



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 11
13 December 2016



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WALKER OF THE WEEK

It must be something about the Australian 50km Championship meet at Fawkner Park – last year, the many great performances on the day were overshadowed by Michael Hosking's 3rd placed finish in the men's 20km event. A walker as a youngster, he retired 15 years previously (as a 15 year old) and had not racewalked since. Then at 30 years of age, with 3 months of walk training in his legs, he not only finished his first ever 20km walk, he came third in 1:26:16 and went on in his next 20km race to improve even further and earn a World Cup berth. (See race report at <http://www.vrwc.org.au/newsletters/heelandtoe-2016-num11.pdf>.)

This year, it is a similar story with Canberra walker **Matt Griggs**. Matt was one of our top juniors in the late 1990s, taking bronze in the 1996 Australian U18 8km walk and silver in the 1997 Australian U20 20km, only to then give the sport away and move onto other things, including a stint living overseas in Armenia. He returned to Australia briefly in late 2015, doing a few walks with the ACT Race Walking Club before returning overseas again. He returned again in June of this year, unfit and overweight but with a plan to get back into shape – and the plan involved training for this 50km championship. His first race back on July 2nd saw him record 12:43 for a 2km roadwalk – not an auspicious start. In the intervening 5 months, he has shed 15km to reduce his weight from 95km to 80km and came into this race hoping for a time around 4:30. Well, he nearly made it, his finish time **4:36:14** and his reward an Australian Championship gold medal. And at 38 years of age, he may well be our oldest ever inaugural winner of this title.

Now I think that performance deserves to make Matt my **Walker of the Week!**

David Armstrong of athsVIC TV has done it again with a superb video from the meet, including lots of footage of Matt, as well as a post-race interview with him - check it out at <https://www.youtube.com/watch?v=y-4Pwo0dzw0>. Thanks so much David - another masterpiece!



Matt in action during the 50km championship and then crossing the line to win his first Aussie gold medal

WHAT'S COMING UP

- **AV Shield** continues next **Thursday 15th December** with twilight zone meets for all venue except for Geelong which will stay with its Saturday afternoon format.
 - AV Shield Round 9, Blue Zone, Lakeside Stadium, Albert Park, Thursday 15 December
 - AV Shield Round 9, Red Zone, Tom Kelly Reserve, Doncaster, Thursday 15 December
 - AV Shield Round 9, White Zone, Bill Sewart Athletics Track, East Burwood, Thursday 15 December
 - AV Shield Round 9, Yellow Zone, Moonee Valley Athletics Track, Aberfeldie, Thursday 15 December
 - AV Shield Round 9, Ballarat Zone, Llanberris Reserve, Ballarat, Thursday 15 December
 - AV Shield Round 9, Bendigo Zone, La Trobe University Track, Bendigo, Thursday 15 December
 - AV Shield Round 9, Geelong Zone, Landy Field, Geelong, Saturday 17 December
- An ongoing reminder that registrations are still open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30th December 2016 to Thursday 12th January 2017. See <http://www.vrwc.org.au/vrwc-fallscreek.shtml> for further details. Week 1 is now full but there are places left for week 2.

AUSTRALIAN 50KM CHAMPIONSHIP MEET, FAWKNER PARK, MELBOURNE, SUNDAY 11 DECEMBER 2016

Of course, my newsletter is opening with my race report from Fawkner Park. Weather conditions were good on Sunday morning, with a cool and overcast Melbourne morning and the fast Fawkner Park 2km lap providing an ideal racing environment.

With all 3 Rio Olympians (Jared Tallent, Chris Erickson and Brendon Reading) opting to bypass the 2016 Australian 50km championship, we had only one starter in 38 year old Canberra based walker **Matt Griggs**. But what a story it was! Matt was one of our top juniors in the late 1990s, taking bronze in the 1996 Australian U18 8km walk and silver in the 1997 Australian U20 20km, only to then give the sport away and move onto other things, including a stint living overseas in Armenia. He returned to Australia briefly in late 2015, doing a few walks with the ACT Race Walking Club before returning overseas again. He returned again in June of this year, unfit and overweight but with a plan to get back into shape – and the plan involved training for this 50km championship. His first race back on July 2nd saw him record 12:43 for a 2km roadwalk – not an auspicious start. In the intervening 5 months, he has shed 15km to reduce his weight from 95kg to 80kg and came into this race hoping for a time around 4:30. Well, he nearly made it, his finish time 4:36:14 and his reward an Australian Championship gold medal. And at 38 years of age, he may well be our oldest ever inaugural winner of this title. His 10km splits tell the story of his race: 52:25, 51:41, 51:53, 57:37 and 62:38. Yes, he slowed but he never really died, always looking composed and in control. Wow!

Men 50km Road Walk Australian Championship Open, 7AM

1.	Matt Griggs	ACT	M38	4:36:14	Inaugural
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The 20km races saw wins to New Zealand Rio Olympians **Quentin Rew** (1:24:57) and **Alana Barber** (1:32:59). Both raced strongly and were too good on the day for their opposition. The men's 20km saw fellow Rio Olympian **Rhydian Cowley** (1:28:13) take second with 18 year old **Tyler Jones** (1:30:12) taking third with his first ever 20km effort. In the women's race, 2012 Olympian **Beki Smith** (1:33:54) took second ahead of **Simone McInnes** (1:47:54).

Men 20km Road Walk Invitation Open, 8AM

1.	Quentin Rew	NZL	M32	1:24:57	
2.	Rhydian Cowley	VIC	M25	1:28:13	
3.	Tyler Jones	NSW	M18	1:30:12	Inaugural
4.	Jay Felton	NSW	M21	1:32:29	
5.	Carl Gibbons	NSW	M20	1:33:28	PB 1:55
6.	Adam Garganis	VIC	M19	1:37:30	
7.	Stuart Kollmorgen	VIC	M47	1:43:27	
8.	Pramesh Prasad	VIC	M42	1:45:20	PB 1:39
9.	Simon Evans	VIC	M56	1:56:53	
	Reese Walmsley	VIC	M18	DQ	

Women 20km Road Walk Invitation Open, 8AM

1.	Alana Barber	NZL	W29	1:32:59	
2.	Beki Smith	NSW	W30	1:33:54	
3.	Simone McInnes	VIC	W25	1:47:54	Inaugural

The men's U20 10km race saw Western Australian **Declan Tingay** (PB 42:36) win with a time which bettered Troy Sundstrom's Australian U18 record of 42:47. It comes on top of some great walks over the shorter distances and continues his recent great form. Behind him, **Luke McCutcheon** was only 4 secs outside his PB in taking second place with 45:11, while **Kyle Swan** was third with 46:27. In the women's U20 10km, 17 year old **Philippa Huse** (49:46) recorded yet another sub-50 min performances. And finally, we had 2 girls in the U18 5km, with **Rebecca Henderson** (24:29) taking line honours.

Men 10km Road Walk Invitation U20, 9AM

1.	Declan Tingay	WA	M17	42:36	PB 1:21, new Aust U18 record
2.	Luke McCutcheon	QLD	M18	45:11	
3.	Kyle Swan	VIC	M17	46:27	
4.	Dylan Richardson	NSW	M16	46:32	PB 1:14
5.	Corey Dickson	VIC	M14	52:14	PB 1:42
6.	Hayden Walmsley	VIC	M15	57:15	

Women 10km Road Walk Invitation U20, 9AM

1.	Philippa Huse	VIC	W17	49:46	
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Women 5km Road Walk Invitation U18, 10AM

1.	Rebecca Henderson	VIC	W15	24:29	
2.	Emily Noonan	VIC	W16	32:56	

Ralph Bennett was busy with the camera – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=95>. Some photos below.



Matt Griggs, Declan Tingay, Quentin Rew, Alana Barber and Beki Smith (photos Ralph Bennett)



Rhydian Cowley, Lukie McCutcheon, Tyler Jones and Philippa Huse



And finally, a superb performance by Declan Tingay in bettering the Australian U18 10km roadwalk record with his time of 42:36

Thanks to Athletics Australia for providing the opportunity for our walkers to contest quality races under full judging panels. The next big road races will be in Adelaide on Sunday February 19th when the 2017 Australian 20km Summer Championships will be contested.

BRWC WILLI SAWALL 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, WEDNESDAY 7 DECEMBER

Thanks to Kerrie Peart for the latest report from the Ballarat Race Walking Club in country Victoria.

For the last race of the 2016 season, Ballarat's local walking legend Willi Sawall was on hand to present the winner's trophy for the race named in his honour. In a solid race, the ever improving **Fraser Saunder** stormed through the field to take 1st place in 16:24, with yet another PB (1.24 sec). A great walk by both **James Pendred** and **Kayla Bridges** finishing 2nd and 3rd respectively, James setting a 0.48sec PB. **Alanna Peart** walking the fastest time in 16:18.

Will Sawall started his athletics career as a sprinter but moved into distance running, becoming a Victorian Country Champion. After a persistent hamstring injury and tendon problems, Willi turned to racewalking and went on to re-write the Australian racewalking record book and become one of Australia's greatest walkers. Whilst working full-time, and receiving no sports funding, over 11 years between 1976 and 1987, Willi was a competitive force on the world stage, competing in 3 IAAF World Championships, 3 Commonwealth Games, 3 Racewalking World Cups and 2 Olympic Games- Los Angeles and Moscow. He amassed a total of 37 Victorian Titles, broke the Australian Records on 42 occasions, and still hold the 1980 Victorian 2 Hour track record of 27.123km.

3km Willi Sawall Handicap

1.	Fraser Saunder	12	16:24	PB 1:24
2.	James Pendred	14	20:49	PB 0.48
3.	Kayla Bridges	11	21:19	
4.	Alanna Peart	13	16:18	
5.	Scott Peart	10	19:09	
6.	Brodie Tallent	9	22:26	
7.	Daryl Biggins	Old!	22:54	

2km Walk

1.	Mia Darlow	11	14:24
2.	Jorja Tallent	8	15:59

Following the race, the end of 2016 season presentations and AGM were held.

2016 Season Aggregate Winner:	Scott Peart
Runner up Aggregate:	Fraser Saunder
3 rd Aggregate:	Alanna Peart
4 th Aggregate:	Jorja Tallent
5 th Aggregate:	Sarah Brennan

Best Club Person:	Lee Govan
Most Improved:	Jorja Tallent
Encouragement Award:	James Pendred
Style Award:	Brodie Tallent
Bicknell Family Dual LA and BRWC Walks Athlete	Keelan Perry

New BRWC Records

Jemma Peart	3km	U16W 14:38
Alanna Peart	Lap of Lake 6km	U14W 32:15
Fraser Saunder	Lap of Lake 6km	U12M 40:06

Committee Members elected unopposed for 2017

President:	Wayne Peart
Secretary:	Kerrie Peart
Treasurer:	Graeme Saunder



Winner Fraser Saunder with the great Willi Sawall



All the trophy winners on the day (photos Kerry Peart)

AV SHIELD ROUND 8, SATURDAY 10 DECEMBER

It was another big day of Athletics Victoria Shield competition last Saturday, with 99 walkers in action. Conditions were good and there were quite a few PBs spread around.

Zone v Zone (Blue v White) Round 8, Bill Sewart Athletics Track, East Burwood

With Zone v Zone competitions in Melbourne, the walks fields were so big that 2 heats were necessary at East Burwood and at Doncaster. **Philippa Huse** warmed up for Fawkner Park with a PB 2000m time of 9:00.5 for the fastest time overall at that venue. Next fastest went to **Corey Dickson** (9:23.9) and **Will Thompson** (9:49.8).

2000m Walk Heat 1

1.	Huse, Philippa	W17	SANDRINGHAM	9:00.5	PB 0:07
2.	Evans, Simon	M56	BOX HILL ATH	10:01.6	
3.	Taylor, Lucas	M18	YARRA RANGES	10:08.1	
4.	Jamieson, Andrew	M69	OLD SCOTCH C	10:32.9	
5.	Rosenbrock, Carolyn	W52	ATHLETICS NU	10:52.7	PB 0:02
6.	Osmand, Kym	W34	OAKLEIGH ATH	11:23.9	
7.	Bennett, Ralph	M73	GLENHUNTLY A	12:17.9	
8.	Riddoch, Clyde	M61	ATHLETICS WAVERLEY	12:27.4	
9.	Imbriano, Joel	M9	ST KEVIN'S A	12:40.5	
10.	Taylor, Lee	W15	YARRA RANGES	12:43.4	
11.	Barrow, Geoff	M66	MENTONE ATHL	13:08.7	
12.	Wilson, Bruce	M69	OLD SCOTCH C	13:20.1	
13.	Bowden, Kuniko	W50	MENTONE ATHL	13:22.3	

14.	Holohan, Bernadette	W51	SANDRINGHAM	13:52.6
15.	Marston, Janice	W50	ATHLETICS WAVERLEY	14:15.6
16.	Molnar, Joanne	W55	ATHLETICS WAVERLEY	15:30.0
17.	Johnson, Claire	W34	MENTONE ATHL	17:47.7
18.	Stern, Steven	M65	GLENHUNTLY A	20:05.1
	Fernandes, Kim	W45	MENTONE ATHL	DQ
	Sommers, David	M58	ATHLETICS NU	DQ

2000m Walk Heat 2

1.	Dickson, Corey	M13	KNOX ATHLETIC CLUB	9:23.9
2.	Thompson, Will	M13	CASEY CARDIN	9:49.8
3.	Hamilton, Emily	W17	KNOX ATHLETIC CLUB	10:03.1
4.	De Lisen, Paige	W18	KNOX ATHLETIC CLUB	10:21.9
5.	Hay, Charlotte	W13	KNOX ATHLETIC CLUB	10:30.0
6.	Muldoon, Wendy	W43	ATHLETICS NU	10:30.7
7.	Carr, Heather	W66	GLENHUNTLY A	11:00.2
8.	Higham, Cassie	W32	GLENHUNTLY A	12:12.3
9.	Lillie, Jessica	W17	KNOX ATHLETIC CLUB	12:17.2
10.	Egginton, Andrew	M55	BOX HILL ATH	12:38.6
11.	Hay, Angus	M13	KNOX ATHLETIC CLUB	12:43.1
12.	McCann, Adam	M39	ATHLETICS NU	12:49.3
13.	Steed, Gwen	W73	GLENHUNTLY A	13:00.6
14.	Benke, Geza	M59	OLD MELBURNI	13:05.1
15.	Meager, Sharron	W55	BOX HILL ATH	13:14.2
16.	Doran, Anthony	M63	GLENHUNTLY A	13:16.5
17.	Handasyde, Ian	M62	OLD SCOTCH C	13:26.8
18.	Howorth, Sandra	W52	GLENHUNTLY A	14:51.9
19.	Sofianos, Gerald	M67	ST KEVIN'S A	15:16.8

Zone v Zone (Red v Yellow) Round 8, Tom Kelly Reserve, Doncaster

Heat 1 at Doncaster was the place to be for fast times, with young guns **Adam Garganis** (8:04.6) and **Emmet Brasier** (8:16.63) both walking very fast (Adam then backed up the next day at Fawkner Park). With **Jason Kozica** (8:33.27) and **Shea Wellington** (8:54.22) also under 9 minutes, it must have been a great race to watch.

2000m Walk Heat 1

1.	Garganis, Adam	M18	COLLINGWOOD	8:04.60	PB 0:02
2.	Brasier, Emmet	M16	DIAMOND VALL	8:16.63	
3.	Kozica, Jason	M28	ST KEVIN'S A	8:33.27	
4.	Wellington, Shea	M18	KEILOR ST BE	8:54.22	PB 0:11
5.	Prasad, Pramesh	M41	VICTORIAN MA	9:35.64	Inaugural
6.	Dynes, William	M13	DIAMOND VALL	9:45.24	Inaugural
7.	Hawkins, Trenton	M37	PRESTON ATHL	9:45.88	
8.	Donahoo, Mark	M56	ATHLETICS ESSENDON	9:48.39	
9.	Kennedy, Paul	M59	KEILOR ST BE	10:42.26	
10.	Beveridge, Heath	M12	WESTERN ATHLETICS	10:56.41	PB 0:17
11.	Kondogonis, John	M55	KEILOR ST BE	11:09.30	
12.	Elms, Donna-Marie	W55	PRESTON ATHL	11:25.60	
13.	Dunstone, Phillip	M48	WESTERN ATHLETICS	11:40.80	
14.	Knox, Duncan	M56	ATHLETICS ESSENDON	11:51.40	
15.	Keirl, Bernie	M52	DIAMOND VALL	12:02.50	
16.	Beaumont, Hamish	M38	MELBOURNE UN	13:19.40	

2000m Walk Heat 2

1.	Noonan, Claire	W12	COLLINGWOOD	11:42.89
2.	Lazar, Dennis	M60	DIAMOND VALL	12:35.70
3.	McLennan, Liam	M10	DONCASTER AT	12:39.04
4.	McGoughan, Tracy	W51	KEILOR ST BE	12:46.08
5.	McLennan, Laura	W38	DONCASTER AT	12:59.25
6.	Quinn, Karen	W52	DIAMOND VALL	13:02.65
7.	Dawit, Hayelom	M18	ATHLETICS ESSENDON	13:08.61
8.	Abfalter, Maria	W48	KEILOR ST BE	13:10.03
9.	Egglestone, Donna	W42	MELBOURNE UN	13:10.35
10.	Murphy, Stephen	M54	ATHLETICS ESSENDON	13:15.64
11.	Lewis, Leandar	M17	WYNDHAM TRAC	13:40.60
12.	Camilleri, Brent	M15	DIAMOND VALL	13:55.50
13.	Glover, Thomas	M12	WESTERN ATHLETICS	13:58.08
14.	Woods, Joel	M14	DIAMOND VALL	13:58.46

15.	Brasier, Caitlin	W25	DIAMOND VALL	14:01.55
16.	Hodgart, Janice	W53	WESTERN ATHLETICS	14:05.16
17.	Matthews, Patrick	M18	KEILOR ST BE	14:19.10
18.	Spiteri, Kelly	W42	COBURG HARRI	14:31.67
19.	Rankin, Bailey	M14	WESTERN ATHLETICS	14:54.51
20.	Cashin, Brenda	W52	WESTERN ATHLETICS	14:58.76
21.	Colley, Jamee-Leigh	W24	PRESTON ATHL	15:07.46
22.	Alexander, Davis	M12	ATHLETICS ESSENDON	15:07.61
23.	Healy, Kevin	M9	ATHLETICS ESSENDON	15:19.99
24.	Ireland, Roslyn	W32	BRUNSWICK AT	15:24.52
25.	Rickard, Tess	W22	BRUNSWICK AT	15:41.21
26.	Kunig, Krystal	W28	KEILOR ST BE	15:56.17
27.	Ireland, Olive	W56	BRUNSWICK AT	17:19.09
28.	Campbell, Donna	W45	PRESTON ATHL	17:45.04
	Gawthorn, Kathryn	W41	DIAMOND VALL	DQ
	Itter, Jack	M15	DIAMOND VALL	DQ
	Knox, Christian	M13	ATHLETICS ESSENDON	DQ

Ballarat Zone Round 8, Llanberris Reserve, Ballarat

Smaller fields in our country venues. **Ellen Dowie** was fastest in Ballarat with 11:29.3.

2000m Walk

1.	Dowie, Ellen	W99	EUREKA ATHLETIC	11:29.3
2.	McLennan, Stephen	M66	WENDOUREE ATHLET	12:13.6
3.	Ruddick, Kevin	M51	BALLARAT HARRIERS	14:22.8

Geelong Zone Round 8, John Landy Athletic Field, Geelong

Mackayla Davison won as usual in Geelong with 10:45.44).

2000m Walk

1.	Davison, Mackayla	W01	CORIO ATHLETIC CLUB	10:45.44
2.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	13:06.78

Bendigo Zone Round 8, La Trobe University Track, Bendigo

Amanda Heard was best in Bendigo with 10:17.12. That must be her fastest for a few years.

2000m Walk

1.	Amanda Heard	W21	EAGLEHAWK	10:17.12
2.	Barbara Bryant	W62	EAGLEHAWK	11:18.61
3.	Brenton O'Brien	M15	BENDIGO HARRIERS	11:39.17
4.	Madison Hill	W16	SOUTH BENDIGO	11:44.33
5.	John Watson	M66	BENDIGO HARRIERS	15:01.55
6.	Wendy Ennor	W59	EAGLEHAWK	16:14.48
7.	Geoffrey Major	M80	EAGLEHAWK	16:53.41

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 7 DECEMBER

Thanks to Colin Hainsworth for the latest South Australian Masters results from Adelaide. **Marie Maxted** keeps improving – 80.24% for her 1000m walk this time around.

1000m Yacht Handicap

1.	Marie Maxted	05:25	W56	80.24%
2.	James Hoare	06:57	M70	67.31%
3.	Jill Rogers	08:23	W72	61.60%
4.	Gil McIntosh	06:16	M66	71.26%
5.	Margaret McIntosh	08:05	W64	58.10%
6.	Kim Mottrom	04:17	M32	78.52%
7.	Gloria Holliday	06:01	W56	72.24%

3000m Yacht Handicap

1.	Dave Fallon	24:20	M64	56.47%
2.	James Hoare	21:15	M70	69.26%
3.	Gloria Holliday	18:58	W56	72.70%
4.	Margaret McIntosh	25:07	W64	59.92%
5.	Kim Mottrom	13:51	M32	76.58%
6.	Gil McIntosh	20:20	M66	69.08%

7.	Bill Starr	23:18	M74	66.47%
8.	Colin Hainsworth	26:56	M86	69.14%

BENDIGO WALKERS CLUB TRACK WALKS, FLORA HILL ATHLETIC FACILITY, BENDIGO, WED 7 DECEMBER

Thanks to Paul Rance for his weekly report from Bendigo, in country Victoria.

On Wednesday evening the Bendigo Walkers Club held an end of year teams race followed by presentation of awards for the 2016 year at the Flora Hill Athletic Facility. The teams race saw 5 teams of 3 athletes competing over 9 laps of the athletic track with the first team member completing 2 laps (800m), the second athlete walking 3 laps (1200m) and the anchor leg doing the final 4 laps (1600m). The team of **Sheridan Commons, Annette Curtis** and **Carissa Brook** proved too strong and raced away for a comfortable victory. Club records on the night were broken by **Zahra Hayes** with a new U16 1600m time and **Bill Lotherington** broke the M80+ 1200m record.

The end of Season presentations saw **Jennie Payne** take out the Walker of the Year award with **Annette Curtis** 2nd and **Caitlyn Tozer** 3rd, while **Zahra Hayes** won her 4th consecutive Club Champion award and **Barb Bryant** won the Most Outstanding achievement award.

3600m Teams Race: 1x 800m, 1x 1200m, 1x 1600m

1.	Sheridan Commons 4.55	Annette Curtis 7.29	Carissa Brook 8.15
2.	Jasmine Murphy 4.59	Norm West 9.16	Zahra Hayes 7.31
3.	Oscar Fox 5.00	John Carter 8.28, Bill Lotherington 8.32	Peter Curtis 8.23
4.	Amber Fox 5.25	Charlotte Murphy 7.13	Madison Hill 9.17
5.	Caitlyn Tozer 5.46	Jennie Payne 6.57	Barb Bryant 9.06

QMA T&F COMPETITION, QSAC, BRISBANE, WEDNESDAY 7 DECEMBER

And now to other races around Australia last week. Only 2 walkers in action in the Queensland Masters in Brisbane.

5000m Walk

1.	Dean Nipperess	M45	GC & Sthrn	24:44.00	79.55%
2.	Noela McKinven	W74	Brisbane	42:27.68	66.37%

ACT WALKERS CLUB TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 8 DECEMBER

Thanks to Robin Whyte for the latest results from Canberra. **Connor Frew** continues to improve – a good 8:28 for 2000m this week.

2000m Walk

1.	Connor Frew	8:28
2.	Mitchell Baker	8:56
3.	Callum Burns	9:22
4.	Gabby Hunt	9:29
5.	Hannah Manning	10:09
6.	Laura Burns	10:14
7.	Ann Staunton-Jugovic	10:41
8.	Peter Baker	10:54
9.	Helena Bialecki	12:29
10.	Robin Whyte	12:32
11.	Andrew Camp-Liddiard	13:05
12.	Harry Baker	13:44
13.	Ella Baker	13:44
14.	Ruth Baussmann	14:31
15.	Sheryl Greathead	15:37
16.	Lorna England	16:46
17.	Robert Kennelly	19:02

800m Walk

1.	Sebastian Young	04:40
2.	Georgia Frew	05:34
3.	Tiona Kane	06:46

ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, THURSDAY 8 DECEMBER

Interclub in Perth saw 11 year old Alexandra Griffin take fastest time with 15:45.7.

3000m Walk

1.	Griffin, Alexandra	W	Athletics WA	15:45.7
2.	Mann, Bradley	M	Ridgewood Athletics Club	15:54.5

3.	Jackson, hayley	W	Athletics WA	15:56.4
4.	Ireland, Hannah	W	Rockingham Districts Athletics	16:25.5
5.	Morales, Richelle	W	Athletics WA	16:59.2
6.	Tolardo, Isabella	W	Melville Roar Athletics	17:08.9
7.	Hall, Joseph	M	Athletics WA	DQ

NSW ALL-COMERS MEET, SOPAC, SYDNEY, FRIDAY 9 DECEMBER

With so many of their walkers at Fawkner Park on Sunday, it was left to Steven Washburn and Heather Lee to wave the flag in the NSW All-Comers meet in Sydney last Friday evening.

5000m Walk

1.	Washburn, Steven	22	U.T.S. North	23:22.98
2.	Lee, Heather	90	Nsw Masters	42:37.46

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 10 DECEMBER

16 year old **Alice Randall** walked well in Hobart with her 3000m time of 15:16.84.

3000m Walk

1.	Alice Randall	OVA	15:16.84
2.	Anna Blackwell	OVA	16:29.56
3.	Ron Foster	NS	19:09.16
4.	Elizabeth Leitch	ES	19:16.59

ATHLETICS SA INTERCLUB, SAATHLETICS TRACK, ADELAIDE, SATURDAY 10 DECEMBER

15 year old **Tristan Camilleri** (25:27.3) walked a good 5000m in Adelaide on Saturday.

5000m Walk

1.	Tristan Camilleri	COASTAL DISTRICTS	25:27.3
2.	Mathew Bruniges	SOUTHERN	29:42.5
3.	Cherie Rothery	HILLS DISTRICT	33:16.3
4.	Greg Metha	HILLS DISTRICT	35:18.0
5.	James Hoare	PORT ADELAIDE	35:33.8

1500m Walk

1.	Kiera Ross	PEMBROKE	8:35.1
2.	Aleesha Vidler	SOUTHERN	9:36.6
3.	Meshach Begg	SAINTS	10:14.2

CARDIFF GP NUMBER 1 – CHRISTMAS CLASSIC, CARDIFF MET UNIVERSITY, CARDIFF, SUNDAY 11 DEC

The Cardiff Met University indoor track was the venue for the first leg of the UK Challenge. The 3000m walk might have been a small field but it saw a number of very high quality performances. **Cameron Corbishley** won overall with 11:39.5, a UK U20 best. Alas, with an insufficient judging panel mix, Mark Wall tells me it can't be proposed as a record. The same for **Bethan Davies** whose time of 12:35.87 was a UK Open best – again, it probably won't be able to progress to record status. Other excellent performances by **Guy Thomas** (11:50.34) and **Heather Lewis** (13:17.87). Cerebral Palsy athlete **Jason Elsworth** also got a start, winning the 1000m. Full race video at <https://www.youtube.com/watch?v=hhIZX9xDc6I>.

3000m Men

1.	Cameron Corbishley	U20	Medway & Maidstone	11:39.75 (NJ Best)
2.	Guy Thomas	U20	Tonbridge	11:50.34
3.	Jordan Price	U20	Brecon	16:30.45
	Daniel McKerlich	U20	Cardiff	DQ

3000m women

1.	Bethan Davies	SW	Cardiff	12:35.87 (UK Best)
2.	Heather Lewis	SW	Pembrokeshire	13:17.87
3.	Megan Stratton-Thomas	U20	Swansea	15:26.66

1000m

1.	Jason Elsworth	SM	Barry & Vale Harriers	10:48.85
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COUPE DE NOËL, YVERDON, SWITZERLAND, SUNDAY 11 NOVEMBER

Emmanuel Tardi was in Yverdon in Switzerland for the traditional Coupe de Noël walk last Sunday. He reported

We were 45 walker on the start line at 10AM with good conditions (5-8°C) with no wind (very unusual because the race take place near the lake). There was 9 laps of a 1.111km loop, the road absolutely flat. In the men's race, former French international **Jean-Marc Starck** won easily. The women's race saw an easy victory for Poland's **Agnieszka Ellward** with an impressive 46:46. 2015 Austrian winner **Kathrin Schulze** was second. The ancillary races (5km, etc) were judged only on contact.

It was Emmanuel's first race since the WMA champs in Perth - well done Emmanuel! Good to see you back from injury.

10km Men

1.	Jean Marc Starck	72	HV	AS St Julien	45.13
2.	Quentin Macabrey	94	H	CEP Cortaillod	45.50
3.	L-Manuel da Silva Correia	78	HV	CM Cour Lausanne	49.19
4.	Nathan Bonzon	00	HU16	CM Monthey	51.25
5.	Patrick Bonvarlet	60	HV	Décimes Mezyeu Athlé.	52.07
6.	André Cornet	59	HV	Asvel Villeurbanne	52.49
7.	Bernard Haffner	46	HV	Lyon Athlétisme	58.28
8.	Claude Berner	63	HV	CME La Poste	1.02.20
9.	Régis Brière	68	HV	Doubs Sud Athlé.Pontarlier	1.03.58
10.	Claude Greber	57	HV	CME La Poste	1.05.35
11.	Alexis de Coppet	38	HV	CM Yverdon	1.08.37
12.	Daniel Brot	53	HV	CM Yverdon	1.09.44
13.	Daniel Pasche	53	HV	CM Monthey	1.09.51
14.	Emmanuel Tardi	67	HV	LP Longjumeau	1.10.38
15.	Joseph Bianco	41	HV	CM Monthey	1.10.45
16.	Gérald Boos	54	HV	CM Yverdon	1.16.35

10km Women

1.	Agnieszka Ellward	89	F	Gdanks POL	46.46
2.	Kathrin Schulze	81	F	IAC Pharmador	49.54
3.	Sarah Lacroix	98	FU18	Evian off Course	53.20
4.	Marie Rigolet	98	FU18	RCHJ Morez Fr.	55.43
5.	Thérèse Cornet	58	FV	Asvel Villeurbanne	56.44
6.	Tiphaine Schott	87	F	Club CSSL Alsace	57.03
7.	Béatrice Petetin	69	FV	RCHJ Morez Fr.	1.06.17
8.	Patricia Pastore	65	FV	RCHJ Morez Fr.	1.08.13
9.	Hélène Baptiste	50	FV	CM Yverdon	1.10.18



The start (photos from Emmanuel Tardi)



Jean Marc Starck, Quentin Macabrey, Agnieszka Ellward and Kathein Schulze

STEYNING AC ALF PALMER MEMORIAL TRACK WALKS, HORSHAM, ENGLAND, SATURDAY 10 DECEMBER

Thanks to Peter Hannell of Surrey Walking Club for alerting me to the Alf Palmer Memorial Track walks which were held on Saturday in Horsham (England). He commented:

Despite a change of date and rather damp conditions, the annual Alf Palmer Christmas race held by Steyning in Horsham was a great success with nearly 40 starters including 16 below 20 years old. All races had many good performances including personal bests particularly among the juniors.

Men 5000m Walk

1.	Luc Legon	U20M	Cambridge Harriers	22:28.2
2.	Chris Snook	U20M	Aldershot Farnham & Dist.	23:43.8
3.	Jonathan Hobbs	SM	Ashford Athletic Club	24:09.1
4.	Francisco Reis	M55	Southern Counties VAC	25:02.1
5.	Marshall Smith	U20M	Ashford Athletic Club	25:47.7
6.	Oliver Hopkins	U20M	Lewes Athletic Club	26:27.9
7.	Jim Ball	M50	Steyning Athletic Club	26:33.2
8.	Malcolm Martin	M60	Surrey Walking Club	28:24.2
9.	Richard Emsley	M60	Unattached	29:40.6
10.	Dan Maskell	M65	Surrey Walking Club	31:40.7
11.	Paul Gaston	M65	Surrey Walking Club	31:47.1
12.	Arthur Thomson	M80	Enfield & Haringey AC	31:57.4
13.	Christopher Flint	M70	Surrey Walking Club	33:09.1
14.	John Killick	M70	Steyning Athletic Club	33:21.5
15.	Micheal Harran	M75	Surrey Walking Club	33:33.3
16.	Brian Kirkdale	M50	Hastings Runners	35:04.7
17.	David Hoben	M60	Surrey Walking Club	35:05.7
	Ian Richards	M65	Steyning Athletic Club	DQ

Women 5000m Walk

1.	Emily Ghose	U20W	Tonbridge Athletic Club	27:42.1
2.	Lucy Lewis Ward	U17W	Cambridge Harriers	28:33.5
3.	Abigail Jennings	U20W	Aldershot Farnham & Dist.	28:37.3
4.	Penelope Cummings	W40	Aldershot Farnham & Dist.	29:04.5
5.	Beatrice Fury	U17W	Medway & Maidstone AC	30:34.2
6.	Suzanne Beardsmore	W45	Aldershot Farnham & Dist.	31:24.7
7.	Elizabeth Claridge	W45	Steyning Athletic Club	31:27.5
8.	Sue Davies	W55	Aldershot Farnham & Dist.	31:37.7
9.	Anne Jones	W60	Steyning Athletic Club	32:29.7
10.	Jacqueline Benson	U17W	Ashford Athletic Club	32:47.6
11.	Angela Martin	W50	Surrey Walking Club	33:13.4

12. Geraldine Legon	W55	Bexley Athletic Club	33:41.2
13. Rachel Horningold	W35	Lewes Athletic Club	35:15.7
14. Carol Killick	W70	Steining Athletic Club	36:10.1

Boys 3000m Walk

1. Jack Childs	U15B	Medway & Maidstone AC	17:19.1
2. Nicholas Hart	U15B	Aldershot Farnham & Dist.	17:51.4

Girls 2000m Walk

1. Devina Nova	U13G	Ashford Athletic Club	12:11.2
2. Katie Stringer	U13G	Medway & Maidstone AC	12:16.9
3. Charlotte Wallis	U13G	Aldershot Farnham & Dist.	12:24.4
4. Afra Hussain	U15G	Lewes Athletic Club	13:35.3

Girls 1000m Walk

1. Abigail Smith	U13G	Blackheath & Bromley	6:02.1
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SOME PHOTOS FROM THE AUSTRALIAN SCHOOLS CHAMPS IN CANBERRA

Kerrie Peart of Ballarat Race Walking Club has sent me some of her walks photos from last week's Australian All Schools T&F Champs in Canberra so I have added them to the ones I had already sourced and have uploaded them all to a new VRWC photo gallery at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=96>. I am happy to add more photos if people want to email them to me.



Three of the Victorian walkers in Canberra for the All-Schools Champs – Nikola Mandic, Alanna Peart and Will Thompson (photo Kerry Peart)

UPCOMING RACE OPPORTUNITIES IN NEW ZEALAND

Bart Jones emailed me last week to let us know about upcoming racewalking opportunities in New Zealand. Over to Bart:

Our NZ Masters T&F Champs are on in Nelson on 3-5 March 2017 (3000m track walk and 10km road walk). Nelson is at the top of the South Island (access via Wellington or Christchurch) and would be a good place to start a few days travelling around our fabulous South Island scenic spots. Anyone interested just get in touch with me for information (bart.jones@xtra.co.nz).

We could also help out if anyone visits Wellington as several of our local Race Walkers would be keen to “billet” anyone visiting and interested in doing a little racewalking on a Saturday at our local Track. Each Saturday we have a 3000m or 5000m track race and other events occasionally.

Here are some events on early next year

Saturday Feb 4 Wellington 5000m Track Walk Championships

Feb 18-19	Wellington T&F Championships (including 3000m Track Walk)
March 3-5	NZ Masters Championships, Nelson
March 17-19	NZ National T&F Championship (3000m & 20km Race Walks), Hamilton

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 5 press releases this week

- Sun 11 Dec - Results of winter U16/U18/U20 track championships in Cehegin, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2633
- Sun 11 Dec - Results of Australian 50km Championship meet in Fawkner Park, Melbourne
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2632
- Sat 10 Dec - Maryanne Daniel receives Lori Maynard Outstanding Official Award 2016
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2631
- Thu 8 Dec - European U23 Championships results updated for recent drugs bans
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2630
- Tue 6 Dec - Anton Kucmin (SVK) and Viktoria Madarasz (HUN) win indoor walks in Krupina, Slovakia
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2629

and Omarchador had 7 press releases.

- Mon 12 Dec - Kristina Saltanovic and Pedro Isidro win Christmas GP walks in Lisbon
<http://omarchador.blogspot.com.au/2016/12/kristina-saltanovic-e-pedro-isidro.html>
- Sun 11 Dec - Results of junior indoor walks meet in Vilnius, Lithuania
<http://omarchador.blogspot.com.au/2016/12/competicao-para-jovens-na-pista-coberta.html>
- Sat 10 Dec - Tom Bosworth wins Tonbridge 5000m walk
<http://omarchador.blogspot.com.au/2016/12/bosworth-de-volta-marcha-em-tonbridge.html>
- Fri 9 Dec - Results of NE U16 Trophy in Brazil
<http://omarchador.blogspot.com.au/2016/12/trofeu-norte-nordeste-sub-16-no-brasil.html>
- Thu 8 Dec - Results of walks in Krupina, Slovakia
<http://omarchador.blogspot.com.au/2016/12/meeting-de-marcha-em-krupina-eslovaquia.html>
- Wed 7 Dec - Katie Hayward and Declan Tingay win in Australian Schools Champs in Canberra
<http://omarchador.blogspot.com.au/2016/12/hayward-e-tingay-em-evidencia-nos.html>
- Tue 6 Dec - Swizz walks judge Frédéric Bianchi honored
<http://omarchador.blogspot.com.au/2016/12/frederic-bianchi-foi-distinguido-na.html>

OUT AND ABOUT

- U.S. athletes in several different Olympic sports, frustrated by inaction and bureaucratic infighting about doping issues at the highest levels, are going public with their displeasure and pushing for action from specific reforms to potential event boycotts. Athletes attending USA T&F's annual meeting in Orlando, Florida, last weekend drafted a petition which calls for WADA to become completely independent of the IOC, and for the IOC to provide sufficient funding for WADA to do an effective job. The document, generated by USATF's athlete advisory committee (AAC), had been signed by more than 80 current and retired athletes. See <http://www.espn.com/espnw/sports/article/18210308/us-athletes-push-action-doping-issues>.
- Interesting, USADA chief Travis Tygart also believes that giving WADA the power to issue provisional sanctions against countries or individuals would be a step in the right direction. The oft-cited obstacle to enhancing WADA's investigative reach around the world - the cost - could be remedied by the IOC at a stroke if it chose to do so, Tygart believes. "The IOC could solve the problem today," Tygart said. "They have a \$1.4 billion dollar fund. They could take \$500 million of that and set it aside in a blind trust to spill off money to fund WADA and the efforts for clean sport." See <http://www.adelaidenow.com.au/sport/more-sports/sport-faces-defining-moment-in-doping-fight-says-usada-chief/news-story/42f9a45538dd72d90827c1b1cebaac8>.

- Re-tests of doping samples from the 2008 Beijing and 2012 London Olympics have found another three positive tests to take the tally to 101 and more are expected, the IOC said last Wednesday. IOC medical director Richard Budgett said re-tests for Beijing were now finished due to a statute of limitation but he said he expected more positive tests from the London Games to emerge in the coming weeks and months. A total of 27 athletes have been stripped of their medals, of which one was gold, from the Beijing Games while 16 athletes lost their medals following the London re-tests, with five of them being gold. See <http://www.supersport.com/athletics/article.aspx?Id=3811794>.
- The IOC also announced last Wednesday that it had extended provisional measures against Russia over its doping scandal "until further notice". Current measures include a request to all sports federations to "freeze their preparations" for major events in Russia. See <http://www.bbc.com/sport/olympics/38242347>.
- Three senior athletics officials have had their provisional suspension from the sport extended until January 31 2017 by the IAAF's Ethics Board as it continues its investigation into their alleged involvement in a suspected cover-up of Russian doping cases. Nick Davies, who was chief-of-staff to International Association of Athletics Federations president Seb Coe, was initially suspended along with his wife Jane Boulter-Davies and IAAF medical manager Pierre-Yves Garnier in June. See <http://www.supersport.com/athletics/article.aspx?Id=3811524>.
- The IOC's most senior member said the organisation lost "its moral authority" when it refused to ban the entire Russian team from the 2016 Olympic Games in Rio de Janeiro. Canadian Richard Pound told the 25th anniversary meeting of the International Society of Olympic Historians (ISOH) in London that the IOC should have followed the example of the IAAF and the IPC and introduced a blanket suspension. See <http://www.insidethegames.biz/articles/1044499/pound-tells-international-society-of-olympic-historians-gathering-that-ioc-lost-moral-authority-over-russia>.
- Sometimes you just have to feel sorry for people. Dave Collins, who lost his job as UK Athletics performance director after Britain failed to achieve their target of five medals at the 2008 Olympics in Beijing, has expressed his frustration at the news that three more medals stand to be awarded to them following retrospective doping bans. See <http://www.insidethegames.biz/articles/1044412/three-belated-beijing-2008-bronze-medals-leave-sacked-uk-athletics-performance-director-collins-feeling-robbed>.
- Further details on the extent of Russian doping cover-ups at events including the 2013 IAAF World Championships in Moscow and the London 2012 Olympic Games have been revealed in the second part of a WADA commissioned report. Speaking at a press conference in London last Friday, the author of the independent investigation report, Canadian sports lawyer **Richard McLaren**, described a "cover-up that operated on an unprecedented scale", with over 1000 Russian athletes across more than 30 sports said to have been involved in or benefited from a state-sponsored doping programme between 2011 and 2015. "The Russian Olympic team corrupted the London Games on an unprecedented scale, the extent of which will probably never be fully established. This corruption involved the ongoing use of prohibited substances, washout testing and false reporting." See <http://www.athleticsweekly.com/featured/report-reveals-unprecedented-scale-of-russian-doping-cover-up-54360#GG07FzWUliZuYXGd.99>.
- One of the many findings by McLaren was that the IOC ignored a specific warning in 2013 about a Russian state-sponsored doping programme centred on a Moscow lab and its corrupt director, Grigory Rodchenkov, 'because they didn't want to believe it and they didn't want to deal with it'. See <http://www.mailonsunday.co.uk/sport/sportsnews/article-4020946/Olympic-bosses-ignored-Mail-Sunday-drugs-report-feared-truth.html>.
- A very honest and interesting piece by Canadian walker Rachel Seaman on the former Canadian head coach Peter Eriksson - <https://rachel-seaman.blogspot.com.au/2016/12/reflections-on-great-leader.html?m=1>.
- Travis Tygart, CEO of the US Anti-Doping Agency has come out with both guns blazing re Russia: "No international sporting events should be held in Russia until its anti-doping programme is fully Code compliant and all the individuals who participated in the corruption are held accountable." Russia's right to host the 2018 World Cup is being questioned far and wide. See <http://www.swimvortex.com/why-a-fifa-penalty-on-russias-world-cup-would-score-winning-goal-for-clean-sport/>.
- Latvia became the first nation to say they will boycott the 2017 Bobsleigh and Skeleton World Championships in Sochi. Pressure is mounting on authorities to strip the Russian city of the March event after a report claimed more than 1,000 Russians benefited from state-sponsored doping between 2011 and 2015. See <http://www.bbc.com/sport/winter-sports/38283356>.
- The IOC medical and scientific director Richard Budgett has strongly defended the existing system for Therapeutic Use Exemptions (TUE) in which athletes can apply for permission to take otherwise banned substances for medical reasons. He described concerns over their use as "not a big issue". But many disagree. A foremost concern with the current TUE system relates to whether athletes are using it as a cloak to gain a performance enhancing benefit. The most notable abuse came when disgraced cyclist Lance Armstrong received a backdated TUE justifying the use of corticosteroids after he failed four tests for the substance during the 1999 Tour de France. Recent concern has centered around another cyclist in Sir Bradley Wiggins. He received permission to take corticosteroid triamcinolone acetonide due to a pollen allergy before the Tour de France in 2011 and 2012 - where he became the first British winner - and the Giro d'Italia in 2013. Many riders have claimed triamcinolone acetonide has a significant performance-enhancing benefit as a weight loss drug. Dutch time trialler

Tom Dumoulin has claimed Wiggins' use of TUEs "stinks" while Chris Froome, triple Tour de France winner and former team-mate of Wiggins, called for an "urgent review" into the system.

See <http://www.insidethegames.biz/articles/1044571/ioc-medical-director-defends-tue-system-as-it-is-unethical-to-deny-athletes-treatment>.

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.

2016/2017 Australian/Victorian Key Dates

Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships, Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW
Apr 22-23, 2017	Australian Centurions 24 Hour Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11, 2017	51 st LBG Racewalking Carnival, Canberra, ACT

2016/2017 International Dates

Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
April 8, 2017	Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan

Looking Further Ahead

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
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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