



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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THIS WEEK'S NEWSLETTER COMES TO YOU FROM .... BOGOTA

This week's newsletter comes to you from the rarefied atmosphere of Bogota in Colombia, where I am spending 3 weeks looking after some of our walkers and making the most of a wonderful chance to train alongside the Colombians who are amongst the best walkers in the world.

This is the first step towards Australia and Colombia forging a closer relationship that will hopefully see further reciprocal walking stays in the future.

WALKER OF THE WEEK

My Walker of the Week this time around is Gold Coast walker Katie Hayward who stormed home to win the 1500m walk at the University of Queensland Track Classic in Brisbane last Thursday evening.

This time around, she has just about equalled that performance. Aged only 17, Katie has recorded some magnificent times recently, including 21:39.03 (5000m) and 45:51.09 (10,000m).

She was denied her chance to vie for gold in the 2017 World Youth Championships in Kenya when Australia decided not to send a team.

Well done to Katie and to her coach Steve Langley.

WHAT'S COMING UP

- No AV Shield walks this coming weekend, due to the Victorian Relay Championships. But we do have our VRWC Summer Roadwalk Championships and AGM at Middle Park on Sunday.

Table with 3 columns: Time, Event Name, and Category. Includes events like 20km Gus Theobald Memorial Trophy, 10km Heather Carr Trophy, and 1.5km VRWC Championship.

- AV Shield continues the following weekend (Saturday 18 November) with Round 5. More in next week's newsletter.
- The **2018 Australian 10,000m Track Walk Championships** are to be held in **Canberra** on **Saturday 13<sup>th</sup> January**, rather than at the Australian T&F Championships in mid February. I think this is a good decision by Athletics Australia. If these walks had been held at the Australian T&F Championships, they would have been on less than a week after the Oceania/Australian 20km championships in Adelaide and hence fields would have been small and the event obviously diminished. By holding it in Canberra in mid January, good fields are guaranteed, given the Supernova Camp that will be on at the AIS at that time. Well done on good thinking, Athletics Australia. Entries at <https://10000mwalk.eventdesq.com/>.
- Convener Diane Lowden wishes to advise that the venue for the AA Racewalk Judging Seminar on Saturday 2<sup>nd</sup> December in Melbourne has been changed to **Board Room @ MSAC, MSAC Facility, Albert Park**

#### AV AND VRWC TRACK RACES, CLIFTON HILL, WEDNESDAY 1 NOVEMBER

AV Shield Round 4 completed with 5000m and 3000m walks at the George Knott Athletics Track in Clifton Hill last Wednesday evening. Conditions were perfect for the 7PM start and **Rhydian Cowley** led from start to finish to record an excellent 5000m time of 19:55.9. PBs to **Madeleine Feain** and **Claire Samanna** and lots of good walks overall.

##### AV 5000m Walk

|    |                    |   |              |         |         |
|----|--------------------|---|--------------|---------|---------|
| 1. | Cowley, Rhydian    | M | GLENHUNTLY A | 19:55.9 |         |
| 2. | Garganis, Adam     | M | COLLINGWOOD  | 23:03.1 |         |
| 3. | Kozica, Jason      | M | ST KEVIN'S A | 23:03.5 |         |
| 4. | Henderson, Rebecca | W | MENTONE ATHL | 23:47.7 |         |
| 5. | Feain, Madeleine   | W | KEILOR ST BE | 29:52.7 | PB 1:13 |
| 6. | Van Dongen, Rupert | M | MENTONE ATHL | 29:55.5 |         |
| 7. | Samanna, Claire    | W | COLLINGWOOD  | 30:18.1 | PB 1:56 |

##### AV 3000m Walk

|     |                   |   |                    |         |  |
|-----|-------------------|---|--------------------|---------|--|
| 1.  | Dynes, William    | M | DIAMOND VALL       | 15:26.8 |  |
| 2.  | Beveridge, Heath  | M | WESTERN ATHLETICS  | 15:44.0 |  |
| 3.  | Geisler, Sandra   | W | RINGWOOD ATH       | 15:57.4 |  |
| 4.  | Donahoo, Mark     | M | ATHLETICS ESSENDON | 16:02.1 |  |
| 5.  | Smyth, David      | M | COLLINGWOOD        | 16:17.3 |  |
| 6.  | Evans, Simon      | M | BOX HILL ATH       | 16:38.8 |  |
| 7.  | Keirl, Bernie     | M | DIAMOND VALL       | 17:12.4 |  |
| 8.  | Rosenbrock, Carol | W | ATHLETICS NU       | 17:26.3 |  |
| 9.  | Bennett, Ralph    | M | GLENHUNTLY A       | 17:59.9 |  |
| 10. | Carr, Heather     | W | GLENHUNTLY A       | 18:25.8 |  |
| 11. | Elms, Donna-Marie | W | PRESTON ATHL       | 18:56.1 |  |
| 12. | Dunstone, Phillip | M | WESTERN ATHLETICS  | 19:26.8 |  |
| 13. | Riddoch, Clyde    | M | ATHLETICS WAVERLEY | 19:42.2 |  |
| 14. | Dickenson, Russel | M | VICTORIAN MA       | 19:50.3 |  |
| 15. | Cashin, Brenda    | W | WESTERN ATHLETICS  | 22:57.1 |  |
| 16. | Howorth, Sandra   | W | GLENHUNTLY A       | 23:42.1 |  |
| 17. | Anderson, Brian   | M | ATHLETICS ESSENDON | DQ      |  |

##### VRWC 3000m Walk

|    |                  |   |                   |         |         |
|----|------------------|---|-------------------|---------|---------|
| 1. | Young, Grace     | F | COLLINGWOOD-LA    | 17:20.1 |         |
| 2. | Feain, Madeleine | F | VRWC              | 17:39.9 | PB 0:40 |
| 3. | Bird, Kyle       | M | MORNINGTON PENINS | 15:22.3 |         |

##### VRWC 1500m Walk

|    |                |   |                |         |  |
|----|----------------|---|----------------|---------|--|
| 1. | Young, Mikaila | F | COLLONGWOOD-LA | 07:43.4 |  |
| 2. | Briet, Brianna | F | CASEY CARDINIA | 07:41.5 |  |

Thanks as always to our many judges, officials and helpers. Apologies if I have missed anyone.

**Judges:** Peter Vysma (chief), Stuart Cooper, Shane Dickson, Judy Mason

**Officials:** Mark Donahoo, Tim Erickson, Ralph Bennett, Bob Hallett, Brendan Ferrari, Lavinia Petrie

**Lapscoreers:** many!

#### 1500M CLASSIC, UQ ATHLETIC CENTRE, BRISBANE, THURSDAY 2 NOVEMBER

The annual 1500m Track Classic in Brisbane last Thursday evening included 1500m walks for men and women, with lots of fast times and Pbs being recorded by the participants. 17 year old **Katie Hayward** led from the front with an excellent 5:49.93, just short of her Australian best of 5:48.34, done in the same meet last year.

**1500m Walk Women**

|     |                         |    |                    |         |         |
|-----|-------------------------|----|--------------------|---------|---------|
| 1.  | Hayward, Katie          | 17 | GCC                | 5:49.93 |         |
| 2.  | Smith, Clara            | 19 | UNQ                | 6:09.74 | PB 0:13 |
| 3.  | Pickles, Jessica        | 23 | UNQ                | 6:19.35 |         |
| 4.  | Papadopoulos, Christina | 21 | UNQ                | 6:25.75 | PB 0:13 |
| 5.  | Hannigan, Caitlin       | 15 | Gold Coast Victory | 6:33.38 | PB 0:15 |
| 6.  | Novinetz, Camryn        | 14 | Ipswich & District | 6:54.31 |         |
| 7.  | Anderson, Jayda         | 12 | GCC                | 7:01.13 |         |
| 8.  | Clarke, Anika           | 12 | Redlands           | 7:15.99 |         |
| 9.  | Schofield, Amelia       | 14 | Gold Coast Victory | 7:39.27 |         |
| 10. | Gannon, Brenda          | 43 | QMA                | 7:51.78 |         |
| 11. | Schofield, Scarlett     | 11 | Gold Coast Victory | 8:53.24 |         |
| 12. | Schofield, Isabella     | 15 | Gold Coast Victory | 9:01.36 |         |
| 13. | Hoban, Jessica          | 14 | SAS                | 9:07.08 |         |

**1500m Walk Men**

|    |                    |    |                    |         |         |
|----|--------------------|----|--------------------|---------|---------|
| 1. | Mccutcheon, Luke   | 19 | Qeii Track Club    | 5:54.28 | PB 0:18 |
| 2. | McCutcheon, Nelson | 15 | Qeii Track Club    | 6:16.18 | eq PB   |
| 3. | Hayward, Kris      | 13 | GCC                | 6:28.14 | PB 0:42 |
| 4. | Stewart, Ryan      | 15 | Ipswich & District | 7:48.53 |         |
| 5. | McCure, Sam        | 11 | Gold Coast Victory | 7:49.23 |         |

**VICTORIAN SCHOOLS T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 3-5 NOVEMBER**

Last weekend saw the Victorian Schools T&F Championships at Lakeside Stadium in Albert Park. Walk events ranged from U14 3000m to U20 5000m. Best performances by **Kyle Swan** (U20 5000m 21:59.51), **Rebecca Henderson** (U18 5000m 23:55.22), **Will Thompson** (U16 3000m 13:46:11) and **Nikola Mandic** (U15 3000m 13:35.30). Well done to all the medallists and coaches.

**Men 5000m Walk U20**

|    |            |    |              |          |  |
|----|------------|----|--------------|----------|--|
| 1. | Swan, Kyle | 99 | Melbourne Hi | 21:59.51 |  |
|----|------------|----|--------------|----------|--|

**Women 5000m Walk U18**

|    |                    |    |              |          |  |
|----|--------------------|----|--------------|----------|--|
| 1. | Henderson, Rebecca | 01 | Berwick Seco | 23:55.22 |  |
| 2. | Davison, Mackayla  | 00 | Saint Ignati | 27:17.68 |  |

**Women 5000m Walk U17**

|    |                    |    |              |          |  |
|----|--------------------|----|--------------|----------|--|
| 1. | Peart, Jemma       | 01 | Ballarat Hig | 25:06.96 |  |
| 2. | O'Mahony, Kathleen | 02 | Mater Christ | 30:26.02 |  |

**Men 5000m Walk U17**

|    |                  |    |              |          |  |
|----|------------------|----|--------------|----------|--|
| 1. | Walmsley, Hayden | 01 | Rowville Sec | 24:56.43 |  |
|----|------------------|----|--------------|----------|--|

**Men 3000m Walk U16**

|    |                |    |              |          |         |
|----|----------------|----|--------------|----------|---------|
| 1. | Thompson, Will | 02 | Balcombe Gra | 13:46.11 |         |
| 2. | Dynes, William | 02 | Parade Colle | 14:32.59 | PB 0:28 |
| 3. | Dickson, Corey | 02 | Tintern Gram | 14:36.64 |         |

**Women 3000m Walk U16**

|    |                    |    |                   |          |       |
|----|--------------------|----|-------------------|----------|-------|
| 1. | Karagiorgos, Chloe | 02 | Wantirna College  | 14:55.54 | eq PB |
| 2. | Hay, Charlotte     | 03 | Brentwood Se      | 15:23.28 |       |
| 3. | Hass, Jasmin       | 02 | Ringwood Sec      | 15:51.91 |       |
| 4. | Cocking, Holly     | 02 | Luther College    | 16:26.47 | PB:12 |
| 5. | Dingli, Isabella   | 02 | Killester College | 20:55.60 |       |

**Men 3000m Walk U15**

|    |                  |    |                    |          |         |
|----|------------------|----|--------------------|----------|---------|
| 1. | Mandic, Nikola   | 03 | Nossal High School | 13:35.30 | PB 0:05 |
| 2. | Beveridge, Heath | 03 | Overnewton A       | 15:46.89 |         |
| 3. | Collis, Bede     | 03 | Parade Colle       | 17:17.64 |         |
| 4. | Hay, Angus       | 03 | Brentwood Se       | 17:37.23 |         |

**Women 3000m Walk U15**

|    |                   |    |                 |          |         |
|----|-------------------|----|-----------------|----------|---------|
| 1. | Peart, Alanna     | 03 | Ballarat Hig    | 14:37.31 | PB 0:09 |
| 2. | Woolfe, Hayley    | 03 | Berwick Seco    | 15:12.85 | PB 0:52 |
| 3. | Nelson, Arnika    | 03 | Clonard College | 15:59.48 |         |
| 4. | Holmes, Charlotte | 03 | St Helena Se    | 17:42.40 |         |
| 5. | Louey, Grace      | 03 | Avila College   | 18:02.88 |         |
| 6. | Leamer, Jordyn    | 03 | Sacred Heart    | 18:41.82 |         |

|    |                 |    |                   |          |
|----|-----------------|----|-------------------|----------|
| 7. | Dingli, Alannah | 03 | Killester College | 20:20.33 |
|    | Cirianni, Erica | 03 | Loyola College    | DNF      |

**Men 3000m Walk U14**

|    |                       |    |              |          |
|----|-----------------------|----|--------------|----------|
| 1. | Saunder, Fraser       | 04 | Ballarat Gra | 15:51.40 |
| 2. | Epps, Luke            | 06 | Rowville Pri | 16:12.56 |
| 3. | Weickhardt, Sebastian | 06 | Seabrook Pri | 18:33.76 |
| 4. | Costin, Owen          | 04 | Christian Co | 18:35.34 |
|    | Perry, Keelan         | 04 | Marian Colle | DQ       |

**Women 3000m Walk U14**

|    |                          |    |              |          |
|----|--------------------------|----|--------------|----------|
| 1. | Briet, Brianna           | 04 | Berwick Seco | 17:25.78 |
| 2. | Heikkila-Dubowik, Kaylah | 05 | Drysdale Pri | 19:06.40 |



*Left: Coach Frances Attard with her large group of medalling walkers, Centre: U16 Boys Podium, Right: U17 Girls Podium*



*Podiums – U14 Boys, U15 Boys and U15 Girls (photos Kerrie Peart and Shane Dickson)*

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 1 NOVEMBER**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cool/cold evening. Fastest time by **Kim Mottrom** (22:15 for 5000m). Highest age graded performance by **George White** (M72 5000m 30:02 85.53%).

**800m Walk**

|     |                 |       |     |
|-----|-----------------|-------|-----|
| 1.  | Peter Crump     | 04:11 | M57 |
| 2.  | George White    | 04:26 | M72 |
| 3.  | Marie Maxted    | 04:26 | W57 |
| 4.  | Jack Russell    | 04:40 | M65 |
| 5.  | James Hoare     | 05:36 | M71 |
| 6.  | Helen Suridge   | 05:39 | W66 |
| 7.  | Valmai Padget   | 05:58 | W73 |
| 8.  | Roger Lowe      | 06:25 | M74 |
| 9.  | David Robertson | 06:26 | M84 |
| 10. | Leigh Smith     | 06:28 | M82 |

**5000m Walk**

|    |                  |       |     |        |
|----|------------------|-------|-----|--------|
| 1. | Colin Hainsworth | 45:19 | M87 | 71.52% |
| 2. | Kim Mottrom      | 22:15 | M33 | 81.56% |
| 3. | George White     | 30:02 | M72 | 85.53% |
| 4. | Ross Hill-Brown  | 39:33 | M62 | 57.88% |
| 5. | James Hoare      | 37:10 | M71 | 68.23% |

**3000m Walk**

|    |                 |       |     |        |
|----|-----------------|-------|-----|--------|
| 1. | David Robertson | 25:06 | M84 | 71.67% |
| 2. | Helen Suridge   | 22:26 | W66 | 68.76% |
| 3. | Marie Maxted    | 20:40 | W57 | 67.39% |
| 4. | Peter Crump     | 17:22 | M57 | 73.78% |
| 5. | Edna Bates      | 26:59 | W64 | 55.77% |
| 6. | Roger Lowe      | 25:44 | M74 | 60.18% |
| 7. | Leigh Smith     | 26:08 | M82 | 66.62% |
| 8. | Valmai Padget   | 24:58 | W73 | 68.11% |

**ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 2 NOVEMBER**

Thanks to Robin Whyte for the latest results from Canberra. Fastest times to **Mitchell Baker** (8:16) and **Callum Burns** (8:51).

**2000m Handicap Walk**

|     |                      |       |
|-----|----------------------|-------|
| 1.  | Harry Baker          | 13:10 |
| 2.  | Peter Baker          | 10:49 |
| 3.  | Ella Baker           | 13:21 |
| 4.  | Ruth Baussmann       | 14:09 |
| 5.  | Tom Hunt             | 9:41  |
| 6.  | Mitchell Baker       | 8:16  |
| 7.  | Callum Burns         | 8:51  |
| 8.  | Laura Burns          | 10:03 |
| 9.  | Sidney Shaw          | 12:16 |
| 10. | Hannah Manning       | 10:09 |
| 11. | Robert Kennelly      | 16:54 |
| 12. | Ann Staunton-Jugovic | 10:42 |
| 13. | Sheryl Greathead     | 16:06 |
| 14. | Robin Whyte          | 12:34 |
| 15. | Val Chesterton       | 16:40 |
| 16. | Consie Larmour       | 17:17 |
| 17. | Lorna England        | 16:06 |
| 18. | Kate Black           | 11:47 |
| 19. | Margaret McSpadden   | 16:49 |
| 20. | Doug Fitzgerald      | 15:19 |
| 21. | Geoff Barker         | 16:28 |
| 22. | Venessa Lamb         | 17:29 |
| 23. | Judy Jamieson        | 17:30 |
|     | Bryan Thomas         | DQ    |

**ATHLETICS WA INTERCLUB, WA ATHLETICS CENTRE, PERTH, FRIDAY 3 NOVEMBER**

**Declan Tingay** was well in front in the 5000m walk in Perth last Friday evening, winning with 20:38.4.

**5000m Walk**

|    |                  |     |              |         |
|----|------------------|-----|--------------|---------|
| 1. | Tingay, Declan   | M99 | Athletics WA | 20:38.4 |
| 2. | Reid, Benjamin   | M01 | Athletics WA | 25:54.0 |
| 3. | Anderton, Cooper | M02 | Bunbur       | 26:54.6 |
| 4. | Mann, Bradley    | M99 | Ridgewood At | DNF     |

**AACT SUMMER SERIES MEET, AIS ATHLETICS TRACK, BELCONNEN, ACT, SATURDAY 4 NOVEMBER**

Only 1 walker in action in Canberra interclub last Saturday.

**1500m Walk**

|    |                |              |        |
|----|----------------|--------------|--------|
| 1. | Pierce Brennan | Woden Athlet | 9:12.7 |
|----|----------------|--------------|--------|

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 4 NOVEMBER**

6 walkers in action in Hobart for the Tasmanian Interclub competition last Saturday.

**1000m Walk**

|    |                   |                   |         |
|----|-------------------|-------------------|---------|
| 1. | Bayley Campbell   | Old Virgilians    | 6:55.62 |
| 2. | William Robertson | Old Virgilians    | 6:55.63 |
| 3. | Wayne Fletcher    | Northern Sub      | 7:11.11 |
| 4. | David Moore       | Tasmanian Masters | 7:12.89 |
| 5. | Ron Foster        | Tasmanian Masters | 7:19.24 |
| 6. | Elizabeth Leitch  | Tasmanian Masters | 7:25.92 |

**NSW STATE RELAY CHAMPIONSHIPS, SOPAC, SYDNEY, 4-5 NOVEMBER**

The annual NSW State Relay Championships are unique in our Australian context, with 4x1500m relay teams representing their clubs in both run and walk competitions in U14, U18 and Open divisions. Unfortunately, the results just give the club names but not the names of the individual walkers. **Central Coast** dominated the male walk divisions with wins in all 3 divisions and a new record in the U18 men (25:29.40). St George District A Club U18 team recorded the fastest time of 31:15.07 in the female walk competition.

**Men 4x1500m Walk Relay U14**

|    |                          |    |               |          |
|----|--------------------------|----|---------------|----------|
| 1. | Central Coast Athletics  | 04 | Central Coast | 32:40.48 |
| 2. | Asics Wests Track & Club | 00 | Asics Wests   | 38:49.86 |

**Men 4x1500m Walk Relay U18**

|    |                          |    |               |                        |
|----|--------------------------|----|---------------|------------------------|
| 1. | Central Coast. Club      | 00 | Central Coast | 25:29.40 (Meet record) |
| 2. | Asics Wests Track & Club | 00 | Asics Wests   | 37:23.71               |

**Men 4x1500m Walk Relay Open**

|    |                          |    |               |          |
|----|--------------------------|----|---------------|----------|
| 1. | Central Coast Club       | 90 | Central Coast | 25:39.79 |
| 2. | Nepean District Athl Clu | 92 | Nepean Distr  | 25:48.94 |
| 3. | A - U.T.S. Northern Club | 92 | U.T.S. North  | 28:55.76 |
|    | B - U.T.S. Northern Club | 92 | U.T.S. North  | DQ       |

**Women 4x1500m Walk Relay U14**

|    |                          |    |              |          |
|----|--------------------------|----|--------------|----------|
| 1. | B - Asics Wests Trac Clu | 04 | Asics Wests  | 35:24.69 |
| 2. | Nepean District Athl Clu | 00 | Nepean Distr | 41:03.78 |
| 3. | A - Asics Wests Trac Clu | 04 | Asics Wests  | 41:15.82 |

**Women 4x1500m Walk Relay U18**

|    |                          |    |                  |          |
|----|--------------------------|----|------------------|----------|
| 1. | St George District A Clu | 00 | St George Distri | 31:15.07 |
| 2. | Asics Wests Track & Club | 00 | Asics Wests      | 32:38.55 |
| 3. | Mingara Athletics Cl Clu | 00 | Mingara Athletic | 32:41.86 |
| 4. | Nepean District Athl Clu | 00 | Nepean Distr     | 37:58.71 |

**Women 4x1500m Walk Relay Open**

|    |                          |    |              |          |
|----|--------------------------|----|--------------|----------|
| 1. | Campbelltown Collegi Clu | 92 | Campbelltown | 35:47.82 |
| 2. | U.T.S. Northern Subu Clu | 92 | U.T.S. North | 38:10.37 |

**ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 4 NOVEMBER**

Good walks as usual in Adelaide, with **Kim Mottrom** leading the way with a 3000m time of 12:41.38.

**3000m Walk**

|     |                   |       |              |          |
|-----|-------------------|-------|--------------|----------|
| 1.  | Kim Mottrom       | MOpen | ADELAIDE HAR | 12:41.38 |
| 2.  | Tristan Camilleri | MU18  | COASTAL DIST | 13:36.85 |
| 3.  | Joe Cross         | MU16  | PEMBROKE     | 13:45.41 |
| 4.  | Samantha Findlay  | WOpen | SOUTHERN     | 14:30.59 |
| 5.  | Alix Harlington   | MOpen | NORTHERN DIS | 14:30.89 |
| 6.  | Toby Wilks        | MU14  | PEMBROKE     | 14:52.83 |
| 7.  | Kiera Ross        | WU14  | PEMBROKE     | 16:02.33 |
| 8.  | Elli Pusionjc     | WU14  | ENFIELD HARR | 17:09.17 |
| 9.  | Peter Crump       | M35+  | SAINTS       | 17:20.02 |
| 10. | Mia Wilks         | WU18  | PEMBROKE     | 18:33.92 |
| 11. | Hayden Howard     | MU14  | PEMBROKE     | 19:35.65 |
| 12. | Meshach Begg      | MU16  | SAINTS       | 20:57.50 |
| 13. | James Hoare       | M35+  | PORT ADELAID | 22:10.19 |

**1500m Walk**

|    |              |      |          |          |
|----|--------------|------|----------|----------|
| 1. | Ryan Rivett  | MU14 | PEMBROKE | 10:09.67 |
| 2. | Liam Killick | MU16 | PEMBROKE | 7:54.86  |

**5KM TEST EVENT, CURRUMBIN, QUEENSLAND, SUNDAY 29 OCTOBER**

Last week, I reported on the special walks meet which was held to test the course to be used in next year's Commonwealth Games. The results that I could source were incomplete. Thanks to Robyn Wales for forwarding to me the full results set. Republished this week for completeness. Robyn advised that Jared and Claire Tallent were wonderful ambassadors for the sport, happily posing for photos and signing autographs.

**5km Walk**

|     |                        |     |       |
|-----|------------------------|-----|-------|
| 1.  | Dane BIRD-SMITH        | QLD | 22:11 |
| 2.  | Kris HAYWARD           | QLD | 24:28 |
| 3.  | BENNETT Peter          | QLD | 28.13 |
| 4.  | McCURE Sam             | QLD | 29.40 |
| 5.  | WEARNE Jonathan        | QLD | 30.19 |
| 6.  | LINDENBERG Paul        | QLD | 30.26 |
| 7.  | CLARKE Ethan           | QLD | 31.31 |
| 1.  | Claire TALLENT         | SA  | 22:28 |
| 2.  | Clara SMITH            | QLD | 22:41 |
| 3.  | Jessica PICKLES        | QLD | 23:59 |
| 4.  | Christina PAPADOPOULOU | QLD | 24:03 |
| 5.  | Caitlin HANNIGAN       | QLD | 24:37 |
| 6.  | Camryn NOVINETZ        | QLD | 26:48 |
| 7.  | Jayda ANDERSON         | QLD | 27:26 |
| 8.  | Gabriella HILL         | QLD | 27:48 |
| 9.  | Anika CLARKE           | QLD | 28:00 |
| 10. | Diana ADAMS            | QLD | 28:31 |
| 11. | GANNON Brenda          | QLD | 29.00 |
| 12. | SCHOFIELD Amelia       | QLD | 29.59 |
| 13. | SUNDERLAND Nyle        | QLD | 30.36 |
| 14. | SULLIVAN Bridie        | QLD | 30.47 |
| 15. | SHAW Kay               | QLD | 32.56 |
| 16. | HAMANN Charlotte       | QLD | 33.24 |

**CARPATHIAN CUP, UZHGOROD, UKRAINE, SUNDAY 29 NOVEMBER**

A good report in marciadalmondo ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2962](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2962)) on the Carpathian Cup which was held a week ago in Uzhgorod in the Ukraine. There were teams from nine regions of Ukraine, along with foreign athletes from Latvia and Hungary. In addition to the 10km Open walks, there were also lots of shorter distance races for the younger age groups. Unfortunately, the day saw almost continuous rain but the racing was still of a good standard.

**Khrystyna Yudkina** (UKR) won the women's 10km in a PB 45:55, ahead of **Yelena Shevchuck** (UKR) with 48:56 and **Marianna Goncharova** (UKR) with 49:37. The men's 10km was won by **Valeriy Litanyuk** (UKR) in a PB 42:38, ahead of **Raivo Saulgrieziz** (LAT) with 43:01 and **Kyrylo Andrushchenko** (UKR) with 43:29.

**Men 10km Race Walk**

|                       |     |    |       |
|-----------------------|-----|----|-------|
| Valeriy LITANYUK      | UKR | 94 | 42:38 |
| Rayvo SAUSLHRIEZIS    | UKR | 94 | 43:01 |
| Kyrylo ANDRUSHCHENKO  | UKR | 93 | 43:29 |
| Volodymyr HONTZOVSKIY | UKR | 91 | DNF   |

**Women 10km Race Walk**

|                     |     |    |       |
|---------------------|-----|----|-------|
| Khrystyna YUDKINA   | UKR | 84 | 45:55 |
| Yelena SHEVCHUK     | UKR | 86 | 48:56 |
| Marianna GONCHAROVA | UKR | 86 | 49:37 |
| Olha HRYTSAK        | UKR | 93 | 54:23 |

**Men U23 10km Race Walk**

|                  |     |    |       |
|------------------|-----|----|-------|
| Oleh PADUS       | UKR | 95 | 46:47 |
| FEDKIV VOLODYMYR | UKR | 97 | 47:46 |

**Women U23 10km Race Walk**

|                        |     |    |       |
|------------------------|-----|----|-------|
| Iryna KOVAL            | UKR | 96 | 51:56 |
| Mariya SHVED           | UKR | 96 | 52:05 |
| Hanna SUSLYK           | UKR | 96 | 52:17 |
| Viktoriya PCHELINTSEVA | UKR | 97 | 53:11 |
| Yevheniya HALTSOVA     | UKR | 95 | 55:46 |
| Yuliya SOLOHUB         | UKR | 97 | 58:44 |
| Mariya HUDACHOK        | UKR | 96 | 58:54 |

**Men U20 10km Race Walk**

|                  |     |    |       |
|------------------|-----|----|-------|
| Illya BILYK      | UKR | 99 | 46:43 |
| Stepan PASICHNYY | UKR | 98 | 47:43 |
| Nazar SAVKO      | UKR | 99 | 47:47 |
| Oleh DZ'ON       | UKR | 99 | 55:37 |

**Women U20 10km Race Walk**

|                     |     |    |       |
|---------------------|-----|----|-------|
| Dariya KHUSAYNOVA   | UKR | 98 | 51:01 |
| Diana DANILYUK      | UKR | 98 | 55:44 |
| Viktoriya TURCHYN   | UKR | 99 | 60:00 |
| Viktoriya ZINCHENKO | UKR | 99 | 60:25 |

**Girls U18 5km Race Walk**

|                        |     |    |       |
|------------------------|-----|----|-------|
| Yurii ZAMRYHA          | UKR | 01 | 21:16 |
| Ihor POLYAK            | UKR | 00 | 23:39 |
| Oleksandr KARPYSHYNETS | UKR | 01 | 24:57 |

**Boys U16 3km Race Walk**

|                     |     |    |       |
|---------------------|-----|----|-------|
| Oleksandr MYTSYK    | UKR | 02 | 14:10 |
| Maksym NECHYPORENKO | UKR | 03 | 14:37 |
| SUSLOV PAVLO        | UKR | 02 | 14:42 |
| Andriy KORKH        | UKR | 02 | 15:19 |

**Girls U16 2km Race Walk**

|                      |     |    |       |
|----------------------|-----|----|-------|
| YAAN LEFT            | UKR | 03 | 10:38 |
| Sofia DYACHENKO      | UKR | 02 | 10:58 |
| Nataliya LEVANDOVSKA | UKR | 02 | 11:38 |

**Boys U14 2km Race Walk**

|                     |     |    |       |
|---------------------|-----|----|-------|
| Sándor BABUS        | HUN | 04 | 9:46  |
| Yaroslav MELEKHOV   | UKR | 04 | 10:27 |
| Maximilian SZÁLKA   | HUN | 04 | 10:30 |
| Oleksandr KOKHANSKY | UKR | 05 | 10:41 |

**Girls U14 2km Race Walk**

|                    |     |    |       |
|--------------------|-----|----|-------|
| Viktoriya PAVLUKH  | UKR | 05 | 10:39 |
| Oleksandra LEFTER  | UKR | 04 | 10:42 |
| Daria GOLOMOSOVA   | UKR | 04 | 10:59 |
| Oleksandra FRANKIV | UKR | 04 | 11:08 |



|                    |     |    |       |
|--------------------|-----|----|-------|
| Lyuba HUBANOVA     | UKR | 05 | 11:19 |
| Solomiya TARNAVSKA | UKR | 04 | 12:13 |

#### CHILEAN UNIVERSITY T&F CHAMPIONSHIPS, TALCA, CHILE, 30-31 NOVEMBER

Wins to **Fabrizio Quiroz** (46:54) and **Anastasia Sanzana** (53:32) in the Chilean University Championships in Talca.

##### Men 10,000m Race Walk

|    |                             |     |    |          |
|----|-----------------------------|-----|----|----------|
| 1. | Fabrizio Mitch SALAS QUIROZ | CHI | 97 | 46:54.27 |
| 2. | Antonio BELTRÁN             | CHI | 98 | 47:13.94 |
| 3. | Ditter KING                 | CHI | 95 | 49:58.54 |

##### Women 10,000m Race Walk

|    |                   |     |    |          |
|----|-------------------|-----|----|----------|
| 1. | Anastasia SANZANA | CHI | 98 | 53:32.30 |
| 2. | Daniela PARRA     | CHI | 98 | 56:34.43 |

#### T&F MEET, AUCKLAND, NEW ZEALAND, SATURDAY 4 NOVEMBER

Good 3000m walk time by NZ international **Alana Barber** in Auckland on Saturday.

##### 3000m Walk

|    |              |     |    |          |
|----|--------------|-----|----|----------|
| 1. | Alana BARBER | NZL | 87 | 13:16.21 |
|----|--------------|-----|----|----------|

#### ARGENTINIAN U23 T&F CHAMPIONSHIPS, SANTA FÉ, ARGENTINIA, 4-5 NOVEMBER

##### Men 10,000m Race Walk

|    |                       |     |    |          |
|----|-----------------------|-----|----|----------|
| 1. | Jonathan Juan ACEVEDO | ARG | 97 | 45:52.22 |
|----|-----------------------|-----|----|----------|

##### Women 10,000m Race Walk

|    |                        |     |    |          |
|----|------------------------|-----|----|----------|
| 1. | Brenda PALMA FERNANDEZ | ARG | 00 | 53:58.62 |
| 2. | Fiorella SCALISE       | ARG | 01 | 54:48.51 |
| 3. | Maria MAJDA            | ARG | 00 | 59:30.68 |

#### RACEWALK MEET, NOGENT-SUR-MARNE, FRANCE, SUNDAY 5 NOVEMBER

**Emmanuel Tardi** was chief judge in Nogent-sur-Marne, a southern suburb of Paris, last Sunday morning for the 3<sup>rd</sup> edition of their annual road walking meet. The weather was cold for judges and officials but good for the walkers who could choose between 20km and 10km. The 1km course was a demanding one with lots of turns, a hill to climb and some roots to cross but it did not deter the 42 enthusiastic starters.

**Dominique Van Hill** led from the start, followed by **Jean-Baptiste Sureau**, **Sébastien Delecolle**, **Marine Quennehen** and **Maxime Cottevieille**. Sureau, who is a decathlete (5500pts) won the 10km with 51:50, a good effort. Van Hill held on to win the men's 20km with 1:43:40 but the walk of the day came from Marine Quennehen who walked with team mate Maxime Cottevieille for the first half (10km 53:30) before storming home with a second half split of 48:07, to win overall with 1:41:38. The women's 10km was won by **Marine Rottier** with 58:37

##### 10km Men

|    |                      |         |
|----|----------------------|---------|
| 1. | Sureau Jean-Baptiste | 51.50   |
| 2. | Boyer Nicolas        | 54.52   |
| 3. | Marie Frederic       | 58.33   |
| 4. | Christment Pascal    | 58.36   |
| 5. | Marie Franck         | 1:04.51 |
| 6. | Woehrle Thierry      | 1:09.42 |
| 7. | Montigny Patrick     | 1:28.13 |
|    | Tillier Ludovic      | DQ      |

##### 10km Women

|    |                     |         |
|----|---------------------|---------|
| 1. | Rottier Marine      | 58.37   |
| 2. | Laville Françoise   | 59.36   |
| 3. | Lacaze Mathilde     | 1:00.13 |
| 4. | Lemonnier Dominique | 1:02.00 |
| 5. | Duquesne Corinne    | 1:04.35 |
| 6. | Rigault Clotilde    | 1:06.57 |

##### 20km Men

|    |                     |         |
|----|---------------------|---------|
| 1. | Van Hille Dominique | 1:43.44 |
| 2. | Delecolle Sébastien | 1:44.43 |
| 3. | Cottevieille Maxime | 1:48.05 |
| 4. | Denoncin David      | 1:55.12 |
| 5. | Olivares Mathieu    | 1:55.45 |
| 6. | Dahm Florent        | 2:04.24 |
| 7. | Stefanelly David    | 2:06.38 |
| 8. | Courtejaire Pierre  | 2:37.27 |
|    | Victor Etienne      | DNF     |
|    | Auger Alexis        | DNF     |

##### 20km Women

|    |                      |         |
|----|----------------------|---------|
| 1. | Quennehen Marine     | 1:41.38 |
| 2. | Lanoue Séverine      | 1:49.38 |
| 3. | Vaugon Chrystelle    | 2:13.10 |
| 4. | Steinvillie Nathalie | 2:13.27 |

|     |                   |         |    |                     |         |
|-----|-------------------|---------|----|---------------------|---------|
| 7.  | Dore Sophie       | 1:09.35 | 5. | Galmiche Catherine  | 2:14.03 |
| 8.  | Aissani Dalila    | 1:11.12 | 6. | Salomez Benedicte   | 2:25.43 |
| 9.  | Beguïn Nathalie   | 1:12.36 | 7. | Bizard Claudie      | 2:25.43 |
| 10. | Lourenco Anabella | 1:12.40 | 8. | De Sousa Marie-Lise | 2:30.37 |
| 11. | Marmet Marie-Anne | 1:14.53 |    |                     |         |
| 12. | Potonne Françoise | 1:16.55 |    |                     |         |
| 13. | Sauneuf Lola      | 1:28.13 |    |                     |         |
| 14. | Tillier Marie     | 1:56.00 |    |                     |         |
|     | Lemogne Jocelyne  | DNF     |    |                     |         |



*Marine Quennehen, Jean-Baptiste Sureau, Marine Rottier and Dominique Van Hille (photos Emmanuel Tardi)*

#### STEYNING 10KM, STEYNING, ENGLAND, SATURDAY 14 NOVEMBER

Peter Hannell reports that this race was due to be held two weeks ago but, like other events on the Sussex Coast, was postponed due to storms. This had some impact on numbers and the Steyning AC were pleased to have a dozen starters on a day with ideal conditions for racing – cool and a little damp but not raining. The clear winner by 3 minutes was the home club's **Ian Richards**, a world class walker for his age group even now at the top end of that group.

##### Steyning 10km Walk Men

|    |             |       |     |         |
|----|-------------|-------|-----|---------|
| 1. | I.Richards  | Steyn | M65 | 55:24   |
| 2. | J.Ball      | Steyn | M50 | 58:10   |
| 3. | S.AllenB    | Barn  | M60 | 1:04:56 |
| 4. | P.Gaston    | Sy WC | M70 | 1:06:20 |
| 5. | J.Killick   | Steyn | M70 | 1:06:22 |
| 6. | S.Maidment  | Steyn | M65 | 1:08:45 |
| 7. | D.Hoben     | Sy WC | M65 | 1:13:45 |
| 8. | P.Hannell   | Sy WC | M75 | 1:14:08 |
| 9. | M.Ford_Dunn | Steyn | M70 | 1:18:13 |

##### Steyning 10km Walk Men

|    |            |       |     |         |
|----|------------|-------|-----|---------|
| 1. | A.Jones    | Steyn | W60 | 1:07:46 |
| 2. | L.Claridge | Steyn | W45 | 1:11:53 |
| 3. | K.Crilley  | Sy WC | W70 | 1:16:23 |

#### OUT AND ABOUT

- World 50km race walk champion **Johann Diniz** talks about the long journey he has undertaken for his discipline to be taken seriously in France and beyond. See <https://www.iaaf.org/news/series/yohann-diniz-france-race-walking>.

- The Athletics New Zealand Rules Committee has put out a proposal to modify the Athletics New Zealand Competition Regulations. Amongst the items of interest is this one

*A proposal from Race Walking NZ to discontinue the requirement to use a Pit Lane for National Championships.*

Is it part of a kick back against this rule? I know there has been push back from within the Australian racewalking community against the Pit Lane, from both walkers and walk officials.

- I was emailed the latest copy of the British based Race Walking Record (number 465) a few days ago. I expect it to appear on the RWR web page soon - <http://www.racewalkingassociation.com/RWR.asp>.
- Several ideas, including the use of GPS technology to track athletes and a radical proposal for convicted drugs cheats to be barred from the medals podium, prize money and setting records, have been put forward following an anti-doping symposium in Switzerland. See <https://www.insidethegames.biz/articles/1057325/gps-technology-among-radical-ideas-to-improve-anti-doping-made-at-inado-symposium>.
- New Zealand cyclist Karl Murray faces "a significant ban from all sport" after committing a second doping violation. The Sports Tribunal of New Zealand revealed that Murray tested positive for the anabolic agent clenbuterol at the Tour of Northland on March 18. It comes after Murray received a two-year ban for his first anti-doping rule violation (ADRV) in New Caledonia back in 2014, following a positive test for nandrolone and testosterone. Clenbuterol, which is prohibited both in and out of competition, is favoured by athletes who wish to be lean or have lower body fat, without bulking up. See <https://www.stuff.co.nz/sport/other-sports/98404842/kiwi-cyclist-karl-murray-faces-significant-ban-after-second-doping-violation>.
- Meldonium was by far the most common substance to result in an adverse analytical finding during 2016, as per this analysis of WADA 2016 Anti-Doping Testing. See <http://www.sportsintegrityinitiative.com/wada-2016-test-figures-p3-meldonium-common-aaf/>.
- WADA vice-president Linda Helleland has called for an "open and transparent" discussion on the Russian doping scandal and the response to the McLaren Report at the organisation's crucial Foundation Board meeting in Seoul later this month. Honestly, how long do we have to wait for this to be sorted! See <https://www.insidethegames.biz/articles/1057356/exclusive-wada-vice-president-warns-russian-crisis-needs-to-be-discussed-properly-at-foundation-board-meeting>.
- The IAAF is to introduce a world rankings system in 2018 The introduction of the rankings in partnership with All Athletics, announced last Friday, is part of a sweeping reform package that was voted in by the IAAF last December. The points system for each event along with other details related to the rankings will be finalised in the first quarter of 2018, meaning the new system can be applied for qualification into the 2019 World Championships and the 2020 Olympics. See <https://www.supersport.com/athletics/article.aspx?Id=4168674>.
- Athletics Kenya has stepped up the fight against doping, proposing life bans for athletes caught using prohibited performance enhancing substances. See <http://www.nation.co.ke/sports/athletics/Life-bans-for-drug-cheats-proposed/1100-4167398-771wjd/index.html>.
- Along similar lines, the Institute of National Anti-Doping Organizations (iNADO) says athletes who return after doping bans should be barred from medal podiums and from earning prize money.. Apparently, the idea emerged at a recent conference of 37 agencies plus athletes, including Olympic medalists and world champions. The group says former dopers who become eligible for competitions should "never again be permitted to stand on the podium, to receive prize money, and to hold national and world records." The group says "it is the loss of medals, and the honor of being on the podium, that hurts most when doping robs clean athletes." See <https://apnews.com/dd2f2f1ca5dd40519c92e1f0637983ef>.

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases this week

- Tue 7 Nov - Speed trends in elite women's walking  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2966](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2966)
- Mon 6 Nov - Speed trends in elite men's walking  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2965](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2965)
- Mon 6 Nov - China leads world rankings in Men's U23 50km walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2964](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2964)
- Sun 5 Nov - China leads world rankings in Women's U23 20km walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2963](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2963)

- Sat 4 Nov - Japan leads world rankings in Men's U23 20km walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2962](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2962)
- Thu 2 Nov - Results of Carpathian Cup in Uzhgorod (UKR)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2961](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2961)

and Omarchador has 7 press releases this week

- Mon 6 Nov - Tunisians win Arab U18 championships in Radès  
<http://omarchador.blogspot.com.co/2017/11/tunisinos-vencem-campeonatos-arabes-sub.html>
- Sun 5 Nov - Caio Bonfim is on the front cover of Brazilian Confederation of Athletics magazine PODIUM  
[http://omarchador.blogspot.com.co/2017/11/caio-bonfim-e-capa-da-podium\\_5.html](http://omarchador.blogspot.com.co/2017/11/caio-bonfim-e-capa-da-podium_5.html)
- Sat 4 Nov - Change of club for key Portuguese walkers  
<http://omarchador.blogspot.com.co/2017/11/transferencias-de-marchadores-para.html>
- Fri 3 Nov - Yudkina and Litaniuk win in Uzhgorod, Ukraine  
[http://omarchador.blogspot.com.co/2017/11/yudkina-e-litaniuk-ganham-em-uzhgorod\\_3.html](http://omarchador.blogspot.com.co/2017/11/yudkina-e-litaniuk-ganham-em-uzhgorod_3.html)
- Thu 2 Nov - Results of Walking Festival in Zagarolo, Italy  
<http://omarchador.blogspot.com.co/2017/11/festa-da-marcha-em-zagarolo-italia.html>
- Wed 1 Nov - Results of Chilean University Championships in Maule  
<http://omarchador.blogspot.com.co/2017/11/final-nacional-ldes-2017-em-maule-chile.html>
- Tue 31 Oct - Results of Brazilian U23 Championship walks in Porto Alegre  
<http://omarchador.blogspot.com.co/2017/10/porto-alegre-recebeu-o-campeonato.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.

#### **Australian/Victorian Key Dates – 2017/2018 Summer Season**

|                     |  |
|---------------------|--|
| Dec 3 (Sun), 2017   | <b>Australian 50km Championship</b> (and 20km and U20 10km events), <b>Fawkner Park, Melbourne, VIC</b>  |
| Dec 8-10, 2017      | Australian All Schools Championships, Adelaide, SA   |
| Jan 13 (Sat), 2018  | <b>Australian 10,000m Track Walk Champs</b> , Canberra, ACT. See <a href="https://10000mwalk.eventdesq.com/">https://10000mwalk.eventdesq.com/</a>           |
| Jan 26-28, 2018     | AV Country Championships, Ballarat, VIC  |
| Feb 11 (Sun), 2018  | <b>Australian 20km Road Walking Championships, Adelaide, SA</b>  |
| Feb 15-18, 2018     | Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)   |
| Feb 23-25, 2018     | AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC   |
| Mar 2-4, 2018       | AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC   |
| Mar 14-18, 2018     | Australian Junior Athletics Championships, Sydney, NSW   |
| Mar 24-25, 2018     | AV Masters Championships, Doncaster/Nunawading, VIC  |
| Apr 1 (Sun), 2018   | Easter Sunday  |
| Apr 4-11, 2018      | Commonwealth Games, Gold Coast, QLD  |
| Apr 21-22, 2018     | Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC   |
| Apr 28-29, 2018     | Australian Little Athletics Championships, Gold Coast, QLD   |
| Apr 26-29, 2018     | Australian Masters T&F Championships, Perth, WA. See <a href="http://www.mastersathleticswa.org/perth2018/">http://www.mastersathleticswa.org/perth2018/</a> |
| June 10 (Sun), 2018 | Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT   |
| Aug 26 (Sun), 2018  | Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)   |

#### **International Dates – 2018 and onwards**

|                       |  |
|-----------------------|--|
| Jan 1 (Mon), 2018     | Hong Kong Championships – 20km, 50km, 6 Hours  |
| Jan 20-27, 2018       | Oceania Masters Athletics Championships, Dunedin, New Zealand See <a href="http://www.mastersathleticsoceania.com">www.mastersathleticsoceania.com</a>                                       |
| Jan 28, 2018          | USA 50km Championships, San Diego, California  |
| Mar 11 (Sun), 2018    | Lugano International Racewalks, Lugano, Switzerland (20km)   |
| Mar 24 (Sat), 2018    | Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)   |
| Apr 4-15, 2018        | XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <a href="http://www.gc2018.com">http://www.gc2018.com</a><br>Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April |
| May 5-6, 2018         | 28 <sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China  |
| July 10-15, 2018      | 16 <sup>th</sup> World Junior T&F Championships, Tampere, Finland  |
| Sept 4-16, 2018       | 22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  |
| Mar 24-30, 2019       | World Masters Indoors T&F Championships, Torun, Poland   |
| July 3-14, 2019       | 30 <sup>th</sup> Summer Universiade, Naples Italy  |
| Sept 28 – Oct 6, 2019 | 17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  |

July 24 – Aug 9, 2020 32<sup>nd</sup> Olympic Games, Tokyo  
July 20 – Aug 1, 2020 23<sup>rd</sup> World Masters T&F Championships, Toronto, Canada  
Aug 6-15, 2021 (TBC) 18<sup>th</sup> IAAF World Championships in Athletics, Eugene, USA  
July 18-30, 2022 XXII Commonwealth Games, TBA  
On 13<sup>th</sup> March 2017, Durban announced that it would not host the Games, due to financial constraints.

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