



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 9
26 November 2013



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TIM'S WALKER OF THE WEEK

My Walker of the Week this week is 15 year old **Jemima Montag** of Melbourne. Walking in Athletics Victoria Shield competition, she stormed through to a 27 sec PB time of **8:37.8** to break our VRWC U16-U23 records. Jemima, who had the winter off to concentrate on her running, has come back even stronger than before and will be keen to set a few State U16 records before the end of the year. The sky's the limit with this talented walker.



Jemima leads out Reese Walmsley, Kyle Bird and Kyle Swan earlier this month at Middle Park

AV SHIELD COMPETITION - ROUND 3, SATURDAY 16 NOVEMBER

The Athletics Victoria Shield results were incomplete in last week's newsletter as a couple of the venues had not uploaded their results to the AV website. So first a catchup.

Blue Zone, Knox

There were some fantastic 2000m times at the Knox Athletics Track during round 3 of Shield competition but none better than 15 year old Jemima Montag who walked to a 25 sec PB time of 8:37.8 and setting new VRWC club records for U16 right through to U23! Keeping with the girls, Emily Hamilton was also in great form for a PB time of 10:00.7. On the male front, Rhydian Cowley was fast as usual with 8:19.1 and Reese Walmsley walked a big PB with 8:48.8. It was a large field with 35 starters.

Mixed 2000m Race Walk

| | | | | | |
|----|-------------------|-----|----------------|---------|---------|
| 1. | Cowley, Rhydian | M22 | GLENHUNTLY AC | 8:19.1 | |
| 2. | Montag, Jemima | W15 | MACCABI ATHL | 8:37.8 | PB 0:27 |
| 3. | Walmsley, Reese | M15 | KNOX AC | 8:48.8 | PB 0:25 |
| 4. | Szirom, Megan | W36 | FRANKSTON AC | 9:28.9 | |
| 5. | Hamilton, Emily | W15 | KNOX AC | 10:00.7 | PB 0:14 |
| 6. | O'Mahony, Michael | M20 | KNOX AC | 10:04.9 | |
| 7. | Huse, Philippa | W14 | SANDRINGHAM AC | 10:06.9 | PB |

| | | | | |
|-----|--------------------|-----|----------------|---------|
| 8. | Dickson, Corey | M11 | KNOX AC | 10:18.0 |
| 9. | Mandic, Nikola | W19 | CASEY CARDIN | 10:18.5 |
| 10. | De Lisen, Paige | W15 | KNOX AC | 10:23.3 |
| 11. | McInnes, Simone | W22 | GLENHUNTLY AC | 10:25.7 |
| 12. | Sanders, Jade | W16 | CASEY CARDIN | 10:55.6 |
| 13. | Guy, Rachael | W14 | CASEY CARDIN | 11:02.8 |
| 14. | Richardson, Brodie | W13 | KNOX AC | 11:03.9 |
| 15. | Baker, Simon | M55 | OAKLEIGH AC | 11:20.3 |
| 16. | O'Neill, Terrence | M57 | GIPPSLAND AT | 11:27.5 |
| 17. | Fairburn, Scott | M26 | KNOX AC | 11:48.0 |
| 18. | Attard, Bianca | W18 | KNOX AC | 11:54.6 |
| 19. | Lillie, Jessica | W14 | KNOX AC | 12:03.1 |
| 20. | Hallett, Nicole | W19 | CASEY CARDIN | 12:25.7 |
| 21. | Walmsley, Hayden | M12 | KNOX AC | 12:28.2 |
| 22. | Barrow, Geoff | M64 | MENTONE AC | 12:41.2 |
| 23. | Higham, Cassie | W29 | GLENHUNTLY AC | 12:43.0 |
| 24. | Patton, Jeon | M12 | KNOX AC | 12:54.2 |
| 25. | Osmand, Kym | M31 | OAKLEIGH AC | 13:07.8 |
| 26. | Hutton, Philip | M67 | GLENHUNTLY AC | 13:11.2 |
| 27. | O'Neill, Karyn | W58 | GIPPSLAND AT | 13:18.7 |
| 28. | Fairburn, Alex | M25 | MENTONE AC | 13:43.2 |
| 29. | Johnson, Celia | W66 | VICTORIAN MA | 13:48.0 |
| 30. | Morrison, John | M74 | SANDRINGHAM AC | 13:54.6 |
| 31. | Buller, Peter | M69 | GLENHUNTLY AC | 14:06.1 |
| 32. | Bowden, Kuniko | W47 | MENTONE AC | 14:12.6 |
| 33. | Lyness, Rebekah | W39 | CASEY CARDIN | 14:22.0 |
| 34. | Bryan, Jeanne | W71 | VICTORIAN MA | 15:01.7 |
| | Sommers, David | M56 | KNOX AC | DQ |

Ballarat Zone, Llanberris Reserve, Ballarat

Alas, still waiting for the Ballarat results from 10 days ago to be posted!

QUEENSLAND MASTERS BRISBANE REGION TRACK WALKS, BRISBANE, SATURDAY 16 NOVEMBER

5000 Metre Race Walk

| | | | | | |
|----|-----------------------|-----|--------------|----------|--------|
| 1. | Bennett, Peter | M58 | Qma Brisbane | 24:55.91 | 88.26% |
| 2. | Guevara, Argenis | M45 | Qma Brisbane | 26:07.75 | 75.30% |
| 3. | McKinven, Noela | W71 | Qma Brisbane | 38:58.36 | 73.41% |
| 4. | Dauphinet, Christiane | W82 | Qma Gold Coa | 39:38.92 | 87.92% |
| 5. | Valentine, Bevan | M54 | Qma Brisbane | DNF | |

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 20 NOVEMBER

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Cool and breezy evening. George White starred as usual.

5000m yacht handicap

| | | | | |
|-----|------------------|-------|--------|-----|
| 1. | Jack Russell | 29:05 | 77.90% | M61 |
| 2. | Graham Harrison | 36:09 | 69.29% | M70 |
| 3. | Marie Maxted | 31:27 | 72.97% | W53 |
| 4. | David Robertson | 40:57 | 70.24% | M80 |
| 5. | George White | 27:04 | 90.34% | M68 |
| 6. | Roger Lowe | 37:32 | 66.74% | M70 |
| 7. | Leigh Smith | 37:37 | 74.18% | M78 |
| 8. | Jemma Potenzny | 25:15 | | |
| 9. | Jan Layng | 37:24 | 70.27% | W65 |
| 10. | Bill Starr | 35:46 | 70.90% | M71 |
| 11. | Kristine Freeman | 40:51 | 56.18% | W53 |
| 12. | Linda Whitelaw | 37:58 | 64.35% | W59 |
| 13. | Edna Bates | 42:05 | 58.73% | W60 |
| 14. | Colin Hainsworth | 40:52 | 73.89% | M83 |

800m yacht Handicap

| | | | | |
|----|---------------------------|-------|-----|--|
| 1. | Rhiannon Lovegrove | 03:53 | | |
| 2. | Leigh Smith | 05:36 | M78 | |
| 3. | Felicity Henderson-Wilson | 04:03 | | |

| | | | |
|----|-----------------|-------|-----|
| 4. | George White | 04:01 | M68 |
| 5. | Marie Maxted | 04:38 | W53 |
| 6. | Roger Lowe | 05:31 | M70 |
| 7. | Graham Harrison | 05:32 | M70 |
| 8. | Laurie Antal | 06:20 | |
| 9. | David Robertson | 06:23 | M80 |

3000m

| | | | | |
|----|--------------|-------|-------|-----|
| 1. | Laurie Antal | 24:11 | | |
| 2. | Paul Boyce | 24:12 | 66.7% | M77 |

ACT WALKING CLUB ROADWALKS, LENNOX GARDENS, CANBERRA, THURSDAY 21 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. It is good to see lots of walkers in this weekly competition.

5km Walk

| | | |
|----|----------------------|-------|
| 1. | Zoe Hunt | 25:53 |
| 2. | Ann Staunton-Jugovic | 26:51 |
| 3. | Colin Heywood | 27:00 |
| 4. | Helena Bialecki | 32:18 |
| 5. | Mick Saunders | 33:45 |
| 6. | Geoff Barker | 35:40 |
| 7. | Bob Parker | 35:57 |
| 8. | Robyn Saunders | 37:24 |

1km Walk

| | | |
|----|----------------------|-------|
| 1. | Mitchell Baker | 05:15 |
| 2. | Laura Burns | 05:28 |
| 3. | Chelsea Rogic | 07:13 |
| 4. | Sophie Rogic | 07:17 |
| 5. | Samantha Papantoniou | 07:22 |
| 6. | Trish Thomas | 11:05 |

3km Walk

| | | |
|-----|--------------------|-------|
| 1. | Spencer Burns | 15:36 |
| 2. | Gabby Hunt | 15:40 |
| 3. | Callum Burns | 15:40 |
| 4. | Ally Durr | 16:29 |
| 5. | Kate Black | 19:00 |
| 6. | Jane Bates | 19:07 |
| 7. | Rod Gilchrist | 20:50 |
| 8. | Rosemary Parker | 21:16 |
| 9. | Jennifer Gilchrist | 21:49 |
| 10. | Doug Fitzgerald | 21:51 |
| 11. | Val Chesterton | 26:22 |
| 12. | Greg Durr | 26:27 |
| 13. | Jack Thackray | 27:23 |

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 22 NOVEMBER

Great walking by 14 year old Declan Tingay in Western Australia with 24:53.7. This follows in from his great 3000m walk time of a couple of weeks ago.

Mixed 5000m Race Walk

| | | | | | |
|----|--------------------|---|--------------|---------|---------|
| 1. | Tingay, Declan | M | Athletics WA | 24:53.7 | PB 0:59 |
| 2. | Steele, Allegra | W | Athletics WA | 30:28.5 | |
| 3. | Lowe, Daniel | M | Masters WA | 31:11.4 | |
| | Hughes, Holly | W | Melville | DNF | |
| | Gerken, Christophe | M | Athletics WA | DQ | |

ASA INTERCLUB COMPETITION, SANTOS STADIUM, MILE END, ADELAIDE, SAT 23 NOV

Thanks to Kim Mottrom for his weekly report about the South Australian Interclub competition in Adelaide. He explains: Today's program had 5000m and 1500m walks held in cool conditions, although a bit windy. A number of PBs and a couple of first timers. Highlights were Darren's performance after a long break and large PBs by Rhiannon Lovegrove, Jayden Goode and Troy Hooker.

Open 5000m

| | | | |
|----|---------------------------|----------|------------|
| 1. | Darren Bown | 22:23.81 | |
| 2. | Alix Harlington | 26:38.02 | 0:06 PB |
| 3. | Troy Hooker | 26:59.10 | 0:25 PB |
| 4. | Danielle Walsh | 27:13.65 | |
| 5. | George White | 28:08.93 | |
| 6. | Rhiannon Lovegrove | 28:44.56 | 0:46 PB |
| 7. | Sarah Damin | 29:13.36 | First Time |
| 8. | Felicity Henderson-Wilson | 30:04.14 | First Time |
| | Anna Cross | DNF | |
| | Justin Hill | DNF | |
| | Bethany Cross | DNF | |

Open 1500m

- | | | | |
|----|------------------|---------|---------|
| 1. | Jayden Goode | 7:52.74 | 0:15 PB |
| 2. | Samantha Findlay | 8:18.16 | |

QUEENSLAND ROUNDUP

Victorian Rhydian Cowley and Queenslander Clara Smith won their respective 3000m walks on the brand new Gold Coast City Athletics Track in Southport last Saturday. Robyn Wales tells me it was extremely hot and humid before to a massive hailstorm in the afternoon.

Women 3000m Race Walk, Saturday 23 November, Gold Coast

- | | | | | |
|----|----------------|----|-----|----------|
| 1. | Smith, Clara | 15 | UNQ | 14:03.20 |
| 2. | Hayward, Katie | 13 | GCV | 16:24.65 |

Men 3000m Race Walk, Saturday 23 November, Gold Coast

- | | | | | |
|----|-------------------|----|-----|----------|
| 1. | Cowley, Rhydian | 22 | VIC | 12:15.39 |
| 2. | Dewar, Nick | 21 | QRW | 12:34.95 |
| 3. | Nipperess, Dean | 42 | QRW | 13:25.55 |
| 4. | McCutcheon, Luke | 15 | QE2 | 13:51.57 |
| 5. | McCutcheon, Jamie | 14 | QE2 | 16:29.65 |
| 6. | Stovin, Jamison | 12 | QA | 17:56.09 |
| 7. | Haig, Callum | 13 | USC | 21:43.82 |

Thanks to Robyn for these additional results which were from the next day when the Masters also tested out the new track. Robyn commented that the ducks have already discovered the track!

Masters 3000m walk, Sunday 24 November, Gold Coast

- | | | |
|----|----------------------|-------|
| 1. | Paul Lindenberg | 17.00 |
| 2. | Nyle Sunderland | 17.50 |
| 3. | Kay Shaw | 18.57 |
| 4. | Sally Lynch | 20.54 |
| 5. | Christiane Dauphinet | 23.34 |
| 6. | Richard Lynch | 23.43 |
| 7. | Judy Lalor | 25.33 |



Thanks also to Robyn for this picture of Townsville bound **Katie Hayward** who walked in the 3000m on Saturday evening. Katie was 3rd at ALAC this year and will be looking for a good placing at the All Schools.

INDOOR 5000M WALK, BORÅS, SWEDEN, SATURDAY 23 NOVEMBER

Yes, the European Indoor season has started! Thanks to Birger Fält for this indoor 5000m walk result from Sweden. He explains: First km in 4.00 then faster for each km. Perseus in the lead at 3000m at 11.44,4. Ato's PB was 19.52,0 (2012) and Perseus' PB 20.07,4 (2012). The times are the best Swedish times since the European Indoor Champs in Genova 1992 where Stefan Johansson was third

in 18.27,95 and Jan Staaf sixth in 19.04,48.

| | | | |
|----|-------------------|-----|---------|
| 1. | Ato Ibáñez | SWE | 19.15,9 |
| 2. | Perseus Karlström | SWE | 19.18,9 |
| 3. | Håvard Haukenes | NOR | 21.07,9 |
| 4. | Anders Hansson | SWE | 21.45,9 |

And check out this blog that the 4 Swedish walkers have setup.

http://nordicboys.weebly.com/1/post/2013/11/3-nordicboys-3-personliga-rekord.html?fb_action_ids=10151718081046722&fb_action_types=weeblyapp%3Ashare&fb_source=other_multiline&action_object_map=%7B%2210151718081046722%22%3A424464014320677%7D&action_type_map=%7B%2210151718081046722%22%3A%22weeblyapp%3Ashare%22%7D&action_ref_map=%5B%5D

ESPADA TOLEDANA 5KM ROADWALK, TOLEDO, SPAIN, SATURDAY 23 NOVEMBER

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2013/11/julia-takacs-e-alvaro-martin-destacaram.html>) for the results of what was a big meet in Toledo last Saturday evening. Held over a 6 lap circuit in the inner city, the event saw a record 150 competitors. In the women's race, Julia Takacs won with a race record of 21:54 while in the men's race, U23 walker Alvaro Martín (20:03) won ahead of Junior walker Diego Garcia (20:11).

5km Women (first 10 only)

| | | | | |
|-----|--------------------------------------|------|-------------------------|------------------|
| 1. | Julia Takacs Nyerges | 1989 | Playas de Castellon | 21:54 |
| 2. | Lorena Luaces Barril | 1984 | At: San Sebastian | 22:28 |
| 3. | Ainhoa Pinedo González | 1983 | A:D:Marathon | 22:43 |
| 4. | Laura Garcia-Caro | 1995 | A:D:Marathon | 24:34 - 1 junior |
| 5. | Maria Larios Lopez | 1992 | A:D:Marathon | 24:54 |
| 6. | M ^o Dolores Marcos Valero | 1979 | Millennium Torreveja | 24:55 |
| 7. | Lidia Sanchez-Puebla Fernandez | 1996 | Playas de Castellon | 25:52 - 2 junior |
| 8. | Carla Sataelena García | 1996 | CAS-Ciudad de Segovia | 26:00 - 3 junior |
| 9. | Macarena Martín Uriol | 1992 | Juventud Atletica Elche | 26:23 |
| 10. | Alexandra Tardío Ortega | 1996 | CA Almendralejo | 26:35 - 4 junior |

5km Men (first 10 only)

| | | | | |
|-----|--------------------------|------|---------------------|------------------|
| 1. | Alvaro Martin Uriol | 1994 | Playas de Castellon | 20:03 |
| 2. | Diego Garcia Carrera | 1996 | A:D:Marathon | 20:11 - 1 junior |
| 3. | Marc Vicent Tur Pico | 1994 | SG Pontevedra | 20:14 |
| 4. | Francisco Arcilla Aller | 1984 | Playas de Castellon | 21:13 |
| 5. | Mario Sillero Mesonero | 1990 | Huracan Fent Cami | 21:16 |
| 6. | Ivan Pajuelo Paredes | 1993 | A:D:Marathon | 21:26 |
| 7. | Luis Cambronero Lopez | 1993 | Real Sociedad | 22:04 |
| 8. | Luis Manuel Pérez Osorio | 1992 | A:D:Marathon | 22:07 |
| 9. | Hélder Santos | 1996 | Portugal | 22:13 - 2 junior |
| 10. | Leonardo Toro Lopez | 1967 | Atletismo Badajoz | 22:26 |

2013 USATF 50KM CHAMPS, TRADEWINDS PARK, COCONUT CREEK, FL., SUNDAY 24 NOVEMBER

The USA 50km championships, which were held last Sunday in Florida, saw Patrick Stroup and Erin Taylor-Talcott win their respective titles. Overall, Luis Lopez of Colombia won with 4:23:12. Erin Taylor-Talcott's time of 4:50:40 was a World Masters W35 world record, taking 11 minutes off the previous record time. Facebook comments indicate that conditions were brutally humid.

50km Men

| | | | | |
|-----|-------------------|-----|-------------|---------------|
| 1. | Luis Lopez | M22 | Puerto Rico | 4:23:12 |
| 2. | Patrick Stroupe | M29 | USA | 4:25:06 |
| 3. | Crighton Connolly | M25 | Canada | 4:28:22 |
| 4. | Francisco Pantoja | | Mexico | 4:41:21 |
| 5. | Dave Talcott | M53 | USA | 5:00:26 |
| 6. | Ian Whatley | M54 | USA | 5:02:09 |
| 7. | Ray Sharp | M53 | USA | 5:14:46 |
| 8. | Pablo Gomes | M42 | USA | 5:59:42 |
| 9. | Bruce Logan | M48 | USA | 6:06:50 |
| 10. | Vladimir Haluska | M61 | USA | 6:11:09 |
| | DQ | M35 | USA | John Nunn |
| | DQ | M39 | USA | Omar Nash |
| | DQ | M48 | USA | Dan O'Brien |
| | DQ | M53 | USA | Paul Terbrack |
| | DNF | M73 | USA | John Backlund |

50km Women

| | | | | |
|----|---------------------|-----|-----|---------|
| 1. | Erin Taylor-Talcott | F35 | USA | 4:50:40 |
| 2. | Cathy Mayfield | F62 | USA | 6:20:49 |
| 3. | Darlene Backlund | F68 | USA | 6:46:28 |

OUT AND ABOUT

- World Champion Rob Heffernan (Togher AC) was named as the Athlete of the Year at the Irish National Athletics Awards which took place on Saturday 20 November in the Crown Plaza Hotel in Dublin. See <http://www.athleticsireland.ie/content/?p=35467>
- Walking, running, cycling - 18-year-old Czech walker Anexka Drahotova seems to be able to do everything. See <http://www.iaaf.org/news/feature/walking-running-cycling-anezka-drahotova-2014>
- Jared Tallant interviewed about his next few years. <http://www.iaaf.org/news/feature/jared-tallent-iaaf-world-race-walking-cup-tai>
- It looks like the racewalks in Rio might be smaller than in London as athletics has its competition numbers capped. See <http://www.insidethegames.biz/sports/summer/athletics/1017133-exclusive-athletics-has-number-of-competitors-cut-for-rio-2016>

WHAT'S COMING UP

Next Saturday AV Shield continues with round 4 (3000m/1500m walks) at our 4 metropolitan and 3 country venues. See <http://www.athsvic.org.au/> for further details.

Then on Sunday morning, VRWC roadwalks will be held at Middle Park. I have confirmed with Athletics Australia that times done in this meet can count as 2014 World Cup qualifiers provided we have the correct number of qualified judges and timekeepers (which we will). The timetable reads as follows:

Sunday 1st December 2013, VRWC Events, Middle Park

| | | |
|---------|------------------|----------|
| 8.30am | 20km, 15km, 10km | Open |
| 9.30am | 5km, 3km | Open |
| | 3km | Under 15 |
| 10:00am | 2km | Under 12 |
| | 1km | Under 9 |

Entries close this coming Friday for the **Australian 50km Race Walking Championships meet on Sun 15th December at Fawkner Park** in Melbourne. **So you have only 3 days left to enter.**

See https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1065&OrgID=887.

Current entries read as follows

50km Men - Australian Championship

| | |
|--------------|-----|
| Mottrom, Kim | SA |
| Rayson, Ian | ACT |

20km Men Invitation

| | |
|------------------|-----|
| Dewar, Nick | QLD |
| Erickson, Chris | VIC |
| Evans, Simon | VIC |
| Hill, Justin | SA |
| Jamieson, Andrew | VIC |
| Keirl, Bernie | VIC |
| Reading, Brendon | ACT |

20km Women Invitation

| | |
|-------------------|--------|
| Bourke, Lauren | NSW |
| Jennings, Shannon | NSW |
| Klein, Kirsty | NSW |
| Olsson, Mari | SWEDEN |
| Pickles, Jessica | QLD |
| Ruddick, Kelly | VIC |
| Tallent, Rachel | ACT |
| Webb, Cheryl | NSW |

10km U20 Men Invitation

| | |
|-----------------|-----|
| Brill, Nathan | VIC |
| Felton, Jay | NSW |
| Garganis, Adam | VIC |
| Gibbons, Carl | NSW |
| Jones, Tyler | NSW |
| Walmsley, Reese | VIC |

10km U20 Women Invitation

| | |
|-------------------------|-----|
| Billington, Tayla-Paige | VIC |
| George, Stephanie | VIC |
| Potezny, Jemma | SA |

5km U18 Men Invitation

| | |
|-------------------|-----|
| Richardson, Dylan | NSW |
|-------------------|-----|

5km U18 Women Invitation

No entries

Victorian Judging Convenor Diane Lowden has asked me to remind everyone of the Walk Judging Seminar that is to be held in Melbourne on Saturday 14 December. It is time to fill out your nomination form and post it back to Diane. See further details at <http://www.vrwc.org.au/documents/2013%20VIC%20Walk%20Judges%20Seminar%2014%20December.pdf>.

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.

2013/2014 Australian/Victorian Summer Season Key Dates

Sun Dec 1, 2013 VRWC Road Walks, Middle Park (VIC)
 Dec 6-8, 2013 Australian All-Schools Championships, Townsville (QLD)
 Dec 15, 2013 Australian 50km Race Walking Championships, Melbourne (VIC) - 2014 World Cup 50km trial
 Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (TAS)
 Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
 Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
 Sat Mar 29, 2014 Queensland Track Classic, Brisbane (QLD) - 5000m walks
 April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2013 International Fixture

Sun Dec 1, 2013 Hong Kong 20km Championships - <http://www.hkaaa.com/page.php?pid=1136&mid=147&type=gameevent>
 Dec 7-8, 2013 50km / 12 Hour roadwalks in Putrajaya, Malaysia - <http://www.racewalkermalaysia.com/12-hour-walk.php>

2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au>
 Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
 May 3-4, 2014 **26th IAAF World Race Walking Cup, Taicang, China**
 May 18, 2014 Naumburg International Racewalks, Naumburg, Germany
 July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

2014 European Athletics Permit Meets

Mar 16, 2014 Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
 Mar 22, 2014 Dudinska 50, Dudince, Slovakia
 Apr 5, 2014 Grand Prix of Rio Maior, Rio Maior, Portugal
 Apr 12, 2014 Podebrady, Podebrady, Czech Republic
 Jun 8, 2014 Grand Prix of York, England
 Jun 13, 2014 International Festival of Alytus, Lithuania
 Aug 31, 2014 Voronovo Cup, Moscow, Russia

2014 IAAF Challenge Series Walks

| | | | | |
|-----------------|------------|-----|---|------------|
| Feb 2, 2014 | Hobart | AUS | Commonwealth & Oceania Championships | C Category |
| Feb 15-16, 2014 | Cochabamba | BOL | South American Race Walking Championships | C Category |
| Feb 22, 2014 | Chihuahua | MEX | IAAF Permit | B Category |
| Mar 16, 2014 | Lugano | SUI | Area Permit | C Category |
| Mar 16, 2014 | Nomi City | JPN | Asian Race Walking Championships | C Category |
| Mar 22, 2014 | Dudince | SVK | Area Permit | C Category |
| Apr 5, 2014 | Rio Maior | POR | Area Permit | C Category |
| Apr 12, 2014 | Podebrady | CZE | Area Permit | C Category |
| May 3-4, 2014 | Taicang | CHN | IAAF World RW Cup | A Category |
| May 24, 2014 | La Coruna | ESP | IAAF Permit | B Category |
| Aug 10-14, 2014 | Marrakech | MAR | African Championships | C Category |
| Aug 12-27, 2014 | Zurich | SUI | European Championships | C Category |

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
 2015 **9th World Youth T&F Championships, Cali, Colombia**
 August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
 July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
 May 2016 **27th IAAF World Race Walking Cup, Cheboksary, Russia**
 2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
 Aug 2016 **31st Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>
 2017 **29th Summer Universiade, Taipei**
 August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
 May 2018 **28th IAAF World Race Walking Cup, Cheboksary, Russia**
 2018 **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**
 July 2020 **32nd Olympic Games, Tokyo**

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