
| 16. | Travis Barendregt | M | 1:40:16 | NSWRWC |
| 17. | Royrie Upton | M | 1:42:14 | SARWC |
| 18. | Ross Reid (M) | M | 1:42:24 | RWV |
| 19. | Greg Durr (M) | M | 1:47:17 | ACTW |
| 20. | Paul Moritz (M) | M | 1:56:16 | RWV |
| 21. | Jim Seymon (M) | M | 1:59:29 | REGAL |
| 22. | James Hoare (M) | M | 2:08:21 | SARWC |
| 23. | Patrck Sela (M) | M | 2:10:31 | QRWC |
| 24. | Harry Summers (M) | M | 2:19:29 | RWV |
| 25. | Brendon Hyde (M) | M | 2:44:27 | NSWRWC |
| | Robert Gardiner (M) | M | DNF | RWV |

MASTERS

- | | | | | |
|-----|-------------------|---|---------|--------|
| 1. | Stuart Kollmorgen | M | 1:23:15 | RWV |
| 2. | Pramesh Prasad | M | 1:29:34 | RWV |
| 3. | David Smyth | M | 1:31:52 | RWV |
| 4. | Simon Evans | M | 1:34:14 | RWV |
| 5. | Ross Reid | M | 1:42:24 | RWV |
| 6. | Greg Durr | M | 1:47:17 | ACTW |
| 7. | Paul Moritz | M | 1:56:16 | RWV |
| 8. | Jim Seymon | M | 1:59:29 | REGAL |
| 9. | James Hoare | M | 2:08:21 | SARWC |
| 10. | Patrck Sela | M | 2:10:31 | QRWC |
| 11. | Harry Summers | M | 2:19:29 | RWV |
| 12. | Brendon Hyde | M | 2:44:27 | NSWRWC |
| | Robert Garidner | M | DNF | RWV |

HANDICAP

- | | | | |
|----|-------------------|---|--------|
| 1. | Dylan Richardson | M | NSWRWC |
| 2. | Travis Barendregt | M | NSWRWC |
| 3. | Royrie Upton | M | SARWC |

TEAMS

- | | | | |
|----|---------|----|---|
| 1. | RWV1 | 48 | Adam Garganis, Kyle Swan, Kim Mottrom |
| 2. | NSWRWC1 | 46 | Tyler Jones, Jay Felton, Carl Gibbons |
| 3. | RWV2 | 30 | Jason Kozica, Reese Walmsley, Stuart Kollmorgen |
| 4. | RWV3 | 21 | Corey Dickson, Pramesh Prasad, David Smyth |
| 5. | NSWRWC2 | 16 | Dylan Richardson, Travis Barendregt, Brendon Hyde |
| 6. | RWV4 | 11 | Hayden Walmsley, Simon Evans, Ross Reid |

EVENT 6 FITNESS 10M**MEN**

| | | | | |
|----|---------------|---|---------|------|
| 1. | John Kennedy | M | 1:50:10 | ACT |
| 2. | Mick Saunders | M | 1:50:26 | ACTW |
| 3. | Phil Essam | M | 2:33:18 | ACTW |

WOMEN

| | | | | |
|----|-----------------|---|---------|------|
| 1. | Diana Schneider | F | 1:57:24 | ACT |
| 2. | Monika Short | F | 2:00:40 | ACTW |

EVENT 7 FITNESS 5M**MEN**

| | | | | |
|----|-----------------|---|---------|-------|
| 1. | John Adams | M | 58:08 | SARWC |
| 2. | Brian Horton | M | 58:11 | TARWC |
| 3. | Damien Goode | M | 1:00:30 | SARWC |
| 4. | Bert Janes | M | 1:02:15 | QRWC |
| 5. | Warren Butler | M | 1:08:17 | ACTW |
| 6. | David Mackenzie | M | 1:08:35 | ACTW |

WOMEN

| | | | | |
|----|----------------|---|---------|--------|
| 1. | Robyn Saunders | F | 57:50 | ACTW |
| 2. | Carmel Parker | F | 59:24 | REGAL |
| 3. | Judy Brown 2 | F | 1:08:34 | NSWRWC |
| 4. | Des Butler | F | 1:11:53 | ACTW |
| 5. | Belinda Essam | F | 1:13:40 | ACTW |
| 6. | Carmen Carlon | F | 1:56:53 | ACTW |
| | Alison Janes | F | DNF | QRWC |

EVENT 8 MENS U20 10K

| | | | | |
|----|-----------------|---|-------|--------|
| 1. | Tyler Jones | M | 45:05 | NSWRWC |
| 2. | Carl Gibbons | M | 49:44 | NSWRWC |
| 3. | Kyle Bedford | M | 50:13 | NSWRWC |
| 4. | Alix Harlington | M | 52:50 | SARWC |
| 5. | Adam Mylonas | M | 56:31 | NSWRWC |

HANDICAP

| | | | |
|----|-----------------|---|--------|
| 1. | Alix Harlington | M | SARWC |
| 2. | Adam Mylonas | M | NSWRWC |

TEAMS

| | | | |
|----|---------|---|---|
| 1. | NSWRWC1 | 7 | Tyler Jones, Carl Gibbons, Kyle Bedford |
|----|---------|---|---|

EVENT 9 AACT MENS U20 10K CHP

No competitors

EVENT 10 OPEN 10K

| | | | | |
|----|-----------------|---|---------|---------|
| 1. | Steven Washburn | M | 48:39 | NSWRWC1 |
| 2. | Kim Mottrom | M | 55:33 | RWV |
| 3. | Peter Curtis | M | 1:00:32 | RWV |
| | Jason Kozica | M | DNF | RWV |

EVENT 11 WOMENS U20 10K

| | | | | |
|----|-------------------|---|---------|--------|
| 1. | Philippa Huse | F | 51:18 | RWV |
| 2. | Chelsea Goodhew | F | 54:20 | NSWRWC |
| 3. | Samantha Findlay | F | 57:14 | SARWC |
| 4. | Kathleen O'Mahony | F | 1:01:29 | RWV |

HANDICAP

| | | | |
|----|-------------------|---|-----|
| 1. | Kathleen O'Mahony | F | RWV |
|----|-------------------|---|-----|

EVENT 12 BOYS U10 1K

| | | | | |
|----|----------------|---|-------|--------|
| 1. | Peter Elliott | M | 05:08 | NSWRWC |
| 2. | Seth Upton | M | 05:10 | SARWC |
| 3. | Luke Epps | M | 05:27 | RWV |
| 4. | Liam Hutchins | M | 05:28 | RWV |
| 5. | Scott Peart | M | 05:34 | RWV |
| 6. | Brodie Tallent | M | 05:50 | RWV |

| | | | | |
|-----|----------------------|---|-------|--------|
| 7. | Andrew Camp-Liddiard | M | 05:56 | ACTW |
| 8. | Hamish Blackwood | M | 05:58 | RWV |
| 9. | Darcy Bell | M | 06:00 | NSWRWC |
| 10. | Felix Tebbutt | M | 06:05 | NSWRWC |
| 11. | Edward Upton | M | 06:09 | SARWC |

HANDICAP

| | | | |
|----|---------------|---|--------|
| 1. | Darcy Bell | M | NSWRWC |
| 2. | Edward Upton | M | SARWC |
| 3. | Liam Hutchins | M | RWV |

TEAMS

| | | | |
|----|---------|----|--|
| 1. | RWV1 | 12 | Luke Epps, Liam Hutchins, Scott Peart |
| 2. | NSWRWC1 | 10 | Peter Elliott, Darcy Bell, Felix Tebbutt |

EVENT 13 GIRLS U10 1K

| | | | | |
|----|--------------------|---|-------|--------|
| 1. | Chelsea Karagiogos | F | 05:50 | RWV |
| 2. | Hannah Wilks | F | 06:12 | SARWC |
| 3. | Mackenzie Best | F | 06:23 | REGAL |
| 4. | Anna Vahey | F | 06:44 | ACTW |
| 5. | Ella Becroft | F | 06:51 | NSWRWC |
| 6. | Sienna Pitcher | F | 06:58 | NSWRWC |
| 7. | Georgia Frew | F | 07:03 | ACTW |
| 8. | Darah Challinor | F | 07:09 | NSWRWC |
| 9. | Amelia Crocker | F | 07:33 | NSWRWC |

HANDICAP

| | | | |
|----|-----------------|---|--------|
| 1. | Sarah Challinor | F | NSWRWC |
| 2. | Sienna Pitcher | F | NSWRWC |
| 3. | Amelia Crocker | F | NSWRWC |

TEAMS

| | | | |
|----|---------|---|---|
| 1. | NSWRWC1 | 7 | Ella Becroft, Sienna Pitcher, Sarah Challinor |
|----|---------|---|---|

EVENT 14 BOYS U12 2K

| | | | | |
|-----|----------------------|---|-------|--------|
| 1. | Toby Wilks | M | 09:31 | SARWC |
| 2. | Tom Hunt | M | 10:00 | ACTW |
| 3. | Ryan Vesper | M | 10:12 | NSWRWC |
| 4. | Dylan Daley | M | 10:35 | NSWRWC |
| 5. | Harrison Karagiogos | M | 11:08 | RWV |
| 6. | Peter Elliott | M | 11:08 | NSWRWC |
| 7. | Seth Upton | M | 11:31 | SARWC |
| 8. | Luke Epps | M | 11:36 | RWV |
| 9. | Liam Hutchins | M | 11:45 | RWV |
| 10. | Scott Peart | M | 11:51 | RWV |
| 11. | Andrew Camp-Liddiard | M | 12:29 | ACTW |
| 12. | Harry Baker | M | 12:33 | ACTW |
| 13. | Edward Upton | M | 12:45 | SARWC |
| 14. | Hamish Blackwood | M | 13:02 | RWV |

HANDICAP

| | | | |
|----|--------------|---|-------|
| 1. | Edward Upton | M | SARWC |
| 2. | Seth Upton | M | SARWC |
| 3. | Harry Baker | M | ACTW |

TEAMS

| | | | |
|----|---------|----|---|
| 1. | NSWRWC1 | 26 | Ryan Vesper, Dylan Daley, Peter Elliott |
| 2. | SARWC1 | 20 | Toby Wilks, Seth Upton, Edward Upton |
| 3. | RWV1 | 17 | Harrison Karagiogos, Luke Epps, Liam Hutchins |
| 4. | ACTW1 | 16 | Tom Hunt, Andrew Camp-Liddiard, Harry Baker |

EVENT 15 GIRLS U12 2K

| | | | | |
|----|----------------|---|-------|--------|
| 1. | Laura Burns | F | 10:17 | ACTW |
| 2. | Izabella Dunne | F | 10:45 | NSWRWC |
| 3. | Ellie Decelis | F | 11:01 | NSWRWC |
| 4. | Emma Thomas | F | 11:03 | NSWRWC |
| 5. | Kitami Upton | F | 11:17 | SARWC |

| | | | | |
|-----|-------------------------|---|-------|--------|
| 6. | Jada Thomson | F | 11:50 | NSWRWC |
| 7. | Isabelle Nilon | F | 12:12 | NSWRWC |
| 8. | Gemma Lillie | F | 12:13 | RWV |
| 9. | Freya Evans | F | 12:29 | RWV |
| 10. | Kaylah Heikkila-Dubowik | F | 12:36 | RWV |
| 11. | Sidney Shaw | F | 12:36 | ACTW |
| 12. | Jessica Rocchetto | F | 13:01 | NSWRWC |
| 13. | Stacie Becroft | F | 13:06 | NSWRWC |
| 14. | Elise Carbery | F | 13:16 | RWV |
| 15. | Rhianni Degan | F | 13:16 | NSWRWC |
| 16. | Hannah Wilks | F | 13:25 | SARWC |
| 17. | Ella Baker | F | 13:31 | ACTW |
| 18. | Emily Challinor | F | 18:04 | NSWRWC |
| | Chloe Klinski | F | DQ | NSWRWC |

HANDICAP

| | | | |
|----|---------------|---|-------|
| 1. | Freya Evans | F | RWV |
| 2. | Elise Carbery | F | RWV |
| 3. | Hannah Wilks | F | SARWC |

TEAMS

| | | | |
|----|---------|----|--|
| 1. | NSWRWC1 | 39 | Izabella Dunne, Ellie Decelis, Emma Thomas |
| 2. | NSWRWC2 | 26 | Jada Thomson, Isabelle Nilon, Jessica Rocchetto |
| 3. | RWV1 | 24 | Gemma Lillie, Freya Evans, Kaylah Heikkila-Dubowik |
| 4. | ACTW1 | 24 | Laura Burns, Sidney Shaw, Ella Baker |
| 5. | NSWRWC3 | 8 | Stacie Becroft, Rhianni Degan, Emily Challinor |

EVENT 16 BOYS U14 2K

| | | | | |
|-----|------------------|---|-------|--------|
| 1. | Joe Cross | M | 09:23 | SARWC |
| 2. | Toby Wilks | M | 09:24 | SARWC |
| 3. | Corey Dickson | M | 09:45 | RWV |
| 4. | Will Thompson | M | 09:53 | RWV |
| 5. | Ryan Vesper | M | 10:32 | NSWRWC |
| 6. | Archie Tebbutt | M | 10:50 | NSWRWC |
| 7. | Jack McGinniskin | M | 10:58 | NSWRWC |
| 8. | Dion Carrothers | M | 11:22 | NSWRWC |
| 9. | Luke Epps | M | 11:35 | RWV |
| 10. | Liam Hutchins | M | 11:38 | RWV |
| 11. | Adrian Upton | M | 11:39 | SARWC |
| 12. | Seth Upton | M | 11:41 | SARWC |
| 13. | Harrison Best | M | 11:49 | REGAL |
| 14. | Heath Beveridge | M | 12:05 | RWV |
| 15. | Angus Hay | M | 12:10 | RWV |

HANDICAP

| | | | |
|----|------------------|---|--------|
| 1. | Jack McGinniskin | M | NSWRWC |
| 2. | Seth Upton | M | SARWC |
| 3. | Adrian Upton | M | SARWC |

TEAMS

| | | | |
|----|---------|----|---|
| 1. | SARWC1 | 27 | Joe Cross, Toby Wilks, Adrian Upton |
| 2. | RWV1 | 24 | Corey Dickson, Will Thompson, Luke Epps |
| 3. | NSWRWC1 | 21 | Ryan Vesper, Archie Tebbutt, Jack McGinniskin |
| 4. | RWV2 | 7 | Liam Hutchins, Heath Beveridge, Angus Hay |

EVENT 17 GIRLS U14 2K

| | | | | |
|-----|--------------------|---|-------|--------|
| 1. | Allanah Pitcher | F | 09:28 | NSWRWC |
| 2. | Alanna Peart | F | 09:43 | RWV |
| 3. | Charlotte Hay | F | 09:59 | RWV |
| 4. | Victoria Upton | F | 10:04 | SARWC |
| 5. | Elizabeth McMillan | F | 10:32 | NSWRWC |
| 6. | Haley Mills | F | 10:35 | NSWRWC |
| 7. | Emma Thomas | F | 10:51 | NSWRWC |
| 8. | Chloe Upton | F | 10:53 | SARWC |
| 9. | Danielle Vesper | F | 10:58 | NSWRWC |
| 10. | Renee Hardy | F | 11:00 | NSWRWC |
| 11. | Chloe McLoughlin | F | 11:00 | NSWRWC |

| | | | | |
|-----|-------------------------|---|-------|--------|
| 12. | Hannah Parker | F | 11:01 | REGAL |
| 13. | Kitami Upton | F | 11:02 | SARWC |
| 14. | Hannah Manning | F | 11:42 | ACTW |
| 15. | Ellen Vahey | F | 11:59 | ACTW |
| 16. | Mia Wilks | F | 12:19 | SARWC |
| 17. | Dana Lee | F | 12:21 | NSWRWC |
| 18. | Gemma Lillie | F | 12:46 | RWV |
| 19. | Kaylah Heikkila-Dubowik | F | 13:23 | RWV |
| 20. | Jaime Bott | F | 13:37 | TARWC |
| | Laura Burns | F | DQ | ACTW |

HANDICAP

| | | | |
|----|--------------------|---|--------|
| 1. | Danielle Vesper | F | NSWRWC |
| 2. | Elizabeth McMillan | F | NSWRWC |
| 3. | Emma Thomas | F | NSWRWC |

TEAMS

| | | | |
|----|---------|----|--|
| 1. | NSWRWC1 | 28 | Allanah Pitcher, Elizabeth McMillan, Haley Mills |
| 2. | RWV1 | 22 | Alanna Peart, Charlotte Hay, Gemma Lillie |
| 3. | SARWC1 | 16 | Victoria Upton, Chloe Upton, Kitami Upton |
| 4. | NSWRWC2 | 13 | Emma Thomas, Danielle Vesper, Renee Hardy |

EVENT 18 BOYS U16 3K

| | | | | |
|-----|-------------------|---|-------|--------|
| 1. | Connor Frew | M | 13:27 | ACTW |
| 2. | Oscar Tebbutt | M | 13:48 | NSWRWC |
| 3. | Kyle Bedford | M | 13:54 | NSWRWC |
| 4. | Mitchell Baker | M | 14:00 | ACTW |
| 5. | Joe Cross | M | 14:21 | SARWC |
| 6. | Ryan Thomson | M | 14:39 | NSWRWC |
| 7. | Tristan Camilleri | M | 14:47 | SARWC |
| 8. | Bayley Campbell | M | 14:53 | TARWC |
| 9. | Jay Goode | M | 14:56 | SARWC |
| 10. | Hayden Blaskett | M | 15:01 | NSWRWC |
| 11. | Hayden Walmsley | M | 15:27 | RWV |
| 12. | Spencer Burns | M | 15:54 | ACTW |
| 13. | Archie Tebbutt | M | 17:07 | NSWRWC |
| 14. | Mathew Bruniges | M | 17:14 | SARWC |
| 15. | Jack McGinniskin | M | 17:47 | NSWRWC |
| 16. | Will Thompson | M | 17:54 | RWV |
| 17. | Adrian Upton | M | 20:22 | SARWC |
| 18. | Angus Hay | M | 21:45 | RWV |

HANDICAP

| | | | |
|----|-----------------|---|--------|
| 1. | Mathew Bruniges | M | SARWC |
| 2. | Hayden Blaskett | M | NSWRWC |
| 3. | Ryan Thomson | M | NSWRWC |

TEAMS

| | | | |
|----|---------|----|--|
| 1. | NSWRWC1 | 37 | Oscar Tebbutt, Kyle Bedford, Ryan Thomson |
| 2. | ACTW1 | 33 | Connor Frew, Mitchell Baker , Spencer Burns |
| 3. | SARWC1 | 28 | Joe Cross, Tristan Camilleri, Jay Goode |
| 4. | NSWRWC2 | 14 | Hayden Blaskett, Archie Tebbutt, Jack McGinniski |
| 5. | RWV1 | 9 | Hayden Walmsley, Will Thompson, Angus Hay |

EVENT 19 GIRLS U16 3K

| | | | | |
|-----|---------------------|---|-------|--------|
| 1. | Rebecca Henderson | F | 14:08 | RWV |
| 2. | Zahra Hayes | F | 14:10 | RWV |
| 3. | Alice Randall | F | 14:15 | TARWC |
| 4. | Gabby Hunt | F | 14:26 | ACTW |
| 5. | Allanah Pitcher | F | 14:39 | NSWRWC |
| 6. | Alanna Peart | F | 15:21 | RWV |
| 7. | Anna Blackwell | F | 15:39 | TARWC |
| 8. | Bethany Cross | F | 15:47 | SARWC |
| 9. | Elizabeth Henderson | F | 16:08 | ACTW |
| 10. | Chloe Karagiorgos | F | 16:29 | RWV |
| 11. | Breeanna Betzold | F | 16:30 | QRWC |
| 12. | Jasmin Hass | F | 16:48 | RWV |

| | | | | |
|-----|--------------------|---|-------|--------|
| 13. | Janaya Lee | F | 17:12 | NSWRWC |
| 14. | Brittany Robertson | F | 17:19 | NSWRWC |
| 15. | Katie Alley | F | 17:28 | ACTW |
| 16. | Kitami Upton | F | 17:31 | SARWC |
| 17. | Hannah Manning | F | 17:37 | ACTW |
| 18. | Hayley Goode | F | 17:43 | SARWC |
| 19. | Chloe Upton | F | 18:22 | SARWC |
| 20. | Davina Lee | F | 19:22 | NSWRWC |
| 21. | Mia Wilks | F | 19:33 | SARWC |
| 22. | Jessica Rocchetto | F | 21:26 | NSWRWC |
| 23. | Chloe McLoughlin | F | 21:46 | NSWRWC |

HANDICAP

| | | | |
|----|--------------|---|--------|
| 1. | Kitami Upton | F | SARWC |
| 2. | Davina Lee | F | NSWRWC |
| 3. | Hayley Goode | F | SARWC |

TEAMS

| | | | |
|----|---------|----|---|
| 1. | RWV1 | 41 | Rebecca Henderson, Zahra Hayes, Alanna Peart |
| 2. | ACTW1 | 28 | Gabby Hunt, Elizabeth Henderson, Katie Alley |
| 3. | NSWRWC1 | 27 | Allanah Pitcher, Janaya Lee, Brittany Robertson |
| 4. | SARWC1 | 19 | Bethany Cross, Kitami Upton, Hayley Goode |
| 5. | NSWRWC2 | 6 | Davina Lee, Jessica Rocchetto, Chloe McLoughlin |

EVENT 20 BOYS U18 5K

| | | | | |
|-----|-------------------|---|-------|--------|
| 1. | Kyle Swan | M | 23:00 | RWV |
| 2. | Tim Fraser | M | 23:20 | ACTW |
| 3. | Connor Frew | M | 23:59 | ACTW |
| 4. | Reese Walmsley | M | 24:20 | RWV |
| 5. | Mitchell Baker | M | 24:45 | ACTW |
| 6. | Oscar Tebbutt | M | 24:58 | NSWRWC |
| 7. | Callum Burns | M | 25:01 | ACTW |
| 8. | Joe Cross | M | 25:38 | SARWC |
| 9. | Jake Vidler | M | 25:52 | SARWC |
| 10. | Tristan Camilleri | M | 26:12 | SARWC |
| 11. | Ryan Thomson | M | 26:14 | NSWRWC |
| 12. | Jay Goode | M | 26:27 | SARWC |
| 13. | Travis Barendregt | M | 28:19 | NSWRWC |
| 14. | Kyle Bedford | M | 29:31 | NSWRWC |
| 15. | Heath Beveridge | M | 37:14 | RWV |
| | Spencer Burns | M | DQ | ACTW |

HANDICAP

| | | | |
|----|-------------------|---|--------|
| 1. | Travis Barendregt | M | NSWRWC |
| 2. | Joe Cross | M | SARWC |
| 3. | Callum Burns | M | ACTW |

TEAMS

| | | | |
|----|---------|----|--|
| 1. | ACTW1 | 29 | Tim Fraser, Connor Frew, Mitchell Baker |
| 2. | RWV1 | 23 | Kyle Swan, Reese Walmsley, Heath Beveridge |
| 3. | SARWC1 | 15 | Joe Cross, Jake Vidler, Tristan Camilleri |
| 4. | NSWRWC1 | 12 | Oscar Tebbutt, Ryan Thomson, Travis Barendregt |

EVENT 21 GIRLS U18 5K

| | | | | |
|-----|--------------------|---|-------|--------|
| 1. | Philippa Huse | F | 25:18 | RWV |
| 2. | Rhiannon Lovegrove | F | 25:30 | SARWC |
| 3. | Chelsea Goodhew | F | 25:57 | NSWRWC |
| 4. | Samantha Brown | F | 26:56 | NSWRWC |
| 5. | Bethany Cross | F | 27:48 | SARWC |
| 6. | Victoria Upton | F | 28:12 | SARWC |
| 7. | Jasmin Hass | F | 28:57 | RWV |
| 8. | Charlotte Hay | F | 29:02 | RWV |
| 9. | Molly O'Neill | F | 29:16 | NSWRWC |
| 10. | Kathleen O'Mahony | F | 30:24 | RWV |
| 11. | Renee Hardy | F | 30:49 | NSWRWC |
| 12. | Jessica Lillie | F | 30:59 | RWV |

HANDICAP

| | | | |
|----|----------------|---|--------|
| 1. | Victoria Upton | F | SARWC |
| 2. | Samantha Brown | F | NSWRWC |
| 3. | Jessica Lillie | F | RWV |

TEAMS

| | | | |
|----|---------|----|---|
| 1. | SARWC1 | 17 | Rhiannon Lovegrove, Bethany Cross, Victoria Upton |
| 2. | RWV1 | 15 | Philippa Huse, Jasmin Hass, Charlotte Hay |
| 3. | NSWRWC1 | 14 | Chelsea Goodhew, Samantha Brown, Molly O'Neill |

EVENT 22 WOMENS 5K

| | | | | |
|-----|--------------------------|---|-------|--------|
| 1. | Tanya Holliday | F | 21:27 | SARWC |
| 2. | Rachel Tallent | F | 21:31 | RWV |
| 3. | Alana Barber | F | 22:36 | RWV |
| 4. | Claire Tallent | F | 23:04 | SARWC |
| 5. | Tayla Paige Billington | F | 23:12 | RWV |
| 6. | Kristie Goznic | F | 24:38 | SARWC |
| 7. | Rebecca Henderson | F | 25:50 | RWV |
| 8. | Gabby Hunt | F | 26:16 | ACTW |
| 9. | Rhiannon Lovegrove | F | 27:34 | SARWC |
| 10. | Elizabeth Henderson | F | 28:08 | ACTW |
| 11. | Anna Blackwell | F | 28:12 | TARWC |
| 12. | Samantha Findlay | F | 28:32 | SARWC |
| 13. | Cassandra Knight | F | 29:12 | RWV |
| 14. | Ollie Adams (M) | F | 29:29 | SARWC |
| 15. | Donna-Marie Elms (M) | F | 29:47 | RWV |
| 16. | Amanda Barendregt | F | 29:49 | NSWRWC |
| 17. | Ebony Whiley | F | 29:57 | RWV |
| 18. | Ann Staunton Jugovic (M) | F | 30:05 | ACTW |
| 19. | Kate Black (M) | F | 30:19 | ACTW |
| 20. | Louisa Mitchell (M) | F | 30:29 | SARWC |
| 21. | Yvette Becker | F | 31:06 | SARWC |
| 22. | Helena Bialecki (M) | F | 32:03 | ACTW |
| 23. | Nicolle Challinor (M) | F | 33:51 | NSWRWC |
| 24. | Nicole Nilon (M) | F | 36:11 | NSWRWC |
| 25. | Judy Brown (M) | F | 43:29 | NSWRWC |
| 26. | Edna Dundas (M) | F | 47:14 | ACTW |
| | Emily Swan | F | DQ | RWV |
| | Kerry Goode (M) | F | DQ | SARWC |

MASTERS

| | | | | |
|-----|----------------------|---|-------|--------|
| 1. | Ollie Adams | F | 29:29 | SARWC |
| 2. | Donna-Marie Elms | F | 29:47 | RWV |
| 3. | Ann Staunton Jugovic | F | 30:05 | ACTW |
| 4. | Kate Black | F | 30:19 | ACTW |
| 5. | Louisa Mitchell | F | 30:29 | SARWC |
| 6. | Helena Bialecki | F | 32:03 | ACTW |
| 7. | Nicolle Challinor | F | 33:51 | NSWRWC |
| 8. | Nicole Nilon | F | 36:11 | NSWRWC |
| 9. | Judy Brown | F | 43:29 | NSWRWC |
| 10. | Edna Dundas | F | 47:14 | ACTW |
| | Kerry Goode | F | DQ | SARWC |

HANDICAP

| | | | |
|----|------------------------|---|--------|
| 1. | Nicole Nilon | F | NSWRWC |
| 2. | Rebecca Henderson | F | RWV |
| 3. | Tayla Paige Billington | F | RWV |

TEAMS

| | | | |
|----|---------|----|---|
| 1. | RWV1 | 56 | Rachel Tallent, Alana Barber, Tayla Paige Billington |
| 2. | SARWC1 | 56 | Tanya Holliday, Claire Tallent, Kristie Goznic |
| 3. | SARWC2 | 33 | Rhiannon Lovegrove, Samantha Findlay, Ollie Adams |
| 4. | RWV2 | 33 | Rebecca Henderson, Cassandra Knight, Donna-Marie Elms |
| 5. | ACTW1 | 32 | Gabby Hunt, Elizabeth Henderson, Ann Staunton Jugovic |
| 6. | NSWRWC1 | 12 | Amanda Barendregt, Nicolle Challinor, Nicole Nilon |
| 7. | ACTW2 | 10 | Kate Black, Helena Bialecki, Edna Dundas |

MASTERS TEAMS

- | | | |
|-----------|----|---|
| 1. ACTW1 | 16 | Ann Staunton Jugovic, Kate Black, Helena Bialecki |
| 2. NSWRC1 | 6 | Nicolle Challinor, Nicole Nilon, Judy Brown |

And thanks to Terry Swan for a fantastic gallery of shots – just about all events except for a couple in which he was judging – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=76>.



**Left: Adam Garganis breaks away towards the end of the 10 Miles loop
Right: Olympians Quentin Rew, Chris Erickson and Jared Tallent fight out the 20 Miler**



10 Mile action: Tyler Jones, Tanya Holliday, Rachel Tallent and Corey Dickson, our youngest ever finisher



Philippa Huse, Heath Beveridge and Kyle Swan



Left: Joe Cross and Toby Wilks

Right: winning RWV U16 team of Chloe Karagiorgos, Alanna Peart, Jasmin Hass, Rebecca Henderson and Zahra Hayes

SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 11 JUNE

Only a couple of walk results from around Australia this week. Just about everything stops for the LBG Carnival. Thanks to Colin Hanisworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cloudy with sunny patches, rather coldish.

10km Championship

| | | | | |
|-------------------|---------|-----|--------|---|
| Margaret McIntosh | 1:24:14 | W63 | 63.91% | 1 |
| Marie Maxted | 1:06:22 | W56 | 74.43% | 1 |
| Raelene Schild | 1:18:38 | W51 | 59.58% | 1 |
| Cherie Rothery | 1:08:44 | W46 | 65.03% | 1 |
| Colin Hainsworth | 1:24:22 | M86 | 78.26% | 1 |
| Leigh Smith | 1:21:36 | M81 | 73.96% | 1 |
| David Robertson | 1:30:53 | M82 | 67.54% | 2 |

| | | | | |
|-----------------|---------|-----|--------|---|
| Rodger Barber | 1:20:41 | M78 | 71.28% | 1 |
| George White | 0:59:23 | M71 | 87.77% | 1 |
| Graham Harrison | 1:14:21 | M72 | 71.02% | 2 |
| Gil McIntosh | 1:10:41 | M65 | 68.65% | 1 |
| Harry Hayford | 1:24:46 | M63 | 56.02% | 1 |
| John Leydon | 1:03:32 | M54 | 68.64% | 1 |

6km Walk

| | | | |
|-------------|---------|-----|--------|
| Jill Rogers | 0:52:55 | W71 | 66.57% |
|-------------|---------|-----|--------|

WARWC ROAD WALKS, SHELLEY, PERTH, SUNDAY 12 JUNE

Thanks to Mike Reid for the latest results from Perth.

4km Walk

| | |
|-------------------|-------|
| 1. Garry Hastie | 21.49 |
| 2. Amy Holland | 25.10 |
| 3. Amber Richards | 29.15 |

1.5km Walk

| | |
|----------------------|-------|
| 1. Kristine Wells | 12.53 |
| 2. Alessia Andritsos | 13.08 |
| 3. Myka Richards | 14.47 |

8km Walk

| | |
|---------------------|-------|
| 1. Dale Henningan | 43.35 |
| 2. Bradley Mann | 46.49 |
| 3. Karen Tolardo | 48.43 |
| 4. Marie Fitzsimons | 50.11 |

6km Walk

| | |
|----------------|-------|
| 1. Janne Wells | 41.20 |
|----------------|-------|

ITALIAN U23 AND U20 CHAMPIONSHIPS, BRESSANONE, ITALY, 10-11 JUNE

The Italian U23 and U20 track walk champs saw the men competing on Day 1 and the women competing on Day 2. Fastest time for the women to U20 walker Stalla Noemi with 46:00.7. Francesco Fortunato was the top male walker with 41:19.0. Well reported in http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=2475.

10km U20 Men

| | | | |
|-------------------------|------|---------------------------------|---------|
| 1. BRANDI Giacomo | 1998 | FM003 SPORT ATL. FERMO | 44:36.3 |
| 2. MOROTTI Marco | 1997 | MI080 ATL. RICCARDI MILANO 1946 | 45:28.8 |
| 3. RIGAMONTI Alessandro | 1997 | MI076 GEAS ATLETICA | 45:38.9 |
| 4. CICALO' Stefano | 1998 | CA176 ATL VALERIA | 45:52.6 |
| 5. COZZA Cesare | 1997 | MO052 A.S. LA FRATELLANZA 1874 | 46:27.1 |
| 6. PANTERA Giuseppe | 1998 | RM057 FIAMME GIALLE G. SIMONI | 47:35.9 |

10km U23 Men

| | | | |
|--------------------------|------|------------------------------------|---------|
| 1. FORTUNATO Francesco | 1994 | RM056 G.A. FIAMME GIALLE | 41:19.0 |
| 2. PICCHIOTTINO Gianluca | 1996 | LI035 ATL LIBERTAS RUNNERS LIVORNO | 42:29.0 |
| 3. MINEI Vito (I) | 1994 | PD131 G.S. FIAMME ORO PADOVA | 42:53.0 |
| 4. MANSUTTI Stefano | 1995 | LT260 A.S.D. INTESATLETICA | 44:28.2 |
| 5. CHIESA Stefano | 1996 | PV110 ATL. CENTO TORRI PAVIA | 44:55.7 |
| 6. ZAUPA Alberto | 1995 | VI613 ATLETICA SCHIO | 46:15.6 |

10km U20 Women

| | | | |
|----------------------------|------|--------------------------------------|---------|
| 1. STELLA Noemi (I) | 1997 | BO011 C.S. CARABINIERI SEZ. ATLETICA | 46:00.7 |
| 2. CIABINI Giada Francesca | 1997 | FI007 TOSCANA ATL.EMPOLI NISSAN | 49:13.4 |
| 3. BARCELLA Lidia | 1997 | MI221 BRACCO ATLETICA | 50:32.8 |
| 4. PANCONI Giulia | 1997 | PI071 CUS PISA | 52:39.5 |
| 5. TERRONE Marianna | 1997 | BA717 ATLETICA FIAMMA GIOVINAZZO | 52:54.5 |
| 6. FORESTI Beatrice | 1998 | BG003 ATL. BERGAMO 1959 CREBERG | 54:24.1 |

10km U23 Women

| | | | |
|-------------------------|------|-----------------------------------|---------|
| 1. CACCIOTTI Diana | 1995 | RM131 A.S.D. ACSI ITALIA ATLETICA | 50:03.5 |
| 2. STACH Marta | 1995 | BS181 ATL. BRESCIA 1950 | 51:45.3 |
| 3. CANI Lisa | 1996 | MO052 A.S. LA FRATELLANZA 1874 | 52:18.9 |
| 4. ANSALDI Martina | 1996 | CN001 A.S.D. ATL. FOSSANO '75 | 53:58.3 |
| 5. CORMACI Silvia | 1994 | FI007 TOSCANA ATL.EMPOLI NISSAN | 55:13.9 |
| 6. CORTESI Maria Teresa | 1996 | MI218 N.ATL. FANFULLA LODIGIANA | 56:23.7 |

Yet another top European meet to review with the 42nd International Racewalking Festival in Altyus, Lithuania, last weekend. Report from <http://www.european-athletics.org/competitions/race-walking-permit-meetings/news/article=palmisano-reigns-alytus/?cid=rss>.

In a race where there was heavy rain for the first half and in temperatures of around 10°, Italy's **Antonella Palmisano** defied the elements for a superb 20km triumph at the 42nd International Walking Meeting in Altyus on Friday. With her triumph Palmisano sets herself up for an Olympic bid, having made her mark by finishing fifth in last year's IAAF World Championships in Beijing. Her winning time of 1:30:11 saw her 41 secs ahead of Guatemalan **Maritza Poncio** (1:30:52) with Greece's **Antigoni Drisbioti** third (1:30:56). Palmisano, who will be 25 on the second day of the Olympics, will be in Rio as one of Europe's leading hopes in a career where her progression has taken her from 10km gold in 2010 in the junior race at the World Race Walking Cup in Chihuahua to a leading senior. The men's 20km race was slightly closer with Poland landing a one-two with **Dawid Tomala** (1:21:50), the 2011 European U23 champion, beating teammate **Artur Brzozowski** (1:22:11) with Italian **Federico Tontodonati** in third (1:22:29). The junior 10km title also went the way of Poland as **Kacper Kosecki** won in 43:29

Men 20 km walk

| | | | | |
|-----|----------------------|-----|-----------|---------|
| 1. | Dawid Tomala | POL | 27-Aug-89 | 1:21:50 |
| 2. | Artur Brzozowski | POL | 29-Mar-85 | 1:22:11 |
| 3. | Federico Tontodonati | ITA | 30-Oct-89 | 1:22:29 |
| 4. | Lukasz Nowak | POL | 18-Dec-88 | 1:23:40 |
| 5. | Marius Žiukas | LTU | 29-Jun-85 | 1:24:31 |
| 6. | Hatem Ghoula | TUN | 7-Jun-73 | 1:24:58 |
| 7. | José Maria Raymundo | GUA | 1-Sep-93 | 1:25:06 |
| 8. | Massimo Stano | ITA | 27-Feb-92 | 1:25:16 |
| 9. | Yassir Cabrera | PAN | 28-Jan-88 | 1:25:21 |
| 10. | Marius Šavelskis | LTU | 30-Jul-94 | 1:25:36 |
| 11. | Andrea Agrusti | ITA | 30-Aug-95 | 1:26:01 |
| 12. | Jaime Quiyuch | GUA | 24-Apr-88 | 1:26:22 |
| 13. | Genadij Kozlovskij | LTU | 7-Jan-91 | 1:26:31 |
| 14. | Tadas Šuškevičius | LTU | 22-May-85 | 1:27:20 |
| 15. | Lorenzo Dessi | ITA | 4-May-89 | 1:29:01 |
| 16. | Edgars Gjacs | LAT | 27-Aug-93 | 1:32:33 |
| 17. | Raivo Saulgriezis | LAT | 4-Jul-94 | 1:32:48 |
| 18. | Aigars Salenieks | LAT | 28-Jun-74 | 1:33:12 |
| 19. | Darius Jezepcikas | LTU | 16-May-80 | 1:35:59 |
| 20. | Ruslans Smolonskis | LAT | 15-Dec-96 | 1:39:05 |
| | Pavel Yarokhau | BLR | 21-Jul-82 | DNF |
| | Aurelien Quinion | FRA | 27-Jan-93 | DNF |
| | Zaharías Tsamoudákis | GRE | 14-Jan-96 | DQ |

Women 20 km walk

| | | | | |
|-----|----------------------------|-----|-----------|---------|
| 1. | Antonella Palmisano | ITA | 6-Aug-91 | 1:30:11 |
| 2. | Maritza Rafaela Poncio | GUA | 3-Dec-94 | 1:30:52 |
| 3. | Antigóni Drisbióti | GRE | 21-Mar-84 | 1:30:56 |
| 4. | Valentina Trapletti | ITA | 12-Jul-85 | 1:31:28 |
| 5. | Brigita Virbalyte-Dimšiene | LTU | 1-Feb-85 | 1:31:34 |
| 6. | Lucie Pelantová | CZE | 7-May-86 | 1:34:49 |
| 7. | Claudia Balderrama | BOL | 13-Nov-83 | 1:36:23 |
| 8. | Monika Vaiciukeviciute | LTU | 3-Apr-96 | 1:37:48 |
| 9. | Evaggelia Xinou | GRE | 22-Nov-81 | 1:37:58 |
| 10. | Laura Polli | SUI | 7-Sep-83 | 1:39:26 |
| | Katarzyna Golba | POL | 21-Dec-89 | DNF |
| | Kristina Saltanovic | LTU | 20-Feb-75 | DNF |
| | Ekaterini Theodoropoulou | GRE | 1-Dec-93 | DNF |
| | Déspina Zapounidou | GRE | 5-Oct-85 | DNF |

U20 Men 5 km walk

| | | | | |
|----|---------------------|-----|-----------|-------|
| 1. | Daumantas Lutinskis | LTU | 28-Jun-99 | 21:26 |
|----|---------------------|-----|-----------|-------|

U20 Men 10 km walk

| | | | | |
|----|----------------|-----|------------|-------|
| 1. | Kacper Kosecki | POL | 20-Mar-97 | 43:29 |
| 2. | Anže Tesovnik | SLO | 1998.09.20 | 55:06 |
| | Mateusz Nowak | POL | 1996.05.06 | DQ |

U20 Women 5 km walk

1. Austeja Kavaliauskaite LTU 22-May-00 24:05

| |
|---|
| ESPOO CHALLENGE, ESPOO, FINLAND, MONDAY 6 JUNE |
|---|

19-year-old Taika Nummi won the women's 3000m walk at the Espoo Challenge in Finland a week ago, setting new Finnish U20 and U23 records with her time of 12:23.42, while the men's 5000m was won by Eemeli Kiiski with a PB 20:11.06.

Men 5000m Race Walk

| | | | | |
|----|---------------------|-----|----|----------|
| 1. | Eemeli KIISKI | FIN | 91 | 20:11.06 |
| 2. | Elmo KOIVUNEN | FIN | 94 | 20:40.31 |
| 3. | Veli-Matti PARTANEN | FIN | 91 | 21:11.89 |
| 4. | Timo VILJANEN | FIN | 77 | 22:32.22 |

Women 3000m Race Walk

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Taika NUMMI | FIN | 97 | 12:23.42 |
| 2. | Enni NURMI | FIN | 98 | 12:56.23 |
| 3. | Hele HAAPANIEMI | FIN | 93 | 13:35.95 |
| 4. | Sara NIITTYVIITA | FIN | 01 | 15:38.32 |
| 5. | Sanna RAJALA | FIN | 88 | 16:06.57 |

| |
|---|
| NATIONAL MEET, BLOIS, FRANCE, WEDNESDAY 8 JUNE |
|---|

Lots of National Series meets in France and Spain over the last few weekends. Too many to record but here is one good one with Chahinez Nasri of Tunisia winning the women's 5000m with a fast 21:49.27, ahead of Frances's Emilie Menuet with 22:10.27.

Women 5000m Race Walk

| | | | | |
|----|-------------------|-----|----|----------|
| 1. | Chahinez NASRI | TUN | 96 | 21:49.27 |
| 2. | Emilie MENUET | FRA | 91 | 22:10.77 |
| 3. | Marine QUENNEHEN | FRA | 91 | 23:53.69 |
| 4. | Alejandra RAMIREZ | MEX | 76 | 24:19.42 |
| 5. | Jeanne BILLA | FRA | 96 | 24:42.03 |
| 6. | Lucia BARRITAU | FRA | 90 | 25:18.66 |
| 7. | Caroline GUILLARD | FRA | 71 | 25:29.50 |
| 8. | Marie BOUDESSEUL | FRA | 90 | 25:36.04 |

| |
|---|
| SPANISH CLUB CHAMPIONSHIPS, CASTELLÓN, SPAIN, SATURDAY 11 JUNE |
|---|

Wins to Alvaro Martin and Maria Poves in the Spanish Club Championships last Saturday.

Men 5000m Race Walk

| | | | | |
|----|-------------------------|-----|----|----------|
| 1. | Alvaro MARTIN | ESP | 94 | 20:37.23 |
| 2. | Diego GARCIA | ESP | 96 | 20:56.40 |
| 3. | David REYES | ESP | 93 | 21:17.14 |
| 4. | Luis Manuel PEREZ | ESP | 92 | 21:19.56 |
| 5. | Mario SILLERO | ESP | 90 | 21:23.88 |
| 6. | Daniel Goni BALLESTEROS | ESP | 96 | 22:02.50 |
| 7. | David VEIGA ARROJO | ESP | 91 | 22:13.56 |

Women 5000m Race Walk

| | | | | |
|----|----------------------|-----|----|---------|
| 1. | María José POVES | ESP | 78 | 21:19.3 |
| 2. | Raquel GONZALEZ | ESP | 89 | 21:42.0 |
| 3. | Júlia TAKÁCS | ESP | 89 | 21:57.4 |
| 4. | Maria LARIOS LOPEZ | ESP | 92 | 22:31.2 |
| 5. | Maria PEREZ | ESP | 96 | 22:47.3 |
| 6. | María José GUARDIOLA | ESP | 76 | 25:00.7 |

| |
|--|
| JÓZEF ZYLEWICZ MEMORIAL, GDANSK, POLAND, SATURDAY 11 JUNE |
|--|

Looked like only small walks fields in this T&F meet in Poland last Saturday.

Men 5000m Race Walk

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Kamil KOMAROWSKI | POL | 95 | 22:00.41 |
|----|------------------|-----|----|----------|

| | | | | |
|----|--------------------|-----|----|----------|
| 2. | Damian KLAWIKOWSKI | POL | 96 | 22:51.99 |
|----|--------------------|-----|----|----------|

Women 5000m Race Walk

| | | | | |
|----|--------------------|-----|----|----------|
| 1. | Agnieszka SZWARNOG | POL | 86 | 22:03.17 |
| 2. | Agata KOWALSKA | POL | 98 | 23:40.59 |
| 3. | Zofia KREJA | POL | 97 | 23:56.29 |
| 4. | Zuzanna DRYGALSKA | POL | 99 | 24:21.46 |
| 5. | Nikola CHODECKA | POL | 98 | 26:56.30 |

PRESIDENT CUP, VALMIERA, LATVIA, 10-11 JUNE

And to Latvia for the President's Cup T&F Meet in Valmiera. Very fast 5000m walk by Agnese Pastare with 21:39.9.

Men 10,000m Race Walk

| | | | | |
|----|------------------|-----|----|---------|
| 1. | Arnis RUMBENIEKS | LAT | 88 | 41:32.2 |
| 2. | Arturs MAKARS | LAT | 97 | 41:47.6 |

Women 5000m Race Walk

| | | | | |
|----|-------------------------|-----|----|---------|
| 1. | Agnese PASTARE | LAT | 88 | 21:39.9 |
| 2. | Nadezhda DOROZHUK | BLR | 90 | 22:19.2 |
| 3. | Anita CUHNOVA | LAT | 85 | 24:50.3 |
| 4. | Ekaterina MIROTVORTSEVA | EST | 02 | 27:04.3 |
| 5. | Gunita ŠIRANTE | LAT | | 27:12.6 |
| 6. | Greta VAINAITE | LTU | 96 | 27:15.5 |
| 7. | Angela MANDEL | EST | 00 | 27:46.2 |
| 8. | Aušrine KUZMICKAITE | LTU | 98 | 27:57.7 |

WELSH T&F CHAMPIONSHIPS, CARDIFF, SATURDAY 11 JUNE

Competing in the Cardiff International Stadium in Cardiff, Wales, last weekend, **Bethan Davies** set a new 3000m walk Welsh record of 12:24.70, her time now pushing her up to second on the UK all-time list. Bethan is still chasing that elusive Olympic qualifier (under 1:33:00 required for GBR) and this walk showcased her continuing strong form. **Heather Lewis** also walked strongly, finishing a tad over 13 minutes with a PB13:07.04. Four walkers in total.

| | | | | |
|----|-----------------------|------|------------------------|----------|
| 1. | Bethan DAVIES | SENW | Cardiff AAC | 12:24.70 |
| 2. | Heather LEWIS | SENW | Pembrokeshire Harriers | 13:07.04 |
| 3. | Jordan PRICE | U17M | Brecon AC | 15:42.58 |
| 4. | Megan STRATTON-THOMAS | U17W | Swansea Harriers | 16:13.11 |

GERMAN T&F CHAMPIONSHIPS, BÜHLERTAL, GERMANY, SATURDAY 10 JUNE

Christopher Linke won the German 10,000m Track Walk championship for the fourth time in a row, setting a scorching PB time of 38:40.25, the second fastest ever by a German and second only to his coach Ron Weigel (38:12.13, 1986). He had come off a big training load at a training camp at Oberhof so was not expecting great things but, as is often the case with top international walkers, fitness overcomes tiredness. Second place went to 50km specialist **Carl Dohmann** in a big PB of 40:06.44. The women's race went to 17 year old **Teresa Zurek** in an impressive 22:14.94. The full race results include the various masters divisions – see http://www.leichtathletik.de/fileadmin/user_upload/04_Ergebnisse/Ergebnisdateien/160611_buehlertal_dm-ergebnisse.htm. Nice article at <https://www.leichtathletik.de/news/news/detail/christopher-linke-mit-glaenzender-zeit-zum-naechsten-dm-titel/>.

10,000m Walk Men

| | | | | |
|----|-------------------|------|----------------------|----------|
| 1. | Linke Christopher | 1988 | SC Potsdam | 38:40,25 |
| 2. | Dohmann Carl | 1990 | SCL Heel Baden-Baden | 40:06,44 |
| 3. | Seiler Nathaniel | 1996 | TV Bühlertal | 41:15,57 |
| 4. | Hilbert Jonathan | 1995 | LG Ohra Energie | 42:07,22 |
| 5. | Borsch Steffen | 1973 | SV Halle e.V. | 44:32,78 |

5000m Walk Women

| | | | | |
|----|-----------------|------|--------------------|----------|
| 1. | Zurek Teresa | 1998 | SC Potsdam | 22:14,94 |
| 2. | Feige Saskia | 1997 | SC Potsdam | 23:15,47 |
| 3. | Schenker Bianca | 1974 | LG Vogtland | 24:24,55 |
| 4. | Schröter Brit | 1974 | LG Vogtland | 24:45,21 |
| 5. | Schulze Kathrin | 1981 | ASV Erfurt | 25:43,26 |
| 6. | Hörl Nicole | 1971 | Diezer TSK Oranien | 27:27,91 |
| 7. | Primas Barbara | 1965 | TSG Esslingen | 27:44,37 |

| | | | | |
|-----|--------------------|------|---------------------------|----------|
| 8. | Unterholzner Maria | 1968 | SpVgg Niederaichbach | 29:13,54 |
| 9. | Bonneß Yvonne | 1978 | ASV Erfurt | 29:50,11 |
| 10. | Wälde Silvia | 1966 | TV Biberach | 30:39,06 |
| 11. | Golle Constanze | 1981 | LG Vogtland | 31:53,62 |
| 12. | Maier Andrea | 1969 | SV Breitenbrunn | 32:19,62 |
| 13. | Müller Monika | 1964 | TV Groß-Gerau | 33:42,97 |
| 14. | Schmid Christine | 1962 | Gehsportverein Regensburg | 37:15,16 |

ILE DE FRANCE CHAMPIONSHIP, CONFLANS STE HONORINE, FRANCE, SUNDAY 12 2016

Emmanuel Tardi was in Conflans Ste Honorine in suburban Paris for the annual *Ile de France 20km Championship*. This meet, which also includes 10km and 35km (national 50km qualifier) events, usually attracts good fields and this year was no exception, with 50 walkers on the start line at 8:45AM. The weather was cloudy and rain began to fall towards the end of the 35km race but it sounds ok overall. After an initial km on the track, walkers were let out onto the road for further 1km laps. **Damien Molmy** led the 20km walk from the start (45:20 for 10km) but retired at the 16km mark. **Benoit Berchebru** and **Maxime Lecaplain** walked together until around the 15km mark when Lecaplain slowed, allowing Berchebru to win with 1:35:49. In the women's event **Severine Lanoue** won with 1:54:40 after an early battle with local walker **Sophie Lebastard**. And for the record, Emmanuel placed third in the 10km walk.

35km Walk

| | | | | |
|----|--------------------|----------------------------|--------|---------|
| 1. | LEAUTE Benjamin | Rc Arras | SEM/88 | 3:19:56 |
| 2. | HUGON Dimitri | Stadoceste Tarbes | VEM/68 | 3:30:51 |
| 3. | BOLLINGER Vincent | Dynamic Aulnay Club | SEM/84 | 3:35:57 |
| 4. | BERGEAL Arthur | Elan 91 (palaiseau) | SEM/84 | 3:37:47 |
| 5. | LABROUSSE Stephane | Athletisme Olympic Pontois | VEM/59 | 3:49:49 |
| 6. | PLATEAU Albert | Villeneuve D Ascq Fretin | VEM/67 | 4:06:51 |
| 7. | MOLMY Damien | Ca Montreuil 93 | SEM/88 | DNF |

Ile de France 20km Championship

| | | | | |
|-----|-------------------------|--------------------------------|--------|---------|
| 1. | BERCHEBRU Benoit | 0Martigues Sports Athle | SEM/84 | 1:35:49 |
| 2. | LECAPLAIN Maxime | Ea Mondeville Herouville | ESM/94 | 1:39:47 |
| 3. | FAITEAU Maxime | Entente Poitiers Athle 86 | SEM/90 | 1:42:50 |
| 4. | BICHE Sebastien | Ref Issy Avia | VEM/73 | 1:42:56 |
| 5. | GRENET Bruno | Usm Gagny | VEM/65 | 1:43:41 |
| 6. | AUGER Alexis | Ga Noisy Le Grand | SEM/88 | 1:44:34 |
| 7. | LEGENTIL Cyril | Dynamic Aulnay Club | SEM/86 | 1:46:18 |
| 8. | LEGENTIL Marc | Dynamic Aulnay Club | SEM/84 | 1:47:19 |
| 9. | LEGENTIL Laurent | Dynamic Aulnay Club | SEM/88 | 1:47:24 |
| 10. | GERBAUD-BLIN Pierre | Vierzon-vignoux-foecy Athle | ESM/95 | 1:48:20 |
| 11. | DAHM Florent | Ca Montreuil 93 | SEM/87 | 1:49:13 |
| 12. | PICARD Nicolas | As Tourlaville | SEM/80 | 1:51:58 |
| 13. | BROU Florent | Ac Paris-joinville | SEM/93 | 1:53:05 |
| 14. | LANOUE Severine | Ref Issy Avia | SEF/85 | 1:54:40 |
| 15. | MARIE Frederic | Ouest Yvelines Athle | VEM/61 | 1:55:37 |
| 16. | MURAT Alex | Asfi Villejuif | VEM/58 | 1:56:52 |
| 17. | BOYER Nicolas | Athle Sud 77 | SEM/77 | 1:59:05 |
| 18. | LE BASTARD Sophie | Plm Conflans | SEF/90 | 1:59:47 |
| 19. | VICTOR Etienne | Cag Arnouville Gonesse Villier | VEM/64 | 2:02:13 |
| 20. | SUREAU Jean-baptiste | Asa Maisons-alfort | SEM/83 | 2:02:26 |
| 21. | RIGAL Jean-marc | Domont Athletisme | VEM/59 | 2:03:21 |
| 22. | LIARD Laura | Athletisme Le Bourget Drancy | ESF/96 | 2:04:09 |
| 23. | NGUYEN VAN TU Gabrielle | Spn Vernon | ESF/94 | 2:04:46 |
| 24. | SAOU Virginie | Asptt Dijon Athletisme | SEF/82 | 2:05:03 |
| 25. | NGUYEN VAN TU Charlotte | Spn Vernon | SEF/93 | 2:11:29 |
| 26. | LEMOGNE Jocelyne | C.c. Taverny Athletisme | VEF/54 | 2:14:26 |
| 27. | STEINVILLE Nathalie | Asfi Villejuif | VEF/64 | 2:15:47 |
| 28. | BRUNEAUX Jean-claude | Coulommiers Brie Athletisme | VEM/54 | 2:18:47 |
| 29. | TUTAKOWSKI Corinne | L:isle Adam Ac | VEF/62 | 2:25:13 |
| 30. | BERTHEZENE Sophie | Paris Avenir Athletic | SEF/91 | 2:32:48 |
| 31. | PEUGEOT Ludovic | Paris Avenir Athletic | SEM/85 | 2:41:22 |
| 32. | SACLEUX Marie-helene | L:isle Adam Ac | VEF/60 | 2:51:58 |
| 33. | MONTIGNY Patrick | Elan Chevilly-larue | VEM/49 | 2:59:35 |
| | GALMICHE Catherine | Cag Arnouville Gonesse Villier | VEF/57 | DNF |
| | OUARNIER Mathis | Haute Bretagne Athletisme | ESM/96 | DNF |
| | LEMOGNE Loic | C.c. Taverny Athletisme | VEM/55 | DQ |
| | MARQUIS Cecile | Ref Issy Avia | VEF/71 | DQ |

10km Walk

| | | | | |
|----|------------------|----------------------|--------|---------|
| 1. | STEFANELLY David | Ouest Yvelines Athle | VEM/76 | 1:01:08 |
| 2. | LANGLOIS Cloe | Dynamic Aulnay Club | JUF/97 | 1:03:24 |
| 3. | TARDI Emmanuel | LP Longjumeau | VEM/67 | 1:15:41 |
| | QUENNEHEN Marine | Ca Montreuil 93 | SEF/91 | AB |



The races start last Sunday in Conflans Ste Honorine (photos Emmanuel Tardi)



Beniot Berchebru (32), Benjamin Leaute (15), Severine Lanoue (44) and Sophie Le Bastard (45)

BRITISH ATHLETICS/RWA 10KM ROADWALK CHAMPIONSHIPS, COVENTRY, SATURDAY 11 JUNE

Last Saturday saw the British Athletics / Race Walking Assn 10km roadwalk championships (incorporating the CAU Inter Counties Championships) at Coventry but the better male walkers gave it a miss, coming just after the Olympic 20km trials of the previous weekend and just before the Under 23/Under 20 Championships of next weekend. There was also a clash with the Welsh titles (see above) Bethan Davies 12:24.70 (new Welsh Record) and Heather Lewis 13:07.04 (PB) starred.

Fastest time overall went to **Emma Achurch** with an excellent 48:25. She led from gun to post and was never challenged. Next weekend she will attempt to guarantee her World Junior selection at Bedford. Second fastest went to 22 year old **Gemma Bridge** who has returned from a running Scholarship at McNeese University in Louisiana, having completed a Master's degree. Mark Wall tells me she is now planning on refocusing on the walk and a time of 50:33 is a pretty good start, coming just 6 days after a half Marathon win in 79:12.25. The men's championship was almost entirely made up of masters competitors, with **Mark Williams** winning with 51:51 ahead of 1980 Olympian **Ian Richards** (53:57).

Senior Men's 10km

| | | | |
|-----|-------------------------|---------------------------|-------|
| 1. | Mark Williams (M50) | Tamworth Athletic Club | 51:51 |
| 2. | Ian Richards (M65) | Steyning Athletic Club | 53:57 |
| 3. | Dwane Butterly (M50) | Leicester Walking Club | 55:34 |
| 4. | Steve Allen (M60) | Barnet & District AC | 55:39 |
| 5. | Matthew Haddock | Manx Harriers | 59:46 |
| 6. | Peter Boszko (M65) | Birchfield Harriers | 60:19 |
| 7. | Colin Vesty (M50) | Leicester WalkinG Club | 61:46 |
| 8. | Shaun Lightman (M75) | Surrey Walking Club | 64:57 |
| 9. | Arthur Thomson (M80) | Enfield & Haringey AC | 65:38 |
| 10. | David Kates (M65) | Iford Athletic Club | 67:16 |
| 11. | Christopher Flint (M70) | Surrey Walking Club | 68:54 |
| 12. | Sean Pender (M60) | Enfield & Haringey AC | 72:54 |
| | Bob Dobson (M70) | Iford Athletic Club | DQ |
| | Ed Shillabeer (M75) | Iford Athletic Club | DQ |
| | Peter Hannell (M70) | Surrey Walking Club | DQ |
| | Francisco Reis (M55) | Southern Counties Vets AC | DNF |

Team (BA & RWA)

| | | | |
|----|------------------------|--------------------|----|
| 1. | Leicester Walking Club | (Buttrely & Vesty) | 50 |
| 2. | Surrey Walking Club | (Lightman & Flint) | 41 |
| 3. | Enfield & Haringey AC | (Thomson & Pender) | 39 |

Team (Inter-Counties)

| | | | |
|----|---------------|---------------------|----|
| 1. | Hertfordshire | (Allen & Thomson) | 47 |
| 2. | Middlesex | (Lightman & Pender) | 40 |

Senior Women 10km

| | | | |
|----|-----------------------|----------------------------|-------|
| 1. | Emma Achurch (U20W) | Leicester Walking Club | 48:25 |
| 2. | Gemma Bridge | Oxford City Athletic Club | 50:33 |
| 3. | Natalie Myers | City of Sheffield & Dearne | 58:46 |
| 4. | Kate Donaldson (W45) | Leicester Walking Club | 61:12 |
| 5. | Ann Wheeler (W60) | Leicester Walking Club | 64:12 |
| 6. | Noel Blatchford (W65) | Abingdon Athletic Club | 70:10 |

Team (BA & RWA)

| | | | |
|----|------------------------|--------------------------------|----|
| 1. | Leicester Walking Club | (Achurch, Donaldson & Wheeler) | 36 |
|----|------------------------|--------------------------------|----|

Team (Inter-Counties)

| | | | |
|----|-------------|-----------------------|----|
| 1. | Oxfordshire | (Bridge & Blatchford) | 22 |
|----|-------------|-----------------------|----|

Open 5km (Mixed)

| | | | |
|----|-----------------------|-------------------------|-------|
| 1. | Benjamin Allen (U17M) | Leicester Walking Club | 28:19 |
| 2. | Carolyn Dyall (W35) | Nuneaton Harriers | 29:14 |
| 3. | Julie Bellfield (W45) | Halesowen Athletic Club | 31:25 |
| 4. | Amy Phipps (U17W) | Neath Harriers | 31:52 |
| 5. | Laura Achurch (U17W) | Leicester Walking Club | 32:49 |
| 6. | Lynn Bellfield (W50) | Halesowen Athletic Club | 33:35 |
| | Matthew Phipps (U17M) | Neath Harriers | DQ |

20 KM SOUTH KOREAN CHAMPIONSHIPS, HWASEONG , SOUTH KOREA, SATURDAY 4 JUNE

Back a week for the South Korean 20km Championships which were held on Saturday 4 June.

Men's 20km Championship

| | | | |
|----|-----------------|-----|---------|
| 1. | Hyunsub Kim | KOR | 1:24:01 |
| 2. | Byeonkwang Choe | KOR | 1:24:22 |
| 3. | Daeho Kim | KOR | 1:28:24 |
| 4. | Chilsung Park | KOR | 1:29:58 |

Women's 20km Championship

| | | | |
|----|---------------|-----|---------|
| 1. | Yeongeun Jeon | KOR | 1:35:05 |
| 2. | Jeong Eun Lee | KOR | 1:39:49 |
| 3. | Boram Lee | KOR | 1:52:49 |

OUT AND ABOUT

- Lithuania might not be amongst the world racewalking superpowers but they do produce a fantastic racewalk magazine – and the digital version of this year's issue is available at <http://lengvoji.lt/wp-content/uploads/2016/05/LE27.pdf>
- *Meet the Athlete* interviews Irish racewalker **Brendan Boyce** who represented Ireland in the 50km Walk at the 2012 Olympic Games, the 2013 and 2015 World Championships, and the 2014 European Championships and who has been selected to represent Ireland once again in Rio. His 50km personal best of 3:48:55 places him third on the Irish all-time list. See <http://therunningreview.com/meet-the-athlete-brendan-boyce/>.
- As a regular Park Run participant, I can do no more than suggest that Stoke Gifford Parish Council all hang their heads in shame and then quietly resign - <http://www.telegraph.co.uk/news/2016/06/02/organisers-permanently-cancel-little-stoke-parkrun-as-council-st/>
- Newly crowned London 2012 champion **Jared Tallent** discusses racewalking technique, training and waiting for his medal. See <https://twitter.com/WorldSport/status/741223406801059841>.
- **Tom Bosworth**, Britain's best race walker in a generation, talks to Ben Coldwell and Jon Mulkeen about his own ascent to one of the world's best and the long overdue rise of British race walking. See <http://www.athleticsweekly.com/featured/the-battle-of-tom-bosworth-44591/>.
- A portrait of NZ racewalker **Alana Barber** on how growing up around athletics has shaped her life, and her journey to Rio. See <https://www.youtube.com/watch?v=duPI5iwO7UU&index=1&list=PLrBffpzcUyPfs9tXOAHsbEldD3kYJ3EMY>.
- Paul Warburton for the IAAF profiles GBR walker **Callum Wilkinson** - see <http://www.iaaf.org/news/feature/callum-wilkinson-britain-race-walk>. Callum trains at the National Race Walking Centre based at Leeds Beckett University where he is a student. So does 2016 British Olympian and national 20km record-holder Tom Bosworth. In fact, the main group of elite race walkers in Great Britain all fall under the tutelage of ex-European Championships race walker Andi Drake, head coach at the centre. Gosh, we used to have that sort of system nurturing our walkers as the AIS in Canberra – alas, all gone now compliments of ASC and AIS. Tough days for Australian walkers.
- The Queen's Birthday weekend is one of two times when Australian Honours are announced and I am very excited to announce that **Jared Tallent** has been awarded the prestigious **Medal of the Order of Australia (OAM)**. With his gold medal ceremony coming on Friday, it is indeed shaping up as a big week! See <http://www.adelaidenow.com.au/news/south-australia/2016-south-australian-queens-birthday-honours/news-story/9b371d0ef99b20f396779c3a06f01f94>.
- Nice article on 5 times Olympic walker **Chris Maddocks** - <http://www.bbc.com/sport/athletics/36426842>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

7 new press releases for Marciadalmondo this week

- Sat 11 June - Results of Italian U23 and U20 track champs at Brixton
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2475
- Fri 10 June - Antonella Palmisano and David Tomala win 20km races in Altyus
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2474
- Thu 9 June - Preview of European Permit walks meet in Altyus tomorrow
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2473
- Thu 9 June - Olive Loughnane (IRL) and Trond Nymark (NOR) will finally get their gold medals from 2009
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2472
- Thu 9 June - Colombian walks team announced for Rio
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2471
- Wed 8 June - What is the drug Higenamine and is it legal or not?
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2470
- Wed 8 June - Preview of Italian U23/U20 track champs this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2469

The omarchador blog was active with 14 news releases this time around

- Mon 13 June - Results of Italian U23/U20 walk champs in Bressalone
<http://omarchador.blogspot.com.au/2016/06/campeonatos-de-italia-de-sub-20-e-sub.html>
- Sun 12 June - Chinese juniors win Asian Championships in Vietnam
<http://omarchador.blogspot.com.au/2016/06/juniores-chineses-vencem-campeonatos.html>
- Sun 12 June - Tom Bosworth confirms Rio spot with win in British 20km trial
<http://omarchador.blogspot.com.au/2016/06/bosworth-garante-em-leeds-qualificacao.html>
- Sat 11 June - Palmisano and Tomala win in Alytus
<http://omarchador.blogspot.com.au/2016/06/palmisano-e-tomala-triunfadores-em.html>
- Sat 11 June - Regional finals to be contested in Abrantes, Portugal
<http://omarchador.blogspot.com.au/2016/06/abranteres-recebe-final-nacional-do.html>
- Fri 10 June - Portuguese Youth Olympics to be held in Abrantes
<http://omarchador.blogspot.com.au/2016/06/iniciados-de-2002-vao-esperar-3-anos.html>
- Fri 10 June - Pit Lane Rule explained - Part III
http://omarchador.blogspot.com.au/2016/06/a-regra-do-pit-lane-na-marcha-atletica_10.html
- Fri 10 June - Hyunsub Kim and Yeongeun Jeon win South Korean 20km champs
<http://omarchador.blogspot.com.au/2016/06/kim-e-jeon-vencem-campeonatos-sul.html>
- Thu 9 June - Preview of Altyus walks festival tomorrow
<http://omarchador.blogspot.com.au/2016/06/festival-de-alytus-esta-sexta-feira.html>
- Thu 9 June - Pit Lane Rule explained - Part II
<http://omarchador.blogspot.com.au/2016/06/a-regra-do-pit-lane-na-marcha-atletica.html>
- Wed 8 June - Results of Mexican Olympic 20km trials
<http://omarchador.blogspot.com.au/2016/06/campeonatos-mexicanos-apuram.html>
- Wed 8 June - Pit Lane Rule explained - Part I
<http://omarchador.blogspot.com.au/2016/06/a-regra-do-pit-lane-na-marcha-atletica-i.html>
- Tue 7 June - Results of international walks meet in Casablanca, Morocco
<http://omarchador.blogspot.com.au/2016/06/marcha-internacional-em-casablanca.html>
- Tue 7 June - Antón Kucmín wins walk in T&F meet in Samorin, Slovakia
<http://omarchador.blogspot.com.au/2016/06/anton-kucmin-vence-marcha-no-meeting-de.html>

#BANRUSSIA

Tuesday 7 June

- The Guardian Newspaper previews the latest documentary from German public broadcaster ARD/WDR's **Hajo Seppelt**. According to their report, the explosive doco will claim that Russian Sports Minister Vitaly Mutko is directly implicated in the scandal over doping by Russia's sportsmen and women. ARD/WDR, whose reports on systematic Russian doping have led to a widespread investigation and the suspension of Russia's track and field athletes, said it had documents showing Mutko had prevented the release of a positive doping test involving a footballer from Russia's top league. See https://www.theguardian.com/sport/2016/jun/07/russia-sports-minister-vitaly-mutko-doping?CMP=tw_t_gu.

Wednesday 8 June

- Hajo Seppelt has pre-released a little snippet from the documentary which shows the **approximately 250 Russian doping offenders since 2013** in a portrait gallery. It is mind boggling! See <http://www.sportschau.de/doping/video-die-ahnentafelder-russischen-dopingsuender-100.html>.
- On the same day, Seppelt tweeted that a new online Platform would be ready to launch on June 12th. The press release reads:
 - Based on the research experiences of the last few years, for the journalist Seppelt, above all, one thing has become clear: revelations about systematic doping stand or fall with courageous whistleblowers who dare to emerge from cover and contribute to finding the truth about the situation in the international sport business. For this reason, Seppelt, together with other international journalists and experts, will next week launch a global online platform. Under

www.sportleaks.com or www.dopingleaks.com, informants from the world of sport will pass on text, image or sound files to experts and journalists for their review. If such information proves to be valid and relevant, it would be possible for its further journalistic distribution via international media.

The site is now live. Nice video-presentation at <https://vimeo.com/169983752>. Check it out at www.sportleaks.com.

- Svein Arne Hansen, the European Athletics president, has confirmed that two gold medals from the 2009 World Championships will be presented on July 6th, the first day of the 2016 European Championships in Amsterdam. Russia's Sergey Kiryapkin and Olga Kaniskina, the 50km and 20km winners from Berlin, were both stripped of their world titles and handed bans for irregularities in their biological passports in January last year, meaning Norway's Trond Nymark and Ireland's Olive Loughane will be presented with new medals at a medal ceremony wearing full national colours and with their respective national anthems played. See <http://www.athleticsweekly.com/featured/cheated-athletes-to-receive-world-gold-medal-ceremony-at-european-championships-44496/#y3eP8tJWQVIVsKso.99>.
- Maria Sharapova has been accused of taking meldonium to boost her endurance and of concealing its use when being handed a backdated two-year ban by the International Tennis Federation (ITF) today following her doping failure in January. Her ban commenced on January 26, 2016 and will thus last until January 26, 2018. This follows a two-day hearing by the ITF Independent Tribunal in London, who ruled that she was the "sole author" of her misfortune. See <http://www.insidethegames.biz/articles/1038251/sharapova-accused-of-deliberately-taking-meldonium-to-boost-endurance-after-handed-two-year-ban-from-tennis>.

Thursday 9 June

- Hajo Seppelt's latest explosive drugs expose aired on Wednesday evening as expected on German TV. An English language version was released today and can be viewed at <http://www.sportschau.de/doping/video-doping---top-secret-showdown-for-russia-100.html>. Titled *Doping - Top Secret: Showdown for Russia*, it confirms the suspicion that the government was directly involved in the cover-up of state-controlled doping and also charges Russia's Sports Minister Vitaly Mutko of being personally involved in covering up doping cases. It also alleges that disgraced walking coach Viktor Chegin continues to coach his walkers in secret in Sochi. And there is much much more. Surely this must be the final nail in the coffin for Russia, no matter how much the IOC and the IAAF want to find a way to clear the decks for Rio. The big question you have to ask is – why is it being left to Seppelt to unearth all this. Where are the IAAF, IOC and WADA investigators? The silence is deafening.
- Seppelt has also released a short interview with WADA president Dick Pound, filmed after he has viewed the latest documentary. Pound is of the opinion that the case for Russian reinstatement has suffered another big blow as a result of the latest expose and that the Russian Sports minister and other Russian politicians must be held accountable. See <http://www.sportschau.de/doping/video-pound-russia-has-to-persuade-that-they-have-made-changes-100.html>

Friday 10 June

- Three senior members of athletics' world governing body have been provisionally suspended over allegations they took money to delay naming Russian drug cheats. Nick Davies (chief of staff to IAAF president Lord Coe), his wife Jane Boulter-Davies and Pierre-Yves Garnier cannot hold office for 180 days from 10 June. The suspensions relate to an email reported to have been sent by former IAAF consultant Papa Massata Diack to his father and then IAAF president Lamine Diack in July 2013. It claimed three staff members were in receipt of, or had knowledge of, a cash payment to withhold details of attempted cover-ups of Russian doping cases. See <http://www.bbc.com/sport/athletics/36497906>.

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

| | |
|-------------------|--|
| Fri June 17, 2016 | Jared Tallent 2012 Olympic Presentation, 12.15pm, Treasury Steps, Old Treasury Building, Melbourne |
| Sun Aug 20, 2016 | Australian Masters 20km Roadwalk Championships, Adelaide, SA |
| Sun Aug 20, 2016 | Australian Roadwalk Championships, Canberra, ACT |

2016 International Key Dates

| | |
|---------------------|---|
| July 19-24, 2016 | 16 th World Junior T&F Championships, Bydgoszcz, POL |
| Aug 5-21, 2016 | 31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en |
| Oct 26 -Nov 6, 2016 | 21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com |

2016 IAAF Challenge Series (remaining events)

| | |
|--------------------|--|
| Jun 22-26, 2016 | Durban, South Africa (African Championships) |
| August 12-21, 2016 | Olympic Games, Rio de Janeiro, Brazil |

Looking Further Forward

| | |
|--------------------|---|
| Mar 18-25, 2017 | World Masters Athletics Indoor Championships, Daegu South Korea |
| April 21-30, 2017 | World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz |
| July 12-16, 2017 | 10 th World Youth T&F Championships, Niarobi, Kenya |
| August 5-13, 2017 | 16 th IAAF World Championships in Athletics, London, UK |
| August 19-30, 2017 | 29 th Summer Universiade, Taipei, Taiwan |
| Apr 4-15, 2018 | XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com |
| May 2018 | 28 th IAAF World Race Walking Team Championships, Cheboksary, Russia |
| July 2018 | 16 th World Junior T&F Championships, ? |
| TBA, 2018 | 22 nd World Masters Athletics T&F Championships, Malaga, Spain |
| 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 |
| July 18-30, 2022 | XXII Commonwealth Games, Durban, South Africa |

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