



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 16  
20 January 2015



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### WALKERS OF THE WEEK

They have each featured in my Walker of the Week twice already this summer so it's third time around for the talented Diamond Valley pairing of **Eliza Clarke and Emmet Brasier**. Walking in the Athletics Victoria 5km Teams Roadwalk championships at Middle Park on Sunday, 14 year old Eliza and 16 year old Emmet each won their respective race and helped their Diamond Valley teams to the gold medals. And their times of **24:53** and **21:56** we both **Ps**. What more can you ask! And well done to coach Matt Owen who has developed a very strong squad over the past few years.



**Eliza and Emmet in action at Middle Park on Sunday**

### WHAT'S COMING UP

The **Victorian Country T&F Championships** are on this weekend at the **LaTrobe University track in Bendigo** and the Open 5000m walk on Friday afternoon (4PM) promises to be a fast one with Kelly Ruddick, Alana Barber (NZL), Heather Lewis (GBR), Ross Darlow, Michael Gillies Smith and others in action. I am looking forward to watching that one! Full championship timetable and athlete list available at <http://athsvic.org.au/event/2015-victorian-country-championships/>.

The AV Shield Final will be held the following weekend (Saturday 31<sup>st</sup> January) for those teams who topped their regions. Then it's onto the Canberra Track Classic a week later (Sat 7 Feb) for some elite 5000m walking by our top walkers.

So it's all happening! Don't forget to regularly check the AV calendar – see <http://athsvic.org.au/events/calendar> – for details of upcoming events. Entries are now open for

- AV Knockout Round 2 (2000m Walk) Sat 7 Feb 2015
- Vic Junior T&F Champs 13-15 Feb 2015
- Vic Open T&F Champs 27 Feb – 1 Mar 2015
- Vic Masters T&F Champs 14-15 Mar 2015

And a reminder that entries close for the **Australian 20km Summer Championships and Oceania 20km Championships** in Adelaide on **Friday 30 January**. Enter at <http://www.athletics.com.au/Compete/Online-Entries>

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 14 JANUARY**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. And congrats to Colin who set a new SAMA M85 5000m record. Wow, fantastic Colin!

**800m Walk**

1.	Rhiannon Lovegrove	3:46	
2.	George White	4:06	M69
3.	Chloe Upton	4:22	
4.	Victoria Upton	4:25	W11
5.	Kitara Upton	4:46	W9
6.	Geoff Byham	4:48	M68
7.	Adrian Upton	5:15	
8.	John Hore	5:19	M66
9.	Helen Suridge	5:24	W63
10.	Roger Lowe	5:28	M71
11.	Julia Lycett	5:39	W50
12.	Leigh Smith	5:41	M79
13.	Graham Harrison	5:41	M71
14.	Harry Hayford	5:44	M62
15.	Jan Layng	6:06	W66
16.	Jill Rogers	6:27	W70
17.	Mathew Anderson	6:33	M43
18.	Edna Bates	6:40	W62
19.	David Robertson	7:11	M81

**3000m Walk**

1.	Rhiannon Lovegrove	16:08		
2.	Geraldine Waites	20:10	W65	75.54%
3.	Des Mulqueen	22:36	M68	63.60%
4.	Gill White	25:03	W66	61.58%
5.	Jill Rogers	25:19	W70	64.28%
6.	Laurie Antal	25:47		
7.	Edna Bates	25:55	W62	56.71%
8.	Paul Boyce	25:58	M78	63.07%

**5000m Walk**

1.	George White	27:49	M69	88.96%
2.	Jack Russell	31:46	M62	72.06%
3.	Geoff Byham	32:10	M68	76.02%
4.	James Hoare	35:49	M68	68.27%
5.	Bill Starr	36:56	M72	69.55%
6.	Leigh Smith	37:55	M79	74.71%
7.	Doug Smart	40:17	M71	62.95%
8.	Colin Hainsworth	41:42	M85	74.96%

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, WED 14 JANUARY**

Thanks to Robin Whyte for the latest results from the ACT Walkers Club in Canberra. This meet was held in conjunction with the AACT Summer Series. Zoe Hunt and Ally Durr were in fine form post the Falls Creek camp.

**3000m Walk**

1.	Zoe Hunt	14:43
2.	Ally Durr	14:47
3.	Connor Frew	15:54
4.	Mitchell Baker	16:01
5.	Callum Burns	16:28
6.	Gabby Hunt	16:58
7.	Bryan Thomas	20:11

**1500m Walk**

1.	Thomas Alley	9:11
2.	Jennifer Alley	9:11
3.	Venesser Rogic	10:34
4.	Barbara Eddowes	10:34

**BENDIGO WALKERS CLUB TRACK WALKS, ROSALIND PARK, BENDIGO, WED 14 JANUARY**

Thanks to Paul Rance for his report from Bendigo. Paul explains:

In the 1.5km Caitlyn Tozer won the handicap section with Ebony Whiley 2<sup>nd</sup> and Sheridan Commons in 3<sup>rd</sup> place while the 3km race was won by Annette Major from Jenny Payne and Peter Curtis. Club Personal bests were achieved by Sheridan Commons in the 1500m and Zahra Hayes and Madison Hill in the 3000m.

**3km Handicap Walk**

1.	Annette Major	18.18
2.	Jenny Payne	21.21
3.	Peter Curtis	16.45
4.	Madison Hill	17.50
5.	Barb Bryant	17.26
6.	Zahra Hayes	15.23
7.	Annette Curtis	22.16
8.	Norm West	24.16
9.	John Carter	21.14
10.	Michael Gillies-Smith	15.20
11.	Zoe Boldiston	16.04

**1.5km Handicap Walk**

1.	Caitlyn Tozer	13.12
2.	Ebony Whiley	8.07
3.	Sheridan Commons	10.42
4.	Carissa Brook	8.27

## ATHLETICS VICTORIA SHIELD ROUNDUP, SATURDAY 17 JANUARY

Saturday saw the final round of normal Athletics Victoria Shield competition, with Zone vs Zone comps scheduled for the metropolitan regions and normal interclub in the country regions. With over 100 walkers in action across the State, it was the usual strong Victorian showing. Next week we pause for the Country championships before the AV Shield Final in 2 weeks time. Conditions were good with mild conditions and light winds – ideal for fast walking.

### Shield Round 10 - Red vs White Zones, Doncaster, Saturday 17 January

Young guns Emmet Brasier, Kyle Swan and Adam Garganis were all under 13 minutes in the 3000m walk at Doncaster last Saturday, Emmet taking line honours with 12:41.9. Pam Tindal was the fastest of the women with 15:30.9 while Taylor Langford was the fastest in the 1500m with 7:58.2.

#### Mixed 3000m Walk

1.	Brasier, Emmet	M16	DIAMOND VALLEY AC	12:41.9
2.	Swan, Kyle	M15	ATHLETICS NU	12:51.9
3.	Garganis, Adam	M17	COLLINGWOOD	12:56.8
4.	Simpson, Bradley	M21	ATHLETICS NU	13:22.4
5.	McDonough, Aaron	M42	PRESTON AC	14:41.8
6.	Tindal, Pam	W55	ATHLETICS NU	15:30.9
7.	Evans, Simon	M54	BOX HILL AC	15:50.0
8.	Laufer, Michelle	W45	COLLINGWOOD	15:51.1
9.	Geisler, Sandra	W37	RINGWOOD AC	16:11.7
10.	Keirl, Bernie	M51	DIAMOND VALLEY AC	16:26.0
11.	Taylor, Lucas	M18	YARRA RANGES	16:34.8
12.	Laurie, Natalie	W23	ATHLETICS NU	17:04.8
13.	Cochrane, Andrew	M59	OLD SCOTCH C	17:10.5
14.	Reid, Ross	M60	COLLINGWOOD	17:12.5
15.	Hunter, Pia	W48	BOX HILL AC	17:35.7
16.	Clarke, Patrick	M46	DIAMOND VALLEY AC	17:37.4
17.	Swan, Emily	W17	ATHLETICS NU	17:51.1
18.	Elms, Donna-Marie	W53	PRESTON AC	18:16.3
19.	Riddoch, Clyde	M61	ATHLETICS WAVERLEY	18:19.9
20.	Gardiner, Robert	M78	COLLINGWOOD	18:58.2
21.	Rosenbrock, Carolyn	W52	ATHLETICS NU	19:05.6
22.	Lazar, Dennis	M58	DIAMOND VALLEY AC	19:45.0
23.	Walburg, Kirsten	W16	DONCASTER AC	21:08.2
24.	Harvey, Christophe	M53	MALVERN HARRIERS AC	21:35.3
25.	Quinn, Karen	W50	DIAMOND VALLEY AC	22:12.2
26.	Benke, Geza	M58	OLD MELBURNI	23:10.6
27.	Brown, Tammarah	W15	RICHMOND HAR	23:25.3
28.	Worsnop, Christopher	M57	OLD XAVERIANS AC	23:29.3
29.	Molnar, Jo	W53	ATHLETICS WAVERLEY	23:31.0
	Billington, Tayla-Paige	W17	BOX HILL AC	DNF
	Clarke, Eliza	W14	DIAMOND VALLEY AC	DQ

#### Mixed 1500m Walk

1.	Langford, Taylor	W13	DIAMOND VALLEY AC	7:58.2
2.	Clark, Madison	W11	UNNATCHED	8:03.3
3.	Clarke, Georgia	W12	DIAMOND VALLEY AC	8:04.8
4.	Dawson, Thomas	M13	COLLINGWOOD	8:39.2
5.	Simpson, Jessica	W11	UNNATCHED	8:39.7
6.	Noonan, Claire	W10	COLLINGWOOD	8:46.9
7.	Briet, Brianna	W10	UNNATCHED	9:43.7
8.	Camilleri, Brent	M13	DIAMOND VALLEY AC	9:45.7
9.	Hewitson, Camden	M12	YARRA RANGES	9:50.3
10.	Sheedy, Evan	M11	DIAMOND VALLEY AC	13:42.8

### Shield Round 10 - Yellow vs Blue Zones, Aberfeldie, Saturday 17 January

Dual Olympian Chris Erickson recorded the fastest time of the weekend at Aberfeldie with his 11:52.34. Our two overseas visitors were also in fine form with Alana Barber of NZ recording a PB of 13:05.42 and Heather Lewis of GBR recording 13:50.06. Megan Szirom also continued her recent form with 14:10.47. Hayden Walmsley was best in the 1500m with 7:51.39.

#### Mixed 3000m Walk

1.	Erickson, Chris	M33	ATHLETICS ESSENDON	11:52.34
2.	Barber, Alana (NZL)	W27	INVITES	13:05.42
3.	Lewis, Heather (GBR)	W21	INVITES	13:50.06
4.	Szirom, Megan	W37	FRANKSTON AC	14:10.47
5.	Christmass, James	M47	CORIO ATHLETIC CLUB	14:31.26
6.	Wellington, Shea	M17	KEILOR ST BE	14:58.93

7.	Donahoo, Mark	M56	ATHLETICS ESSENDON	15:37.18
8.	Kondogonis, John	M53	KEILOR ST BE	15:38.18
9.	Bennett, Ralph	M73	VICTORIAN MA	16:42.84
10.	Erickson, Tim	M64	COBURG HARRIERS AC	16:49.23
11.	Baker, Simon	M56	OAKLEIGH AC	17:04.09
12.	Feain, Gerard	M51	KEILOR ST BE	17:06.51
13.	Knox, Duncan	M55	ATHLETICS ESSENDON	17:31.63
14.	Dickenson, Russell	M69	VICTORIAN MA	17:39.13
15.	Gourlay, Marlene	W63	VICTORIAN MA	17:47.03
16.	Campbell, Caitlin	W20	ATHLETICS ESSENDON	17:54.80
17.	Shaw, Robyn	W53	WESTERN ATHL	18:39.19
18.	Dunstone, Phillip	M46	WESTERN ATHL	19:23.95
19.	Campbell, Rebecca	W17	ATHLETICS ESSENDON	19:52.96
20.	Steed, Gwen	W72	VICTORIAN MA	20:03.27
21.	Feain, Madeleine	W16	KEILOR ST BE	20:06.17
22.	Hutton, Philip	M68	GLENHUNTLY AC	20:13.99
23.	Close, Linda	W49	WILLIAMSTOWN AC	20:52.38
24.	Abfalter, Maria	W46	KEILOR ST BE	21:10.73
25.	Hodgart, Janice	W51	WESTERN ATHL	21:46.79
26.	Morrison, John	M75	SANDRINGHAM AC	22:01.13
27.	Davey, Louise	W48	COBURG HARRIERS AC	22:05.74
28.	Spiteri, Kelly	W41	COBURG HARRIERS AC	22:06.13
29.	Ireland, Roslyn	W31	BRUNSWICK AC	22:41.62
30.	Gunn, Nicole	W35	KEILOR ST BE	22:46.93
31.	Cashin, Brenda	W50	WESTERN ATHL	24:57.94
32.	Ireland, Olive	W54	BRUNSWICK AC	25:15.69
33.	Rickard, Ian	M58	BRUNSWICK AC	27:38.82
	Lamb, Heather	W50	BRUNSWICK AC	DQ

#### Mixed 1500m Walk

1.	Walmsley, Hayden	M13	KNOX AC	7:51.39
2.	Feain, Lachlan	M15	KEILOR ST BE	8:23.83
3.	Utber, Brooklyn	W12	WESTERN ATHL	8:38.07
4.	Richardson, Brodie	W14	KNOX AC	8:53.56
5.	Lillie, Jessica	W15	KNOX AC	8:55.67
6.	Crea, Gabriella	W15	ATHLETICS ESSENDON	9:06.89
7.	Aitken, Rachel	W12	SOUTH COAST	9:36.71
8.	Irons, Elaine	W14	KEILOR ST BE	10:23.30
9.	Roberts, Jacque	W14	KEILOR ST BE	10:48.09
10.	Tetevano, Xavier	M11	ATHLETICS ESSENDON	14:09.41
11.	Zeleznikow, John	M64	GLENHUNTLY AC	14:28.76
12.	Zeleznikow, Joseph	M13	GLENHUNTLY AC	16:17.19
	Knox, Christian	M11	ATHLETICS ESSENDON	DQ



Alana Barber, Chris Erickson, Heather Lewis, Mark Donahoo and John Kondogonis





Post race – Tim and Chris Erickson, Alana Barber, Heather Lewis and Simon Baker

#### Shield Round 10 - Bendigo Zone, LaTrobe Uni Track, Bendigo, Saturday 17 January

Zahra Hayes was the best of the walkers at Bendigo with her 1500m time of 7:19.25.

##### Mixed 3000m Walk

1.	Whiley, Ebony	WU20	EAG	17:22.67
2.	Major, Annette	W40+	EAG	19:06.81
3.	Curtis, Annette	W40+	SBE	22:47.65
4.	Watson, John	M40+	BGO	23:54.09

##### Mixed 1500m Walk

1.	Hayes, Zahra	WU14	SBE	7:19.25
2.	West, Norman	M40+	SBE	11:52.11

#### Shield Round 10 - Geelong Zone, Landy Field, Geelong, Saturday 17 January

##### Mixed 2000m Walk

1.	Mackenzie Mielczarek	WU14	OR	12:07.33
2.	Kate Schlicht	W40+	CHI	12:41.17
3.	Jordyn Leamer	WU14	COR	13:53.44
4.	Thomas Mirarchi	MU16	COR	14:11.18
5.	Charli Walker	WU14	BEL	14:20.46

#### Shield Round 10 - Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 17 January

Alas, no results posted from Ballarat as yet but I did hear that Kelly Ruddick's 3000m time of 13:06.19 broke the Ballarat open women's 3000m record (which she held) by about 20 seconds and is a new VRWC W40 record.

### AV AND VRWC ROAD RACES, MIDDLE PARK, SUNDAY 18 JANUARY

Sunday saw cool and overcast conditions at Middle Park – perfect for some fast roadwalking with VRWC and AV races on offer. Lots of photos to our photo gallery <http://www.vrwc.org.au/coppermine>, compliments of Terry Swan. And the split and lap times for the 5km, 10km, and 20km are now available in spreadsheets via links on web page <http://vrwc.org.au/wp1>.

The first events to kick off were the VRWC 20km and 10km events at 8:30AM and it was visitors **Alana Barber (NZL)** and **Heather Lewis (GBR)** who led the way with what started out as a casual training session but ended up as two very impressive walks as they kicked the pace down to finish with 1:40:35 and 1:42:35 respectively. **Andrew Jamieson** was also on target for a good time early but a troublesome back forced him out at the 19km mark. **Kelly Ruddick** was also in fine form, storming through the 10km in an excellent 47:36 – it would have been faster except for a shoe change mid race.

**VRWC 20km Open Roadwalk**

1.	Alana Barber	27:39	51:13	1:15:56	1:40:35	
2.	Heather Lewis	27:39	51:16	1:16:51	1:42:35	
3.	Andrew Jamieson	26:09	52:22	1:19:30	DNF	19km in 1:45:58

**VRWC 10km Open Walk**

1.	Kelly Ruddick	23:45	47:36
2.	Terry O'Neill	30:58	1:02:10
3.	Karyn O'Neill	34:28	1:09:47

The Victorian 5km Teams Roadwalks kicked off at 9:30AM, alongside VRWC 5km and 3km events, and we witnessed a great battle between 16 year olds **Emmet Brasier** and **Kyle Swan**. Emmet eventually won out with a PB 21:56, not far ahead of Kyle's 22:03. In the women's event, 14 year old **Eliza Clarke** dominated with her own PB of 24:53. Overall, Emmet and Eliza guided Diamond Valley Athletics Club to wins in both teams events ahead of Collingwood Harriers Club who took silver in both events. The bronze medals sent to St Kevins (men) and Western Athletics (women).

**Victorian 5km Teams Roadwalk Championship – Men**

1.	Emmet Brasier	DIV	21:56	10
2.	Adam Garganis	COL	23:08	8
3.	Jason Kozica	STK	23:24	7
4.	Stuart Kollmorgen	COL	24:17	6
5.	Bernie Keirl	DIV	28:39	5
6.	David Armstrong	DIV	30:35	4
7.	Bob Gardiner	COL	32:14	3
8.	Patrick Noonan	STK	33:20	2
9.	Gerald Sofianos	STK	34:58	1
	David Smyth	COL	DNS	-

**Teams Placings**

1.	DIV	19	10,5,4
2.	COL	17	8,6,3
3.	STK	10	7,2,1

**Victorian 5km Teams Roadwalk Championship – Women**

1.	Eliza Clarke	DIV	24:53	10
2.	Michelle Laufer	COL	26:53	8
3.	Pam Tindal	ANW	26:53	-
4.	Lauren Collis	DIV	27:49	7
5.	Taylor Langford	DIV	30:31	6
6.	Emily Noonan	COL	31:27	5
7.	Robyn Shaw	WES	32:38	4
8.	Carolyn Rosenbrock	ANW	33:31	-
9.	Clare Garganis	COL	35:04	3
10.	Sandra Howorth	VMA	36:39	-
11.	Janice Hodgart	WES	37:41	2
12.	Brenda Cashin	WES	42:27	1

**Teams Placings**

1.	DIV	23	10,7,6
2.	COL	18	8,5,3
3.	WES	7	4,2,1

**VRWC 5km Roadwalk**

1.	Kyle Swan	22:03
2.	Caitlin Campbell	31:18
3.	Julia Irons	31:36
4.	Barrie Wicks	39:20

**VRWC 3km Roadwalk**

1.	Tom Dawson	18:11
2.	Georgia Clarke	18:48



**Gold to DIV – Taylor Langford, Eliza Clarke and Lauren Stodus**  
**Silver to COL – Michelle Laufer, Emily Noonan and Clare Garganis**  
**Bronze to WES – Claire Hodgart, Robyn Davis and Brenda Cashin**



**Gold to DIV – Bernie Keirl, Emmet Brasier and David Armstong**  
**Silver to COL – Stuart Collmorgen, Adam Garganis and Bob Gardiner**  
**Bronze to STK – Patrick Noonan, Jason Kozica and Gerald Sofianos**

The morning finished off with a VRWC 2km roadwalk which was won by Claire Noonan with 11:34.

**VRWC 2km Roadwalk**

- |    |               |       |
|----|---------------|-------|
| 1. | Claire Noonan | 11:34 |
| 2. | Charlotte Hay | 11:44 |
| 3. | Angus Hay     | 14:34 |

Thanks to all our regular helpers. My apologies if I missed anyone.

**Officials:** Tim Erickson, Ralph Bennett, Damien Elms, Bob Gardiner, Terry Swan  
**Judges:** Peter Vysma (chief), Judy Mason, Stuart Cooper  
**Canteen:** Marlaine Stanway, Wendy Cooper





Kyle Swan, Adam Garganis, Emmet Brasier, Jason Kozica, Stuart Kollmorgen and Eliza Clarke



Kelly Ruddick, Alana Barber, Heather Lewis, Pam Tindal and Michelle Laufer

**ATHLETICS WA STRIVE INTERCLUB, WAATHLETICS STADIUM, PERTH, FRIDAY 16 JANUARY**

Declan Tingay was a long way in front in Perth with his 3000m time of 13:15.1

**Mixed 3000m Walk**

1.	Tingay, Declan	M	AWA	13:15.1
2.	Ruane, Tiahna	W	WTC	16:06.2
3.	Mann, Bradley	M	RW	17:13.0
4.	Reid, Benjamin	M	AWA	17:36.3
5.	Johns, Courtney	W	MLV	18:00.5

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SAT 17 JANUARY**

**3000m Walk**

1.	Bayley Campbell	M	OVA	17:28.74
2.	Elizabeth Leitch	F	ES	18:45.00
3.	Ron Foster	M	NS	19:17.99
4.	David Moore	M	NS	22:23.10



**ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SAT 17 JANUARY****3000m Walk**

1.	Justin Hill	M24	ADELAIDE HARRIERS	14:03.12
2.	Anna Cross	W15	PEMBROKE	14:49.49
3.	Rhiannon Lovegrove	W14	PORT ADELAIDE	15:31.08
4.	Jayden Goode	M14	SALISBURY	15:40.86
5.	Tristan Camilleri	M13	COAST DISTRICTS	17:25.80
6.	Samantha Findlay	W17	SOUTHERN	17:44.45
7.	Felicity Henderson	W18	SAINTS	18:11.36
8.	James Hoare	M68	PORT ADELAIDE	21:25.26

**1500m Walk**

1.	Alix Harlington	M15	SALISBURY	7:23.12
2.	Bethany Cross	W14	PEMBROKE	7:48.54

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, MONDAY 19 JANUARY**

Zoe Hunt was in fine form in Canberra yesterday at the AIS track in the ACT Walkers Club 5000m, with her time of 24:42.

**5000m Walk**

1.	Zoe Hunt	24:42
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**3000m Handicap**

	Time	Start
1.	Jack Thackray	29:53 (00:20)
2.	William Barker	21:00 (10:45)
3.	Kate Black	18:07 (14:10)
4.	Robin Whyte	19:05 (13:20)
5.	Spencer Burns	16:05 (16:25)
6.	Mitchell Baker	16:21 (16:10)
7.	Bryan Thomas	20:29 (12:05)
8.	Val Chesterton	25:36 (07:05)
9.	Sheryl Greathead	24:55 (09:05)

**1000m**

1.	Hannah Mison	5:19
2.	Laura Burns	5:26
3.	Raelene Campbell	7:27
4.	Caroline Campbell	7:57

**ENFIELD RACE WALKING LEAGUE WALKS, QEII PLAYING FIELDS, LONDON, SAT 17 JANUARY**

Thanks to Ron Wallwork for the latest results from London. Good to see my old mate Peter Ryan getting back into walking mode.

A comfortable win in cold sunny conditions for Francisco Reis with a tremendous scrap for the overall third place between Grazina Narviliene and Trevor Jones, the former producing enough in the last half mile to take it. Messrs. Cox, Culshaw and Bobbett also had a battle royal as did Bennett, Maskell, Noel and Smith, Fiona Bishop and Anne Jones - All in all some really good racing. Hillingdon AC led home by Fabian Deuter took a slender lead over EHAC in the six to score team event. After the race the RWA President Peter Cassidy presented the 2014 Awards, among them the Jubilee Trophy for the outstanding League Official to Pam Ficken who was present at nine of the twelve races.

As usual, Mark Easton has his excellent photo collage: see <http://markeaston.zenfolio.com/p372203810>.

**5 Miles Men © = Centurion - \*=p**

1.	Francisco Reis	Ilford AC	40.19	M50
2.	Fabian Deuter	Hillingdon AC	42.59	M35
3.	Trevor Jones	Steyning AC	43.25	M55
4.	Peter Ryan ©	Ilford AC	44.29	M60
5.	Jim Ball	Steyning AC	44.46	M50
6.	Steve Allen	Barnet DAC	45.19	M55
7.	John Ralph	Enfield HAC	48.26	M55
8.	Andrew Cox	Hillingdon AC	49.31	M60
9.	Mark Culshaw	Belgrave H	49.37	M45
10.	Ken Bobbett	Hillingdon AC	49.40	M70
11.	Stuart Bennett ©	Ilford AC	51.14	M55
12.	Dan Maskell	Surrey WC	51.17	M65
13.	Gary Smith ©	Enfield HAC	51.37	M55

14.	Amos Seddon	Enfield HAC	52.13	M70
15.	Ron Penfold	Steyning AC	52.46	M70
16.	Shaun Lightman	Surrey WC	53.14	M70
17.	Sean Pender ©	Enfield HAC	54.26	M60
18.	Russell Vroobel	Hillingdon AC	56.03	M55
19.	Brian Boggenpoel	Ilford AC	56.38	M55
20.	Ron Powell	Enfield HAC	57.50	M80
21.	Richard McKenzie	Hillingdon AC	59.46	M45
22.	Jon May	Enfield HAC	61.10	M60
23.	Terry Braverman	Enfield HAC	61.50	M70
24.	John Brock	Southend AC	62.16	M65
25.	Mick Barnbrook ©	Ilford AC	62.37	M70

#### 5 Miles Women

1.	Grazina Narviliene	Belgrave H	43.11	W35
2.	Maureen Noel	Belgrave H	51.46	W50
3.	Helen Middleton	Enfield HAC	52.33	W50
4.	Fiona Bishop	Woking AC	54.47	W55
5.	Anne Jones	Steyning AC	54.49	W60
6.	Jo Miles	Hillingdon AC	56.11	W55
7.	Angela Martin	Surrey WC	56.28	W50
8.	Di Braverman	Enfield HAC	58.17	W60
9.	Jenny Middleton	Hillingdon AC	58.54	W40
10.	Norma Grimsey	Enfield HAC	59.24	W55
11.	Pamela Abbott	Enfield HAC	59.47	W50
12.	Kathy Crilley ©	Surrey WC	62.59	W65

#### 4 miles

1.	David Ainsworth ©	Ilford AC	66.46	M65
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#### 3 miles

1.	George Wilkinson	Enfield HAC	24.04	U15
2.	Tony Wilkinson	Enfield HAC	24.41	M50
3.	Dave Stevens	Steyning AC	35.52	M75

#### 1 mile

1.	Bernie Hercock	Enfield HAC	15.41	M75
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### GAKUGEI UNIVERSITY RACE WALKING MEET, TOKYO, JAPAN, SUNDAY 11 JANUARY

On January 11, the Tokyo Gakugei University Race Walking Meeting was held in Koganei city, Tokyo, Japan. There were six events (3000m, 5000m and 10000m walks for men and for women) and 87 athletes took part in the trials. Tomohiro Noda participated in all three men's events on the day and won them all, walking 12:39.5 for the 3000mW, 41:26.3 for the 10000mW, and 19:59.22 for the 5000mW. Yuki Ito also raced well, recording 20:01.13 in the 5000mW after completing the 10000mW in a time of 43:13.0. In the women's events, Ayako Fukuda won the 3000mW with 13:50.9, Kana Kimura won the 5000mW with 25:56.84 and Yuka Sakurai won the 10000mW with 49:43.9. Both Kimura and Sakurai are junior athletes.

This meet is reported in [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1974](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1974) with accompanying photos.

#### Men 10,000m Race Walk

##### Final 1

1.	Nobuharu SASAKI	JPN	96	47:45.5h
2.	Kenji MUNESHIGE	JPN	96	48:02.6h
3.	Katsuhiko NISHIGUCHI	JPN	95	48:31.7h
4.	Tesshu INOMATA	JPN	96	48:38.3h
5.	Kohei SUGITA	JPN	95	49:17.8h
6.	Katsuya KIMURA	JPN	96	49:35.3h
7.	Yushin MASUDA	JPN	91	49:35.5h

##### Final 2

1.	Tomohiro NODA	JPN	95	41:26.3h
2.	Hotaka OUCHI	JPN	91	41:34.2h
3.	Ippeï YAMAGUTI	JPN	95	42:23.3h
4.	Fusaki MOCHIHARA	JPN		42:31.5h
5.	Yuki ITO	JPN	92	43:13.0h
6.	Yuki KURUMISAWA	JPN	95	43:14.0h
7.	Takahiro SAKUMA	JPN	90	43:20.0h
8.	Hideto NAGAHARA	JPN	97	43:24.6h
9.	Fukumi AOYAMA	JPN	97	43:39.5h
10.	Akira NAKATUBO	JPN	92	43:54.2h

11.	Yuki MURAI	JPN	93	45:00.0h
12.	Daiki TAKEI	JPN	95	45:04.9h
13.	Naoki TAKAHASHI	JPN	96	45:12.1h
14.	Daisuke SUZUKI	JPN	92	46:00.5h
15.	Fuma URATA	JPN	93	47:07.7h

#### Men 5000m Race Walk

1.	Tomohiro NODA	JPN	95	19:59.22
2.	Yuki ITO	JPN	92	20:01.13
3.	Masatora KAWANO	JPN	98	21:39.56
4.	Yota KASHU	JPN	94	21:56.34
5.	Tetsuya OKUNO	JPN	96	21:58.42
6.	Kosuke SHIOIRI	JPN	97	22:10.63
7.	Naoki TAKAHASHI	JPN	96	22:17.01
8.	Katsuya ISHII	JPN	97	22:30.47
9.	Yunosuke FUKUDA	JPN	98	22:35.42
10.	Keisuke AWANO	JPN	95	22:50.58
11.	Tomohiro MATSUDA	JPN	98	22:57.38
12.	Shuya SEMBA	JPN	95	22:58.15

#### Men 3000m Race Walk

1.	Tomohiro NODA	JPN	95	12:39.5h
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#### Women 10,000m Race Walk

1.	Yuka SAKURAI	JPN	96	49:43.9h
2.	Saiko HAGIWARA	JPN	97	50:16.9h
3.	Sachi KAWAHARA	JPN	97	51:29.9h
4.	Tomomi ENDO	JPN	98	55:25.1h

#### Women 5000m Race Walk

1.	Kana KIMURA	JPN	98	25:56.84
2.	Makoto MORISHITA	JPN	98	26:11.88
3.	Yuki HOSAKA	JPN	97	26:23.27

#### Women 3000m Race Walk

1.	Ayako FUKUDA	JPN	93	13:50.9h
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## EUROPEAN INDOOR ROUNDUP

Quite a few indoor meets going on in Europe at the moment – here are a few results.

#### Indoor Meet, Bratislava, Slovakia, Saturday 17 January

##### Men 5000m Race Walk indoor

1.	Patrik SPEVÁK	SVK	94	20:41.98
2.	Milan RÍZEK	SVK	78	20:51.62
3.	Miroslav ÚRADNÍK	SVK	96	20:58.00
4.	Peter TICHÝ	SVK	93	21:22.96
5.	Dominik ČERNÝ	SVK	97	22:03.70
6.	Michal MORVAY	SVK	96	22:10.21
7.	Milan LINKEŠ	SVK	95	23:31.83
8.	Zdeno MEDERA	SVK	75	23:35.75

##### Women 3000m Race Walk indoor

1.	Mária CZÁKOVÁ	SVK	88	13:16.97
2.	Monika HORNÁKOVÁ	SVK	95	13:58.01
3.	Lucia ČUBAŇOVÁ	SVK	95	14:14.58

#### Indoor Meet, Eaubonne, France, 17-18 January

##### Men 5000m Race Walk indoor

1.	Thomas DA SILVA	FRA	83	22:41.35
2.	Alexandre TRENTA	FRA	86	22:49.80

##### Women 3000m Race Walk indoor

1.	Emilie MENUET	FRA	91	13:02.36
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#### Indoor Meet, Padova, Italy, Wednesday 14 January



**Men 5000m Race Walk indoor**

1.	Tommaso ROMAGNOLI	ITA	91	21:02.77
2.	Mirko DOLCI	ITA	85	21:49.74
3.	Elio ORAZI	ITA	97	22:49.37
4.	Alberto ZAUPA	ITA	95	23:21.16
5.	Stefano ZAMBON	ITA	97	24:39.36
6.	Igor SAPUNOV	RUS	78	24:46.90
7.	Giuliano BOSCHETTI	ITA	94	24:55.06
8.	Simone PLEBANI	ITA	96	24:56.16
9.	Ivan ANDREONI	ITA	97	25:06.77

**Women 3000m Race Walk indoor**

1.	Valentina TRAPLETTI	ITA	85	13:07.98
2.	Elena POLI	ITA	93	13:52.87
3.	Giulia IMBESI	ITA	96	14:48.64
4.	Laura SILLI	ITA	99	15:23.93
5.	Elena SBERNARDORI	ITA	91	15:29.88
	Maria GRIGOLI	ITA	97	DQ

**Indoor Meet, Braga, Portugal, 10-11 January****Men 5000m Race Walk indoor**

	Augusto CARDOSO	POR	70	21:46.13
	António PEREIRA	POR	75	22:21.18

**Indoor Meet, Brest, Belarus, Saturday 10 January****Men 5000m Race Walk indoor**

1.	Dmitriy LUKYANCHUK	BLR	97	21:28.42
2.	Anatoliy YAKYMCHYK	UKR	93	22:13.15
3.	Aleksey BUYKEVICH	BLR	97	22:43.49
4.	Nikita KOLYADA	BLR		22:52.05
5.	Roman ORLOV	BLR	97	23:46.99
6.	Ivan LUKYANCHUK	BLR	97	25:28.23

**Women 3000m Race Walk indoor**

1.	Valeriya KOMEL	BLR	97	14:46.89
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**BITS AND PIECES**

SAN DIEGO (USA, Jan 17): Italian record holder Eleonora Giorgi tested herself in California with 12:06 in the 3000 m walk on the track.

Sadly, New Zealand 1990 Commonwealth Games representative Shane Donnelly has passed away last weekend after a battle with cancer. Gary Little posted the following eulogy to facebook

Leading New Zealand race walker during the 1980's Shane Donnelly of Auckland died on Saturday 17 January 2015, aged 59, after suffering from cancer for some time.

One of the real characters of the race walking scene he won New Zealand titles over 5000m (1982, 1984, 1985), 20km (1981, 1987), 30km (1984) and 50km (1984). In addition to his seven national titles he had a further ten placings at the New Zealand Championships during the period 1980 to 1993. He also finished 3<sup>rd</sup> in the Australian 20km in 1989. Shane represented New Zealand on several occasions; in 1983 20kms at the inaugural World Athletic Championships in Helsinki, at the 1990 Commonwealth Games in Auckland in the 30km and in the 20 km at the World Race Walking Cup in 1993 in Monterrey, Mexico. He also competed in the Australia v NZ biannual meets. His career best times 88:58 (1986) for the 20kms and 4:36.27 (1984) for the 50kms, and some 30 years on I still see him ranked at number nine over both distances on the New Zealand all-time best performance lists. After his race walking days he kept himself fit as an avid cyclist.

A service for Shane will be held on Thursday 22 January at 12.30pm at Manukau Memorial Gardens Chapel 361 Puhunui Road Papatotoe.

Omarchador blogspot has been busy this week with 8 posts

- Mon 19 Jan: Portuguese Indoor Youth Championships (results)  
<http://omarchador.blogspot.pt/2015/01/carolina-costa-e-vasco-santos-campeoes.html>
- Sun 18 Jan: Sergey Bakulin has been suspended since 2012!  
<http://omarchador.blogspot.pt/2015/01/bakulin-suspenso-desde-2012.html>
- Sat 17 Jan - It's 21 years since Susana Feitor set a new Portuguese Junior 10,000m walk record of 43:30.

<http://omarchador.blogspot.pt/2015/01/susana-feitor-um-recorde-nacional-com.html>

- Fri 16 Jan - A further report on the fallout from the Mordovian Indoor champs in Saransk  
<http://omarchador.blogspot.pt/2015/01/saransk-sob-forte-pessao.html>
- Thur 15 Jan - Braga will host the Portuguese National Youth Indoor champs this weekend  
<http://omarchador.blogspot.pt/2015/01/primeiros-nacionais-de-juvenis-de-pista.html>
- Wed 14 Jan - Ana Cabecinha is fastest with 43.55,51 in the Portuguese Regional Winter Championships  
<http://omarchador.blogspot.pt/2015/01/cabecinha-com-435551-em-quarteira.html>
- Wed 14 Jan - Olga Kaniskina becomes the new director of the Saransk Walks Academy after the 4 year ban handed out to previous directory Viktor Kolesnikov.  
See <http://omarchador.blogspot.pt/2015/01/olga-kaniskina-dirige-centro-de-treino.html>

Of course, it remains to be seen how long she lasts given her obvious collusion in the current scandal coming out of the Mordovian Indoor Champs (Tim).

- Mon 12 Jan - Portugal announces its qualifying standards for the 2015 European Walks Cup  
<http://omarchador.blogspot.pt/2015/01/fpa-define-marcas-de-qualificacao-para.html>

And Nicola Maggio of marciadalmondo continues his excellent wideranging reporting on all things walking with 5 posts.

- Sun 18 Jan - Greek 50km Championship and other races  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1978](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1978)
- Sat 17 Jan - The first ever Greek racewalk judging seminar got underway in Athens on Saturday, with over 40 judges participating. See [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1977](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1977)
- Fri 16 Jan - Ana Cabecinha is fastest with 43.55,51 in the Portuguese Regional Winter Championships  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1976](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1976)
- Tues 13 Jan - Olga Kaniskina becomes the new director of the Saransk Walks Academy  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1975](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1975)
- Mon 12 Jan - Results of the 1st Tokyo Gakugei University Race Walking Meeting  
[http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1974](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1974)

#### UNFOLDING SCANDAL CONTINUES RE MORDOVIAN RACEWALK CHAMPIONSHIPS

The scandal unearthed at the Mordovian 5000m Indoor Championships late last month in Saransk continue to grow day by day.

Further news channels took up the story last Wednesday

- Inside the Games: <http://www.insidethegames.biz/olympics/1024880-iaaf-open-investigation-after-olympic-champion-racewalker-reportedly-competes-despite-being-banned-for-doping>
- The NZ Herald: [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11387124&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11387124&ref=rss)

But the really big news came last Thursday 15<sup>th</sup> January when Russian Athletics Federation (VFLA) president Valentin Balakhnichev confirmed that Yelena Lashmanova had indeed competed in the recent Mordovian winter championships in Saransk even though she is suspended until 2016 after failing a drugs test. And then he dropped a further bombshell: "**Apart from Lashmanova, two other sportsmen also competed who had no right to do so – Sergei Bakulin and Yekaterina Medvedeva. We have sent all three an official letter and we are waiting for their responses as well as (those of) the organisers of the competition.**" See <http://www.supersport.com/athletics/article.aspx?Id=2813524>

This was immediately jumped on by the NZ Herald the next day (see [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11387859&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11387859&ref=rss)). What was this news about Sergei Bakulin – we didn't even know he was banned! To quote from the article: **Sergei Bakulin, who won gold in the 2011 World Championship 50km walk, has been suspended since December 2012 over irregularities in his biological passport, IAAF spokesman Chris Turner told The Associated Press on Friday. The ban had not been previously announced.**

The question must now be asked - how many more Russians are there out there who have been quietly banned in recent years. We knew there were 18 walkers. This make 19. How many more are quietly sitting out bans!

Of course, it's all been updated onto Canadian walker Evan Dunfee's blog which now makes for compelling reading – see <http://dunfeewalks.weebly.com/canadian-tf-blog/the-beginning-of-the-end-for-saransk-and-russia>. Evan's take is that the Russian Federation is trying to distance itself from the growing scandal and will look for scapegoats from the Saransk school. To quote:

This is an ADRV (anti-doping rule violation) and at the very least the head of the centre and whoever doctored the albums should be banned. In this case that would be **Olga Kaniskina** who became head of the centre on Dec 26 (well she almost made it 1 month!). Furthermore those staged photos that were taken on or around Jan10, to try and cover up their errors need to be addressed. Anyone who took part in these photos (**Chegin and the other 2 coaches; as well as all 6 athletes**) need to be held accountable for trying to cover up an ADRV. I think Balakhnichev is trying to limit the damage to just the centre and not let it get any further.

Yes, it gets dirtier day by day.

The precedent has been set - Carolina Kostner, the Sochi 2014 figure skating bronze medallist, has just been handed a 16-month ban from sport having been found to have assisted her former boyfriend, Olympic race walking champion Alex Schwazer, cover up his doping (see <http://www.insidethegames.biz/sports/winter/skating/1024931-kostner-given-16-month-ban-for-assisting-former-boyfriend-s-doping>). If the Italians can do it, why can't the Russians!

And what of **Sergey Morozov** who was banned for life in 2012 (see [http://articles.chicagotribune.com/2012-12-18/sports/sns-rt-us-athletics-doping-russiabre8bh11d-20121218\\_1\\_life-ban-vfla-tatyana-mineyeva](http://articles.chicagotribune.com/2012-12-18/sports/sns-rt-us-athletics-doping-russiabre8bh11d-20121218_1_life-ban-vfla-tatyana-mineyeva)). Yet he was on the Russian feeding station at the 2014 World Cup in Taicang, wearing an official team lanyard. Photos were taken and it was reported to the IAAF yet, to our knowledge, no action has been taken. And there is some discussion as to whether he continues even now to work at the Saransk school of walking. Just what is going on here – Russia is seemingly so teflon coated that it remains untouched as scandal heaps upon scandal. Enough is enough!

The next big question to ask is – should Russia be allowed to stage the 2016 and 2018 World Racewalking Cups – they have been announced for Cheboksary. Surely you can't continue to reward a country with the worst racewalking related drugs record in the world.

#### Postscripts:

Now that the Russians have admitted their guilt re the Mordovian Indoor Champs, Evan Dunfee has created an additional simplified blog post for easier reading. See <http://dunfeewalks.weebly.com/canadian-tf-blog/russian-doping-scandal>. The original one is still there and details the full scope of their complicity.

And in related news, readers will remember the recent TV documentary which lifted the lid on the wider Russian Drugs in Sport issue. The resulting investigation into allegations of widespread doping and corruption in Russian athletics will be completed before the end of the year "at the latest" according to the World Anti-Doping Agency. See <http://www.bbc.com/sport/0/athletics/30879576>.

### CANBERRA TRAINING PHOTO

Thanks to Phil Reading for this photo of the walkers training in Canberra this month – it's a pretty fair training group!



**Mari Olsson, Ian Rayson, Brendon Reading, Rachel Tallent, Jared Tallent and Isamu Fujisawa**



## VRWC CLUB RECORD UPDATE

Kelly Ruddick's 3000m time of 13:06.19 last Saturday in Ballarat broke the Ballarat Open Women's 3000m record (which she held) by about 20 seconds and is a new VRWC W40 record.

Kelly Ruddick      W40 3000m Track Walk      13:06.19      AV Shield, Ballarat      17/01/2015

## 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.

### 2014/2015 Australian/Victorian Summer Season Key Dates

Jan 23-25, 2015	Victorian Country T&F Championships, Bendigo, VIC
Sun Feb 1, 2015	VRWC Roadwalks, Middle Park, VIC
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks), Canberra, ACT
Sun Feb 8, 2015	VMA 5000m Walk Champs and VRWC track races, Mentone Athletics Track, Mentone, VIC
Sun Feb 22, 2015	Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA. Entries close on Fri 30 January. Enter at <a href="http://www.athletics.com.au/Compete/Online-Entries">http://www.athletics.com.au/Compete/Online-Entries</a>
Mar 11-15, 2015	Australian Junior T&F Championships, Sydney, NSW
Mar 14-15, 2015	2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

### 2015 IAAF Race Walking Challenge Dates

Feb 22, 2015	Oceania Race Walk Championships	Adelaide, AUSTRALIA
May 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 <sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11th European Cup Race Walking	Ivano-Frankivsk, UKRAINE
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships	Beijing, CHINA

### Looking further forward

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea
July 15-19, 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. See <a href="http://www.iaafbeijing2015.com">http://www.iaafbeijing2015.com</a>
July/Aug 2015	20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France
Aug 15-16, 2015	<b>104<sup>th</sup> Centurions 100 Miles qualifying walk</b> , Castletown, Isle of Man See <a href="http://www.isleofman100milewalk.co.uk/index.html">http://www.isleofman100milewalk.co.uk/index.html</a>
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 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 <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
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 Team Championships, 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 <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
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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