



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

This week's Walker of the Week is 21 year old **Dane Bird-Smith** who captured the inaugural Australian 10,000m Men's Championship at Lakeside Stadium in Melbourne in emphatic style. His winning time of **38:57.16** saw him lap the entire field and is yet another Australian title to this super talented walker. He has now won the last 3 Australian Open Men racewalking titles - the 2013 Winter 20km in Launceston, the 2014 Summer 20km in Hobart and now this one.

In fact, his time on Friday evening was the third fastest 10,000m track walk of all time by an Australian, as recorded by AA statistician Paul Jenès. The list will now show as follows with Dane's father Dave first, the great Nathan Deakes second and Dane slotting in at third. He is in elite company indeed.

10,000m Track Walk - Australian All Time Rankings

1.	38.20.9	Dave Smith	V	240755	1	Sydney	15 Sep 85
2.	38.44.87	Nathan Deakes	V	170877	1	Canberra	08 Feb 02
3.	38:57.16	Dane Bird-Smith	Q	150792	1	Melbourne	04 Apr 44
4.	39.10.10	Nick A'Hern	N	060169	1	Sydney	13 Jan 91
5.	39.29.3	Andrew Jachno	V	130462	1	Melbourne	06 Jan 91
6.	40.04.88	Luke Adams	N	221076	1	Adelaide	19 Feb 05
7.	40.35.0	Simon Baker	V	060258	1	Ornskoldsvik	08 Jul 89
8.	40.46.4	Steve Beecroft	V	140371	2	Melbourne	05 Jan 92
9.	40:51.82	Chris Erickson	V	011281	2	Melbourne	04 Apr 14
10.	41.00.66	Darren Bown	S	300674	2	Adelaide	19 Feb 05

After his big PB time of 1:21:01 in Japan a couple of weeks ago, Dane is in superb form leading up to the 2014 IAAF World Race Walking Cup in Taicang in early May.

WHAT'S COMING UP

Next Saturday will be a big day for many of our Athletics Victoria racewalkers with the **AV Shield Final** being contested at Lakeside Stadium in Albert Park. The top teams from each division of each region will contest a full range of events including 3000m/1500m walks. I am especially looking forward to the Men's 3000m which should see Chris Erickson, Rhydian Cowley Nathan Brill and Jesse Osborne in action. What a race that one will be!

Next Saturday also sees the next big European walk meet in Pödebrady in the Czech Republic. NSW walker Ian Rayson will be in action - good luck Ian!

Then it's Easter the following weekend and a well earned break for our walkers before our **VRWC winter season** kicks off on **Saturday 26th April**. I have now posted out winter season fixtures to all our members. See the website for details of all our walks - <http://www.vrwc.org.au/vrwcw14.shtml>.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 2 APRIL

Thanks to Colin Hainsworth for the results from the last South Australian Masters summer season races - cool evening with a slight breeze at times. The walkers have a 'spell' now until the winter season commences on May 3rd.

800m Scratch Walk

1.	Mark Worthing	M51	04:05
2.	Marie Maxted	W53	04:27
3.	Margaret Trengove	W70	05:21

4.	James Hoare	M67	05:26
5.	Roger Lowe	M71	05:37
6.	Matthew Anderson	M42	06:21
7.	David Robertson	M80	06:51

3000m Scratch Walk

1.	Richard Everson	M50	15:09	79.52%
2.	Marie Maxted	W53	19:09	69.98%
3.	Bill Starr	M71	20:07	74.08%
4.	James Hoare	M67	21:18	66.70%
5.	Rodger Barber	M76	21:24	74.37%
6.	Roger Lowe	M71	22:06	67.43%
7.	Linda Whitelaw	W60	22:52	62.86%
8.	Colin Hainsworth	M80	23:34	76.33%
9.	Jill Rogers	W69	24:42	64.37%
10.	Paul Boyce	M77	25:47	62.60%
11.	David Robertson	M80	26:51	62.84%
12.	Cherie Dempsey	W63	26:55	55.24%

ACT RACE WALKING CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 3 APRIL

Thanks to Robin Whyte for the latest walk results from Canberra where Brendon Reading 24:56, Spencer Burns 15:48 and Laura Burns 5:13 were overall winners.

5000m Walk

1.	Brendon Reading	24:56
2.	Zoe Hunt	25:45
3.	Callum Burns	26:15
4.	Ann Staunton-Jugovic	26:20
5.	Gabby Hunt	27:31

1000m Walk

1.	Laura Burns	05:13
2.	Tom Hunt	05:45
3.	Terri Jones	09:08
4.	Phillip Toomey	09:35

3000m Walk

1.	Spencer Burns	15:48
2.	Mitchell Baker	17:00
3.	Kate Black	18:59
4.	Bryan Thomas	20:22
5.	Brett Kingston	20:56
6.	Ruth Baussmann	21:37
7.	Margaret McSpadden	24:05
8.	Sharon Kingston	25:53
9.	She Hawke	26:42

AUSTRALIAN T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 3-6 APRIL 2014

The Australian T&F Championships finally included a track walk again some 16 years after the Open 5000m walk was removed in 1998. And going further back, it was the first 10,000m Australian track championship walk since 1961 so it was an historic occasion. The venue was Lakeside Stadium in Melbourne and the time was 7PM last Friday evening - perfect conditions on a fast track.

In the men's race, Dane Bird-Smith lead out with blistering speed - 1:32, 1:35, 1:32 for his opening 3 laps. Dual Olympian Chris Erickson was the only walker to go with him but he soon trailed off as the relentless pace continued. That left Dane to walk his own race and what a race it was. Lap after lap, he maintained the pace, his final time of 38:57.16 seeing him lap the whole field and produce the third fastest ever track time by an Australian (see discussion earlier in the newsletter). Chris Erickson held on for second with a solid 40:51.82 while Rhydian Cowley came back strongly in the second half for third place and a time of 41:17.67. All 3 walkers will compete in the World Cup next month and all are in good form. And a special mention to 16 year old Adam Garganis who PB'd in fourth place with 46:04.66,

Men 10000m Walk Open, 7PM, Friday 4 April

1.	Bird-Smith, Dane	92	QLD	38:57.16	PB 0:59
2.	Erickson, Chris	81	VIC	40:51.82	
3.	Cowley, Rhydian	91	VIC	41:17.67	
4.	Garganis, Adam	97	VIC	46:04.66	PB 0:15
5.	Nipperess, Dean	71	QLD	48:52.01	
6.	Hawksworth, Danny	79	VIC	48:55.81	
7.	Kozica, Jason	87	VIC	49:13.32	
8.	Bird, Kyle	96	VIC	49:44.62	
9.	Evans, Simon	60	VIC	54:00.56	

The women's 10,000m saw all 6 walkers together early, with Kelly Ruddick setting the pace. Eventually, Tanya Holliday strode to the front and took control and the group immediately split. Nicole Fagan continued her wonderful form of late and was the only one who could go with Tanya but even she eventually cracked. Tanya strode on to win the inaugural title with a fast 45:08.42 ahead of Nicole,

with a huge PB of 45:21.47, and Kelly Ruddick, with 45:25.90. Intriguingly Kelly's W40 10km World Record stands at 45:26 so does a time of 45:29.90 actually beat that or do the Masters round up? This is a question that I am sure Kelly will now be asking! Swedish walker Mari Olsson also walked a big PB of 46:13.83 to take fourth place and is in good form going into the World Cup, as are Tanya and Kelly.

Women 10000m Walk Open, 7PM, Friday 4 April

1.	Holliday, Tanya	88	SA	45:08.42	
2.	Fagan, Nicole	89	NSW	45:21.47	PB 1:17
3.	Ruddick, Kelly	73	VIC	45:25.90	PB 0:00.1
4.	Olsson, Mari	86	SWE	46:13.83	PB 1:12
5.	Tallent, Rachel	93	VIC	46:34.41	
	Stigwood, Stephanie	90	TAS	DNF	

Athletics Australia has posted videos from the meet and the following one shows some snippets from the walk and has interview with Dane and Chris: <https://www.youtube.com/watch?v=al81GeBnsow&list=PLL63sjGBACllpCkiMKJFauA5HV08txiU5>

SARWC WINTER SEASON OPENING WALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 5 MAY

Thanks to Steve Harlington for the results of the South Australian Walkers Club winter season opener in Adelaide. It is good to see former World Walking Cup rep Kristie Goznic back on the road - she won the 3km walk with 14:42, just ahead of Jake Vidler and Anna Cross. Justin Hill won the Open 12km in 59:37 and Bethany Cross was fastest in the 1.5km with 7:24.

12km Walk

1.	Justin Hill	M	Open	59:37
2.	Claire Tallent	F	Open	1:06:02
3.	Peter Crump	M	Over 35	1:08:33
4.	Troy Hooker	M	Over 35	1:09:09
5.	Gloria Holliday	F	Over 35	1:15:07
6.	Bill Starr	M	Open	1:24:58
7.	Jim Hoare	M	Over 35	1:29:39

1.5km Walk

1.	Bethany Cross	F	U16	7:24
2.	Jay Goode	M	U16	7:44
3.	Mark Hooker	M	U10	8:13
4.	Victoria Upton	F	U12	9:27
5.	Karen Hooker	F	Over 35	9:36
6.	Toby Wilks	M	U10	9:44
7.	Mia Wilks	F	U12	9:44
8.	Kitarni Upton	F	U10	9:59
9.	Kat Wilks	F	Over 35	10:45
10.	Maddy Wallace	F	U10	11:05
11.	Zak Guth	M	U10	11:18
12.	William Hindes	M	U10	12:26
13.	Helen Wallace	F	Over 35	14:59

6km walk

1.	Alix Harlington	M	U16	32:08
2.	Danielle Walsh	F	U20	37:40
3.	John Leydon	M	Open	37:50
4.	Laura Vanags	F	Open	43:27

3km Walk

1.	Kristie Goznic	F	Open	14:42
2.	Jake Vidler	M	U16	14:44
3.	Anna Cross	F	U16	14:51
4.	Rhiannon Lovegrove	F	U16	16:25
5.	Ayeisha Wallace	F	U14	17:50
6.	Samantha Findlay	F	U18	17:56
7.	Tristan Camilleri	M	U14	18:54
8.	Chloe Upton	F	U14	20:09

COB URG 24 HOUR CARNIVAL - MICHELLE THOMPSON DOMINATES THE 24 HOUR WALK

I was at the Harold Stevens Athletics Track in the Melbourne suburb of Coburg for most of last weekend as the annual Coburg 24 Hour Carnival gradually wound its way through Saturday and overnight into Sunday morning. As one of the main organisers, it's a sleepless weekend for me but a most satisfying one in providing the opportunity for some of our best Australian ultra athletes to test themselves out over the blue riband 24 Hour standard.

While I don't normally report on running performances, I do want to start this report by zooming in on a couple of superb performances by Aussie ultra runners. The carnival hosted the annual AURA 24 Hour Track Championships and the two new National Champions did themselves proud, producing huge results. In the men's run, Victorian runner **Barry Loveday** (he is also an Australian centurion, having walked 100 miles within 24 hours) started conservatively but took the lead after several hours and, from then on, was never headed, passing the half way mark in around 132km and then actually negative splitting to produce a huge PB distance of 265.000km. This is the second longest ever by an Australian behind that of the the great Yiannis Kouros and was a 22km PB for Barry. In the women's run, former Canadian champion and now WA runner **Bernadette Benson** ran similarly, starting conservatively in the warm and sunny Saturday conditions but eventually outdistancing the opposition with a new Australian record of 238.261km, more than 9km further than Helen Stanger's previous record of 229.080km.

Since most places were reserved for the runners, only small walk fields contested this year's carnival but the third major highlight of the meet went to one of the walkers with VRWC member **Michelle Thompson** in commanding style with a record breaking total of **190.984km**. Like Barry and Bernadette in the run, she started more slowly than normal but managed to keep a relatively even pace for most of the event, only slowing towards the end. She set a new swathe of intermediate Australian records, breaking most of them by significant margins. The record flurry read as follows

Michelle Thompson	Open and W45 Aust Records	50 Miles Walk	9:23:58
Michelle Thompson	Open and W45 Aust Records	100 km Walk	11:43:11
Michelle Thompson	Open and W45 Aust Records	12 Hour Walk	102.164km
Michelle Thompson	Open and W45 Aust Records	100 Miles Walk	19:53:19
Michelle Thompson	Open and W45 Aust Records	24 Hour Walk	190.984km

And for completeness, here are the results from the walk section.

24 Hour Walk Women

1.	Michelle THOMPSON	VIC	190.984 km
2.	Dawn PARRIS	VIC	136.589 km
3.	Sandra HOWORTH	VIC	72.573 km

24 Hour Walk Men

1.	Steve JORDAN	VIC	135.631 km
2.	Saul RICHARDSON	NSW	103.810 km
3.	Ken CARTER	VIC	42.714 km

Overall, the meet produced some 32 new records, run and walk, Australian and Canadian, Open and Age. The race also set a new high for Australia. Of the 48 starters, 6 achieved distances greater than 230km, 15 were in excess of 200km and 27 were in excess of 100 miles. Such depth and quality have never been seen so abundantly before. You can see the full results set at <http://www.trailsplus.com.au/results/Coburg24hr.pdf>.

And it was great to see former VRWC and Australian international walker **Michael Harvey** in action in the run. He was after a distance of 100 miles and he did it, eventually passing that iconic mark in 23:17:57. In doing so, he became one of the small number of Australians who have both walked and run 100 miles within 24 hours.

All in all, a superb weekend for all present.



Michelle Thompson (walk) and Michael Harvey (run) in action at Coburg last weekend

GRAND PRIX OF RIO MAIOR, RIO MAIOR, PORTUGAL, SATURDAY 5 APRIL

The 2014 IAAF Challenge Series rolled on with the Rio Maior Grand Prix in Portugal being contested last Saturday. António Manuel Fernandes reports for the IAAF (see <http://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/rio-maior-race-walk-santos-bonfim-2014>).

Both podiums comprised Portuguese-speaking athletes at the International Race Walking Grand Prix in Rio Maior last Saturday as Brazil's Caio Bonfim won the men's race and Portugal's Vera Santos took the women's title for a second time, four years after her first triumph.

A particularly hot afternoon resulted in numerous drop-outs, especially in the men's race. But despite the weather, both 20km races were competitive. First up was the women's race in which the Portuguese quartet of Ana Cabecinha, Ines Henriques, Vera Santos and Susana Feitor were joined in the first half by Brazil's Erica de Sena. After passing through the half-way mark, 2005 world bronze medallist Feitor dropped out, followed by national record-holder Cabecinha. Of the three left in front, Henriques led, but she couldn't hold off the closing pace of Santos, who crossed the line in a season's best of 1:31:14. Earlier this year, Santos finished one place ahead of Henriques at the Portuguese Championships. It was the first time since the 2011 edition of the Rio Maior Grand Prix that she had defeated her long-time rival. De Sena came through to take second place in 1:31:22, beating the Brazilian record she set two years ago in Rio Maior. Henriques finished third in 1:32:03, a long way ahead of Spanish duo Maria Jose Poves and Ainhua Pinedo, clocking 1:34:24 and 1:35:56 respectively. Lithuania's Kristina Saltanovic was sixth in 1:36:18.

Portugal's two-time European bronze medallist Joao Vieira, winner in Rio Maior last year, was seeking a second consecutive victory here. He battled until the final lap, but despite his best efforts could not hold off Brazil's Caio Bonfim, who came through to win in 1:23:15, five seconds ahead of Vieira. Vieira's twin brother Sergio finished third in 1:24:15. "I'm very happy with this win," said Bonfim, the reigning South American champion. "I've come to Rio Maior several times for training. It's a great place for training and I'm trying to convince the Brazilian federation to send their athletes to train in Portugal, specifically at the Rio Maior Sports Centre." Italy's late entrant Marco de Luca finished fourth in 1:24:50 ahead of Bonfim's team-mate Jose Alessandro Bagio, 1:25:52, and Portugal's Pedro Isidro, 1:25:53.

20km Women

1.	Vera Santos	1981	SC Portugal	1.31.14
2.	Erica Rocha de Sena	1985	Brazil	1.31.22
3.	Inês Henriques	1980	CN Rio Maior	1.32.03
4.	Maria José Poves	1978	Spain	1.34.24
5.	Ainhua Pinedo	1983	Spain	1.35.56
6.	Kristina Saltanovic	1975	Lithuania	1.36.18
7.	Cisiane Dutra Lopes	1983	Brazil	1.37.40
8.	Paola V. Perez	1989	Equador	1.39.40
9.	Daniela Cardoso	1991	Leiria MA	1.39.46
10.	Sandra Silva	1975	Grecas	1.43.16
11.	Vitória Oliveira	1994	J Vidigalense	1.46.18
12.	Alexandra Lamas	1972	CA Galinheiras	1.47.46
	Susana Feitor	1975	Individual	DNF
	Ana Cabecinha	1984	CO Pechão	DNF
	Eva Iglesias	1985	Spain	DNF
	Filipa Ferreira	1994	CO Pechão	DNF
	Nádia Cancela	1993	SL Benfica	DNF

20km Men

1.	Caio Bonfim	1992	Brazil	1.23.15
2.	João Vieira	1976	Sporting CP	1.23.20
3.	Sérgio Vieira	1976	SL Benfica	1.24.15
4.	Marco de Luca	1981	Italy	1.24.50
5.	José A. Bagio	1981	Brazil	1.25.52
6.	Pedro Isidro	1985	SL Benfica	1.25.53
7.	Mikel Odriozola	1973	Spain	1.27.28
8.	Wayne Snyman	1985	South Africa	1.28.14
9.	Miguel Carvalho	1994	CN Rio Maior	1.33.29
10.	Pedro Marcelo Santos	1986	CA Seia	1.34.04
11.	Rodrigo Dominguez	1977	Spain	1.34.10
12.	Fábio Conceição	1993	CO Pechão	1.34.11
	Andres Chocho	1983	Equador	DQ
	Jonnathan Caceres	1990	Equador	DQ
	Jose Puertas Ruiz	1989	Spain	DNF
	Bruno Pedro	1993	GA Casais Vento	DNF
	Cristiano António	1988	AC Vermoil	DNF
	Pedro Martins	1968	CA Seia	DNF
	Pedro Santos	1992	SL Benfica	DNF
	Rui Coelho	1994	CA Seia	DNF
	Samuel Pereira	1993	CA Seia	DNF

10km Junior Women

1.	Xiao Xianghua	1997	China	49.04
2.	Mara Ribeiro	1995	CN Rio Maior	50.23

3.	Wang Xiaohui	1997	China	50.29
4.	Mariana Mota	1995	SL Benfica	51.55
5.	Edna Barros	1996	CO Pechão	52.53
6.	Laura Leal	1996	CO Pechão	55.40
7.	Liandra Gonçalves	1996	CO Pechão	58.57
	Zhang Yan	1997	China	DQ

10km Junior Men

1.	Zhao Jianguo	1997	China	44.09
2.	He Xianghong	1998	China	45.28
3.	Miguel Rodrigues	1996	CN Rio Maior	45.47
4.	Hélder Santos	1996	Gira Sol-RC	46.04
5.	Daniel Chamosa	1997	Spain	46.26
6.	Gong Fanglong	1997	China	46.38
7.	João Martins	1995	CA Ferreira Zêzere	47.11
8.	Vasco Santos	1998	CA Marinha Grande	49.49
9.	Marcos Cintron	1996	Spain	51.57
	Daniel Pintado	1995	Equador	DQ

See <http://omarchador.blogspot.pt/2014/04/promocao-em-rio-maior-resultados.html> for full results from the other smaller distance races contested on the day.

VANCOUVER UBC OPEN, VANCOUVER, CANADA, SUNDAY 30 MARCH

Fast walking in Canada at the Vancouver UBC Open meet with Inaki Gomez, Evan Dunfee and Ben Thorne all under 20 minutes for the 5000m track walk.

Men's 5000m Walk

1.	Inaki GOMEZ	CAN	88	19:03.53
2.	Evan DUNFEE	CAN	90	19:05.10
3.	Benjamin THORNE	CAN	93	19:46.42
4.	Caleb CHENG	CAN		23:07.50
5.	Dmitry BABENKO	CAN		23:18.42

UKA AND R.W.A 20KM AND YOUNGER AGE GROUP CHAMPIONSHIPS, SHEFFIELD, SAT 5 APRIL

The UKA and RWA 20km and Younger Age Group 2km/3km/5km/10km Championships were held last Sunday in Sheffield. With all races held on a testing 1km circuit in blustery conditions, fast times were hard to come by but the racing was competitive. The Senior Men's 20km saw Ben Wears, two Spanish prospects and Australia's **Ian Rayson** forming a lead pack early on. After going through the 10km mark in under 45 minutes, it was Wears who broke free, eventually winning the National 10kn in 1:33:33 ahead of Spanish walker Fabian Bernabe 1:35:34 and Richard Gerrard 1:48:11. Overall, Surrey WC won the teams event ahead of Ilford AC and Manx H.

The women's 20km saw Michelle Turner win with 1:50:37 ahead of expatriate NZ walker Alana Barber 1:55:21 and the wonderful Sandra Brown 1:59:16. Sandra, now aged over 60, continues to amaze us with her performances, both on these shorter distances and in her preferred ultra sphere. And it was Surrey WC who took the teams event in that race to round off a great team performance.

20km Open Men

1.	Ben Wears (1st RWA)	Redcar RWC	1:33.33
2.	Fabian Bernarbe	SPAIN	1:35.34
3.	Richard Gerrard (2nd RWA)	Isle of Man Vets	1:48.11
4.	Adam Cowin (3rd RWA)	Manx H	1:49.38
5.	Francisco Reis	Ilford AC	1:49.43
6.	Steve Allen	Barnet AC	1:54.50
7.	Steve Uttley	Ilford AC	1:55.11
8.	Dale Farquahar	Manx H	1:57.53
9.	Chris Hobbs	Ashford AC	1:59.15
10.	Malcolm Martin	Surrey WC	2:02.20
11.	Chris Berwick	Leicester WC	2:09.09
12.	Paul King	Belgrave H	2:13.21
13.	Shaun Lightman	Surrey WC	2:14.56
14.	Chris Flint	Surrey WC	2:17.11
15.	Shaun Pender	Enfield AC	2:18.28
16.	Mark Byrne	Redcar RWC	2:35.23

20km Open Women

1.	Michelle Turner	Northern AC	1:50.37
2.	Alana Barber	Hyde Park H	1:55.21
3.	Sandra Brown	Surrey WC	1:59.16
4.	Angela Martin	Surrey WC	2:22.34
5.	Sandra Campbell	Surrey WC	2:38.30



The start is captured in the UKA Champs in Sheffield last weekend (photo <http://www.northernracewalking.com/>)

The UKA Younger Age Group (YAG) 2km/3km/5km/10km Championships also saw some good results.

Under 13 Girls 2Km

1.	Kara Lane	Birchfield Harriers	11.24
2.	Lucy Ward	Cambridge Harriers	11.49
3.	Jessica Finney	Birchfield Harriers	11.54
4.	Molly Hanley	City of Sheffield AC	12.12
5.	Ella Sharkey	City of Sheffield AC	13.05
6.	Leah Goddard	Northern AC	13.57
7.	Anya K Adams	Old Park School	14.27
8.	Amelia Tutt	Rugby & Northampton AC	DNF

Under 13 Boys 2Km

1.	George Wilkinson	Enfield AC	14.22
2.	Archie Walter	Manx Harriers	15.54

Under 15 Girls 3Km

1.	Eve Butcher	Cambridge Harriers	16.30
2.	Alana Zeidler	City of Sheffield AC	16.41
3.	Megan S Thomas	Swansea Harriers	17.19
	Ana Garcia	City of Sheffield AC	DQ

Under 15 Boys 3Km

1.	Benjamin Allen	Leicester WC	17.41
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Under 17 Female 5 Km

1.	Sophie Louise Ward	Cambridge Harriers	25.53
2.	Heather Butcher	Cambridge Harriers	28.19
3.	Indigo Burgin	Cambridge Harriers	31.44

Under 17 Male 5Km

1.	Tim Snook	Aldershot & Farnham AC	26.12
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2.	Tom Partington	Manx Harriers	26.17
3.	Colin Zack	Aldershot & Farnham AC	31.15

Under 20 Female 10 Km

1.	Ellie Dooley	Leeds City AC	50.50
2.	Emma Achurch	Leicester WC	51.04
3.	Jasmine Nicholls	Leicester WC	56.02
4.	Rebecca Greatbach	Manx Harriers	63.51
5.	Danielle Oates	Manx Harriers	65.52

Under 20 Male 10 Km

1.	Callum Wilkinson	Enfield AC	47.02
	Cameron Curbishley	Medway & Maidstone	DNF
	Alex Eaton	Manx Harriers	DQ

POLISH ROADWALKS, ZANIEMYŚL, POLAND, SATURDAY 5 APRIL

The Polish national racewalking championships, which were held last Saturday in Zaniemysl, were perhaps effected, at least in the Open men's division, by the fact that they took place only 2 weeks after the Polish 50km championships had been contested in Dudince. That being said, the men's 20km was still won by Lukasz Nowak in the excellent time of 1.20.57 (20.24, 20.16, 20.13, 20.04) ahead of Rafal Sikora 1:22:19 and Damian Blocki 1:26:06. Paulina Buziak won the women's championship with a PB time of 1.29.41 (22.27, 22.14, 22.29, 22.31) ahead of Monika Kapera 1:34:20.

Partial results follow. Full results at http://www.pzla.pl/zdjecia/zal_i/2014-04-05-zaniemysl-mp20k-u23-oryg_201404060413.pdf

20km Open and U23 Men

1.	NOWAK Łukasz	1988	OŚ AZS Poznań	1:20:57	
2.	SIKORA Rafał	1987	AZS AWF Kraków	1:22:19	
3.	BŁOCKI Damian	1989	AZS AWF Katowice	1:26:06	
4.	STASIEWICZ Michał	1988	AZS AWF iS Gdańsk	1:26:39	
5.	GAWROŃSKI Paweł	1990	AZS AWF Kraków	1:27:51	
6.	HERBA Jakub	1992	AZS AWF Kraków	1:30:19	(1/NCu23)
7.	KOSTKA Łukasz	1994	GTS Bojszowy	1:31:00	(2/NCu23)
8.	BIELECKI Łukasz	1994	CKS Budowlani Częstochowa	1:34:21	(2/NCu23)
9.	GRINHOLC Grzegorz	1977	RKS Rumia	1:35:51	(1/NC-masters)
10.	ŁOBACZEWSKI Andrzej	1992	KL Lechia Gdańsk	1:36:58	

20km Open and U23 Women

1.	BUZIAK Paulina	1986	OTG Sokół Mielec	1:29:41	
2.	KAPERA Monika	1990	AZS AWF Katowice	1:34:20	
3.	PŁOMIŃSKA Natalia	1992	UKS 12 Kalisz	1:38:22	(1/NCu23)
4.	WIERUS Karolina	1993	CKS Budowlani Częstochowa	1:39:49	(2/NCu23)
5.	ELLWARD Agnieszka	1986	KL Lechia Gdańsk	1:40:59	
6.	BEMOWSKA Joanna	1994	AZS AWF Katowice	1:42:01	(3/NCu23)
7.	KARAŚ Jolanta	1989	AZS AWF Warszawa	1:42:36	
8.	HEPPNER Beata	1992	CKS Budowlani Częstochowa	1:45:05	
9.	WOSIK Michalina	1994	UKS 12 Kalisz	1:55:33	
10.	STASIEWICZ Marta	1992	KL Lechia Gdańsk	1:58:53	

10km Junior Men

1.	NOWAK Mateusz	1996	UKS Skoczek Skoki	43:34
2.	ZIELINSKI Szymon	1995	UKS Orkan Środa Wlkp	44:44
3.	CHOJECKI Daniel	1995	WLKS Iganie Nowe	45:42
4.	CZARTOSZEWSKI Szymon	1996	WLKS Iganie Nowe	46:13
5.	NIEDZIALEK Tomasz	1996	WLKS Iganie Nowe	46:38
6.	KOMAROWSKI Kamil	1995	MKS Juwenia Białystok	47:49
7.	KUBAS Marek	1996	GUKLA Bratkowcie Korze	48:16
8.	NAZAREK Marcel	1995	PLKS Gwda Piła	48:18
9.	CYNGOT Jacek	1995	UKS Olimp Kozienice	48:29
10.	OŚLAK Grzegorz	1996	MKS Bolesłavia Bolesławiec	49:40

10km Junior Women

1.	ZDZIEBŁO Katarzyna	1996	LKS Stal Mielec	47:59
2.	KANTOROWSKA Barbara	1995	LKS Stal Mielec	49:39
3.	MAJCHROWICZ Kinga	1995	CWKS Resovia Rzeszów	54:08

10km U18 Men

1.	GOLAWSKI Robert	1998	WLKS Siedlce	46:42
2.	KOSECKI Kacper	1997	SKLA Sopot	48:00
3.	KAMIŃSKI Michał	1997	Gwardia Piła	48:47
4.	CIESLIŃSKI Paweł	1998	CKS Budowlania Częstochowa	49:34
5.	DROZDOWICZ Arkadiusz	1998	PLKS Gwda Piła	50:47

5km U18 Women

1.	GOLAWSKI Robert	1998	WLKS Siedlce	46:42
2.	KOSECKI Kacper	1997	SKLA Sopot	48:00
3.	KAMIŃSKI Michał	1997	Gwardia Piła	48:47
4.	CIESLIŃSKI Paweł	1998	CKS Budowlania Częstochowa	49:34
5.	DROZDOWICZ Arkadiusz	1998	PLKS Gwda Piła	50:47

CROATIAN TRACK WALK CHAMPIONSHIPS, SINJ, CROATIA, SATURDAY 5 APRIL

It's always great to report a good news story and this is one from Croatia where Krešimir Jurlin reports on last weekend's record fields in their annual Track Walk Championships.

After 2 decades of barely surviving at the edge of non-existence, there are signs of a race walking revival in the 28th EU member state of Croatia. On 5th of April, the small city of Sinj, near the Adriatic coast, hosted the national championships in track walking. There were 37 walkers competing, all but 4 younger than 25 years, including 19 walkers aged 15 or less. The number of walkers competing exceeded the previous year record by 14. It is worth mentioning that 3 years ago only 15 walkers competed. The winner of the men's 10,000m walk was Bruno Erent (AK Agram) and the 5000m women's title went to Slavica Marasovic (AK Svetice). In a rather fierce battle for medals, 6 competitors were disqualified overall.

3000m U16 male

1.	Ivan Haubrih	DZ	2000	18:38,86
2.	Andrej Erceg	DZ	1999	18:40,43
3.	Jurica Stanko	AGR	1999	19:03,57
4.	Juraj Dobrota	DZ	2001	19:26,17

3000m U18 male

1.	Marko Dimitrijevic	DZ	1998	17:40,24
2.	Ivan Gašpar	AGR	2000	17:47,46
3.	Maksimilijan Medimorec	AGR	2000	18:50,29

3000m U16 female

1.	Tara Friščić	NED	2001	20:14,14
2.	Karla Ciglaric	NED	2002	20:50,27
3.	Rea Macek	NED	2001	21:16,41
4.	Jelena Hrga	AGR	1999	22:19,67
5.	Hana Čituš	NED	2002	23:41,29

3000m U18 female

1.	Sandra Novak	NED	2001	20:23,24
2.	Klara Krnek	AGR	2001	20:54,07
3.	Lara Crnec	NED	1999	21:01,85
4.	Katarina Vukancic	AGR	1999	22:05,54
5.	Lorena Novak	NED	2001	22:52,37

5000m U20 male

1.	Mateo Cosic	AGR	1996	33:12,30
2.	Sandro Vugrincic	AGR	1997	33:15,02
3.	Julian Kralj	AGR	1998	34:52,74

5000m U20 female

1.	Ivana Renic	AGR	1996	29:35,54
2.	Matea Erceg	DZ	1997	31:36,68
3.	Josipa Cicak	AGR	1996	36:06,07

5000m senior female

1.	Slavica Marasovic	SVE	1996	29:06,39
2.	Hana Hajsok	AGR	1994	29:35,51

10000m senior male

1.	Bruno Erent	AGR	1990	54:02,11
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2.	Mario Graberac	SVE	1996	55:03,39
3.	Zelimir Haubrih	DZ	1963	56:13,74
4.	Berislav Devcic	VG	1966	57:30,70
5.	Boris Lackovic	DZ	1982	61:51,74
6.	Mladen Tadic	DZ	1959	63:23,14



U16/U18 Boys and Girls races (photos - A.K. Agram athletics club)



Slavica Marasovic (1959) battles to win the women's race



Bruno Erent winning the senior men's race

CENTRAL AMERICAN RACEWALK CHAMPIONSHIPS, EL SALVADOR, SUNDAY 30 MARCH

The Central American walk championships are organized annually by the Central American Athletics Federation which includes Belize, Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica and Panama. This time around, the meet was held in El Salvador on March 30th and the Guatemalan national team dominated with five gold, four silver and three bronze medals. Conditions were torrid with the temperature already at 21.5C when the first race started at 6:30AM and 34C by the end of the meet.

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/04/atletas-da-guatemala-evidenciam-se-nos.html>) for their race report. The main results read as follows

20km Men

1.	Jose Maria Raymundo Cox	1993	Guatemala	1.29.53
2.	Mario Alfonso Bran Granillo	1989	Guatemala	1.31.34
3.	Jose Gregorio Ajcam Caal	1993	Guatemala	1.31.54
4.	Angel Rolando Batz Chub	1993	Guatemala	1.33.03

5.	Gabriel Mauricio Calvo Aguilar	1991	Costa Rica	1.33.58
6.	Allan Segura Medina	1980	Costa Rica	1.34.50
7.	Luis Angel Sanchez Perez	1993	Guatemala	1.36.18
8.	Luis Alfonso Lopez Menjivar	1994	El Salvador	1.37.28
9.	Deiby Jose Cordero Zuñiga	1992	Costa Rica	1.41.08
10.	Sergio Antonio Gutierrez Brenes	1961	Costa Rica	1.42.54
11.	Cesar Cristian Escobar Castro	1994	El Salvador	1.44.59
12.	Osman Antonio Flores Suazo	1983	Nicaragua	1.47.41
13.	Jeshuan Torres Ramos	1991	Porto Rico	1.48.06
14.	Jose Luis Mejia Lopez	1984	Nicaragua	1.50.17
15.	Salvador Ernesto Mira Vasquez	1984	El Salvador	1.51.43
16.	Oscar Leonel Muñoz	1984	Honduras	1.52.44
17.	Saul Armando Rodas Barrera	1994	El Salvador	1.58.17

20km Women

1.	Irmay Colon Martinez	1994	Porto Rico	2.01.36
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10km Women

1.	Cristina Esmeralda Lopez	1982	El Salvador	49.02
2.	Glenda Lucelia Ubeda Blandon	1987	Nicaragua	56.29
3.	Ilena Ocampo Aguilar	1988	Costa Rica	57.54

Other winners

10 km U20 Men	Jürgen Everhard Grave Chavez	1996	Guatemala	45.42	7 partic.
10 km U20 Women	Sonia Irene Barrondo Garcia	1995	Guatemala	52.14	6 partic.
10 km U18 Men	Gerson Otoniel Navas Jimenez	1998	El Salvador	50.29	3 partic.
5 km U18 Women	Gilma Beatriz De La O Hernandez	1997	El Salvador	29.00	8 partic.
5 km U16 Boys	Anibal Xiquin Zapeta	1999	Guatemala	24.08	7 partic.
5 km U16 Girls	Noelia Vargas Mena	2000	Costa Rica	27.55	9 partic.
3 km u14 Boys	Jose Gilberto Menjivar Aviles	2001	El Salvador	16.19	8 partic.
2 km U14 Girls	Glendy Veronica Teletor Jeronimo	2002	Guatemala	10.44	7 partic.

56TH CHALLENGE FACOETTI À LA MARCHE, MONTREUIL SOUS BOIS, FRANCE, SUNDAY 6 APRIL

Emmanuel Tardi was in Montreuil, near Paris for the 56th Challenge Facoetti a la Marche last Sunday. As usual, it was a well supported carnival with 54 walkers finishing the 20km events before the cutoff time of 2:25. In fact, Emmanuel was the last walker to finish inside the limit, his time being 2:24:03. In the men's 20km event, a number of Algerian walkers were looking for good times to qualify for the African Championships but some disqualifications caught them out. Victory went to young French walker Hugo Andrieu with 1:32:16. The women's win went to Elsa Lambert with 1:50:27. Thanks to Emmanuel for the photos below. Full results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=145639>

20km Men

1.	ANDRIEU Hugo	Uavh Aubagne	ESM/92	1:32:16
2.	DUJOUR Guillaume	As Aix-les-bains*	SEM/78	1:37:58
3.	QUINION Aurelien	Entente Franconville Cesame Va	ESM/93	1:38:55
4.	LE COZ Xavier	Entente Franconville Cesame Va	SEM/79	1:38:56
5.	CASSAGNES Adrien	Stade Rodez Athletisme*	ESM/94	1:39:24
6.	BICHE Sebastien	Avia Club Issy-les-moulx	VEM/73	1:41:02
7.	BERCHEBRU Benoit	Martignes Sports Athle	SEM/84	1:41:24
8.	LANGLOIS Denis	Avia Club Issy-les-moulx	VEM/68	1:41:39
9.	LEGENTIL Laurent	Dynamic Aulnay Club	SEM/88	1:41:49
10.	DUMAIRE Thomas	Athle Sud 77*	SEM/90	1:42:07
11.	SECHE Nicolas	Stade Lavallois	SEM/80	1:42:56
12.	GIORDANO Manuel (Ita)	Z Centro Lazio Rome	JUM/95	1:43:12
13.	LANDRAIN Morgan	Us Creteil	SEM/85	1:43:15
14.	BOLDRINI Federico (Ita)	Z Centro Lazio Rome	SEM/88	1:43:31
15.	CHENU Remy	Clll Armentieres	SEM/85	1:43:41
16.	COSSET Raphael	Ca Montreuil 93	SEM/79	1:45:00
17.	GIORDANO Marco (Ita)	Z Centro Lazio Rome	JUM/95	1:45:29
18.	GRENET Bruno	Usm Gagny	VEM/65	1:45:48
19.	CHENU Joffrey	Clll Armentieres	SEM/82	1:45:55
20.	DELECOLLE Sebastien	Us Athletiques De Lievin*	SEM/77	1:46:45
21.	BEURION Mathieu	Ac Paris-joinville	SEM/89	1:47:03
22.	DAHM Florent	Ca Montreuil 93	SEM/87	1:49:43
23.	MACABREY Quentin	Montbeliard Belfort Athletisme	ESM/94	1:49:49
24.	MARIE Frederic	Plm Conflans	VEM/61	1:50:32
25.	LEGENTIL Cyril	Dynamic Aulnay Club	SEM/86	1:51:10

26.	BERGEAL Arthur	Elan 91 (palaiseau)*	SEM/84	1:52:29
27.	HAUMESSER Marc	Villeneuve D Ascq Fretin Athle	VEM/58	1:52:43
28.	LEGENTIL Marc	Dynamic Aulnay Club	SEM/84	1:53:16
29.	BOLLINGER Vincent	Dynamic Aulnay Club	SEM/84	1:53:19
30.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	SEM/76	1:57:02
31.	HASSEVELDE Sebastien	Cill Armentieres	SEM/77	1:57:18
32.	BUNEL Pascal	Neuilly Sur Marne Athletisme	VEM/64	1:57:29
33.	CAPLAIN Thierry	Ua Versailles	VEM/70	1:58:23
34.	COTTEVIEILLE Maxime	Ca Montreuil 93	SEM/90	1:59:49
35.	CHAUVEAU Corentin	Upac Chateau-gontier *	ESM/93	2:00:55
36.	VICTOR Etienne	Ca Groupe Gonesse Villiers Bel	VEM/64	2:02:07
37.	AUGER Alexis	Ga Noisy Le Grand	SEM/88	2:02:40
38.	COIPEL Daniel	Senart Combs Brie Athletisme*	VEM/59	2:02:43
39.	BECQUERELLE Maxime	Us Athletiques De Lievin*	ESM/92	2:05:10
40.	LE GUENNEC Mikael	C.c. Taverny Athletisme	VEM/71	2:08:55
41.	DE ROQUEFEUIL Jacques	Ca Montreuil 93	VEM/55	2:20:29
42.	TARDI Emmanuel	Essonne Athletic*	VEM/67	2:24:03

20km Women

1.	LAMBERT Elsa	Ca Montreuil 93	SEF/76	1:50:27
2.	GHOZLANE Bariza (Alg)	ASSN Alger	ESF/94	1:52:29
3.	BARRITAU Lucie	Stade Niortais *	SEF/90	1:53:04
4.	CHAPILLON Roseline	Ca Balma	VEF/68	1:53:53
5.	LAVILLE Françoise	Marne Et Gondoire Athletisme	VEF/56	2:00:08
6.	OUKHLIF Asma (Alg)	CNN Alger	SEF/91	2:02:20
7.	LE BASTARD Sophie	Plm Conflans	SEF/90	2:02:41
8.	STEINVILLE Nathalie	Asfi Villejuif	VEF/64	2:14:29
9.	MENNESSON Nicole	Sud Oise Athletisme *	VEF/65	2:15:35
10.	BRISCIANO Fanny	Uai Nogent-sur-marne	SEF/84	2:15:42
11.	PRIEM Valerie	Senart Combs Brie Athletisme*	VEF/65	2:16:36
12.	LEMOGNE Jocelyne	C.c. Taverny Athletisme	VEF/54	2:20:38

10km Junior Men

1.	DANCHOT Julien	Ea St Quentin En Yvelines	JUM/96	1:01:15
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10km Junior Women

1.	LIARD Laura	Athletisme Le Bourget Drancy	JUF/96	58:42
2.	BARRITAU Lea	Stade Niortais *	JUF/96	1:03:19
3.	GRANDIN Gabie	Athle 91 *	CAF/98	1:04:11
4.	JEDDI Aicha	Ac Bobigny Athletisme	JUF/96	1:05:19
5.	LANGLOIS Cloe	Dynamic Aulnay Club	CAF/97	1:07:18



Hugo Andrieu



Italian team Lazio di Roma

YOUTH OLYMPIC GAMES QUALIFYING MEET, MIRIMAR, FLORIDA, SATURDAY 5 APRIL

The the first of three qualifying meets was held in Florida on Saturday to help determine Western Hemisphere selections for the 2014 World Olympic Games, open to U18 athletes from around the world. Mexican walkers took first and second in both walks with Noel Chama 42:54.47 and Valeria Ortuna 22:55.35 winners.

10,000m U18 Men

1.	Chama Jr., Noel Ali	16	Mexico	42:54.47
2.	De los Rios Jr., Mario	16	Mexico	45:20.44
3.	Sacul, Sergio	16	Guatemala	46:54.52
4.	Jorge, Cruz	16	Puerto Rico	48:44.32
5.	Rojas Pastor, Jose	17	Guatemala	DNF
6.	Menjivar, Oscar Armando	16	El Salvador	DNF

5000m U18 Women

1.	Ortuna Jr., Valeria	15	Mexico	22:55.35
2.	Castillo Jr., Vivian	15	Mexico	23:30.12
3.	Morales Hernandez, Arely	15	Guatemala	25:33.37
4.	Charmaine, De Orbeta	15	Puerto Rico	26:25.44

OUT AND ABOUT

- One final snippet of information from the World Masters in Budapest where English walker Ian Richard broke Andrew Jamieson's M65 3000m World Indoor record of 14:39.77, done in the previous Games in 2012. Ian's time of 14:23.80 bettered the record by 16 seconds.
- And to the Czech Republic where 18 year old Anezka Drahotova placed 11th last Sunday in the Sportisimo Prague Half Marathon in a time of 1:14:25. Drahotova shaved four minutes off her personal best, set a new junior national record and was the first Czech woman to finish. In fact, her time has moved her within three minutes of the Czech national record of 1:11:02, set in 1994 by Alena Peterková. Yet she is not even a full-time runner - her primary discipline is the race walk, in which she is the reigning European junior champion. Additionally, she is an international-level cyclist. Drahotová's main focus now is the IAAF World Race Walking Cup next month in Taicang, China, but she isn't ruling out the possibility of more running.
- The South African city of Durban and the Canadian city of Edmonton have entered the running to host the 2022 Commonwealth Games. Prince Tunku Imran, the president of the Commonwealth Games Federation, has confirmed that both cities have until next March to formalise their proposals before a decision on the host city is made in September 2015. See <http://www.sportbusiness.com/sportbusiness-international/durban-and-edmonton-target-2022-commonwealth-games>. As both these countries are supportive of racewalking, it increases the likelihood of racewalk events being included in the 2022 Games. Fingers crossed!
- And to Long Island News 12 TV for a great interview with the USA's Michta Sisters <http://longisland.news12.com/multimedia/li-sisters-qualify-for-racewalking-world-cup-1.7589596>

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

Sat May 3, 2014 ALAC Australian T&F Championships, Lakeside Stadium, Melbourne

2014 Australian/Victorian Winter Season Key Dates

Sat 26 April, 2014 VRWC Winter Season opening races, Middle Park
Sun 18 May, 2014 Victorian Country Roadwalk Champs, Ballarat
Sun 8 June, 2014 LBG Carnival, Canberra
Sun 29 June, 2014 AV Schools Roadwalk Champs, Middle Park
July, 2014 RWA Postal Challenge, each member club in its own State
Sun 3 Aug, 2014 Victorian Roadwalk Championships, Middle Park
Sun 24 Aug, 2014 Australian Roadwalk Championships, Albany, WA
Sun 14 Sept, 2014 Victorian 50km and RWA 50km (women), Middle Park
4-5 Oct, 2014 VRWC 24 Hour Carnival (for the Australian Centurions), Middle Park

2014 International Fixture

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**
Aug 16-28, 2014 **Youth Olympic Games, Nanjing, China.** See <http://www.nanjing2014.org/en/>

2014 European Athletics Permit Meets

Apr 12, 2014 Podebrady, Podebrady, Czech Republic
Jun 8, 2014 British Grand Prix of Racewalking, York, England
Jun 13, 2014 International Festival of Alytus, Lithuania
Aug 31, 2014 Voronovo Cup, Moscow, Russia

Remaining 2014 IAAF Challenge Series Walks

Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 31, 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

July 3-14, 2015 **28th Summer Universiade, Gwanju, South Korea**
July 2015 **9th World Youth T&F Championships, Cali, Colombia**
Aug 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**
July 2016 **16th World Junior T&F Championships, ?**
Oct 26 -Nov 6, 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>
July 2017 **10th World Youth T&F Championships, ?**
July 2017 **29th Summer Universiade, Taipei, Taiwan**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
May 2018 **28th IAAF World Race Walking Cup, Cheboksary, Russia**
July 2018 **16th World Junior T&F Championships, ?**
Apr 4-15, 2018 **Commonwealth Games, Gold Coast, Queensland (racewalks on the program).** See <http://www.gc2018.com>
2019 **17th IAAF World Championships in Athletics, ?**
July 2019 **11th World Youth T&F Championships, ?**
July 2019 **30th Summer Universiade, Brasilia, Brazil**
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>)