



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.
Editor: Stu Cooper stuwalks@yahoo.com.au



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CLUB NEWS and RESULTS

** IMPORTANT ! ... Latest double vaccination information

Last week in *Heel & Toe Online* we posted advice from Athletics Victoria, stating that those participating in community sports (players, officials) do not need to be double vaccinated against COVID-19. However, later advice (provided the day after last week's issue was sent out) states that certain venues may impose their own double vaccination requirements on those attending.

Our lessor, the Middle Park Bowling Club, has informed us that it is bound by its liquor licence obligations to verify that all persons entering the MPBC property have been double-vaccinated. This means that, while walkers and officials can assemble and race as normal out at the course, they cannot enter the MPBC premises (even to visit the bathroom) unless they can provide suitable evidence of double vaccination.

On arrival at the Club, you will be asked to check in using the VRWC's QR code and to have evidence of double vaccination ready. The accepted forms of proof (for all aged 16+) are shown below:



Here again are the accepted forms of vaccination proof:

- COVID-19 digital certificate using the Service Victoria app
- COVID-19 digital certificate in a smart phone wallet
- Printed copy of COVID-19 digital certificate or immunisation history statement
- Australian Immunisation Register certificate
- Medical certificate or a letter from an authorised medical practitioner.

**Not acceptable: Photographs of printed certificates – even if accompanied by photo ID.*

We ask that all members and attendees understand the Club’s obligation to comply with this requirement. We have no discretion or ‘wriggle room’. If asked for proof of your vaccination status, you are within your rights to refuse ... but please understand that if you do so, you **CANNOT** enter the Bowling club’s (and therefore the VRWC’s) premises.

* When you arrive at Middle Park, proceed directly to the **start/finish assembly area**, where our check-in table will be located. **DO NOT** enter the Bowling club premises through the car park gate or the driveway.

Thanks to everyone for your cooperation. We look forward to a happy morning of racing and socializing.

Stu Cooper
President

*** VRWC 2021-22 SUMMER SEASON – This Sunday’s events ***

8.45am	10km Heather Carr Trophy 10km	Masters Women Open
9.30am	5km VRWC Championship 5km & 3km 3km VRWC Championship	Under 20 M & W Open Under 15 B & G
10.00am	1.5km VRWC Championship 1.5km VRWC Championship	Under 12 B & G Under 10 B & G
10.30am	Presentations	

NO ENTRIES will be accepted on the day! Make sure you pre-enter before the deadline of 11.59pm on Wednesday 10 November.

PETER VYSMA

I’m sorry to have to break the news that VRWC life member, Judging coordinator, committee member, all-round ‘Mr Fixit’ and good friend, **Peter Vysma**, is in hospital following a cycling mishap last Friday. His brother informed me that Peter’s injuries are severe, and that his recovery is expected to take some considerable time. There is little other news, but I will keep members informed of his progress as I receive more details.

On behalf of everyone at the VRWC, I have conveyed to Peter’s brother our sincerest best wishes for his full recovery and peace of mind for his family at this deeply distressing time.

VICTORIA - METRO & REGIONAL



A.V. NEWS

**** AVSL – Round 1 venues and start times ****

Zone A: Doncaster (Reischek’s Reserve)

1.30pm 1500m Walk
 3000m Walk

Zone B: Murrumbidgee (Duncan McKinnon Reserve)

1.30pm

1500m Walk

3000m Walk

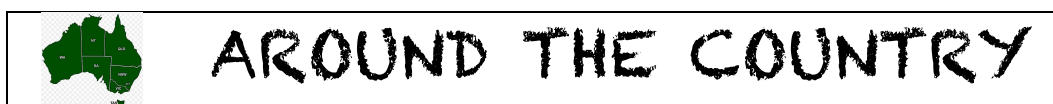
* VIRTUAL RACE WALKING SEMINAR *

During the enforced COVID hiatus, Athletics Victoria has been busy holding virtual seminars and clinics for officials and coaches in events across the athletics calendar. Now, it's race walking's turn.

Di Lowden advises that a **virtual Race Walks seminar** is to be held for officials on **Tuesday 30 November**, at 7pm. Officials will have received notification of this from Di or from Andrea Hallett at AV.

Andrea has confirmed that the seminar is open to all those who are interested, not just to selected officials.

If interested, and you've not received notice of the event, contact Andrea at andrea@athsvic.org.au.



*** WALKER OF THE WEEK ***

This week's WOTW is another joint award.

Kim Mottrom seems to be intent on engraving his name on whatever trophy may eventuate for WOTW. For the 4th week in a row he has sundered an M35 record – this time the National 1500m mark – with a blistering 5:58.63. This time around, Kim's co-winner is another Masters speedster – **Iggy Jiminez** of QLD, whose 3000m time of 13:01.51 placed him in the 90+% rankings for the M56 age group. Well done to both walkers!

QUEENSLAND: QMA meeting, Saturday 6 November – QSAC, Brisbane

Erika Woodward reports that conditions on Saturday morning were overcast with a slight breeze – in other words, ideal for racing. **Iggy Jiminez** carried the day with a blinder over 3000m. **Clara Smith** is again in hot form, while up-and-coming **Camryn Novinetz** was also impressive.

W29 & Under 3000m Walk

1. Clara Smith W23	Unat	13:01.52	88.93%
2. Camryn Novinetz W18	Unat	14:22.91	80.54%

W75 3000m Walk

1. Noela McKinven W79	QMA	25:41.87	68.27%
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W55 1500m Walk

1. Erika Woodward	QMA	8:23.51	78.74%
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M55 3000m Walk

1. Ignacio Jiminez M56	QMA	13:01.51	90.40%
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M80 3000m Walk

1. Patrick Sela M82	QMA	25:17.15	66.73%
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Erika Woodward in action on Saturday

SOUTH AUSTRALIA: ASA Northern Games, 6 November - Bridgestone Athletics Centre, Salisbury

Kim Mottrom reports:

We had a wet and windy day today in Adelaide, and for the first time this summer we were competing at our Northern Suburbs athletics track.

Open 3000m Walk

1. Nellie Langford	Southern Aths Club	15:31.24
2. Cooper Rech	Coastal Districts	17:11.78
3. Peter Crump	Saints	18:57.21
4. Jordan McKenna	Unattached	19:01.56
5. Di Camilleri	Unattached	23:36.33

Open 1500m Walk

1. Kim Mottrom	SA Masters	5:58.63*
2. Sebastian Richards	Southern Aths Club	7:28.93
3. Rhiannon Lovegrove	Port Adelaide	7:44.36
4. Stephanie White	Enfield Harriers	10:31.77
5. Alex McEwan	TeaTreeGully	10:40.22

* Australian M35 record

TASMANIA: Athletics South interclub, 6 November – Domain Athletics Centre, Hobart

David Moore reports:

Only small numbers for both Interclub and Masters competitions, both walks being held in warm, muggy conditions.

3000m Walk

1. Elizabeth Leitch	TMA	21:02.82
2. Dave Moore	TMA	27:28.94

Better numbers attended the Walks Clinic conducted by Little Athletics Tasmania late Saturday afternoon, with some 20 plus 8 – 12-Year-Old Little Athletes participating in the clinic.

On hand to give instruction, were Rosie Coleman, Will Robertson, Christine Randall, Elizabeth Leitch, and Dave Moore.



Will Robertson goes through race walk drills with Walk Clinic participants

Photo: Little Athletics Tasmania

**** Tas Masters T&F, 3 November – Domain Athletics Centre, Hobart**

5000m Walk

1. Wayne Fletcher	NS	41:06
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WESTERN AUSTRALIA: WARWC races, Sunday 7 October – Shelley, Perth

Terry Jones reports:

The weather was perfect. This season we are starting at 7:30am because of the expected extremes in summer temperature early next year, which we hope doesn't adversely affect numbers.

10km

1. Ben Reid	55:32
2. Andrew Duncan	55:36
Brad Mann	DNF

3km

1. Keaton Bailey	16:58
2. Harry Gordon	20:13

5km

1. Karyn Tolardo	32:13
2. John McDonagh	35:24
3. Marcela Ruiz	36:18
4. Shandel Coleman	38:47
5. Steve Travell	50:25

1.5km

1. Kaytee Bogaers	8:00
2. Emily Bogaers	12:56

* **EDITOR's NOTE:** My apologies to last week's 'Walker of the Week' **John Ronan**, for misspelling his name in the citation. Of course it's Ronan ... as in Keating!



INTERNATIONAL NEWS

UNITED KINGDOM: Surrey WC Steyning 10km, 6 November – Spithandle Lane, Steyning

Veteran UK international walker and now judge, Shaun Lightman, reports from Surrey:

On a cool, early November afternoon, 9 competitors faced the starter for the Steyning Open 10k. This was a new course of 5 x 1km out and back laps, which met the approval of competitors and officials. This less testing course meant over half the competitors were above or at around their expected level.

At the end of the first lap Grazia Manzotti (Tonbridge) and Trevor Jones (Steyning) had a commanding lead from Ian Richards (Steyning). The leading two had a close duel to the tape, with Grazia gaining a short lead by the tape with a time of 58m 16s from Trevor Jones in 58m 31s and improving by a couple of minutes.

Ian Richards (Steyning) had an enforced stop and was overtaken by newcomer John Arthur (Unattached) just before 6km. John finished 3rd in 63m 56s with Ian in 4th with 66m 10s.

Surrey Walking Club had two representatives: Paul Gaston and Dave Hoben. Paul had a close race with Stuart Maidment (Steyning), but was edged out with Paul finishing 6th in 68m 21s to Stuart's 68m 16s. Dave Hoben finished down the field but both SWC finished with positive performances.

1. G.Manzotti (Ton W45)	58 min 16 sec	6. P.Gaston (Sy WC M70)	1 hr 8 min 21 sec
2. T.Jones (Steyn M60)	58 min 31 sec	7. F.Bishop (AFD W60)	1 hr 12 min 14 sec
3. J.Arthur (Unatt M50)	1 hr 3 min 56 sec	8. B.Kirkdale (Hast R M60)	1 hr 12 min 24 sec
4. I.Richards (Steyn M70)	1 hr 6 min 10 sec	9. D.Hoben (Sy WC M65)	1 hr 16 min 19 sec.
5. S.Maidment (Steyn M70)	1 hr 8 min 16 sec		

UNITED KINGDOM: Bill Jackson Trophy 5km, 6 November – Simister, Greater Manchester

The Lancashire Walking Club athletes are hardy souls who venture out in all weathers over any type of course. From the photos it looks as if the north of England was turning on its typical late-autumn weather. However, these stalwarts were nothing daunted by the miserable conditions –indeed, they seemed to lap it up.

(In 2009 I had the good fortune to race over 20km from the village of Simister. It was quite an adventure, dodging cars, hay trucks and vans on the way to the beautiful Heaton Park for the 2.5km turn. Out-and-back courses were a common feature of race walking in Australia before mushrooming motor traffic sounded their death knell.)

Dave Evans reports:

Nine sturdy aspirants toed the starting line and headed into a cold strong breeze on the outward 2.5 k leg of the AGM 5k. The handicapper played the usual trick of employing a start of sorts for each wave of walkers but none reflected their real handicap adjustment. The return journey was much more enjoyable I am told but the driving rain both ways was uncomfortable. We had no “guests” on this occasion so the competition was domestic and the final times were pretty good across the board with no one performing “out of character “.

Winner of the handicap and now thankfully back to good health was Martin Payne whose 31 mins 20 in the race proper was only 23 seconds slower than scratch man Adrian Edwards, the latter strolling in the poor conditions and showing excellent style. Tony Bell appears to be benefiting from coaching at his Yorkshire base producing the second-fastest time of the day with a speedy 31 mins 02. Many thanks to Greg Smith for marshalling at the turnaround point and Pat for the post-race catering.

		Hcp Place		Hcp Place
1. Adrian Edwards	30:57	9	6. Roy Gunnett	34:58
2. Tony Bell	31:02	2	7. Phil McCullagh	35:16
3. Martin Payne	31:20	1	8. Pat Evans	35:33
4. Joe Hardy	34:48	3	9. Andrea Lennon	42:01
5. Sailas Shah	34:55	5		



Tony Bell led the way in the slosh at Heaton Park



Much nicer conditions for Stu back in 2009.

FRANCE: Meeting d'Automne, 7 November – Nogent-sur-Marne, Paris

Emmanuel Tardi reports that this was one of the last outdoor meetings for 2021. There were 32 starters for two races – 10,000m and 20,000m. Conditions were wet throughout.

David Denoncin and Severine Lanoue were easy winners in the 20km.

Some VRWC members might recognise **Mathilde Lacaze** (pictured), winner of the 10km along with David Blondin. Mathilde competed in several VRWC races in 2012, while travelling in Australia. It's good to see her still involved in the sport and walking strongly.

			10000m	20000m	
1	DENONCIN David	SEM/88	As Villejuif -asv	54'02"2	1h46'48"7
2	LANOUE Severine	MAF/85	Avia Club Athletisme	55'09"4	1h50'39"5
3	FRANCHIN Celia	MAF/87	Vernouillet Athle	56'56"3	1h54'18"5
4	BIZARD Lucie	SEF/90	Stade Français	58'19"8	1h58'57"4
5	MAURE Rene-Jean	MAM/65	Neubourg Ac	58'58"3	1h59'24"0
6	STEFANELLY David	MAM/76	As Mantes	1h03'28"1	2h02'18"5
7	RAES-MAURE Chloe	MAF/76	Neubourg Ac	59'01"1	2h06'38"6
8	BIZARD Claudie	MAF/59	Thiais Ac	1h13'29"7	2h29'46"3
-	SIBOUT Daniel	MAM/53	Neubourg Ac		DQ
-	FORESTIERI Alexandre	MAM/82	Ust Courir A Saint Tropez		DQ
10000m					
1	BLONDIN David	MAM/69	Ea Cergy Pontoise Athletisme	58'36"3	
2	LACAZE Mathilde	MAF/81	NL	59'51"7	

3	MARIE Frederic	MAM/61	As Mantes	59'55"9
4	NOGRE Yannick	MAM/59	Es Montgeron	1h00'06"4
5	PIEUX Ghislaine	MAF/71	Stade Lavallois	1h00'07"5
6	DELHON Vincent	MAM/75	Asfi Villejuif Athletisme	1h04'36"7
7	RIBEIRO Emma	JUF/04	Athletic Club Pays De L Ourcq	1h05'02"9
8	POITRENAUX Jean-Marie	MAM/55	Ca Vierzon	1h05'16"1
9	CHRISMENT Gilles Pascal	MAM/54	Marne Et Gondoire Athletisme	1h05'44"4
10	LABROUSSE Stephane	MAM/59	Avia Club Athletisme	1h05'50"7
11	MAURE Ambre	JUF/04	Neubourg Ac	1h05'58"4
12	NICOLAS Zoe	ESF/02	Athletic Club Pays De L Ourcq	1h08'08"3
13	LEMONNIER Dominique	MAF/56	Marne Et Gondoire Athletisme	1h08'37"5
14	VANDENBERGHE Renaud	MAM/70	Ac Du Pays De Meaux	1h09'22"7
15	GALTIER Marie-Christine	MAF/73	Ac Du Pays De Meaux	1h09'23"3
16	BENIGNI Sandrine	MAF/72	Stade Français	1h10'16"4
17	BEGUIN Nathalie	MAF/67	Ca Vierzon	1h16'11"2
18	GALLIOT Emmanuelle	MAF/66	Uai Nogent-sur-marne	1h17'34"0
19	LOURENCO Anabela	MAF/71	Es Sucy-en-brie	1h17'55"8
20	SAUNEUF Lola	MAF/46	Marne Et Gondoire Athletisme	1h29'17"2
21	PETEL Annie	MAF/42	As Meudon	1h31'43"4

5000m

1	CHEVASSUS Melwan	JUM/04	Asfi Villejuif Athletisme	26'05"6
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3000m

1	BUISSON Mailys	MIF/07	Thiais Ac	17'53"3
2	MAURE Jules	MIM/08	Neubourg Ac	20'37"7
3	TOUMI Eva	MIF/08	Red Star Club Champigny	20'46"4
4	EL HAOUZY Camille	MIF/07	Thiais Ac	21'04"2
5	VIEIRA Meline	MIF/07	Athletic Club Pays De L Ourcq	21'13"9
6	RIBEIRO Alice	MIF/07	Athletic Club Pays De L Ourcq	21'29"6



David Denoncin



Severine Lanoue



David Blondin



Mathilde Lacaze

Juges : Emmanuel TARDI , Eric SWIDZINSKI , Michel LETOQUEUX , Dominique LECLERCQ , Lorène DE BISSCHOP (en examen) . Jean-Pierre DAHM et Daniel THOREL (Examineurs)

NEW ZEALAND: Senior T&F meet #3, 6 November – Newtown Park Stadium, Wellington

Thanks to Phillip Du Toit for this race report, and for the brief piece on winner **Daniel Du Toit** that follows:

Saturday's race was very cold and windy, with a drizzle that didn't stop, not ideal race conditions. Keeping that in mind, we only had a small turn out, nice and balanced with, 3 athletes from Wellington Scottish, 3 from Trentham United, and 3 from Wellington Harriers lining up at the start line.

In the Open Men grade, Daniel du Toit took the lead from the start falling into a steady rhythm and finishing with a comfortable time of 13:18.29. Clive McGovern came in second and was very pleased to break the 18-minute barrier,

Brent McLean finished in third. In the Open Women, Sarah du Toit, currently battling a knee injury, was first in 20:51.89, followed by Helen Willis in second and Daphne Jones in third. Overall, it was a good event and an enjoyable day.

Joseph du Toit finished his 1,800m walk in 12:11.61.



Sarah du Toit, Joseph du Toit, Daniel du Toit, Brent McLean, Clive McGovern, Sonja McLean, Daphne Jones, Bob Gardener, Helen Willis.
(Photo: Race Walking Wellington)

Mixed 1800m Race walk Open

1. Joseph Du Toit M12 Wellington Harriers 12:11.61

Mixed 3000m Race walk Open

1. Daniel Du Toit	M18	Wellington Harriers	13:18.29
2. Clive McGovern	M71	Trentham United	17:59.51
3. Brent McLean	M58	Trentham United	20:51.62
4. Sarah Du Toit	W15	Wellington Harriers	20:51.89
5. Helen Willis	W59	Wellington Scottish	22:38.74
6. Bob Gardner	M67	Wellington Scottish	22:39.32
7. Daphne Jones	W80	Wellington Scottish	23:08.13
8. Sonja McLean	W56	Trentham United	24:07.26

DANIEL DU TOIT

Daniel started race walking from the age of 11. He has multiple national titles under his belt, set a few national records, and holds almost all the junior, U18, and U20 Wellington records.

2019 must've been one of his best seasons, highlights being his winning the New Zealand U18 3,000m race walk, the Australian Championships U17 5,000m Race Walk, as well as representing New Zealand at the Oceania Championships U18 5,000m Race Walk, not only winning the race but setting a new championship record. Recently Daniel has been struggling with technique issues but is slowly getting back into form, with a lot of help from his support team.



Daniel Du Toit 'laps up' the field in Wellington
(Photo: Race Walking Wellington)



Daniel in winning mode in the 2019 Oceania U18 3000m in Townsville, taking the points against Gwyllym Young (AUS) (Photo: Oceania Athletics)

Thanks to David Sim for the following article. It's sobering to keep in mind how tough many have done it during the COVID-19 lockdowns, and what many others are doing to help them:

What Katie did next - an 80-kilometre treadmill walk for Gumboot Friday

by

Andrew Owen (Taranaki Daily News)

It took Katie Tahere 13 hours to walk 80 kilometres on a treadmill.

"My calves were screaming," she said on Sunday, the day after her charity effort. "It's pretty tough on the feet. A treadmill is like walking on concrete."

Tahere hopes to have raised more than \$1000 from her walk, which she undertook for Gumboot Friday, which is raising money to give young people free mental health counselling.

She started walking at 9am and finished at 10pm. "I was hoping to do it in 12 hours," she said, "but I'm pleased with how it went."



Tahere, who lost two of her whānau (*family*) to suicide within a week, said she was buoyed by the stream of supporters who called in to see her on the treadmill at Anytime Fitness, Waiwhakaiho.

Earlier this year, Tahere walked 73.95km in 12 hours around the grassed area next to the New Plymouth Wind Wand for the cause. However, plans to raise more funds on Saturday with a charity auction had to be postponed because of the pandemic.

Tahere has a 2015 All Blacks World Cup jersey to sell to raise money, as well as items donated by the Taranaki Bulls and Beauden Barrett.

"We want to hold it before Christmas," she said.

(Photos: Simon O'Connor/Stuff)

Sad news from David Ainsworth in England:

** FRED BAKER R.I.P. **

One of our all-time ultra-distance walking greats has passed on, aged 88.

Legendary **Fred Baker** of Highgate Harriers completed **19** UK sub-24 hours' 100 miles races, commencing with a 22:30.13 timing in the testing 1956 Sheffield-to-Harrogate-and-back (staged over Yorkshire's hills-and-dales), which saw 38 start & 21 finish (8 becoming new Centurions).

Fred earned Centurion number **266**. He served as The Centurions' Honorary Secretary from 1986-to-1995. When stepping down he passed this position on to fellow Highgate Harrier Bill Sutherland BEM.

In 1982 Fred was elected as a Centurions' Vice-President. He resided in Carlisle, in a care home during his last days. For decades life was split between the UK and Australia, where he owned property. Needless to say, he was in Carlisle for our spring and summer and, when weather turned for the worse, he was off "down under" for 6 months. He was one never to be forgotten. Our condolences to his family members.

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- The Espada Toledana 5km – unable to be held in 2020 owing to the pandemic – was back with flying colours on Saturday 6 November. Marc Tur and Raquel Gonzalez were the victors on what was a special day for Spanish walking aficionados. In Nicola di Maggio's words: *"As our readers will be able to watch by browsing the Results section they will realize how this competition is felt in Toledo, offering the public a day of great entertainment with more than 300 participants from all over Spain."* Report and results at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4219
- China's Liu Hong turns her attention to a different kind of walk – the catwalk!
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4217
- 5/11/21 – Nick Christie and Maria Michta-Coffey take National titles in the USATF 20km road walk championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4218

The Portuguese race walking blog **O Marchadore** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

Note: The O Marchadore blog is written in Portuguese, as are the articles therein. To access an English version, open the page in Google Chrome – if you haven't already – then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

- 30/10/21 – The Romanian national 10km championships for Men and Women were held in Timisoara. See report and results at <http://omarchador.blogspot.com/2021/11/andrei-gafita-e-mihaela-acatrinei.html>
- 7/11/21 - While top-level racing in Europe is winding down with the approach of winter, there is still much keenly-fought domestic competition going on. This included the Portuguese Challenge de Leiria at Sismaria, featuring attempts to gain 35km qualifiers for Eugene, Munich (European Championships) and Muscat. Report and results at <http://omarchador.blogspot.com/2021/11/rui-coelho-bate-recorde-nacional-de-35.html>



WHAT'S UP AHEAD?

Victorian Key Dates – 2021

Sat 13 Nov 2021	AV Summer T&F season (AVSL Round 1) season – Doncaster (Zone A), Murrumbena (Zone B)
Sun 14 Nov 2021	VRWC Summer season commences – Middle Park
Sun 16 Jan 2022	VRWC Summer championships & 2021 Winter presentations – Middle Park
Sun 24 Apr 2022	AV 'Run The Tan' – Kings Domain, Melbourne

International Dates

Mar 1 – 6, 2022	29 th World Athletics Race Walking Teams Championship – Muscat, Oman (postponed from 2020)
Jun 26 – July 7, 2022	World University Summer Games – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022	23 rd World Masters T&F Championships – Tampere, FIN
Jul 15 – 24, 2022	18 th World Athletics Championships – Eugene OR, USA
Jul 22 – Aug 7, 2022	XXII Commonwealth Games – Birmingham, GBR
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2022	19 th World Athletics U20 T&F Championships – Cali, COLOMBIA
TBA, 2023	24 th World Masters T&F Championships – Gothenburg, SWE
Aug 2023 (TBC)	19 th World Athletics Championships – Budapest, HUN

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