



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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A MESSAGE FROM OUR VRWC PRESIDENT

Greetings to all members and friends of the VRWC,

I hope you're all well, safe and maintaining some optimism right now. So much of what's happening is beyond our control. We can only keep doing our best to influence what we can, for the benefit of all. Remember – the virus cannot harm us, or those close to us, if it can't get AT us.

For the second year in succession, our Winter road program has been truncated by the pandemic. While we did get some racing in this year, the uncertainty of what lay ahead from week to week had to have a negative effect on morale and motivation. Social interaction – the prime benefit of all community sport – has been severely hit. Whatever fitness and competitive goals we'd set for ourselves have largely been held out of reach.

We VRWC members – beset by lockdown measures to a far greater extent than in other states – have had to cope with missing out on the LBG Carnival in Canberra (twice); the inability to celebrate together the achievements of our four Olympians, Jemima, Rhydian, Bec and Kyle; losing our popular end-of-season racing events (intervals race, mixed teams race and 'beat your season's best' race); postponement of our Winter presentations; the loss (again, twice) of our chance to host the AA Winter road walks championships and, finally, the postponement of the Club's Centenary celebrations.

On a brighter note: This year we managed to hold all but one of our AV and VMA and Club championship days, with strong results seen in all. We had our Olympians striding out ahead of us on the course, pretty much up to their departure for Sapporo. We had some fun and boosted our coffers a little at the Twilight Trivia evening. We've seen a small but important increase in our membership. (Not to mention a shiny, new electric tricycle for easy course set-up!) So it hasn't been quite the 'doom and gloom' situation of last year, despite our frustration.

Through it all, we've kept up our training in some form, stayed in phone and online contact, and held onto hopes that we'll be back together at Middle Park before long. We know that there's no point in fretting over what's occurred, that we can only look to the future and the hope for normalcy that increased vaccination levels offer.

Happily, thanks to Mark Donahoo, we have a new Summer racing program in the pipeline. As with last summer, this will work in conjunction with AV's Shield (AVSL) schedule, the details of which are still to be finalized. With the cancellation of the Grand Prix this year, we expect to have normal access to our facilities and racing course for the summer – at least, up until January.

We hope also to hold our delayed Winter presentations on one of our Sunday race mornings. Our annual General Meeting is normally held in November, when the AV Winter trophies are presented, and this would be an ideal time to present the other winter awards. Of course, until we know how much opening up will be allowed, nothing can be set in stone. But we are eager to get back to what we do best – putting on race walking programs for our members.

So hang in there, everyone. The VRWC has been down this path and has put a 'safe return to activity' plan into action several times now, and we will be ready to jump as soon as we get the all clear from the State government and AV. In the meantime, stay safe, stay well, and help each other do the same. And keep up the training!

Stu Cooper, VRWC President

WHAT'S COMING UP

- With the Australian winter roadwalking season now at an end, all States normally have a grace period before the summer track season kicks in. But of course, for NSW, Victoria and ACT which remain in covid lockdowns, that break may be of an extended duration. Fingers crossed.

- For those Victorian walkers who compete in the AV Shield T&F competition, I heard that Athletics Victoria venue meetings were held a week ago. I've yet to see any minutes or AV announcements but I did hear that the Melbourne Metro area has been divided into two Zones. Previously it was four zones. The yellow and red zones (W and N) have been combined into a N/W zone which will extend from Doncaster in the east, Diamond Valley, Ivanhoe, Collingwood, Coburg, Brunswick, Preston, Richmond, Essendon through to Keilor St. Bernards, Western Athletics, South Melbourne and Williamstown. In addition, that zone also includes Old Melbourne, Old Scotch, St. Kevins and MUAC. White and Red should merge into a lovely vivid orange! The blue and white zones (E and SE) has been combined into an E/SE zone which will include all the other metropolitan clubs. Blue and white should merge into a washed out faded blue. I am expecting the vivid orange zone to dominate proceedings against the faded blue zone (but I'm not biased).

THE DECLINE AND FALL OF THE BRITISH EMPIRE

By Paul F. DeMeester

The 1928 Olympic Games went on sans race walking but before they were over, the IAAF (the former name of World Athletics) had decided to bring race walking back. Great Britain voted in Council in favor of a 50K (14 for 50K, 4 for 30K, and one abstention). (*Handbook of the IAAF 1927-1928*, Minutes of the 9th Congress of the IAAF, at pp. 56-57.)

British athletes showed their appreciation for that vote right out of the gate. Tommy Green won the inaugural Olympic 50K crown in Los Angeles in 1932. Harold Whitlock succeeded him at the 1936 Berlin Games. Tebbs Lloyd Johnson took bronze when the Games resumed in 1948 before a home crowd. Whitlock returned in 1952 at age 48 (shades of Jesus Garcia) to finish 11th at the Helsinki Olympics, where his younger brother Rex just fell short of the podium. Four years hence, a Brit took gold again, sort of, as New Zealander Norman Read, from Plymouth, England, had emigrated Down Under only three years before his Olympic triumph. Don Thompson would return to the top step of the podium at the 1960 Rome Olympics. Half of the 50K gold through those Games had been placed around British necks (without counting Read's).

It was the last British 50K gold but not the last medal. Paul Nihill took silver at the 1964 Tokyo Olympics. A favorite for gold four years later, he dropped out in a gruelling race at high altitude in Mexico City. Nihill finished 9th at the 1972 Munich Olympics. But by 2004, there were no more Brits in the Olympic 50K, a sad state of affairs that continued in 2008 and just now at the 2020 Tokyo Olympics. One 50K walker represented Britain at both the 2012 London and 2016 Rio Olympics: Dominic King. King earned a third Olympic spot this year based on his World Rankings but he and his colleague Cameron Corbishley, who were ranked respectively in 56th and 53rd, were withdrawn by British Athletics from Olympic selection even though the top 60 on the World Rankings list gained an Olympic entry. Out of those 60, 38 had met the 3:50:00 entry standard, with the next 22 having qualified on points (World Ranking).



Dominic King Taking a Walk on the Mall in front of Buckingham Palace during the 2017 Worlds

What a shame considering that the 11th place finisher (Montana - Colombia) at the recent Olympic 50K was 76th on the World Rankings list prior to the Olympics; the 15th place finisher (Leyver Ojeda - Mexico) was ranked 59th; the 17th place finisher (Helebrandt - Hungary) was ranked 74th; the 24th place finisher (Cocioran - Romania) was ranked 83rd; the 26th place finisher (Kinnunen - Finland) was ranked 92nd; the 27th place finisher (Amores - Ecuador) was ranked 98th; the 35th place finisher (the indomitable Jesus Angel Garcia of Spain - age 51) was ranked 65th; the 36th place finisher (Papamichail - Greece) was ranked 81st; the 39th place finisher (Litaniuk - Ukraine) was ranked 68th; the 40th place finisher (Mundell - South Africa) was ranked 95th; the 41st place

finisher (Morvay - Slovakia) was ranked 69th; the 45th place finisher (Bilodeau - Canada) was ranked 94th; the 46th place finisher (Gdula - Czech Republic) was ranked 62nd and one of the non-finishers (Singh - India) was ranked 103rd.

In other words, Dominic King had every right to be among those participants. More so if one considers that he set a new British National Record at the British Olympic 50K Trials race in Dudince on March 20, 2021, when King posted a 3:51:13. King was 10th overall in that race. The guy who was 5th was only 1 minute 50 seconds ahead of King. And who might that guy be? Poland's Dawid Tomala, who happened to win the Olympic 50K in Sapporo in 3:50:08, 45 seconds slower than his Dudince time.

Dudince turned out to be a good barometer for Olympic participation and performance. Of the 9 walkers who placed ahead of Dominic King in Dudince, 8 walked in Sapporo. They placed 1st, 13th, 18th, 31st, 34th, 36th and 44th with one non-finisher. The one other walker could not go because three colleagues from his country filled the three per nation limit already. Of the walkers who finished behind Dominic in Dudince, 11 made it to the Olympic 50K this year, finishing in Olympic positions 15, 20, 24, 26, 37, 38, 40, 41, 43, and 46, with one non-finisher.

Dominic King should have been in that 50K Olympic race in Sapporo. The reason he wasn't is that the British Athletics selection policies are riddled with conflicts of interest, a lack of transparency and an anti-athlete attitude. What do you mean, anti-athlete attitude? Isn't British Athletics there for the athletes? Far from it. When Dominic wanted to improve on his Dudince time at the European Race Walking Team Championships in Podebrady last May, he bumped into his federation's 'nyet.' British Athletics was not even subtle about it. They said so in their selection policy for the meet: "*British Athletics will only select athletes for the 20km events for the 2021 edition of the competition.*" (See [British Athletics Selection Policy 2021 European Race Walking Team Championships](#)).

It gets worse. World Athletics published a list of potential entries when the qualification period for the Olympic 50K had ended. King and Corbishley's names were at the bottom of the list with the term "Withdrawn" next to their names. They were the only two listed in that fashion. How embarrassing for a federation to publicly state that its athletes who had qualified for the Olympic Games had been withdrawn by the federation itself. Don't be fooled by any British Athletics talk that athletes like King would have been selected only if they were expected to be in the top 8 of their competition. A male British marathon runner managed to finish only in 54th place out of 106 starters, the other two Brits not having made it to the end. So much for the predictability of the British selection system.

British athletics officials acting against athletes in general, 50K walkers in particular? Who knew? They must have learned that from their British role model Seb Coe, who as President of World Athletics engineered the demise of the 50K not only at the Olympics but also at our own World Championships and who was the aider and abettor in the Olympic conspiracy to shrink the athletics footprint at the Games. What Seb won't do in his quest to succeed IOC President Thomas Bach when the former Olympic fencing gold medalist will be term limited out of office.

What a far cry from the days in 1928 when British athletics officials voted to bring race walking back to the Olympics and inaugurate the 50K. Brits helped launch the 50K and less than a century later, brought about its abolition. Dominic King is the kind of athlete who embodies the Olympic spirit that participation is more important than winning. He has a regular day job and a family. Race walking is his hobby. He has performed as well as he has over the years without much support from his federation. I was privileged to assist Dominic when he appealed his non-selection. But arguing with those who stabbed him in the back got the expected result. British Athletics should drop the term 'athletics' from its name. They do not deserve the appellation.

Thanks to Paul for another thought provoking article.

TRWC ROADWALKS DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 11 SEPTEMBER 2021

Thanks to Dave Moore for this week's results from Tasmania. He reports: For our last event of the season we headed to the Athletics Centre. A small field turned out for a 5km Handicap. With a few laps to go, walkers and officials received a drenching as the heavens opened. A reasonably tight finish as each Walker was well within each other's sights over the last 30m. **Wayne Fletcher** took out the honours, with **Ron Foster** next across the line, followed in by the rapidly closing backmarker **Sam Lindsay**.

5km Handicap Walk			Finish Time	Actual Time
1.	Wayne Fletcher	NS	41:55	41:55
2.	Ron Foster	TMA	42:04	38:04
3.	Sam Lindsay	New	42:11	26:41
4.	Will Bottle	New	DNF	

End of season awards were presented by Rosemary Coleman

TRWC Medallion - Most Consistent and Improved: Sam Lindsay

Sam surprised at the 2021 Australian Track and Field titles in April, coming back home with a silver medal in his 3000m event. Sam did not rest on his laurels, competing at our winter walks and improving his PBs over 1500m, 3km and 5km

TRWC Medallion- Encouragement award – Most Promising 1st Year Walker: Lani Broad

Lani is one of our newcomers from Little Athletics who has made the transition from racing on the track to racing on the Road over much longer distances. After an ill-timed asthma attack in the All Schools Championships, Lani bounced back with wins in both handicap events at Perth, determinedly chasing down those in front of her.

Special mention: Will Bottle

Will struggled with injury during his 5000m race at the Australian Track and Field Championships in April and took a fair while to recover. After a somewhat up and down winter, Will saved his best for last, where he stormed home for a great PB over 5km at Wentworth Park in the final Road Walk for the season

Each of these Walkers takes good form into the upcoming track season.



Lani Broad, Sam Lindsay with Rosemary Coleman (photos from Wayne Fletcher)

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 11 SEPTEMBER 2021

Thanks to Kim Mottrom for this week’s results from South Australia. He reports:

What a year! I became a covid marshal this year when Zoe went to the Olympics (what an amazing achievement!), and although I’ve always taken it very seriously, this really made me appreciate how lucky we’ve been in Adelaide to have had almost a full season. When we look around the country, no other State has raced as much as us. Our season ran very smoothly and was very well supported by athletes and volunteers which is fantastic. It’s been a very successful year with many PBs, which sets us up for a successful summer season where we hopefully get to travel to national events again.

Today we put on our brightest clothes to celebrate this successful season. I then put relay teams together to have the most even teams possible. Even though it was a fun event, there was some excellent times and some PBs! ITeam results over 6km were as follows:

6km Relay

1. Katie DeRuvo	Matilda Rech	Alix Harlington	31:08
2. Cooper Rech	Orlando Grantham	Zahra Kamish	Mathew Bruniges 31:15
3. Maliha Kamish	Richard Everson	Tristan Camilleri	31:44
4. Tarique Kamish	Peter Crump	Sebastian Richards	31:51
5. Archie Braithwaite	Liliana Templar	Nellie Langford	32:39
6. Bill Starr	Di Camilleri	Kim Mottrom	34:29
7. Shadya Kamish	Alexander Richards	Olivia Sandery	35:03
8. Stephen Downs	Greg Metha	Daisy Braithwaite	36:17

3km Splits

1. Tristan Camilleri	12:34	
2. Kim Mottrom	12:41	
3. Olivia Sandery	13:58	
4. Sebastian Richards	13:58	PB
5. Alix Harlington	14:17	
6. Nellie Langford	15:09	

2km Splits

1. Mathew Bruniges	9:12	PB
2. Daisy Braithwaite	10:10	
3. Cooper Rech	10:33	PB
4. Katie DeRuvo	10:49	PB
5. Archie Braithwaite	11:02	
6. Richard Everson	11:32	
7. Greg Metha	11:33	PB
8. Alexander Richards	12:01	PB
9. Peter Crump	12:22	
10. Di Camilleri	14:13	PB

1km Splits

1. Orlando Grantham	5:19
2. Tarique Kamish	5:31

3.	Matilda Rech	6:02	11.	Stephen Downs	14:34	PB
4.	Zahra Kamish	6:09				
5.	Liliana Templer	6:28				
6.	Bill Starr	7:35				
7.	Maliha Kamish	7:38				
8.	Shadya Kamish	9:04				

We also held our AGM and then held our presentations. Thank you to everyone who put their hands up to be on the committee next year and congratulations to all medal and trophy winners! Even if you didn't win something this year, it's fantastic that we had so many people out all year and I know that the number of PBs means so many walkers continue to improve.

We now look forward to the summer season before doing a full season in 2022. See you then!

SAMA ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 11 SEPTEMBER 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. This week was a handicap event and the final meeting for the winter season. Weather was cool and partly sunny.

5KM CLUB WALK

1.	GEORGE WHITE	33:09	M75	77.72%
2.	MARIE MAXTED	34:24	W60	71.10%
3.	GIL MCINTOSH	35:17	M70	68.75%
4.	DAVE FALLON	37:17	M65	63.62%
5.	MIKE VOWLES	38:14	M75	68.25%
6.	MARGARET MCINTOSH	41:02	W65	64.24%
7.	LIZ NEUBAUER	41:38	W70	64.82%
8.	EDNA BATES	47:11	W65	55.86%

2.5KM CLUB WALK

1.	RODGER BARBER	20:38	M80	66.22%
2.	HELEN SURIDGE	22:03	W70	60.11%
3.	JULIE GOODES	22:50	W70	61.09%
4.	LINDA WHITELAW	27:32	W65	46.57%

GRAND-EST CHAMPIONSHIP, MIRECOURT. FRANCE, SUNDAY 12 SEPTEMBER 2021

Last Sunday, Emmanuel Tardi made the long 700km car trip (350km each way) to attend the Grand-Est Championship in Mirecourt. The main races started at 2pm under a hot sun. **Nadir Hérída** won the first 20km of his career with a very good time of 1:43:52 (51:30 at halfway), **Valérie Boban** won the women's 20km and the 10km titles went to **Florent Beauval** and **Flavie Bodin**.

5km walk

1.	DIDELOT Aurelie	JUF/02	Entente De Haute Alsace	29:33
2.	DIDELOT Marie-Odile	MAF/70	Entente De Haute Alsace	31:55
3.	GROS Aurelien	CAM/05	Es Thaon	36:40
4.	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	37:47
5.	ERARD Marie	CAF/05	Asm Bar-le-duc	37:59

10km Walk

1.	BEAUVAL Florent	ESM/00	Stade Sottevillais 76	45:16
2.	BODIN Flavie	JUF/03	Grac Athletisme	53:18
3.	DEMON Sonia	MAF/72	Efs Reims	54:08
4.	BRASTEL Adeline	MAF/78	Efs Reims	54:23
5.	SIEGENFUHR Daniel	MAM/50	Es Thaon	58:46
6.	GROS Gildas	MAM/67	Es Thaon	59:13
7.	TOURNOIS Pascal	MAM/54	Asm Bar-le-duc	1:01:00
8.	VIENOT Gabriel	MAM/76	Pays De Colmar Athletisme	1:01:52
9.	CHRETIEN Nathalie	MAF/66	Es Thaon	1:02:18
10.	MICHELOT Remi	MAM/75	Es Thaon	1:04:16
11.	SIEGENFUHR Yvette	MAF/54	Es Thaon	1:09:56
12.	ERARD Magalie	MAF/73	Asm Bar-le-duc	1:13:09

20km Walk

1.	HERIDA Nadir	MAM/82	Efs Reims	1:43:52
2.	MILLE Olivier	MAM/72	Grac Athletisme	1:46:33
3.	BONNOMET Arthur	ESM/00	Efs Reims	1:51:35
4.	ERARD Christophe	MAM/70	Asm Bar-le-duc	1:52:01

5.	BOBAN Valerie	MAF/68	Athletic Vosges Entente Clubs	1:52:54
6.	FLORENTIN Thierry	MAM/65	Athletic Vosges Entente Clubs	2:00:07
7.	FLORENTIN Catherine	MAF/67	Athletic Vosges Entente Clubs	2:10:39
	ANXIONNAT Claudine	MAF/51	Athletic Vosges Entente Clubs	DNF

Thanks to Emmanuel for these photos. There are plenty more at <https://photos.app.goo.gl/NZN3GUE2C7Gw22hKA>.



Nadir Hériida, Florent Beauval, Valérie Boban and Flavie Bodin (photos Emmanuel Tardi)

OUT AND ABOUT

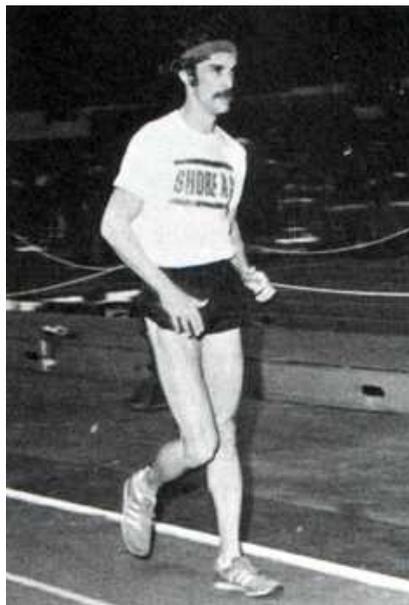
- Last month saw the death of the great Soviet walker **Vladimir Golubnichiy** and I remembered his many achievements with my own biographical article (see <http://www.vrwc.org.au/tim-archive/articles/wo-vladimir-golubnichiy.pdf>). At the time, I was looking for a book on Golubnichiy that was SOMEWHERE in my large and sprawling home library but I could not locate it. Success – while looking for something completely different, I found it. I had sourced it in a Socialist bookshop in London in 1980 and snapped it up, along with a couple of other Russian/East German sports training tomes. It was one of a series on Soviet Olympic Heroes and had been published by Progress Publishers, Moscow, in 1979. Now I am pretty certain I have the only copy in Australia, given that provenance. It's so good that I thought it was worth scanning and making available for the wider reading public. Check it out at <http://www.vrwc.org.au/tim-archive/articles/wo-vladimir-golubnichiy-book.pdf>. I recommend downloading it and then viewing it in adobe acrobat and choosing to view 2 pages at a time. That way you can see the many fine double page photos as they appear in the book. Yes, it reads like a hagiography (as in the Lives of the Saints) and it shows, via its photos, the idealistic lifestyle of the Soviet Hero, but it's worth a look.
- Australian TV station Channel 7 aired this great little story a couple of nights ago on well known Victorian Masters athletes **Mike and Penny Hall**. Impressive stuff. See https://www.youtube.com/watch?v=qTVXZw6_OUI.
- I was saddened to hear last week of the untimely death of 1976 Olympian **Todd Scully**. Todd was a 20km walk specialist and represented the United States on many other occasions apart from his Olympic race in Montreal, where he finished 29th. He was bronze medallist at the 1979 Pan American Games, after finishing fifth in 1975, and competed in the World Cup in 1973, 1977, 1981, 1983, and 1985. He won eight US walk championships over distances from 5000m to 40km, with one win at 20km, in 1978. He had a 20km PB of 1:27:29, done in 1983. He was also selected to represent USA in the 1980 Olympics but missed out due to the American boycott.

In the late 60's and early 70's, he was a member of the U.S. Army Special Services track team based in Fort MacArthur in San Pedro, California, and was second place in the final USA-USSR Dual Track 20km Race Walk meet at the University of California – Berkeley, with fellow 1976 Olympian Larry Walker third.

One of his greatest races came at the 1979 Millrose Games at Madison Square Garden, where he won the 1-mile walk in 5:55.8, to become the first man to walk a mile in under six minutes. He famously did it wearing his favorite racing shoes, Hush Puppies.

Read a fuller sporting profile at <https://racewalk.com/profiles/toddScully.php>.

Todd, who lived in New Jersey, died in a motor vehicle accident: <https://wset.com/news/local/deadly-crash-in-bedford-county-after-box-truck-overtakes-on-roadway>.



RIP Todd Scully: 1948-2021 (photo <https://racewalk.com/profiles/toddScully.php>)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 3 press releases this week

- Sun 12 Sep - Bergamo (ITA): the final of the U23 Italian Club Track Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4175
- Tue 7 Sep - Budapest (HUN): 2021 Hungarian Super League Final
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4174
- Mon 6 Sep - Stockholm (SWE): Finnkampen 2021
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4173

while Omarchador has 6 press releases

- Sun 12 Sep - New World Athletics regulations for the 35,000m/35km walk
<https://omarchador.blogspot.com/2021/09/world-athletics-regulamenta-35000-m35.html>
- Fri 10 Sep - Palmisano and Stano honored at the Meeting Cidade de Padua
<https://omarchador.blogspot.com/2021/09/palmisano-e-stano-homenageados-no.html>
- Thu 9 Sep - Máté Helebrandt and Barbara Kovács win walks in the Hungarian Athletics Superliga
<https://omarchador.blogspot.com/2021/09/mate-helebrandt-e-barbara-kovacs-vencem.html>
- Wed 8 Sep - Niedzialek and Zdzieblo win 20km walks in Gdansk, Poland
<https://omarchador.blogspot.com/2021/09/niedzialek-e-zdziebo-vencem-20-km-marcha.html>
- Tue 7 Sep - Matheus Gabriel and Gabriela Muniz win Brazilian U23 walk titles
<https://omarchador.blogspot.com/2021/09/matheus-gabriel-e-gabriela-muniz.html>
- Mon 6 Sep - Finland triumphs at Finnkampen 2021 march. Perseus Karlström and Anniina Kivimäki win individually
<https://omarchador.blogspot.com/2021/09/finlandia-triunfa-na-marcha-do.html>

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. It continues to change quickly as a result of continuing COVID-19 issues.

Victorian Key Dates –2021

All up in the air, with our current covid lockdown!

2021 World Athletics Race Walk Challenge

Oct 9 (Sat), 2021 RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021 Invitational Race Walking Meet, Coatzacoalcos, MEX

Other International Dates

Mar 1-6, 2022 **29th World Athletics Race Walking Team Championships**, Muscat, Oman (Postponed from 2020)
Jun 26 – Jul 7, 2022 **World University Summer Games**, Chengdu, China (Postponed from 2021)
Jun 29 – Jul 10, 2022 **23rd World Masters T&F Championships**, Tampere, Finland
July 15-24, 2022 **18th World Athletics Championships**, Eugene, USA
July 27 – Aug 7, 2022 **XXII Commonwealth Games**, Birmingham, GBR
Aug 11-21, 2022 **European Athletics Championships**, Munich, GER
TBA, 2022 **19th World Athletics U20 T&F Championships**, Cali, Colombia

TBA, 2023 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
TBA, 2023 **24th World Masters T&F Championships**, Gothenburg Sweden
Aug 2023 (TBC) **19th World Athletics Championships**, Budapest, Hungary

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