



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2013/2014 Number 41  
8 July 2014



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

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### TIM'S WALKER OF THE WEEK

This week's Walker of the Week is 23 year old NSW athlete **Lauren Bourke** who recorded a 22 sec PB of **47:47** in NSWRWC 10km competition at Leichhardt last Saturday. It continues Lauren's recent good form and is yet another PB to go along with her recent PBs for 20km (1:42:25), 5km (23:42) and 3km (13:38).

### WHAT'S COMING UP

Next Saturday sees more Points races at Middle Park with the program reading as shown below. Note that this is also a **Prizes Day** with the pick of the table to the walkers who win the handicap in each of the races. Any donation of additional prizes is always appreciated - just see Stuart Cooper or Michael Bodey next Saturday. Alas, I will not be there as I will be at a family wedding in Darwin. I will think of you all, especially if it is a cold Melbourne winter's day!

#### Saturday 12<sup>th</sup> July 2014, Middle Park

**VRWC EVENTS: Entries close for all events at 2.00pm sharp. Handicap Prize day.**

2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.15pm	3km	Points Race	Open
2.15pm	5km	Points Race	Under 15
2.30pm	1.5km	Points Race	Under 9
2.40pm	3km	Points Race	Under 12

The following Saturday sees us hosting the **Victorian 10km roadwalk championships** with medals on offer in Open, 40+ and 50+ divisions. You have to be a current member of one of the AV clubs to enter this race and you must pre-enter via the AV online entry panels - see <http://athsvic.org.au/events/calendar/>.

This day is also our annual Racewalking Australia Challenge day - **The Racewalking Australia Challenge** is a Racewalking Australia club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Master athletes will not be scored on their time but their age grading so all Master athletes must submit their age at entry time. So we need everyone on deck for Saturday 19<sup>th</sup> July - you can just enter online via our VRWC entry panels or you can enter on the day.

#### Saturday 19<sup>th</sup> July 2014, Middle Park

**AV Championships, RWA State Challenge and CWA Fund Raising Day**

2.15pm	<b>10km</b>	<b>AV Championship</b>	<b>Open, 40+, 50+ Men</b>
			Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal
2.15pm	10km	AV Championship	Open, 40+, 50+ Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	3km	RWA Challenge	Under 14 Boys/Girls
2.15pm	3km		Open
2.30pm	1.5km	RWA Challenge	Under 10 Boys/Girls
2.40pm	2km	RWA Challenge	Under 12 Boys/Girls

This is also our annual fundraiser for the day with all monies raised on this day (from race fees, canteen takings and from donations) going to a charitable organisation each year. This year we are targeting the Country Women's Association (CWA). Another reason for coming along.

**A further reminder that you can now enter all VRWC races online during the week. Then all you have to do on race day is line up, pay your entry fee and confirm you have your numbers and chip. Just point your browser to <http://www.vrwc.org.au/wp1/> and click on the *VRWC Race Registration* tab. You can still enter on the day and you can make changes on the day if you pre-entered and change your mind. But we would like everyone to get used to pre-registering for our events. It will make everything flow more quickly on race day.**

A few more dates to keep in mind.

Our **annual Falls Creek training camp** will run from **Sunday 28 December 2014 to Saturday 10 January 2015**. You can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.

Entries are now open for our **VRWC 24 Hour carnival** on the weekend of **4-5 October 2014**. Events include 24 Hours, 12 Hours, 6 Hours and RWA 100km. Check it out or enter at <http://www.centurions.org.au/event2014.shtml>.

Entries are supposed to open today with Athletics Australia for the **Australian Roadwalk Champs** which will be held in **Albany, WA, on Sunday 24 August**. See <http://www.athletics.com.au/Compete/Events/Event-Details/ArtMID/7504/ArticleID/700066/2014-Australian-Race-Walking-Championships> for further information and a draft timetable. The AA website makes the following points:

- Albany is a port city in the Great Southern region of Western Australia, some 418 km SE of Perth.
- Virgin Australia has put on additional flights from Perth to Albany and return for the Cross Country and Road Walks. These are not available from the Virgin Australia website. Further information, and to book, contact your Member Association.
- The timetable is available below. This is draft and subject to change.
- The venue for the Road walks will be advised shortly.

### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 5 JULY

It was a cold and windy Melbourne winter day but our annual Intervals Races day saw a good turnout and some keen racing, with lots of walkers managing to complete all 5 2km reps (with 17 minutes per rep). Rhydian Cowley dominated early but called it quits after 2 reps, leaving Adam Garganis, Kyle Swan, Stuart Kollmorgen, Aaron McDonough and Michelle Laufer to lead the way. Lots of our younger walkers participated and were happy to do either 2 or 3 reps for their day's workout.

5x2km Intervals	1 <sup>st</sup> rep	2 <sup>nd</sup> rep	4km	3 <sup>rd</sup> rep	6km	4 <sup>th</sup> rep	8km	5 <sup>th</sup> rep	10km
1. Michelle Laufer	10:00	09:48	19:48	09:56	29:44	10:30	40:14	10:23	50:37
2. Sandra Geisler	10:26	10:30	20:56	10:38	31:34	10:51	42:25	11:02	53:27
3. Pam Tindal	10:39	10:45	21:24	11:05	32:29	11:00	43:29	11:20	54:49
4. Heather Carr	10:55	11:18	22:13	11:33	33:46	11:33	45:19	11:58	57:17
5. Donna-Marie Elms	11:55	12:14	24:09	12:14	36:23	13:10	49:33	13:38	1:03:11
6. Karyn O'Neill	13:16	13:33	26:49	13:21	40:10	13:31	53:41	13:41	1:07:22
1. Emily Hamilton	10:20	10:28	20:48	10:33	31:21				
2. Philippa Huse	10:40	11:01	21:41	11:05	32:46				
3. Brodie Richardson	11:02	11:41	22:43	11:55	34:38				
1. Marlene Gourlay	11:42	11:39	23:21						
2. Gwen Steed	13:06	13:14	26:20						
3. Margaret Beaumont	16:41	16:47	33:28						
1. Adam Garganis	09:05	09:00	18:05	09:11	27:16	09:06	36:22	08:48	45:10
2. Kyle Swan	09:25	09:25	18:50	09:22	28:12	09:22	37:34	09:21	46:55
3. Stuart Kollmorgen	09:21	09:18	18:39	09:24	28:03	09:26	37:29	09:32	47:01
4. Aaron McDonough	10:02	10:00	20:02	10:07	30:09	10:07	40:16	10:00	50:16
5. Terry O'Neill	11:54	11:55	23:49	11:50	35:39	11:46	47:25	11:36	59:01
6. John Kilmartin	12:02	12:16	24:18	12:15	36:33	12:19	48:52	12:20	1:01:12
7. Bob Gardiner	12:41	12:30	25:11	12:34	37:45	12:31	50:16	13:09	1:03:25
8. Geoff Barrow	13:27	13:22	26:49	13:32	40:21	13:48	54:09	14:36	1:08:45
1. Tim Erickson	10:44	10:53	21:37	10:54	32:31	11:08	43:39		
1. Mark Donahoo	10:30	10:44	21:14	11:52	33:06				
2. Paul Kennedy	11:00	11:31	22:31	13:11	35:42				
1. Rhydian Cowley	08:46	08:46	17:32						
2. Reese Walmsley	09:55	09:52	19:47						
3. Ralph Bennett	11:28	11:21	22:49						
4. Tony Barrett	12:15	13:00	25:15						
5. John Morrison	14:18	14:55	29:13						
6. Ian Beaumont	16:27	16:36	33:03						

We had our usual VRWC 4km scratch races for those who did not want to participate in the intervals races and our U9 and U12 walkers contested slightly longer 1.5km and 2.5km races. Results as shown below.

#### 4km Open

1.	Jan Morrey	28:45
2.	Anthony Doran	28:55
3.	Celia Johnson	29:05
4.	Barrie Wicks	31:07
5.	Donna Campbell	32:55

#### 4km Under 15

1.	Hayden Walmsley	24:19
2.	Jessica Lillie	24:55
3.	Gabriella Crea	25:24
4.	Tom Dawson	26:24

#### 2.5km Under 12

1.	Corey Dickson	12:55
2.	Kathleen O'Mahony	14:23
3.	Grace Louey	15:22
4.	Ruby Paten	15:24
5.	Jeremy Little	16:15
6.	Charlotte Hay	16:24

#### 1.5km Under 9

1.	Joel Prys	08:11
2.	Gemma Lillie	09:00
3.	Elise Carbery	10:50

Terry Swan was busy with his camera (see <http://www.vrwc.org.au/coppermine>) and with our new video camera which is going to be used in conjunction with our chip system - see [https://www.youtube.com/watch?v=sg\\_ncCrmMKg](https://www.youtube.com/watch?v=sg_ncCrmMKg) for a 10 min video from the racing. Well done on a big day Terry! And thanks to Ralph Bennett for extracting the lapsplits for everyone - see <http://www.vrwc.org.au/vrwcres34.shtml>.

Finally, thanks to the many people who keep the show on the road. Sorry if I have missed anyone. We had a special official on duty with Canberra based international **Ian Rayson** holidaying in Melbourne and helping us out on the day. Thanks Ian!

**Registration and Results:** Mark Donahoo, Ralph Bennett, Michael Bodey, Damien Elms

**Officials and Setup:** Bob Gardiner, Tim Erickson, Mark O'Mahony, Ian Rayson, Harry Summers, Marlane Stanway, Damien Elms (bike)

**Judges:** Peter Vysma (chief), Stuart Cooper, Lloyd Nichols, Michael Bodey

**Canteen:** Barb Gardiner, Kate Suich



Walkers get underway in one of the intervals races last Saturday



Aaron McDonough, Stuart Kollmorgen, Kyle Swan, Michelle Laufer and Adam Garganis (photos Terry Swan)

**ACT WALKERS CLUB ROADWALKS, JERRABOMBERRA WETLANDS, CANBERRA, SAT 5 JULY**

Thanks to Val Chesterton for the latest results from Canberra.

**8km Handicap**

1.	Warren Butler	1:08:07
2.	Zoe Hunt	44:35
3.	Ally Durr	45:51
4.	Callum Burns	45:24
5.	Robin Whyte	52:25
6.	Monika Short	59:38
7.	Derek Robinson	57:38
8.	Val Chesterton	1:14:55
9.	Jennifer Gilchrist	1:06:37
10.	Phil Essam	1:15:48

**1km Handicap**

1.	Tom Hunt	05:59
2.	Laura Burns	05:31

**4km Handicap**

1.	Spencer Burns	22:34
2.	Mitchell Baker	23:27
3.	Rod Gilchrist	30:06
4.	Gabby Hunt	23:02
5.	Greg Durr	28:51
6.	David Mackenzie	32:56
7.	Cilla Chapman	35:43
8.	Raine Thompson	37:29

**2km Handicap**

1.	Thomas Hopkins	10:30
2.	Karina Hopkins	12:50
3.	Emily Hopkins	13:03
4.	Bob Chapman	18:09

**SARWC INTERSTATE CHALLENGE, PEACOCK ROAD, ADELAIDE, SATURDAY 5 JULY**

The South Australian walkers had a good turnout for their RWA Interstate Challenge last Saturday in Adelaide. Kristie Goznik's recent good form continued with her 10km time of 51:19. Peter Crump commented: Welcome back to longer distances to Darren Bown ahead of his 40<sup>th</sup> birthday celebrations. Happy Birthday Bownie !

**10km**

1.	Kristie Goznik	F	Open	51:19
2.	Troy Hooker	M	Open	55:05
3.	Danielle Walsh	F	U20	58:06
4.	John Leydon	M	Over 35	60:32
5.	Shaun Scheepers	M	Over 35	71:07
6.	Jim Hoare	M	Over 35	72:17
7.	Bill Starr	M	Open	72:41
	Louisa Mitchell	F	Over 35	DNF

**8km**

1.	Darren Bown	M	Open	39:04
2.	Anna Cross	F	U16	41:36
3.	Samantha Findlay	F	U18	51:17

**5km**

1.	Jake Vidler	M	U16	26:28
2.	Bethany Cross	F	U16	27:10
3.	Rhiannon Lovegrove	F	U16	27:50
4.	Jay Goode	M	U16	28:19
5.	Ayeisha Wallace	F	U14	30:24
6.	Sarah Damin	F	U16	31:06
	Alix Harlington	M	U16	DNF

**3km**

1.	Tristan Camilleri	M	U14	17:14
2.	Hayley Goode	F	U14	18:53
3.	Helen Wallace	F	Over 35	27:38

**2km**

1.	Felicity Henderson Wilson	F	U20	10:58
2.	Laura Vanags	F	Open	13:07
3.	Kerry Goode	F	Over 35	14:09

**1.5km**

1.	Maddy Wallace	F	U10	10:49
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<b>SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 5 JULY</b>
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Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide - Cool calm arvo, rain held off during competition.

**8k yacht handicap**

1.	David Robertson	1:08:40	68.53%	M80
2.	Colin Hainsworth	1:04:09	78.48%	M84
3.	Richard Moyle	58:03	61.82%	M55
4.	Rodger Barber	58:32	75.65%	M76
5.	Geoff Byham	51:54	75.95%	M67
6.	George White	45:15	89.20%	M69
7.	Raelene Schild	59:32	60.97%	W49
8.	Roger Lowe	1:02:51	65.84%	M71
9.	Edna Bates	1:08:15	60.51%	W61
10.	Graham Harrison	54:41	74.73%	M70
11.	Jill Rogers	1:08:40	67.17%	W69
12.	Linda Whitelaw	1:05:20	62.44%	W60

**4k yacht handicap**

1.	Helen Suridge	28:34	70.78%	W63
2.	Lillian Harpur	37:04	56.65%	W66
3.	Paul Boyce	35:23	62.59%	M78

<b>WARWC STATE CHALLENGE, PERTH, SATURDAY 5 JULY</b>
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**Under 10 1.5km**

1.	Alessia Andritsos	09:38
2.	Emily Bogaers	10:48

**Under 12 2km**

1.	Sienna Andritsos	11:59
2.	Amy Holland	12:09

**Under 14 3km**

1.	Tiahna Ruane	16:42
2.	Ben Reid	19:39
3.	Angel Bordaje	20:18

**Under 16 5km**

1.	Declan Tingay	25:52
2.	Aimee Reid	38:58

**Under 18 8km**

1.	Holly Hughes	48:08
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**Under 20 10km**

1.	Dale Hennighan	50:46
2.	Kate Holt	59:09
3.	Bree-Anna Hennighan	1:13:22

**Open 10km**

1.	Isabella Tolardo	1:03:07
2.	Tanya Andrews	1:03:15

**Masters 10km**

1.	Karyn Tolardo	1:04:24
	Tom Lenane	DNF



## NSWRWC ROADWALKS, HABERFIELD (LEICHHARDT), NSW, SATURDAY 5 JULY

Thanks to Frank Overton for the results of the NSWRWC Saturday's walks in Leichhardt. Due to the NSW Little Athletics road walk championships being held Sunday in Dapto, numbers might have been down but the quality was not effected, especially in the 10km events which Frank explains below

This was a good race, the early lead being made by Nicole Fagan, closely followed by Jay Felton with a gap back to Tyler Jones and Lauren Bourke. As the race progressed to the 6km mark, Tyler decided to make his move by first catching Jay then Nicole. He then walked a very strong last lap to record a good time of 46:04, beating Nicole by 8 seconds (46:12). I believe Nicole recorded her 2<sup>nd</sup> best time ever and she has shown great improvement in recent weeks, returning to her best ever form. Lauren Bourke was giving Jay 40 seconds going into the last lap and picked him up, recording a PB of 47:47 to finish alongside him.

### Long Division 10km

1.	Tyler Jones	46.04
2.	Nicole Fagan	46.12
3.	Jay Felton	47.47
4.	Lauren Bourke	47.47
5.	Steven Washburn	49.52
6.	Carl Gibbons	50.02
7.	Kirsty Klein	51.14
8.	Ian Jessurun	53.40
9.	Tom Doyle	57.04
10.	Anthony Albanese	58.47
	Amanda Barendregt	DNF

### Medium Division 10km

1.	Dylan Richardson	57.11
2.	Judy Brown	81.34
3.	Brendan Hyde	91.41
	Bryony Beasley	DNF
	Stephanie Grujoski	DNF

### Short Division 5km

1.	Tiffany Saker	27.57
2.	Ally Grujoski	31.31
3.	Nicholas Douglas	36.32
4.	Nicolle Challinor	36.36

### Under 16 2km

1.	Eliza De Laine	10.24
2.	Kyle Bedford	10.46
3.	Hayley Mille	11.23

### Under 12 1km

1.	Brooke Martin	6.00
2.	Brodie Douglas	6.37
3.	Reilly Jones	6.43
4.	Sarah Challinor	8.40
5.	Emily Challinor	8.49
6.	Amelia Croker	8.57
	Ethan Martin	DQ

## NSWRWC ROADWALKS, GLENDENNING, NSW, SATURDAY 28 JUNE

And now back a week to a couple of extra results from NSW and WA.

### Long Division 12km / 15km

1.	Tyler Jones Washburn	58.35	75.22
2.	Lauren Bourke	60.28	
3.	Carl Gibbon	64.17	82.22
4.	Kirsty Klein	64.42	
5.	Ian Jessurun	66.31	
6.	Amanda Barendregt	78.26	99.35
7.	Joan Purcell	96.23	
	Cheryl Webb	DNF	
	Steven Washburn	DNF	

### Medium Division 10km

1.	Jasmine Dighton	53.42
2.	Nathan Brown	56.06
3.	Dylan Richardson	56.27
4.	Judy Brown	87.02
	Sarah Kelland	DNF

### Short Division 5km

1.	Chelsea Goodhew	26.48
2.	Nicholas Douglas	28.30
3.	Bryony Beasley (NV)	28.39
4.	Samantha Brown	29.46
5.	Ally Grujoski	30.31
6.	Tiffany Saker	31.57
7.	Travis Barendregt	36.17
	Ryan Thomson	DNF

### U16 Division 2km

1.	Kyle Bedford	10.09
2.	Allanah Pitcher	10.24
3.	Chelsea Goodhew (INV)	10.38
4.	Renee Hardy	10.59
5.	Haley Mills	11.04
6.	Donald Catalo	12.14
7.	Paige Rigney	12.28
8.	Catherine Young	14.34

### U12 Division 1km

1.	Lachlan Rigney	5.05
2.	Danielle Vesper	5.06
3.	Brooke Martin	5.47
4.	Jada Thomson	6.25
5.	Aiden Hardy	6.49
6.	Brodie Douglas	7.00
7.	Ethan Martin	8.06
8.	Amelia Crocker	8.30

## WARWC ROADWALKS, SHELLEY, WA, SATURDAY 29 JUNE

### 15km Handicap

1. Dale Hennighan 73.56

### 10km Handicap

1. Bree-Anna Hennighan 71.26

### 5km Handicap

1. Isabella Tolardo 30.52  
 2. Holly Hughes 30.13  
 3. Robyn Hughes 35.12  
 4. Mikayla Johns 30.33  
 5. Aimee Reid 40.21  
 6. Declan Tingay DNF

### 3km Handicap

1. Sienna Andritsos 17.54  
 2. Angel Bordaje 19.55  
 3. Emily Pivac 17.19  
 4. Amy Holland 18.16  
 5. Courtney Johns 17.47  
 6. Hayley Ruane 19.45  
 7. Ben Reid 19.24  
 8. Declan Tingay 15.41  
 9. Alessia Andritsos DNF

## 2014 TREVOR CRAVEN MEMORIAL T&F MEET, BURNABY, CANADA, 6-7 JULY

The NorWesters Track and Field Club hosted the annual Trevor Craven Memorial meet on July 5-6 at Swangard Stadium in Burnaby (Canada). Joining local BC athletes were the Australian Junior National Team with nearly 60 track and field athletes, and the New Zealand Junior National Team. Two of our World Junior walkers were in action in the 3000m walks with **Jasmine Dighton** walking **14:27.48** (a PB) and **Nathan Brill** walking **12:13.60**.

Full results at [http://www.norwesterstandf.com/english/documents/trevor-craven\\_2014\\_results.pdf](http://www.norwesterstandf.com/english/documents/trevor-craven_2014_results.pdf).

Meet photos at <https://www.facebook.com/media/set/?set=a.10152557661329301.1073741995.264338589300&type=1>.



**Nathan and Jasmine in action in Burnaby last Saturday (photos Athletics Australia)**

## 24<sup>TH</sup> ANNUAL MIAMI VALLEY ALL COMERS T&F MEET, YELLOW SPRINGS, OHIO, WED 2 JULY

ACT walker Ashleigh Resch was in action last Wednesday evening at the Yellow Spring HS in Ohio at the 24<sup>th</sup> annual Miami Valley All Comers T&F Meet, winning the 3000m walk with 14:22.60. Walk results read as follows

### 1 Mile Race Walk

1. Cameron Haught	15-16M	MVTC	6:42.31
2. Joel Pfahler	OM	MVTC	6:53.41
3. Charlotte Walkey	15-16W	MVTC	8:17.29
4. Danielle Worsham	15-16W	MVTC	9:51.78
5. Barbara Hensley	70-74W	MVTC	11:31.94

**3,000m Race Walk**

1.	Ashleigh Resch	17-18W	MVTC	14:22.60
2.	Taylor Ewert	13-14W	MVTC	16:32.51
3.	Danielle Worsham	15-16W	MVTC	19:51.26

<b>USA JUNIOR T&amp;F CHAMPIONSHIPS, EUGENE, OREGON 5-6 JULY</b>
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Anthony Peters 48:19.16 and Katharine Newhoff 52:33.06 were the winners of the 10,000m track walks at the USA Junior T&F Championships at Hayward Field in Eugene last Saturday

**Junior Men 10,000m Race Walk**

1.	Anthony PETERS	USA	96	48:19.16
2.	Alexander PETERS	USA	96	48:23.04
3.	Cameron HAUGHT	USA		48:41.99
4.	Nathaniel ROBERTS	USA	96	50:14.20
5.	Andy VASQUEZ	USA		51:53.73
6.	Spencer DUNN	USA		52:18.53
7.	Jonathan LAZOR	USA		52:46.57
8.	Matias SERNA	USA		53:01.37
9.	Berry STEVEN	USA		53:23.44
10.	Hutcherson DOUG	USA		54:59.51

**Junior Women 10,000m Race Walk**

1.	Katharine NEWHOFF	USA	97	52:33.06
2.	Anali CISNEROS	USA	97	53:42.86
3.	Katie MICHTA	USA	96	53:46.89
4.	Monika FARMER	USA		54:53.00
5.	Kayla ALLEN	USA		57:31.08
6.	Fiona DUNLEAVY	USA	96	57:38.25
7.	Brenda MCCOLLUM	USA	95	57:56.99
8.	Katherine MIALE	USA		57:58.70
9.	Holly LINDOE	USA		58:10.20
10.	Alina KASPARSONS	USA		58:45.56
11.	Kristi LICURSI	USA		59:34.52

<b>CAC JUNIOR T&amp;F CHAMPIONSHIPS, MORELIA, MEXICO, 4-7 JULY</b>
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Mexico dominated the U20 and U18 track walks at the Central American and Caribbean Junior T&F Champs in Morelia last weekend, winning 8 of the 12 medals on offer.

**Junior Women 5000m Race Walk**

1.	Sonia Irene BARRONDO GARCIA	GUA	95	24:37.81
2.	Maria Guadalupe SANCHEZ	MEX	95	24:58.40
3.	Lluvia GONZALEZ VERA	MEX	96	26:20.93

**U18 Women 5000m Race Walk**

1.	Vivian CASTILLO	MEX	98	24:32.47
2.	Iliana GARCIA	MEX	98	24:46.94
3.	Rachelle DE ORBETTA	PUR		25:02.28
4.	Arely MORALES	GUA	98	26:19.44

**Junior Men 10,000m Race Walk**

1.	Ricardo ORTIZ	MEX	95	42:24.10
2.	José Luis DOCTOR	MEX	96	43:10.71
3.	Jürgen Everhard GRAVE CHAVEZ	GUA	96	44:06.44

**U18 Men 10,000m Race Walk**

1.	Noel CHAMA	MEX	97	42:45.24
2.	Enrique MARTINEZ	MEX	97	43:40.40
3.	Jorge CRUZ	PUR		49:44.73
4.	Óscar MENJÍVAR	ESA	97	51:50.34



**LITHUANIAN JUNIOR T&F CHAMPIONSHIPS, ALYTUS, LITHUANIA. 3-4 JULY****Junior Men 10,000m Race Walk**

1.	Tomas PAGIRYS	LTU	96	47:05.78
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**Junior Women 10,000m Race Walk**

1.	Živilė VAICIUKEVIČIŪTĖ	LTU	96	50:23.06
2.	Monika VAICIUKEVIČIŪTĖ	LTU	96	50:23.41
3.	Ieva ŠUKEVIČIŪTĖ	LTU	96	57:52.23

**TRACK WALKS, CÁCERES, SPAIN, WEDNESDAY 2 JULY**

Fast walking was the order of the day in Caceres, Spain, last Wednesday. In the women's 5000m walk, Julia Takacs took over 30 secs off her PB to set a new Spanish record with her winning time of 20:30.04 (old record of Beatriz Pascual 20.45,11 2012). The men's race was won by Alvaro Martin with a PB 19.15,08, ahead of Marc Tur 19.18,35 and junior Diego Garcia 19.24,13 whose time beat Alvaro Martin's 2013 Junior record of 19.25,86. Interestingly, the men and women raced at the same time but on different tracks. See further discussion at <http://omarchador.blogspot.pt/2014/07/takacs-faz-cair-em-caceres-mais-um.html>.

**Men 5000m Race Walk**

1.	Alvaro MARTIN	ESP	94	19:15.08
2.	Marc TUR	ESP	94	19:18.35
3.	Diego GARCIA	ESP	96	19:24.13
4.	José Ignacio DÍAZ	ESP	79	20:44.53
5.	Ivan PAJUELO	ESP	93	20:55.41
6.	Pedro MARTINS	POR	68	21:34.18
7.	Pedro SANTOS	POR	86	21:38.57
8.	Rui COELHO	POR	94	21:55.57
9.	Adrian LOPEZ	ESP	95	21:56.71
10.	Amaro TEXEIRA	POR	89	22:57.86

**Women 5000m Race Walk**

1.	Júlia TAKÁCS	ESP	89	20:30.04
2.	Laura GARCÍA-CARO	ESP	95	22:43.48
3.	Ainhoa PINEDO	ESP	83	22:44.80
4.	Laura GUTIERREZ	ESP	88	24:20.64
5.	Alexandra TARDIO ORTEGA	ESP	96	25:49.08
6.	Irene MONTEJO	ESP	98	25:52.93
7.	Macarena MARTIN	ESP	92	25:58.85
8.	Marina SILLERO	ESP	98	26:58.44

**TRACK MEET, BLOIS, FRANCE, WEDNESDAY 2 JULY****Men 5000m Race Walk**

1.	Aurelien QUINION	FRA	93	21:04.92
2.	Quentin GAUCHET	FRA	93	22:30.24
3.	Valentin SILLY	FRA	96	22:42.44

**Women 3000m Race Walk**

1.	Emilie MENUET	FRA	91	13:15.16
2.	Caroline GUILLARD	FRA	71	14:59.22

**TRACK MEET, KATOWICE , POLAND, WEDNESDAY 2 JULY**

The top Mexican walkers, currently racing and training in Europe, were in Poland last weekend and showed great speed with superb 5000m times to Eder Sanchez 18:35.36 and Ever Olivares 18:39.28. The women's walk was won by Polish walker Agnieszka Dygacz with 21:20.97.

**Men 5000m Race Walk**

1.	Eder SÁNCHEZ	MEX	86	18:35.36
2.	Ever PALMA OLIVARES	MEX	92	18:39.28
3.	Pedro Daniel GÓMEZ	MEX	90	19:11.86
4.	Rafał FEDACZYŃSKI	POL	80	19:36.28
5.	Omar SEGURA	MEX	81	19:40.96
6.	Jakub JELONEK	POL	85	20:36.76

**Women 5000m Race Walk**

1.	Agnieszka DYGACZ	POL	85	21:20.97
2.	Katarzyna GOLBA	POL	89	22:19.46
3.	Monika KAPERNA	POL	90	22:40.36
4.	Ioanna BEMOWSKA	POL	94	24:33.00
5.	Mariela SANCHEZ TERAN	MEX	91	24:34.64
6.	Aleksandra BUDZISZ	POL	87	26:10.96

**SPANISH JUNIOR T&F CHAMPIONSHIPS, CASTELLÓN, 5-6 JULY**

High quality walking in last weekend's Spanish Junior championships with victory going to Diego Garcia 42:39.73 and Laura Garcia-Caro 47:04.04 (new Championship record).

**Men U20 10,000m Race Walk**

1.	Diego GARCIA	ESP	96	42:39.73
2.	Pablo OLIVA	ESP	96	43:00.35
3.	Fabian BERNABE	ESP	95	44:03.19
4.	Nil RODES	ESP	96	44:52.89
5.	Adrian LOPEZ	ESP	95	47:06.84
6.	Marc GUERRERO	ESP	95	47:45.17
7.	Mario VIÑAS	ESP	96	48:17.04
8.	Pedro José GARCIA	ESP	96	48:21.45
9.	Marcos CINTRON	ESP	96	49:25.57

**Women U20 10,000m Race Walk**

1.	Laura GARCÍA-CARO	ESP	95	47:04.04
2.	Maria PEREZ	ESP	96	47:25.82
3.	Lidia SANCHEZ-PUEBLA	ESP	96	49:15.03
4.	Melisa SANCHEZ	ESP	96	50:56.26
5.	Mar CHILLON	ESP	96	53:02.17
6.	Miriam GIL	ESP	95	55:35.47
7.	Sara RAMIREZ	ESP	95	55:42.43
8.	Alexandra TARDIO ORTEGA	ESP	96	55:47.55
9.	Carla SANTAELENA	ESP	96	57:10.64
10.	Marisol DIZ	ESP	95	58:02.73
11.	Mariona MARTINEZ	ESP	95	58:57.78

**SPANISH U23 T&F CHAMPIONSHIPS, DURANGO, SPAIN, 5-6 JUNE**

While the Spanish juniors were competing in Castellon, the U23 walkers were in action in Durango. The men's race was a superb one with the first 3 all under 41 minutes, victory going to Alvaro Martin 40:05.99 ahead of Marc Tur 40:19.85 and Luis Alberto Amezcua 40:34.88. The women's title went to Amanda Cano with 47:28.55.

**Men U23 10,000 m Race Walk**

1.	Alvaro MARTIN	ESP	94	40:05.99
2.	Marc TUR	ESP	94	40:19.85
3.	Luis Alberto AMEZCUA	ESP	92	40:34.88
4.	Jose Francisco DURAN	ESP	93	42:18.54
5.	Ivan PAJUELO	ESP	93	42:26.50
6.	David REYES	ESP	93	44:51.09
7.	Luis CAMBRONERO	ESP	93	46:14.43
8.	Christian CUROPOS	ESP	94	46:41.43
9.	Luis Manuel PEREZ	ESP	92	47:06.37

**Women U23 10,000 m Race Walk**

1.	Amanda CANO	ESP	94	47:28.55
2.	JUAREZ Maria GALLARDO	ESP	93	48:23.38
3.	Maria LOPEZ LARIOS	ESP	92	49:40.24
4.	Paula MARTINEZ Cacheiro	ESP	92	50:51.38
5.	Veronica GALVEZ ALIAGA	ESP	92	52:08.23
6.	Coral AJA	ESP	93	52:55.15
7.	Macarena MARTIN	ESP	92	53:27.03
8.	Rocio CARBIA	ESP	93	54:23.59
9.	Miriam COSTAS	ESP	93	54:51.63
10.	Laura SANCHIDRIAN	ESP	94	55:57.59
11.	Teresa Elena CORBAL	ESP	94	57:29.82

**PORTUGUESE JUNIOR T&F CHAMPIONSHIPS, LUSO, 5-6 JUNE**

The Portuguese U20 walkers were also in action last weekend with Hélder Dosantos 44:25.85 and Mara Ribeiro 48:40.22 taking the titles.

**Men U20 10,000m Race Walk**

1.	Hélder DOS SANTOS	POR	96	44:25.85
2.	Miguel RODRIGUES	POR	96	45:38.84
3.	Joao MARTINS	POR	95	47:38.80
4.	Vasco SANTOS	POR	98	47:53.20
5.	Xavier SOUSA	POR	96	48:20.64

**Women U20 10,000m Race Walk**

1.	Mara RIBEIRO	POR	95	48:40.22
2.	Mariana MOTA	POR	95	50:11.41
3.	Edna BARROS	POR	96	50:17.81
4.	Carolina COSTA	POR	98	53:53.00
5.	Salomé SANTOS	POR	97	54:56.37
6.	Elisabete PINHO	POR	95	55:10.27
7.	Laura LEAL	POR	96	55:39.82
8.	Ana LEONOR	POR	98	56:23.20
9.	Catarina MARQUES	POR	96	56:33.81
10.	Rita RIBEIRO	POR	96	57:23.79

**LES 24 HEURES DE MARCHE DE LA HAUTE SAINTONGE - MONTGUYON, FRANCE, 27-28 JUNE**

Les 24 Heures de Marche de Haute-Saintonge, held in Montguyon in the SW of France a week ago, saw 223 walkers in action (108 women and 115 men). Overall, Pascal Kieffer (fittingly a postman in this city) and Gerard Durand were equal first with a distance of 173.489km while the first woman to finish was Annette Vignaud with 141.524km. Keiffer is no newcomer to ultra walking, having walked 100km in 1992 in the fantastic time of 8:55. See more at <http://asso.lempreinte.free.fr/index.php?page=annee-2014>.

**24 Heures de Montguyon (first 50 places)**

E1.	KIEFFER Pascal	1961	MONTGUYON	M	79	173.489	23:53:06
E1.	DURAND Gérard	1967	L'ILE D'ELLE	M	79	173.489	23:53:06
3.	DESPRAT Jean	1955	ANGOULÊME	M	72	159.152	23:46:55
4.	BOUGNAUD Alain	1947	LA COTINIÈRE	M	72	158.352	23:54:47
5.	NADAUD Honoré	1958	LIBOURNE	M	71	156.761	23:50:10
6.	SUAU Michel	1957	CESTAS	M	68	149.988	23:51:17
7.	PINEAU Laurent	1968	ORIGNOLLES	M	67	148.897	23:17:07
8.	BERT Dominique	1960	AMBARES ET LAGRAVE	M	67	146.897	23:58:07
9.	BUNEL Dominique	1968	PLOMB	M	66	146.006	23:49:01
10.	VIGNAUD Annette	1958	PÉRIGUEUX	F	64	141.524	23:30:41
11.	DALOZ Robert	1941	DOMPIERRE SUR MONT	M	64	140.824	23:55:00
12.	GUERIN Séverine	1977	MÉRIGNAC	F	61	135.151	23:41:14
13.	DEBORD Michel	1949	LALANDE DE FRONSAC	M	59	130.069	23:52:37
14.	DELTEIL Laurent	1966	MONTARDON	M	58	127.878	23:54:11
15.	PIERRE Patrick	1948	LABASTIDE DU TEMPLE	M	56	123.196	23:54:58
16.	BENSACQ Liliane	1962	SAUCATS	F	55	121.005	23:55:03
17.	RASSAIND André	1937	ST SIMÉON BRESSIEU	M	55	120.505	23:59:59
18.	MICHAU Philippe	1955	SAINT-ASTIER	M	54	119.814	23:47:25
19.	SOULARD Eliane	1957	VILLENAVE D'ORNON	F	54	118.914	23:53:25
20.	JAMET Jean-Pierre	1937	BREUILLET	M	53	116.123	23:59:10
21.	PAUL Bernard	1957	GRADIGNAN	M	52	113.932	23:35:24
22.	LEMOINE Annie	1964	PLOMB	F	51	113.641	23:40:44
23.	LHOEST Daniel	1959	WARENNE (BELGIQUE)	M	51	111.741	22:32:10
24.	KEMPF Cécile	1981	ANDILLAC	F	51	111.741	23:50:43
25.	KEMPF Annie	1957	BEYNAC/CAZENAC	F	51	111.741	23:50:45
26.	COUTURON Sylvie	1961	SAINTE	F	50	110.75	23:44:32
27.	SOUILLÉ Jean-Pierre	1952	MARMANDE	M	50	109.65	23:51:14
28.	DELGADO Olivier	1980	ST DENIS DE PILE	M	50	109.55	23:08:34
29.	CONTAMINE Yves	1951	CHASSENEUIL	M	50	109.55	23:38:22
30.	CHAIGNE Christophe	1967	ST SAUVEUR LALANDE	M	49	107.359	23:53:28
31.	BOULITEAU Bernard	1966	MARMANDE	M	48	106.468	23:48:46
32.	JAMET Denis	1966	SAINTE	M	48	105.168	23:58:57
33.	FERRI Guillaume	1980	MONTENDRE	M	46	100.786	20:01:29
34.	BELUTAUD Jeanne-Marie	1962	CERGY	F	46	100.786	22:15:37

35.	MINEAU Daniel	1959	TONNAY-CHARENTE	M	46	100.786	23:20:46
36.	CHABREYRIE Joelle	1960	MÉRIGNAC	F	46	100.786	23:48:41
37.	GONTHIER Claude	1950	STE ALVERE	M	44	97.404	23:49:12
38.	MARCHAIS Christophe	1968	BUSSAC-FORÊT	M	43	94.213	23:50:49
39.	MARCHESIN Karine	1974	NEUVICQ	F	43	94.213	23:51:21
40.	LIAIGRE Franck	1956	SAUMUR	M	42	92.622	23:54:45
41.	BRIAND Gérard	1954	BUSSAC-FORÊT	M	42	92.022	23:58:53
42.	PELLETIER Thierry	1963	VILLENAVE D'ORNON	M	41	91.731	13:59:55
43.	ALQUIER Christian	1947	VESQ	M	41	91.031	23:42:35
44.	LEPITRE Sandrine	1971	BLANQUEFORT	F	41	89.831	23:48:40
45.	GONTHIER Eliane	1951	STE ALVERE	F	40	87.64	23:35:26
46.	CHARVY Eliane	1949	MONTGUYON	F	40	87.64	23:54:49
47.	LASSERRE Nicole	1954	SAUCATS	F	39	87.149	23:39:07
48.	BAUDY Pierre	1946	SAINTES	M	39	85.449	20:49:55
49.	PARIS Jeremy	1987	PEUJARD	M	38	84.758	23:49:09
50.	REMAUD René	1946	CERCOUX	M	38	83.258	23:58:13

### SWEDISH CHAMPIONSHIPS, BORÅS, SWEDEN, 5-6 JULY 2014

It was a busy weekend for Swedish walkers with track championships on the Saturday and road championships on the Sunday. Open walk results posted below. See <http://smvveckan.azurewebsites.net/Sports/ResultList/46?page=1> for the full results.

#### 10,000m Walk Men - Sat 5 July

1.	Anatole Ibáñez	Eskilstuna Fi	41:54,4
2.	Perseus Karlström	Eskilstuna Fi	43:38,7
3.	Anders Hansson	SK Svängen	43:53,5
4.	Christer Svensson	Växjö AIS	49:56,6
5.	Remo Karlström	Eskilstuna Fi	50:14,1
6.	Fredrik Svensson	Växjö AIS	50:18,6
7.	Fredrik Sandmer	SK Svängen	52:14,7
8.	Anders Wahlström	Södra Ölands GK	54:42,5
9.	Jerker Samuelsson	GK Steget	57:26,8
10.	Erik Bengtsson	GK Steget	59:13,2
11.	Ulf-Peter Sjöholm	Växjö AIS	59:33,1
12.	Fredrik Vaeng Rötne	BUL-Tromsø Norge	47:22,6
	Håvard Haukenes	TIF Vikong Norge	DQ

#### 5000m Walk Women - Sat 5 July

1.	Mari Olsson	GK Steget	22:53,8
2.	Monica Svensson	Växjö AIS	24:00,9
3.	Lena Tomas	GK Steget	25:49,7
4.	Siw Karlström	Eskilstuna FI	25:53,1
5.	Maria Aydin	GK Steget	28:23,6
6.	Kerstin B Malm	Mälarhöjden IK	30:51,3
7.	Helena Sandmer	SK Svängen	30:53,1
8.	Jennifer Ibrahim	GK Steget	31:17,2
9.	Julia Ibrahim	GK Steget	31:40,6
10.	Diana Forsgren	IFK Sala	32:05,5
11.	Jessika Stafrin	IF Draget	33:32,1
12.	Elin Johansson	IF Draget	33:59,3

#### 20km Men - Sun 6 July

1.	Perseus Karlström	Eskilstuna Fi	1:28:45
2.	Anatole Ibáñez	Eskilstuna Fi	1:32:24
3.	Anders Hansson	SK Svängen	1:33:07
4.	Christer Svensson	Växjö AIS	1:39:58
5.	Remo Karlström	Eskilstuna Fi	1:48:48
	Håvard Haukenes	TIF Viking Norge	DQ

#### 10km Women - Sun 6 July

1.	Mari Olsson	GK Steget	48:45
2.	Monica Svensson	Växjö AIS	49:29
3.	Lena Tomas	GK Steget	52:34
4.	Siw Karlström	Eskilstuna Fi	53:41
5.	Maria Aydin	GK Steget	1:00:17
6.	Kerstin B Malm	Mälarhöjdens IK	1:05:28
7.	Julia Ibrahim	GK Steget	1:07:00

8.	Diana Forsgren	IFK Sala	1:08:31
9.	Jessika Stafrin	IF Draget	1:11:21
	Jennifer Ibrahim	GK Steget	DNF

### VRWC POINTS UPDATE

With only a few more point scoring opportunities on offer, our winter season points competitions are taking shape nicely. Check out <http://www.vrwc.org.au/vrwcpointscomps.shtml> for the latest Style Award, Handicap and Fastest Times updates as of last Saturday.

### NEW VRWC CLUB RECORD

An inaugural club record to Joel Prys in the U13 1.5km roadwalk, compliments of his win in our recent VRWC club championships.

Joel Prys	U9 1.5km Road Walk	8:17	VRWC Races, Middle Park	2014/06/29
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Note that this was an unclaimed category and we do have a number of similarly empty categories. You can check them out at <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2014-04-28.pdf>.

### VICTORIAN MASTERS ATHLETICS - RUN SAFELY TONIGHT

Well done to the Victorian Masters Athletics Assn who are currently putting the building blocks into place for a new promotional campaign. Footprints newsletter editor (and walker) Russ Dickenson explains

You might have noticed on Facebook or heard around "the traps" about our new promotional campaign "Run Safely Tonight". We have been given approval to implement the first stage of this promotion but believe the Committee will like what it sees and approve the second stage.

When we get to include all Venues, we might need to call on you for some help.

We have agonised over how to promote VMA and we were not keen on using the word "Masters".

Our strength is the terrific Venue network we have and the fact that we are there every week and that at this time of the year we run under lights.

We were mindful of the fact that several joggers have been attacked recently and thought "Why not invite them to run with us". Getting numbers to the Venues is the aim, converting them to members is another thing and we will discuss this with you later. We are welcoming members under 30 !!!

We are starting this campaign at 3 Venues, Casey, Knox and Croydon.

From 28 July we will be placing ads in local newspapers for 3 consecutive weeks.

We have a dedicated RST website - [www.RunSafelyTonight.com.au](http://www.RunSafelyTonight.com.au) - and a Facebook page.

We are organising temporary signs with Real Estate Agents, hopefully in prominent positions.

We have printed postcard type brochures to go in shop windows and on notice boards. We have permission to give these cards out at ParkRuns.

We will have mentions on Council websites. The response from Councils has been terrific.

During this time, we will look at any fine tuning we need and then we will launch the program over all Venues.

At this stage we will go to the Media. We believe they will love it.

Phil Urquhart and I are going to get around all the Venues as soon as we can to discuss it with you. We are sorry that we are excluding Southern Peninsula but we hope to do something else there.

As before, I welcome feedback, but I am confident we are on the right track.

### 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.

#### 2014 Australian/Victorian Winter Season Key Dates

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/Centurions 24 Hour Carnival, Middle Park. Entries at <a href="http://www.centurions.org.au/event2014.shtml">http://www.centurions.org.au/event2014.shtml</a>
11-18 Oct, 2014	Alice Springs Masters Games. See <a href="http://www.alicespringsmastersgames.com.au/">http://www.alicespringsmastersgames.com.au/</a>
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See <a href="https://www.facebook.com/groups/726992100645163/">https://www.facebook.com/groups/726992100645163/</a>

#### 2014 International Fixture

July 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>
Aug 16-28, 2014	<b>Youth Olympic Games, Nanjing, China.</b> See <a href="http://www.nanjing2014.org/en/">http://www.nanjing2014.org/en/</a>

### Other 2014 Races of Interest

Aug 31, 2014 Voronovo Cup, Moscow, Russia  
Sun 5 Oct, 2014 International 50km Race Walk (IAAF permit) incorporating British RWA 50km Championship , 10AM  
Sun 26 Oct, 2014 MTR 10km International Walk, Hong Kong. See <http://www.hkaaa.com/index.php?&lang=eng>

### Remaining 2014 IAAF Challenge Series Walks

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 28<sup>th</sup> Summer Universiade, Gwanju, South Korea  
July 2015 9<sup>th</sup> World Youth T&F Championships, Cali, Colombia  
Aug 22-30, 2015 15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China  
July/Aug 2015 20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France  
May 2016 27<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia  
July 2016 16<sup>th</sup> World Junior T&F Championships, Kazan, Russia  
Oct 26 -Nov 6, 2016 21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>  
Aug 2016 31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.org.br/en/Default.aspx>  
July 2017 10<sup>th</sup> World Youth T&F Championships, ?  
July 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan  
August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK  
May 2018 28<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia  
July 2018 16<sup>th</sup> World Junior T&F Championships, ?  
Apr 4-15, 2018 Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <http://www.gc2018.com>  
2019 17<sup>th</sup> IAAF World Championships in Athletics, ?  
July 2019 11<sup>th</sup> World Youth T&F Championships, ?  
July 2019 30<sup>th</sup> Summer Universiade, Brasilia, Brazil  
July 2020 32<sup>nd</sup> Olympic Games, Tokyo

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