

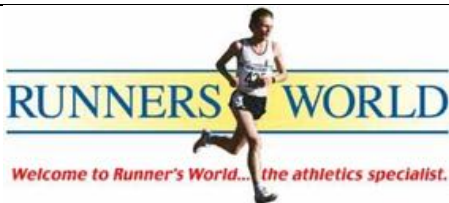


HEEL & TOE Online

Vol. 2022
Issue No. 17
Tuesday
26 April 2022

The official organ of the Victorian Race Walking Club, Inc.

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** WALKER OF THE WEEK **

After a week with little racing happening, action returned with Winter competition in SA and Tasmania, the National Little Athletics U13 track walk championships at Lakeside, and the VRWC's first involvement in the annual mental health fundraiser, 'Run The Tan', which is where we direct our attention for the latest WOTW.

The award for this week goes to an athlete few will have noticed. When the Elite walkers lined up at 11.15am at the Tan track and set off under much fanfare, 10 year-old **Kelsey Loudon** strode along in their wake, walking her own race and eventually finishing as the 2nd U12 athlete on the day with a wonderful performance of **25:41.457** for the 3.8km lap. Along the way she battled the formidable Anderson St hill to record a climb time of **3 min 17 secs** ... an effort that would redden many much-older faces, and not just from the exertion. Impressive stuff from a youngster who had not previously raced further than 2km – and that on the flat!

Well done, Kelsey! We look forward to seeing more of you at Middle Park this season.



Honourable mentions:

- **Max Davidson** (VIC) and **Matilda Webb** (NSW) ... strong wins in the LA Aust U13 1500m titles.



CLUB NEWS and RESULTS

VRWC 'RUN THE TAN 2022', Sunday 24 April – Kings Domain, Melbourne

As readers will have seen from advertisements in previous issues, our Elite walkers were invited to compete for prize money this year in the 'Run The Tan 2022' community sports event, at the famous Tan track in Melbourne. Crucially, they had their own slot as a group on the program, giving them (and our sport) clear space to work in and valuable visibility to the public.

On the dot at 11.15am, the walkers set off to appreciative applause and an enthusiastic, well-informed commentary from AV's Tim Crosbie that also greeted each as they finished their 3.8km lap. **Declan Tingay** crossed first to set an inaugural Male course record of **14:56.493**, while **Jemima Montag** did the same in the Female section with **15:48.267**. Fastest of the Victorians was **Rhydian Cowley** with **15:09.697**.

The testing Anderson St hill had timing stations at the bottom and the top, giving all participants a progressive time as they crossed each station and enabling them to calculate their 'climb' time. These are listed in the results below, rounded to the nearest second.

The prize money on offer (for male and female) was generous – 1st \$1000; 2nd \$500; 3rd \$250. (The prize pool for Elite runners and Para runners was double this.) A tasty incentive for fast walking, and not without its risks in terms of rule compliance. (However careful you are, walking fast down that long, slippery descent from the Shrine makes staying in contact a challenge!) As the judges on the course saw the walkers only once, a Yellow paddle also indicated a Red card. Three Reds incurred a 38sec time penalty, while a 4th meant disqualification. Happily, nobody suffered this fate, which is a credit to the skill of our top walkers.

Many thanks to Terry Swan, Terry O'Neill, David Cash and Stu Cooper for officiating as judges.

Elite Male 3.8km Tan lap

	Name	Lap time	Hill time
1.	Declan Tingay WA	14:56.493*	1:53
2.	Tim Fraser ACT	15:03.447	1:53
3.	Rhydian Cowley	15:09.697	1:53
4.	Quentin Rew NZ	15:25.947	1:59
5.	Kyle Swan	15:31.650	1:55
6.	Jason Kozica	16:42.257	2:06
7.	Marcus Wakim	17:24.087	2:14
8.	Fraser Saunders	17:57.720	2:21

Elite Female 3.8km Tan lap

	Name	Lap time	Hill time
1.	Jemima Montag	15:48.267*	2:01
2.	Bec Henderson	17:03.020	2:14
3.	Alanna Peart	17:21.203	2:20

* Course walking record



Gangway! Elites on the march



Jemima and Declan set the first 'Tan' walking records



It's only 3.8km, how hard can it be ... ? Rhydian, Bec, Alanna, Marcus, Fraser and Kyle find out.

(Photos: GeoSnapShot – Mark Purvis, Gary Zuccala; Kerrie Peart)

VRWC members were also urged to participate in the Public Fun Run section, and it was pleasing to see **Heather Carr**, **Jemma Peart**, new member **Alejandro Stephens** and young **Kelsey Loudon** hitting the course and demonstrating the sport of race walking for the enlightenment of the public, as well as contributing through their entry fees to the vital fundraising component (for mental health charities).

We hope to see many more VRWC walkers and family members participating in the 2023 edition of 'Run The Tan'. Watch for the date, and put it in your diaries.

1.	Jemma Peart	19:47.970	2:35
2.	Heather Carr (mixed run/walk)	21:29.590	2:59
3.	Alejandro Stephens	22:27.640	2:46
4.	Kelsey Loudon	25:41.457	3:17



Kelsey – all set



Heather's underway – with warm-up companion in tow



Jemma v. 'the Hill'



*Alejandro – finishing strongly
(Photos: Kerrie Peart)*

A welcome feature of the morning was the presence of the Seven Network and the coverage they gave the event. With the fundraising focus on mental health in all its aspects – including the diminution of life quality through dementia, depression, anxiety and related maladies – the benefits of regular exercise in counteracting these was to the forefront of Seven's attention. And who better to interview for the cause than **Heather Carr**? What a treat to see her on '7News' on Sunday night, speaking of what exercise means to her.

"I just love it. I can't really imagine life without it," Heather answered when asked why she was still so active as an athlete. Those of us who know her well know how deep that love runs. While we may not achieve what Heather has in terms of sporting results, we have only to look at Heather, Andy Jamieson and all of our Masters walkers to observe the rejuvenation that participating in regular sport and exercise affords. The science is in on the benefits. You can take notice of the science or not, as you see fit – and it's taking notice of it that'll help see you fit. And living happier, for longer!



Heather chatting with Alejandro and Stu ... under 7News's watchful eye

**** MEMBERSHIP ****

Registration for Season 2022-23 is now open

Details of membership types, applicable fees and links to registration forms are now available at:

<http://vrwc.org.au/VRWCMembershipApplication.shtml>

**56th LAKE BURLEY GRIFFIN CARNIVAL
Sunday 12 June, Mt Stromlo Park, Canberra**

Please note that the race details and schedule listed in the 2022 Winter fixture for this Carnival have been updated.

Entries are now open through the VRWC Entry portal at <http://vrwc.org.au/wp1/>, which lists the updated events.

See the amended Fixture on the VRWC website.



AV Country Road Walk C'ships, Sunday 1 May – Victoria Park, Ballarat

A reminder to make sure your entries for these championships are lodged with **Athletics Victoria** through their Entry Portal (*see link below.*)

NOTE: Entries for the **VRWC** championship and non-championship races can be lodged via the **VRWC Entry portal** at <http://vrwc.org.au/wp1/race-entries/race-entry-sun-01-may-2022/>.

10.00am	10km AV Championship <i>(C.H. 'Bert' Gardiner Medal)</i> 10km AV Country Championship 10km AV Championship 10km AV Country Championship 10km non-c'ship	Open, 40+, 50+ Men Open Men Open, 40+, 50+ Women Open Women Open Men/Women
10.30am	5km AV Country Championship 5km VRWC Championship 5km AV Country Championship 5km VRWC Championship 5km non-c'ship	U20 Men/Women U20 Men/Women U18 Men/Women U18 Men/Women Open
11.00am	3km AV Country Championship 3km VRWC Championship 3km AV Country Championship 3km VRWC Championship 3km non-c'ship	U16 Men/Women U16 Men/Women U14 Men/Women U14 Men/Women Open
11.15am	1km VRWC Championship 1km VRWC Championship 1km non-c'ship	U10 Boys/Girls U12 Boys/Girls Open
11.30	Presentations & BBQ	

**** NOTE:** Entry for **all AV Championships** must be done through the **AV portal** at <https://www.revolutionise.com.au/athleticsvic/events/138813/>
 Registration for this event closes at *Thurs 28 Apr 2022 at 11:59pm.*

2km Course from near the playground along Oak Avenue into Elm Avenue

■ Event Marquees
 ■ Catering
 ■ Event Marquees
 ■ Road Closures



**** BBQ food will be provided, to stoke those internal fires!**



* WE NEED MORE JUDGES *

Interested in becoming a Walks judge? Willing to give it a try and see?

Sign up for the

WALK JUDGING SEMINAR

on **Saturday 14 May**, at **Middle Park Bowling Club (VRWC HQ)**

For beginners and upgrading judges

See *application form below on Page 12*

Registrations close Friday 6 May



AROUND THE COUNTRY

WESTERN AUSTRALIA Vale Robert 'Bob' Chalmers 1938-2022

Terry Jones has forwarded notice of the passing of a revered personality in West Australian athletics, **Bob Chalmers**:

Today I received news of Bob Chalmers' passing. He was a well known & well liked member of the athletic community and a long time and experienced walk judge among other athletic disciplines. I have personally him known for decades and he was our WARWC patron. I am shocked to hear this sad news as he was in good health last time I talked to him just a few weeks ago out at the WAAS.

The following was published by Athletics West today:

Athletics West is saddened to announce the passing of Life Member **Robert 'Bob' Chalmers**. Bob was a stalwart of the athletics community in WA for more than 50 years and had been involved in the sport at every level. From being involved in Rockingham Little Athletics Centre's formation to coaching future Olympians in High Jump, or officiating at National and International events; Bob's enthusiasm, professionalism and passion was unrivalled.

Officiating at a number of significant events, Bob's career included officiating at the Commonwealth Games, World Para Championships, World Masters Championships, Oceania Championships and numerous National and State Championships.



(Photo: Little Athletics Australia)

In recognition of his outstanding service, Bob received multiple awards for his volunteer work including the SportWest Service to Sport Award and induction into the Little Athletics Australia Roll of Excellence. Bob was also a recipient of the Australian Sports Award during the year 2000, as Sydney hosted the Olympic and Paralympic Games. The Medal was awarded by the Australian Governor-General and recognised those whose efforts have made Australia a nation of sporting excellence.

"His bright and caring approach to the sport endeared him to people of all ages. Whether it was in the Fred Napier Room over a cup of tea or out on the field at the High Jump competition, Bob was always happy to be involved and often the first to arrive," said Vince Del Prete, Athletics West CEO.

"He went above and beyond to make sure athletes were well taken of, and I know that many in our community will have fond memories of him as a coach and official. We will miss his presence greatly and thank him for his outstanding service to our sport."

To celebrate and acknowledge Bob's life, Athletics West will be conducting a moment of silence at this weekend's Australian Masters Games.

On behalf of the Athletics West Board and the wider community, we would like to pass on our deepest condolences to Bob's family and friends at this time.

More information about the funeral service to celebrate the life of Robert 'Bob' Chalmers will be at a later date.

By David Smith, Athletics West
Posted: 21/4/2022



LA Aust U13 1500m championships, 23/24 April – Lakeside Stadium, Melbourne

Despite the relatively small fields at Lakeside, the National Little Athletics U13 track titles produced competitive racing. Local lads **Max Davidson** and **Daniel Pashutin** were superior in the boys' race, while the girls' event saw a tighter contest with **Matilda Webb** (NSW) prevailing over team mate **Jessica Loring** and **Makenna Clarke** (QLD).

BOYS U13 1500m

1	Max Davidson	(VIC)	7:13.39
2	Daniel Pashutin	(VIC)	7:20.35
3	Nicholas Christian	(ACT)	7:48.26
4	Noah Tilton	(QLD)	8:13.79
5	Jayden Zammit	(SA)	8:24.84
6	Kade Constantine	(WA)	8:44.85
7	Xavier Blair	(QLD)	9:03.31
8	Jesse Robinson McEvoy	(ACT)	9:04.02
9	Xavier Case	(TAS)	9:20.32
10	Lachlan Job	(TAS)	10:52.09
-	Aidan Kirk	(NSW)	DQ
-	Jackson Almstrom	(WA)	DQ

GIRLS U13 National 1500m

1	Matilda Webb	(NSW)	7:06.39
2	Jessica Loring	(NSW)	7:15.74
3	Makenna Clarke	(QLD)	7:19.49
4	Emma Grocott	(ACT)	7:22.53
5	Tanveer Kaur Dunduli	(SA)	7:39.15
6	Sarah Holmes	(VIC)	7:39.84
7	Chelsey Ireland	(WA)	8:10.82
8	Kate Wilson	(VIC)	8:28.15
9	Lily Carr	(TAS)	8:46.23
10	Grace Marin	(SA)	8:55.71
11	Josie Lennane	(ACT)	12:13.59
-	Isabelle Curtis	(WA)	DQ
-	Macie Petterwood	(TAS)	DQ
-	Natasha Flahey	(QLD)	DQ

SOUTH AUSTRALIA Winter 2022 season #1, Saturday 23 April - South Parklands, Adelaide

They're underway in South Australia with the first of the SARWC's Winter events for 2022. Thanks to Kim Mottrom for these results.

Open 5000m	
Nellie Langford	00:24:47
Sam Findlay	00:26:02
Alix Harlington	00:27:35
Peter Crump	00:30:12
Mel Grantham	00:30:30

Marie Maxted	00:34:32	
Jasmine Crabb	00:39:07	PB
Stephen Downs	00:39:22	
Bill Starr	00:40:16	

Open 2000m

Sebastian Richards	00:09:40	
Matilda Gourlay	00:11:08	PB
Angelina Legrand	00:11:15	PB
Katie De Ruvo	00:11:27	
Orlando Grantham	00:11:39	

Open 1000m

Robert Crabb	00:06:09	PB
Liliana Templer	00:06:14	
Liz Downs	00:07:16	
Anthony Crabb	00:08:13	PB
Maverick Grantham	00:09:22	
Martin Crabb	00:13:41	PB

TASMANIA TRWC results, Saturday 23 April – Wentworth Park, Hobart

The Tasmanian road season has begun. Thanks to David Moore for these results:

Brilliant autumn sunshine was the order of the day for our season opener at Wentworth Park today.

None appreciated the sunshine more than returning National Medallists, **Will Bottle and Samuel Lindsay** who had to endure the worst that soggy Sydney could throw at them.

In the 5km event Will and Sam eased back into competition with solid even paced performances. Next to finish were our oldest competitors **Ron Foster and Wayne Fletcher**, expect competition to tighten up between these two as the season progresses, particularly when the Championships roll round.

In the 2km, **Liz Leitch** led the field home from first time Road Walker, **Adele Woodward** of Huonville followed home by **Dave Moore**

In the 1km, the Club welcomed back **Eugene Gerlach** after a two-year absence and is looking forward to building up his race distances.

5km			
1. Will Bottle	Newstead	25.03	(30.25 for 6k)
2. Sam Lindsay	Newstead	25.13	
3. Ron Foster	TMA	39.48	
4. Wayne Fletcher	North Subs	44.21	(62.43 for 7k)
2km			
1. Eliz Leitch	East Subs	13.59	
2. Adele Woodward	Huon LA	15.31	
3. Dave Moore	TMA	20.03	
1km			
1. Eugene Gerlach	OVA	7.06	



RWA 35km TEAMS CHALLENGE, Sunday 15 May - Fawkner Park

As part of the AA 35km Road Championship on Sunday 15 May, notice is given that a **Teams Challenge** will take place over the 35km distance. Details of this event are as follows:

Race Walking Australia 35km Team Challenge

- Athletes must enter and meet the entry rules (including entry standard) for the Australian and Oceania 35km Race Walking Championships before entering the RWA 35km Team Challenge. You cannot enter the team challenge unless you have entered individually before the close off date.
- Teams of 3 or more athletes, up to five, points are awarded for the best 3 performances and the team with highest (or lowest) wins, same as WWTC. All Team members will be awarded RWA medals/trophy, regardless of finish status.
- Teams can be mixed.
- Teams can be geographically based, coach-based, state-based, beer flavor-based, dog breed, colour..... anything.
- Entries must be made on the AA portal, teams are self-organising after event entry.
- Race Walking Australia will collate and advertise teams via its website, each team should nominate a manager and communication will be between RWA and the team. Teams must advise secretary@rwa.org.au before 8th May
- Team placing will have no bearing on the individual placing and there is NO correlation between them.
- Individual entries do not have to join a team.
- Questions to secretary@rwa.org.au

See <https://www.athletics.com.au/events/139081/> for further details.



INTERNATIONAL NEWS

POLAND: Polish National championships, Saturday 23 April – Sulejowek (Warsaw)

This report comes courtesy of Emmanuel Tardi (who, as you'll see if you follow the YouTube link below, combines Walk judging and ice skating manoeuvres with panache!)

On Saturday, I was appointed as a judge in Sulejowek, in the eastern suburbs of Warsaw, for the Polish National Championship. It took place on a very good road in the center of this small city. Each loop was 1 kilometer long, 500m in one way and 500m in the other way, with two turning points.

There were two Olympic champions there: the great Robert Korzeniowski as coach, and the 2021 Olympic champion Dawid Tomala who entered in the 20km.

A pack of seven walked the first kilometers together (Tomala, Augustyn, Nowak, Brzozowski, Jelonek, Sikora, Saulgriezis). After 6km, **Tomala** tried to walk alone in front of the pack. Nowak was disqualified and Saulgriezis decelerated then, there remained a pack of 5. After 10km, two men were in the front of the race - Tomala and Brzozowski. Tomala finally won the race in the final 500m.

In the women event, Katarzyna Zdziebło was the leader from the beginning to the end. But Niedzialek had a 50m gap after one lap and kept this gap to the end of the race. Ellward walked alone and finished 3rd.
Film of the race here :

(At 9'50 in the race, you can see me showing the paddle :) <https://youtu.be/t0voMDwXZsk>
This clip shows the race in its entirety – Ed.

Men 20km Race Walk

1	Dawid Tomala	1:25:16
2	Artur Brzozowski	1:25:27
3	Rafał Augustyn	1:25:52

4	Rafał Sikora	1:26:57
5	Jakub Jelonek	1:27:17
-	Meher Ben Halima (TUN)	1:33:04
6	Arkadiusz Schiedel	1:33:32
7	Robert Goławski	1:38:26
8	Miłosz Oczkoś	1:43:16
9	Michał Baranowski	1:44:14
10	Olaf Rynkiewicz	1:45:04
11	Mikołaj Nowostawski	1:51:33
	Mateusz Nowak	DQ
	Raivo Saulgriezis	DNF

Women 20km Race Walk

1	Katarzyna Zdziebło	1:30:11
2	Olga Niedzialek	1:30:34
3	Agnieszka Ellward	1:37:08
-	Alina Bilorus (UKR)	1:41:56
4	Anna Zdziebło	1:43:56
-	Iryna Koval (UKR)	1:44:39
5	Maja Margiel	1:58:42
6	Patrycja Oller	2:05:28



Winner Zdziebło (is her physio a Kandinsky fan ?) duels with Niedzialek



A tight bunch early in the Men's race, with the last Olympic 50km winner Tomala bidding his time. (Photos courtesy Emmanuel Tardi)

MASTERS CHAMPIONSHIP & JUNIORS 10KM

10km Women

1/ŻELAZNA Magdalena	2004	49:49
2/KRZYŻANOWSKA Izabela	2004	50:18
3/TOMASIK Kinga	2004	55:38
4/MORAWCZYŃSKA Jolanta	1968	56:21
5/MAŁASZEWICZ Julita	2004	57:02
6/GRINHOLC Iwona	1975	58:45
7/ODZIEMEK Olga	2004	58:55
8/KURPIOS Oliwia	2004	1:02:26
9/KORZENIOWSKA Justyna	1974	1:02:31
10/KOLASA Agnieszka	1972	1:03:34
11/SADOWSKA Justyna	1971	1:11:25

10km men

1/PIECUCH Kamil	2003	47:33
2/FREJ Oskar	2003	47:47
3/KUKAWKA Mateusz	2004	47:58
4/LATAŃSKI Kajetan	2003	48:20
5/GOŁĄBEK Kacper	2005	48:26
6/WÓJCIK Hubert	2003	49:02
7/GRINHOLC Grzegorz	1977	49:27
8/IELO Cristian	2004	49:48
9/CZERSKI Krzysztof	1980	50:04
10/BARBUŻYŃSKI Dominik	2004	50:28
11/ŁUC Kacper	2005	51:14
12/WRÓBEL Oskar	2003	51:17

13/DROBIK Kacper	2006	52:19
14/ROSIEWICZ Jan	2004	52:51
15/MORAWCZYŃSKI Konrad	1975	52:55
16/GRUBECKI Wiktor	2004	53:29
17/PRZESTRZELSKI Szymon	2003	58:37
18/ŁUNIEWSKI Mirosław	1957	58:54
19/GAWROŃSKI Marek	1974	1:02:04
20/KWITA Zbigniew	1959	1:05:19
21/DZIEWULSKI Hubert	2006	1:06:35
22/GOŁAWSKI Janusz	1966	1:09:58
23/WYŻYWIŃIAK Jakub	2006	1:12:07
24/PRZESTRZELSKI Ernest	2006	1:13:22
25/PŁOSKOŃSKI Piotr	1965	1:16:06

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.

- 24/04/2022 - Hauppauge, NY (USA) Nick Christie and Miranda Melville win the USA 20km championship http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4355
- 24/04/2022 - Sulejówek (POL): Katarzyna Zdziebło and Dawid Tomala win the 20km National Championships of Poland http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4354
- 23/04/2022 - Dudince: the two 35km are won by Massimo Stano (ITA) in 2:29:09 and Qieyang Shenjie (CHN) in 2:43:06. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4352
- 23/04/2022 - Dudince: the two 20km are won by José Alejandro Barrondo Xuc (GUA) in 1:20:56 and Sofia Elizabeth Ramos Rodriguez (MEX) in 1:34:04 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4353
- 21/04/2022 - Lima (PER): The 20.000m track walk national championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4351
- 20/04/2022 - Ranchi (IND): in the 35km two new national records of Juned Khan (men) and Ramandeep Kaur (women) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4350

The Portuguese race walking blog **O Marchador** 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.

- Monday, April 25, 2022 - Bird-Smith puts an end to a near-perfect fairy tale. <http://omarchador.blogspot.com/2022/04/bird-smith-poe-fim-um-conto-de-fadas.html> One of several overseas reports on Dane's retirement, showing the regard in which he is held.
- Saturday, April 23, 2022 - Irish University Track Championships (2022) – results <http://omarchador.blogspot.com/2022/04/campeonatos-universitarios-de-pista.html>
- Friday, April 22, 2022 - Evelyn Inga and Luis Henry Campos win 20,000 m march in Lima, Peru <http://omarchador.blogspot.com/2022/04/evelyn-inga-e-luis-henry-campos-vencem.html>
- Thursday, April 21, 2022 - The new generation of Chinese athletes testing for international events <http://omarchador.blogspot.com/2022/04/a-nova-geracao-de-atletas-chineses-em.html>
- Thursday, April 21, 2022 - Gabriel Alvarado (U-20) in evidence in Nicaragua's Youth Athletics <http://omarchador.blogspot.com/2022/04/gabriel-alvarado-sub-20-em-evidencia-no.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, 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.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sun 1 May	AV 10km & AV Country c'ships; VRWC Winter season opener – Victoria Park, Ballarat
Sun 7 May	VRWC Club races Week 2 – Middle Park
Sun 15 May 2022	Oceania & Australian 35km Race walking championship & Team Challenge – Melb. (Fawkner Park)
Sun 12 Jun 2022	56th Annual Lake Burley Griffin Carnival & Racewalking Australia AGM – Canberra ACT
Sun 11 Sep 2022	AA & RWA Road walking c'ships; VRWC Centenary celebration – Middle Park

(NOTE: Full details of the VRWC 2022 Winter Road season fixture available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

Jun 26 – July 7, 2022	World University Summer Games – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships – Tampere, FIN
Jul 15 – 24, 2022	18th 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	19th World Athletics U20 T&F Championships – Cali, COLOMBIA
TBA, 2023	24th World Masters T&F Championships – Gothenburg, SWE
Aug 2023 (TBC)	19th World Athletics Championships – Budapest, HUN

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WALK JUDGING SEMINAR



Venue: VRWC Headquarters,
Middle Park Bowling Club
Canterbury Rd Middle Park

Date : Saturday 14th May 2022

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Seminar on **Saturday 14th May**. The Seminar will be held by Zoe Eastwood-Bryson.

It is open to those interested in becoming Walk Judges and for existing Judges to upgrade. Tea and coffee will be provided.

AGENDA:

Saturday 14th May

9.00am	Registration
10.00am	Racewalk Rules
11.30 am	Break
11.45pm	Paperwork
12.45pm	Lunch
13.30pm	Video
14.30pm	Finish

No late or on the day applications

Please bring Stationery, pencils, pens, paper and current World Athletics handbook with you.

Sunday 15th May 2022

Australian 35km Walks Championships – Fawkner Park 7.00am (start)

Name: _____

Address: _____

Mobile: _____

Current Walks Grading (if applicable) _____

Attending:

Yes / No

Please return no later than 6th MAY 2022

Diane Lowden email: dilowden39@gmail.com

Glengollan Village

13/131 Forest Rd Ferntree Gully

Ph 8756 4283 Mobile 0413708085

