



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 29
21 April 2015



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WALKER OF THE WEEK

It has been a tough task to pick my Walker of the Week as there have been some fine performances

- 63 year old Ballarat walker **John Kilmartin** walked brilliantly in our annual Australian Centurions 24 Hour event at Coburg over the weekend, storming past the 100 mile mark in an excellent time of **21:11:56**, thus becoming Australian Centurion number 67. He has been training as a walker for just over 18 months and his improvement in that time has been extraordinary. His 100 mile time was a new Australian M60 record and was done in atrocious conditions, battling rain and cold. He never faltered, with 50 mile splits of 10:33 and 10:38.
- 24 year old Tasmanian walker **Stephanie Stigwood** continues her fine form in Europe. Last week she came 6th in the 20km at the Podebrady meet in a PB time of **1:36:24**. This weekend, she improved her time even further, coming 3rd in the Naumburg International walk meet in Germany in **1:35:52**. Significantly, this time betters the 2015 World Championship qualifying standard – she is now the 5th Australian woman to better that standard within the qualifying period.
- 45 year old **Michelle Thompson** was another walker to have a great day out in our Centurions qualifier last weekend. She dominated from the start, soon opening a huge lead over the other walkers and setting new women's Australian Open records for the **100km (11:38:03)** and **12 Hours (103.209km)**. She holds all our Australian women's records and continues to improve them each year.
- 79 year old SAMA walker **Leigh Smith** is still on target in his walk from Melbourne to Adelaide. Last night, he arrived in Bordertown (right on the Victorian/South Australian border) as planned and is on target to finish on Saturday in the Adelaide Hills. The latest update on his facebook page has a great shot of him relaxing at a Bordertown Roosters Football Club fundraising dinner last night which the club put on for him and his team, raising \$550 into the bargain. You can follow Leigh's epic walk at <https://www.facebook.com/pages/Leigh-Smiths-Thank-You-Walk/1554995831383166?sk=timeline>.

But there can only be one winner and I have decided on John Kilmartin for a walk that had it all. Well done John – truly inspiring!



John Kilmartin powers towards his 100 mile goal last weekend at Coburg

WHAT'S COMING UP

The first of our VRWC Melbourne based winter roadwalks kicks off next Saturday at Middle Park with race times as follows

Saturday 25th April 2015, Middle Park			
VRWC EVENTS: Entries close for all events at 1.50pm sharp.			
2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

You can check out the full fixture at <http://www.vrwc.org.au/vrwcw15.shtml>. You can also pick up your copy of the fixture at Middle Park when you arrive.

We have a few changes this winter season.

- Firstly, note that we no longer have separate events for U9, U12 and U15. From now on, all our events are Open to everyone. We have 2 start times – the longer events start at 2:15PM and the shorter events start at 2:30PM but anyone can enter any event. That means that everyone, including U9 and U12 walkers, now needs a chip for automated timing. They cost \$20 and are a once off cost. Once purchased, you can use it every week.
- Now that everyone is using a chip, it takes a bit longer to set things up each raceday. So our registration close time has been brought forward from 2PM to 1:50PM. So try to get there nice and early and help us get off to an on-time start on Saturday. As usual, you can beat the queue and pre-enter via our website – <http://vrwc.org.au/wpl/>.
- Lastly, we have decided to implement a roster system to enable parents and supporters to help us run our weekend events so that our hardworking committee don't have to do all the setup, event management and pulldown every week. This system works well in Little Athletics and we hope to get it up and running at Middle Park. Mark Donahoo will have roster display up on the board and we ask people to nominate for 2 days each winter season when they can help.

Anyway, that's enough of the administrivia. We look forward to a bumper crowd at Middle Park on Saturday for some serious racing!

SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 18 APRIL

Round two of the South Australian Walkers Club winter season saw walkers racing over a variety of distances from 1km to 10km in Adelaide. 20 walkers in total but a few names missing.

10Km Walk

1.	Justin Hill	53:25
2.	Danielle Walsh	54:35
3.	Troy Hooker	54:37
4.	Peter Crump	58:29
5.	Bill Starr	70:16
6.	James Hoare	73:19

5Km Walk

1.	Rhiannon Lovegrove	26:47
2.	Samantha Findlay	29:39
3.	Ollie Adams	30:32
4.	Tristan Camilleri	30:40
5.	Alix Harlington	DNF

3Km Walk

1.	Royrie Upton	20:14
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2Km Walk

1.	Toby Wilks	10:09
2.	Victoria Upton	11:23
3.	Chloe Upton	11:53
4.	Kitarni Upton	12:46
5.	Mia Wilks	13:09
6.	Adrian Upton	13:14

1Km Walk

1.	Seth Upton	06:57
2.	Hannah Wilks	07:55

NSWRWC WINTER SEASON OPENER, CHIPPING NORTON, SATURDAY 11 APRIL

Now back a week as the opening round of the NSWRWC winter season is available – thanks to Frank Overton. 42 walkers in total so NSW is going to be a force on the local Australian scene again this year. Best walker by Tyler Jones, Dylan Richardson and Kyle Bedford

Long Div 8km

1.	Tyler Jones	39.43
2.	Cheryl Webb	41.32
3.	Steven Washburn	43.20

Under 16 2km

1.	Renee Hardy	10.45
2.	Janaya Lee	11.43
3.	Lachlan Beecroft	11.47

4.	Ian Jessurun	43.31
5.	Jasmyn McDonald	46.16
6.	Jasmine Dighton	49.39
7.	Joan Purcell	66.09

Medium Div 6km

1.	Dylan Richardson	30.19
2.	Chelsea Goodhew	34.00
3.	Samantha Brown	34.45
4.	Ryan Thomson	34.54
5.	Stephanie Grujoski	40.20
6.	Ally Grujoski	40.20
7.	Travis Barendregt	42.38
8.	Judy Brown	52.32

Short Div 3km

1.	Kyle Bedford	15.08
2.	Allanah Pitcher	15.35
3.	Oscar Tebbett	16.52
4.	Donald Catallo	18.45
5.	Paige Rigney	19.29

4.	Lachlan Rigney	12.13
5.	Danielle Vesper	12.23
6.	Jada Thomson	13.07
7.	Brittany Robertson	13.23,
8.	Dana Lee	15.04
9.	Logan Barendregt	16.00

Under 12 1km

1.	Ellie Decelis	5.43
2.	Jessica Rocchetto	6.00
3.	Aiden Hardy	6.37
4.	Stacie Beecroft	6.39
5.	Natasha Fairhall	6.51
6.	Isabelle Nilon	7.12
7.	Isabella Hollins	7.52
8.	Ella Beecroft	8.33
	Elise Fuser (INV)	6.37
	Paige Lee (INV)	6.57
	Shaquille Lee (INV)	6.59

Under 10 - 500m

1.	Marisa Stojanovic	2.39
2.	Amelia Croker	4.30

NSWRWC ROADWALKS, CHIPPING NORTON, NSW, SATURDAY 18 APRIL

Thanks to Frank Overton for Saturday's results from NSWRWC who were back at Chipping Norton for a second week - a clear reasonably sunny day of about 24 degrees and a good roll up of 45 competitors plus officials. Jay Felton (48:45) turned the tables on Tyler Jones (50:03) in the 10km walk. Sorry but no 4km results as yet.

Long Division 10km

1.	Jay Felton	48.45
2.	Tyler Jones	50.03
3.	Carl Gibbons	52.26
4.	Steven Washburn	55.36
5.	Ian Jessurun	56.59
6.	Jasmyn McDonald	58.15
7.	Jasmine Dighton	59.14
8.	Bryony Beasley	61.56
9.	Joan Purcell	74.28

Medium Division 8km

1.	Chelsea Goodhew	45.55
2.	Raquel Roukas	47.46
3.	Samantha Brown	48.24
4.	Ryan Thomson	52.10
5.	Fiona Porley	52.36
6.	Ally Grujoski	56.59
7.	Stephanie Grujoski	57.13
8.	Judy Brown	71.12

Short Division 4km

TBA

Under 16 3km

1.	Renee Hardy	17.15
2.	Lachlan Rigney	18.42
3.	Janaya Lee	19.16
4.	Danielle Vesper	19.20
5.	Jayda Thomson	20.00
6.	Lachlan Beecroft	20.01
7.	Brittany Robertson	20.19
8.	Taylor Roukas	22.10
9.	Brodie Douglas	22.50
10.	Dana Lee	22.50

Under 12 1.5km

1.	Ryan Vesper	8.36
2.	Jessica Rocchetto	9.11
3.	Ellie Decelis	10.16
4.	Shaqiul Lee	10.24
5.	Isabel Nilon	10.25
6.	Stacie Beecroft	11.09
7.	Aiden Hardy	14.02
8.	Ella Beecroft	14.07

Under 10 1km

1.	Marisa Stojanovic	5.50
2.	Amelia Croker	10.19
3.	Cara Lee	10.51

BALLARAT RWC PRESIDENT'S CUP, LAKE WENDOUREE, BALLARAT, SUNDAY 19 APRIL

Thanks to Sarah Brennan for the latest walk results from Ballarat. Sarah commented:

A balmy 10°C morning in Ballarat saw 6 racewalkers line up for the 2015 President's Cup Handicap. Kasey Bishop put in another fine performance to take out the handicap win with a 25 second PB. The Peart sisters also put in solid performances, with Jemma walking the fastest 3km of the day in 15:38. Well done to young Scott Peart who walked a huge PB in the 2km, and to young Ted Brennan who walked his first 1km, aptly escorted around the course by BRWC President Wayne Peart.

President's Cup 3km Handicap

1.	Kasey Bishop (12)	17:47	PB 00:25
2.	Alanna Peart (11)	16:36	
3.	Jemma Peart (13)	15:38	
4.	Jessika Bridges (12)	19:58	
5.	Sarah Brennan (V)	17:33	
6.	Kayla Bridges (10)	21:46	

2km Walk

1.	Mia Darlow (9)	14:00	
2.	Scott Peart (8)	14:04	PB 03:46
3.	James Pendred	16:20	First one

1km Walk

1.	Rex Brennan (7)	8:44	
2.	Ted Brennan (4)	11:47	First one



BRWC President Wayne Peart with winner Kasey Bishop

AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 18-19 APRIL

It is my pleasant duty to report on our annual Australian Centurions qualifier which was held in Melbourne last weekend (18-19 April). As usual, we joined our Coburg Harriers friends in their annual Coburg 24 Hour Track Championships which also included the AURA Australian Track Running Championships. The field of 49 starters included 13 walkers (9 men and 4 women) and saw some fantastic running and walking.

The weather was atrocious - it rained for some 5 hours in the early evening of Saturday and, from then on, conditions were cold with further showers. The attrition rate was big with a number of entrants having to take time off the track or, in some cases, stop completely. But with all that said, there were still plenty of highlights

- 7 runners over 200km and 12 in excess of 100 miles (and that is with all our top runners at the World 24 Hour Championships in Italy)
- a new Australian Centurion, with local Victorian walker John Kilmartin becoming C67 with a time of 21:11:56
- a number of new Australian walking records as follows:
 - Michelle Thompson Open 100km Residential 11:38:04
 - Michelle Thompson Open 12 Hours Residential 103.209 km
 - Michelle Thompson Open & W45 100km All-Comers/Residential 11:38:04
 - Michelle Thompson Open & W45 12 Hours All-Comers/Residential 102.209 km
 - John Kilmartin M60 100 Miles All-Comers/Residential 21:11:56
 - Val Chesterton W70 50km All-Comers/Residential Inaugural: 9:04:47
 - Val Chesterton W70 12 Hours All-Comers/Residential Inaugural: 63.776 km
 - Val Chesterton W70 24 Hours All-Comers/Residential Inaugural: 63.684 km
 - Karyn O'Neill W60 12 Hours Residential 83.864 km

Full results can be sourced at <http://www.coburg24hr.org/24hr/files/>. Here are the walk results

24 Hour Walk Men

1.	John Kilmartin (C67)	VIC	161.734 km
2.	Chris Kelly	VIC	131.413 km
3.	Saul Richardson	NSW	127.825 km
4.	Louis Commins	NSW	110.102 km
5.	Laurie Tinson	VIC	101.602 km
6.	Robin Whyte (C29)	ACT	100.773 km
7.	Clarrie Jack (C4)	VIC	46.861 km
8.	Ian Hoad	VIC	43.958 km
9.	Ken Carter	VIC	41.470 km

24 Hour Walk Women

1.	Karyn O'Neill (C45)	VIC	133.534 km
2.	Diana Kelly	WA	128.827 km
3.	Michelle Thompson (C58)	VIC	106.000 km
4.	Val Chesterton	ACT	63.864 km

It was a race of 2 halves. The first 12 hours was dominated by **Michelle Thompson** as she powered through, well ahead of anyone else and on record pace. She was rewarded with Australian Open records for 100km (11:38:04) and 12 Hours (103.209km), performances which only a small number of Aussie men have ever bettered. She then stopped to have her feet checked and decided to retire on advice as the rain had wreaked havoc with her toes and it was a case of stop now or do some real damage.

From then on, it was the **John Kilmartin** show as he powered through to his 100 miles with almost unbelievable consistency, never more than 1-2 secs variation from lap to lap. His 50 mile splits tell the story: 10:33 followed by 10:38 for a final 100 mile time of 21:11:56. He then walked a couple of extra laps for insurance purposes and called it quits, job done for the day.

Other walk record breakers included **Karyn O'Neill** (a new W60 12 Hour record of 83.864 km) and **Val Chesterton** who set inaugural W70 records for 50km, 12 Hours and 24 Hours.

The carnival also hosted the Racewalking Australia 100km championships which were awarded as follows

Australian 100 km Track Walk Championship Men

1.	John Kilmartin	VIC	13:03:50
2.	Robin Whyte	ACT	13:59:00
3.	Chris Kelly	VIC	16:15:20

Australian 100 km Track Walk Championship Women

1.	Michelle Thompson	VIC	11:38:04
2.	Karyn O'Neill	VIC	17:01:23
3.	Diana Kelly	WA	18:25:13



John Kilmartin, Michelle Thompson, Val Chesterton and Karyn O'Neill



Male walkers John Kilmartin, Saul Richardson, Clarrie Jack, Robin Whyte, Chris Kelly and Lou Commins



Female walkers Karyn O'Neill, Val Chesterton, Michelle Thompson and Diana Kelly

24TH GRANDE PRÉMIO INTERNACIONAL EM MARCHA, RIO MAIOR, PORTUGAL, SAT APR 18, 2015

A host of world and Olympic walk medallists converged on the Portuguese city of Rio Maior last Saturday to compete at the Rio Maior International Race Walking Grand Prix, the latest and one of the most prestigious IAAF Race Walking Challenge meets. My report is taken from the IAAF press release by Antonio Manuel Fernandes (see <http://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/grande-premio-rio-maior-2015-liu-arevalo>).

Warm and windy conditions affected some of the race walkers at the Rio Maior International Race Walking Grand Prix but Liu Hong and Eider Arevalo won with relative ease over 20km at the IAAF Race Walking Challenge meeting last Saturday.

Senior Women 20km Race Walk

After seeing her Chinese compatriot and Olympic bronze medallist Qieyang Shenjie withdraw after 5km, Liu pushed on alongside Italy's Eleonora Giorgio. The pair continued to lead until 9km when Liu then forced the pace to find she was alone at the front. Liu, who has won medals at the past three World Championships, forged ahead to the finish line to win in a season's best of 1:27:22, just three seconds shy of the course record set 10 years ago.

“I expected to win this race in a good time,” said 2014 challenge winner Liu after becoming just the second non-European winner of the women’s race in Rio Maior. “I have a dream and I work every day to achieve it: winning the IAAF World Championship in Beijing. But first I have other races in the Race Walking Challenge.”

Giorgio finished almost a minute behind in second place, clocking 1:28:12, almost a minute and a half adrift of the Italian record she set last month in Dudince. Another Italian, 2008 Olympic bronze medallist Elisa Rigaud, came from behind in the closing stages to overtake the leading Portuguese race walkers Ana Cabecinha and Ines Henriques to make it on to the podium. Competing in her first race since finishing fifth at the 2013 World Championships, Rigaud clocked 1:29:15. With the help of the local crowd, both Cabecinha and Henriques took less than 90 minutes to complete the course. As the top Portuguese finisher, Cabecinha won the national title in 1:29:17 with home-town star Henriques one place behind in 1:29:52. Cabecinha was surprised by her performance, having suffered with a cold all week and feeling as though she may have to withdraw from the race. Behind them, Lithuanian record-holder Neringa Aidietyte clocked a season’s best of 1:30:40 to defeat Spanish champion Julia Takacs and Central American record-holder Mirna Ortiz.

1.	Hong LIU	CHN	87	1:27:22
2.	Eleonora Anna GIORGI	ITA	89	1:28:12
3.	Elisa RIGAUDO	ITA	80	1:29:15
4.	Ana CABECINHA	POR	84	1:29:27
5.	Ines HENRIQUES	POR	80	1:29:52
6.	Neringa AIDIETYTE	LTU	83	1:30:40
7.	Júlia TAKÁCS	ESP	89	1:31:23
8.	Mirna Sucely ORTIZ FLORES	GUA	87	1:31:25
9.	Vera SANTOS	POR	81	1:31:42
10.	Ainhoa PINEDO	ESP	83	1:31:58
11.	Susana FEITOR	POR	75	1:31:58
12.	Sandra Viviana GALVIS	COL	86	1:32:46
13.	Khushbir KAUR	IND	93	1:33:58
14.	Kristina SALTANOVIC	LTU	75	1:34:20
15.	Mayra PÉREZ	GUA	88	1:34:47
16.	Cisiane Dutra LOPEZ	BRA	83	1:35:16
17.	Daniela CARDOSO	POR	91	1:35:43
18.	Mara RIBEIRO	POR	95	1:39:41
19.	Maria LARIOS LOPEZ	ESP	92	1:40:15
20.	Mariana MOTA	POR	95	1:42:41
21.	Alexandra LAMAS	POR	72	1:48:09
22.	Andressa SOUZA	BRA	95	1:52:33
23.	Vera PORTELA	POR	95	2:01:21
24.	Andreia FRANCISCO	POR	91	2:09:31
	Olga YAKOVENKO	UKR	87	DNF
	Erica ROCHA DE SENA	BRA	85	DNF
	Shenjie QIEYANG	CHN	90	DNF

Senior Men 20km Race Walk

For each of the past four years, Eider Arevalo has won his first race of the season. The Colombian record-holder continued that trend in Rio Maior, triumphing over one of the most competitive fields he has faced outside of major championships.

Italy’s Giorgio Rubino shot into an early lead and at one point was more than 50 metres ahead of the rest of the field. But once he was caught, the race only came alive again during the final three laps. Arevalo, the 2012 world junior champion pushed the pace and gradually opened up an advantage, maintaining it to the finish to win in 1:20:53. But the real drama was unfolding behind him. In a ‘sprint’ finish, Olympic silver medallist Erick Barrondo and European 50km silver medallist Matej Toth initially finished second and third, but both athletes were later disqualified for lifting in their last-gasp dash for the line. Ecuador’s Andres Chocho was later declared the runner-up in 1:20:24, replicating his position from the IAAF Race Walk Challenge meetings in Dudince and Chihuahua last month. Last year’s winner Caio Bonfim produced a season’s best and his second-best time ever of 1:21:16, but despite it being almost two minutes quicker than his winning time from 2014, on this occasion it was only good enough for third place. Bertrand Moulinet finished fourth with 1:21:22, 15 seconds in front of World Race Walking Cup winner Ruslan Dmytrenko. The Ukrainian, who won last year’s World Race Walking Challenge, was contesting his first race of 2015. Early leader Rubino eventually finished sixth.

“This is the result of hard work,” said Arevalo, who was disqualified at the 2014 World Race Walking Cup and did not finish at the 2013 World Championships. “I’ve trained a lot to be here and win. I felt good during the race and produced a good performance.”

1.	Eider AREVALO	COL	93	1:20:41
2.	Andres CHOCHO	ECU	83	1:20:56
3.	Caio Oliveira DE SENA BONFIM	BRA	91	1:21:04
4.	Bertrand MOULINET	FRA	87	1:21:10
5.	Ruslan DMYTRENKO	UKR	86	1:21:25
6.	Giorgio RUBINO	ITA	86	1:21:38

7.	Ihor HLAVAN	UKR	90	1:21:58
8.	Marco DE LUCA	ITA	81	1:22:13
9.	Richard VARGAS	VEN	94	1:22:24
10.	Manish SINGH	IND	91	1:22:50
11.	Sérgio VIEIRA	POR	76	1:23:24
12.	Wei YU	CHN	87	1:23:29
13.	Juan Manuel CANO	ARG	87	1:23:30
14.	Sandeep KUMAR	IND	86	1:23:32
15.	José Ignacio DÍAZ	ESP	79	1:23:33
16.	Rafal AUGUSTYN	POL	84	1:23:51
17.	Pedro ISIDRO	POR	85	1:24:53
18.	Devender SINGH	IND	83	1:24:57
19.	Joao VIEIRA	POR	76	1:25:12
20.	Yerko ARAYA	CHI	86	1:25:48
21.	Recep ÇELIK	TUR	83	1:25:50
22.	Pablo OLIVA	ESP	96	1:26:16
23.	Ersin TACIR	TUR	85	1:26:17
24.	Ivan PAJUELO	ESP	93	1:26:27
25.	Kenny Martin PEREZ	COL	94	1:26:34
26.	Jose Maria RAYMUNDO COX	GUA	93	1:26:34
27.	Miguel CARVALHO	POR	94	1:26:37
28.	Gregorio AJCAM	GUA	93	1:26:59
29.	Angel Rolando BATZ	GUA	93	1:27:03
30.	K. GANAPATHI	IND	89	1:27:05
31.	José Alessandro Bernardo BAGIO	BRA	81	1:27:15
32.	Jian LIU	CHN	97	1:28:08
33.	Luis Fernando LÓPEZ	COL	79	1:28:09
34.	Francisco ARCILLA	ESP	84	1:28:56
35.	Denghua XIONG	CHN	95	1:29:12
36.	Rui COELHO	POR	94	1:29:48
37.	Joao MARTINS	POR	95	1:29:49
38.	Fabio CONCEIÇÃO	POR	93	1:30:31
39.	Luis PÁSSARO	POR	94	1:32:19
40.	Amaro TEXEIRA	POR	89	1:34:22
41.	Marco AMARAL	POR	93	1:34:31
42.	Tiago DO NASCIMENTO FONSECA	BRA	89	1:34:48
43.	Pedro MARTINS	POR	68	1:37:11
44.	Jose Leonidas ROMERO IRIAS	ESP	83	1:37:45
45.	Luis SILVA	POR	70	1:40:37
46.	Samuel PEREIRA	POR	93	1:47:12
	Pedro SANTOS	POR	92	DNF
	Erick Bernabé BARRONDO	GUA	91	DQ
	Matteo GIUPPONI	ITA	88	DQ
	Matej TÓTH	SVK	83	DQ
	Moacir ZIMMERMANN	BRA	83	DNF
	Edward ARAYA	CHI	86	DNF
	Lin ZHANG	CHN	93	DNF
	Zelin CAI	CHN	91	DNF
	Christian CUROPOS	ESP	94	DNF
	Federico TONTODONATI	ITA	89	DNF
	Ronal Rey QUISPE MISME	BOL	89	DQ

The meet also hosted the Portuguese Racewalking Champs – boy, pretty impressive depth for a small country!

PORTUGUESE RACE WALKING CHAMPS

Senior Men 20km Race Walk

1.	Sérgio VIEIRA	POR	76	1:23:24
2.	Pedro ISIDRO	POR	85	1:24:53
3.	Joao VIEIRA	POR	76	1:25:12
4.	Miguel CARVALHO	POR	94	1:26:37
5.	Rui COELHO	POR	94	1:29:48
6.	Joao MARTINS	POR	95	1:29:49
7.	Fabio CONCEIÇÃO	POR	93	1:30:31
8.	Luis PÁSSARO	POR	94	1:32:19
9.	Amaro TEXEIRA	POR	89	1:34:22
10.	Marco AMARAL	POR	93	1:34:31
11.	Pedro MARTINS	POR	68	1:37:11
12.	Luis SILVA	POR	70	1:40:37

13.	Samuel PEREIRA	POR	93	1:47:12
	Pedro SANTOS	POR	92	DNF

Senior Women 20km Race Walk

1.	Ana CABECINHA	POR	84	1:29:27
2.	Ines HENRIQUES	POR	80	1:29:52
3.	Vera SANTOS	POR	81	1:31:42
4.	Susana FEITOR	POR	75	1:31:58
5.	Daniela CARDOSO	POR	91	1:35:43
6.	Mara RIBEIRO	POR	95	1:39:41
7.	Mariana MOTA	POR	95	1:42:41
8.	Alexandra LAMAS	POR	72	1:48:09
9.	Vera PORTELA	POR	95	2:01:21
10.	Andreia FRANCISCO	POR	91	2:09:31

The U20 and U18 races saw the following results.

Junior Men 10km Race Walk

1.	Yanis SOUABER	FRA	96	43:37
2.	Miguel RODRIGUES	POR	96	44:53
3.	Pedro AMARAL	POR	97	45:30
4.	Vitor RAMOS	POR	97	49:12
	Xavier SOUSA	POR	96	DNF
	Hélder DOS SANTOS	POR	96	DNF

U18 Women 5km Race Walk

1.	Carolina COSTA	POR	98	25:24
2.	Ana LEONOR	POR	98	27:21

Junior Women 10km Race Walk

1.	Mar CHILLON	ESP	96	49:36
2.	Edna BARROS	POR	96	49:45
3.	Catarina MARQUES	POR	96	50:24
4.	Laura LEAL	POR	96	53:43
5.	Angela CARRION	ESP	98	56:13

The next IAAF Challenge event will be in Taicang in China on Friday 1st May and it will see a lot of Aussies in action. While not definitive, I think the following are all racing: **Jared Tallent, Rachel Tallent, Tanya Holliday, Beki Lee, Chris Erickson, Rhydian Cowley and Alana Barber (NZ)**. That will indeed be one to watch from an Oceania perspective.



The leading men (photo www.marciadalmondo.com)



Women's winner Liu Hong (www.iaaf.org)

46TH INTERNATIONAL RACEWALK MEET, NAUMBURG, GERMANY, APR 19, 2015

The Naumburg international racewalk meet is another of the European classics. In fact, it used to be one of the toughest ones to win in years past and it is now making a bit of a comeback. As well as featuring as a European Permit meet, it hosts the German racewalking championships. See the event website for more details: <http://www.racewalking-naumburg.de/2.html>

Overall, German walkers filled the first 3 places in the men's 20km with Nils Brembach 1:21:21, Hagan Pohle 1:21:34 and Carl Dohmann 1:22:24 (pretty good depth!) leading the Ecuadorian guests while the women's 20km saw the medals going to Bibiana Perez of Ecuador (1:32:14), Vasylyna Vitovshchyk of Ukraine (1:35:34) and Australian **Stephanie Stigwood** (1:35:52 PB).

Senior Men 20km Race Walk

1.	Brembach, Nils	1993	GER	1:21:21
2.	Pohle, Hagen	1992	GER	1:21:34
3.	Dohmann, Carl	1990	GER	1:22:24
4.	Pintado Alvarez, Bryan Daniel	1995	ECU	1:25:51
5.	Caceres Carrera, Jonath. Wilfr	1990	ECU	1:26:14
6.	Janker, Andreas	1983	GER	1:27:30
7.	Connoly, Creighton	1988	CAN	1:27:47
8.	Hilbert, Jonathan	1995	GER	1:30:45
9.	Borsch, Steffen	1973	GER	1:32:19
10.	Svensson, Christer	1969	SWE	1:39:32
11.	Strunk, Malte	1973	GER	1:42:32
12.	Meyer, Steffen	1966	GER	1:43:20
13.	Schröter, Uwe	1959	GER	1:44:47
14.	Daimer, Nischan	1967	GER	1:45:13
15.	Tommasino, Francesco-Marco	1993	GER	1:48:37
16.	Allen, Steve	1956	GBR	1:49:55
17.	Franke, Denis	1969	GER	1:50:58
18.	Bauer, Dan	1969	GER	1:53:10
19.	Tharann, Björn	1989	GER	1:54:03
20.	Maier, Joachim	1970	GER	1:54:44
21.	Dietsche, Klaus	1962	GER	1:55:35
22.	Werner, Stefan	1964	GER	1:57:20
23.	Papst, Ronald	1962	GER	1:57:48
24.	Gaube, Wilfried	1956	GER	1:58:54
25.	Stoebke, Christian	1976	GER	1:59:02
26.	Ginko, Viktor	1965	BLR	1:59:21
27.	Lorscheider, Dr. Rainer	1947	GER	2:00:51
28.	Franke, Andreas	1982	GER	2:03:06
29.	Tolle, Uwe	1955	GER	2:03:46
30.	Mildenberger, Robert	1950	GER	2:03:57
31.	Bengtsson, Bengt	1961	GER	2:07:54
32.	Schumm, Peter	1942	GER	2:08:23
33.	Nißl, Stefan	1959	GER	2:09:45
34.	Börner, Felix	1997	GER	2:10:40
35.	Schaller, Werner	1957	GER	2:10:45
36.	Ivanov, Juri	1955	GER	2:11:09
37.	Evertz, Günter	1957	GER	2:11:37
38.	Münster, Udo	1961	GER	2:12:17
39.	Höhne, Christoph	1941	GER	2:12:21
40.	Hummer, Joseph	1946	GER	2:13:09
41.	Hölle, Christof	1964	GER	2:13:28
42.	Maier, Felix	1943	GER	2:13:43
43.	Hölters, Bernd	1946	GER	2:14:00
44.	Lenz, Horst	1937	GER	2:31:24
45.	Bauer, Joachim	1949	GER	2:36:15

Senior Women 20km Race Walk

1.	Perez Saquipay, Paola Bibiana	1989	ECU	1:32:14
2.	Vitovshchyk, Vasylyna	1990	UKR	1:35:34
3.	Stigwood, Stephanie	1990	AUS	1:35:52 (PB)
4.	Pelantova, Lucie	1986	CZE	1:37:39
5.	Olsson, Mari	1986	SWE	1:37:50
6.	Ching, Sui Nga	1987	HKG	1:37:59
7.	Dederichs, Lea	1995	GER	1:41:40
8.	Glandorf, Franziska	1993	GER	1:51:39
9.	Schröter, Laura	1994	GER	1:53:11

10.	Schulze, Kathrin	1981	GER	1:56:49
11.	Hörl, Nicole	1971	GER	1:59:21
12.	Schröter, Brit	1974	GER	2:00:53
13.	Hogrell, Ellinor	1968	SWE	2:04:42
14.	Unterholzner, Maria	1968	GER	2:04:52
15.	Spanner, Franziska	1987	GER	2:08:20
16.	Acuna, Jenny	1969	VEN	2:11:04
17.	Adler, Anja	1989	GER	2:14:34
18.	Markgraf, Yvonne	1975	GER	2:17:22
19.	Kirchesch, Ilona	1958	GER	2:19:31
20.	Patrzałek, Brigitte	1958	GER	2:19:32
21.	Klink, Ursula	1944	GER	2:19:39
22.	Komoll, Birgit	1960	GER	2:25:42
23.	Dräger, Helga	1939	GER	2:47:47

Junior Men 10km Race Walk

1.	Heiner TERP	1996	GER	42:25
2.	Nathaniel SEILER	1996	GER	42:33
3.	Karl JUNGHANSS	1996	GER	43:16
4.	Oliver KÄFLEIN	1997	GER	47:18
5.	Jacob STUTZKE	1997	GER	47:29
6.	Niklas RICHTER	1999	GER	48:28
7.	Paul KLEY	1996	GER	50:34

U18 Men 5km Race Walk

1.	Teresa ZUREK	1998	GER	24:20
2.	Julia RICHTER	1999	GER	24:45
3.	Julia HENZE	1998	GER	26:16
4.	Jennifer OKUN	1998	GER	26:27

U18 Women 10km Race Walk

1.	Emilia LEHMEYER	1997	GER	49:37
2.	Annika BREMBACH	1996	GER	50:25
3.	Lisa LINKE	1997	GER	52:39
4.	Pauline BARZ	1998	GER	56:24

13TH INTERNATIONAL RACE WALKING MEET, ZANIEMYSL, POLAND, SATURDAY 18 APRIL

Gregorz Sudol (1:24:36) and Paulina Buziak (1:31:25) won the 20km events in Zaniemysl last Saturday in a meet which showcased Polish racewalking depth. The junior races were won by Mateusz Nowak (44:31) and Karatzyna Zdziebło (46:04). The first 5 places only are shown in the U20 and U18 events. Full results at http://www.pzla.pl/zdjecia/zal_i/20150418-zaniemysl_201504190118.pdf.

20km Men

1.	SUDOL Grzegorz	1978	1:24:36
2.	KOZLOVSKIL Genadij	1991	1:24:42
3.	SIKORA Rafał	1987	1:24:54
4.	BIELECKI Lukasz	1994	1:33:41
5.	ZIELINSKI Szymon	1995	1:37:05
6.	KOMAROWSKI Kamil	1995	1:38:05
7.	GRINHOLC Grzegorz	1977	1:38:26
8.	CHOJECKI Daniel	1995	1:38:43
9.	LUNIEWSKI Mirosław	1957	1:49:54
10.	GOLAWSKI Janusz	1966	1:57:45
11.	KWITA Zbigniew	1959	1:58:26
12.	HARASINSKI Ryszard	1956	1:59:07
13.	JELONEK Jakub	1985	DQ
14.	GAWRONSKI Pawel	1990	DQ
	NOWAK Lukasz	1988	DNF
	MAJER Janusz	1953	DNF

20km Women

1.	BUZIAK Paulina	1986	1:31:25
2.	SZWARNÓG Agnieszka	1986	1:32:16
3.	KAPERNA Monika	1990	1:32:29
4.	GOLBA Katarzyna	1989	1:33:01
5.	MASTIANICA Inga	1989	1:38:42

6.	BEMOWSKA Joanna	1994	1:40:15
7.	WIERUS Karolina	1993	1:41:40
8.	ELLWARD Agnieszka	1989	1:43:01
9.	BAJON Anna	1994	1:47:59
10.	MAJCHROWICZ Kinga	1995	1:48:55
11.	KANTOROWSKA Barbara	1995	1:51:04
12.	WOSIK Michalina	1994	1:55:45
13.	REMBOWICZ Sylwia	1995	1:57:39
	SWIERCZYNSKA Justyna	1987	DQ
	NAWROCKA Monika	1990	DNF

10km Junior Men

1.	NOWAK Mateusz	1996	44:31
2.	KOSECKI Kacper	1997	45:01
3.	KAMINSKI Michal	1997	46:36
4.	NIEDZIALEK Tomasz	1996	47:42
5.	KUBAS Marek	1996	48:18

10km Junior Women

1.	ZDZIEBLO Katarzyna	1996	46:04
2.	AUGUSTYN Angelika	1996	48:23
3.	NIEDZIALEK Olga	1997	48:35
4.	KREJA Zofia	1997	51:18
5.	LEWANDOWSKA Paulina	1997	52:03

10km U18 Women

1.	DROZDOWICZ Arkadiusz	1998	45:33
2.	GOLAWSKI Robert	1998	46:20
3.	JACHER Piotr	1998	49:45
4.	BACHOR Jakub	1998	51:45
5.	STOSIK Michal	1999	52:50

5km U18 Women

1.	GREZIAK Emilia	1998	23:46
2.	KOWALSKA Agata	1998	24:05
3.	CETNARSKA Malgorzata	1998	26:23
4.	CZAJA Zuzanna	1998	26:53
5.	JASKOWIAK Michalina	1999	27:08

SOUTH AFRICAN T&F CHAMPIONSHIPS, STELLENBOSCH, SOUTH AFRICA, 17-18 APRIL

For the past six years Athletics South Africa has always seemed to be either emerging from a scandal, headed for one or slap-bang in the middle it, while the athletes played second fiddle. But times are changing. This past weekend, Stellenbosch played host to a well-supported, fairly well-organised and highly-successful South African Athletics Championships, where the narrative changed from a focus on the boardroom shenanigans at ASA to the solid performances of the athletes themselves.

10 athletes made the qualifying standard for the World Championships in the meet - Anaso Jobodwana (200m), Wayde van Niekerk (400m), Sunette Viljoen (javelin), Orazio Cremona (shot put), Jaco Engelbrecht (shot put), Ruswahl Samaai (long jump), Stephen Mokoka (5000m, national record), **Lebogang Shange (20km walk)**, **Wayne Snyman (20km walk)** and LJ van Zyl (400m hurdles) all booked their places in Beijing, while the likes of Akani Simbine (100m and 200m) and Wenda Nel (400m hurdles) travelled to Stellenbosch having already qualified.

Overall the walks saw small fields but some quality walking with winners **Lebogang Shange (1:23:00)** and **Anel Oosthuizen (1:38:03)** both recording excellent times, as did **Wayne Snyman (1:23:42)**.

Men's 20km Race Walk - 17.04.2015

1.	Lebogang SHANGE	RSA	90	1:23:00
2.	Wayne SNYMAN	RSA	85	1:23:42
3.	Mthembi CHAUQUE	RSA	93	1:31:31
4.	Pierre DE VILLIERS	RSA	85	1:32:18
5.	Mthunzi MNISI	RSA		1:32:31
	Sheldon GEORGE	RSA	91	DNF

Women's 20km Race Walk - 18.04.2015

1.	Anel OOSTHUIZEN	RSA	95	1:38:03
2.	Corli SWART	RSA	91	1:42:07

3.	Zelda SCHULTZ	RSA		1:48:29
4.	Michelle HOPKINS	RSA	88	1:53:17
5.	Rose SHABALALA	RSA	93	1:57:46
6.	Nthatsi MOKHELE	RSA	92	2:01:16
	Inge KOTZE	RSA	92	DQ
	Chanice KLINK	RSA		DQ

And a great article on Lebogang Shange from the Supersports website (see <http://www.supersport.com/athletics/article.aspx?Id=2964394>). I will reproduce it here for completeness.

Lebogang Shange proved on Saturday by winning the 20km race walk at the South African Championships that there is still no stopping as he set another first with his winning time of 1 hours and 23 minutes. In doing so he not only again qualified for the World Championships in Beijing but, more importantly, his winning time was the fastest ever for any local 20km race walk event. Wayne Snyman, who was second in 1:23:45, also qualified for the World Championships.

“I have walked faster times in Europe but not in South Africa,” explained Chris Britz who coaches Shange.

Shange’s performance on Saturday brings the tally of the High Performance Centre athlete for ‘firsts’ in race walking this season to four. It all began when Shange improved on Britz’s South African record in the 3000m when he won in a time of 11:20.39 at a league meeting at Tuks. His winning time was nearly seven seconds faster than the previous record of 11:27.20 that was set in 1989. Eight days later he wiped out another one of Britz’s records when he finished second in a time of 1:21:50 in a 20km race walk event in Lugano Switzerland. Shange’s time was 32 seconds faster than the previous South African record (1:22:21) set by Chris Britz in 1996 in Eissenhutzenstadt. Shange’s winning streak continued with his victory in Dudinska, which made him the first South African to win a race in the IAAF Race Walking Challenge series.

However, Shange was not confident going into the race on Saturday. He was battling a back-injury and last Wednesday a despondent Shange speculated that he would be lucky to get a top three finish. “I am in lot of pain when I try to walk fast,” he complained.

His race started slowly. He languished back in the field during the first two laps, but then he started to increase his pace and caught up with Snyman. The two training partners stayed together up to about the 15km marker, but when Shange increased his pace again Snyman could not keep up with him. According to Shange he was in some pain during the race, but once he realised that he could win he just gritted his teeth and tried to ignore the ‘SOS’ messages his brain kept sending him. Britz is confident that Shange’s injury woes will be something of the past within the next two weeks.

JAPANESE 50KM CHAMPIONSHIP, WAJIMA, JAPAN, SUNDAY 19 APRIL

The Japanese 50km championship was held last Sunday in Wajima, along with a number of other key races. Thanks to marciadalmondo for their usual comprehensive report - see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2070.

Japanese 50km Championship

23 starters toed the line for this most gruelling of walk events. Takayuki Tanii (43:54) led through the first 10km, followed by Hirooki Arai and Takuya Yoshida (44:00) and it was not until the 30km mark that the gap was bridged and Arai and Yoshida reached Tanii, all 3 passing the mark together in 2:12:32. Between 30km and 35km Arai put in a very fast split of 21:53 to take the lead and from there, he was never headed, eventually winning in 3:40:20, ahead of Tanii with 3:42:01 and Yuki Yamazaki coming through for third with 3:43:40.

1.	Arai Hirooki	0:44:00	1:28:20	2:12:32	2:56:04	3:40:20
2.	Tanii Takayuki	0:43:54	1:28:03	2:12:33	2:57:05	3:42:01
3.	Yamazaki Yuki	0:44:45	1:29:43	2:15:11	2:59:32	3:43:40
4.	Yoshida Takuya	0:44:00	1:28:19	2:12:32	2:57:09	3:46:07
5.	Ookuma Takeshi	0:45:10	1:29:42	2:14:28	3:03:02	3:55:06
6.	Itoh Yuki	0:45:10	1:29:42	2:13:59	3:01:14	3:55:54
7.	Kanno Tomofumi	0:47:37	1:35:13	2:22:15	3:08:55	3:57:36
8.	Higuma Takafumi	0:47:27	1:35:15	2:25:47	3:23:34	4:17:54
9.	Kang Kildong KOR	0:48:40	1:37:13	2:51:14	3:48:35	4:21:22
10.	Otsubo Takahito	0:48:37	1:37:13	2:27:10	3:23:34	4:22:00
11.	Taniguchi Tetsuya	0:50:44	1:40:42	2:30:21	3:23:25	4:25:32
12.	Yamaguchi Masahiro	0:53:39	1:47:48	2:42:22	3:35:42	4:29:32
13.	Sato Takane	0:51:57	1:44:12	2:36:20	3:31:24	4:31:36
14.	Saito Arata NWS	0:53:39	1:47:48	2:42:21	3:36:32	4:33:58
15.	Miyajima Hideaki	0:53:10	1:47:48	2:43:02	3:40:17	4:37:26
16.	Toyama Takuma	0:50:44	1:40:57	2:31:40	3:35:15	4:39:37
17.	Yamamoto Toru	0:51:47	1:42:35	2:36:02	3:36:35	4:42:25
18.	Kasyu Youta	0:50:44	1:41:40	2:37:53	3:37:42	4:44:49
19.	Mambo Keita	0:53:01	1:45:53	2:42:17	3:45:48	4:51:06

Takahashi Takuya	0:51:47	1:43:42	2:45:25	3:49:09	DNF
Morioka Koichiro	0:43:59	1:28:18	2:13:31	DNF	
Seike Masanori	0:51:47	1:45:29	2:49:19	DNF	
Hirata Motoki	0:53:39	DNF			

The smaller distance races were huge - see <http://www.marciadalmondo.com/admin/pdf/risultati/200420157422015.4.18-19Result.pdf> for the full results. The placegetters in the 10km events were

10km men

1.	Satoshi Maruo	40:01
2.	Hitoshi Warita	41:14
3.	Yuuta Hukushina	41:42

10km women

1.	Kumiko Okada	43:32
2.	Rena Goto	46:18
3.	Chiaki Asada	46:32

SOUTH AFRICAN JUNIOR/UNDER 23 NATIONAL CHAMPIONSHIPS, BLOEMFONTEIN, 16-18 APRIL

And back a day or so to the South African U23 and younger T&F Championships - thanks to Carl Meyer for these track results. I am impressed by the numbers!

5000m Walk U15 Men

1.	Francois Jacobs	Boland	24:30.02
2.	Simphiwe Hadebe	Kwa-Zulu Natal	25:93.06
3.	Jacques Heymans	Free State	26:21.29
4.	Jean Vermaak	Central Gauteng	29:46.49
5.	Siphesihle Vincent Nhlapho	Gauteng North	29:50.44

5000m Walk U15 Women

1.	Hilda Du Toit	Boland	27:58.89
2.	Annique Cloete	Central North West	28:49.94
3.	Mone Geldenhuys	South Western Distri	28:56.91
4.	Meanri Erasmus	Central North West	28:57.07
5.	Kyla Avenant	Boland	30:04.67
6.	Leandrie Du Toit	Boland	30:17.88
7.	Carmen Kruger	Central North West	30:57.07
8.	Dimakatso Msheba	Gauteng North	32:19.37
9.	Monique Benade	Vaal Triangle	33:56.77

10,000m Walk U17

1.	Pierre Vermaak	Central Gauteng	44:24.43
2.	Elwich Van Wyk	South Western Distri	52:04.14
3.	Vusi Hlongwane	Central Gauteng	55:21.74
4.	Tumelo Molete	Central Gauteng	58:16.82
5.	Awie Cloete	Central North West	61:42.55
6.	Thabo Ntuthu	Boland	62:07.77

5000m Walk U17

1.	Mizan Viljoen	Free State	24:39.10
2.	Milandre Stafford	Central North West	24:48.21
3.	Noeline Rossouw	Boland	27:22.57
4.	Palesa Msheba	Gauteng North	30:04.03
5.	Ena Van Aarde	Central North West	30:22.59
6.	Chene Sonnekus	South Western Distri	30:36.03
7.	Salume Heymans	Free State	30:38.11

10,000m Walk U19 Men

1.	Juandre Petersen	Westewrn Province	49:46.12
2.	Thando Magingxa	Boland	51:18.74
3.	Tumisang Pule	Central Gauteng	52:00.40
4.	Carel Van Der Merwe	Westewrn Province	52:33.94
5.	Sabelo Mbatha	Kwa-Zulu Natal	53:52.76
6.	Sipho Msauko	Central Gauteng	54:23.56
7.	Thato Rampa	Central Gauteng	58:54.22

8.	Johannes Mathipa	North WQest North	59:00.22
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10,000m Walk U19 Women

1.	Udelle De Winnaar	Central Gauteng	56:17.44
2.	Ester Van Der Merwe	Boland	60:22.49
3.	Delia Meyer	Boland	60:35.61
4.	Thabisile Thango	Kwa-Zulu Natal	63:18.95
5.	Whitney Matseba	Gauteng North	66:05.22
6.	Nadia Swanepoel	Boland	67:08.80

10,000m Walk U23 Men

1.	Chaque Mthembi	Free State	46:00.39
2.	Mduduzi Mabvundla	Central Gauteng	47:45.98
3.	Moeketsi Mamarara	Central Gauteng	48:06.71
4.	Ntoane Ntoane	Central Gauteng	52:20.55

10,000m Walk U23 Women

1.	Rose Shabalala	Central Gauteng	56:12.94
2.	Nthatsi Mokhele	Central Gauteng	56:15.12
3.	Chanice Klink	Gauteng North	58:10.35

2015 ALPS/ADRIA RACE WALKING CUP, MONFALCONE, ITALY, SATURDAY 11 APRIL

Thanks to Fabio Ruzzier for the results from the second round of the Alpe/Adria Cup 2015, held this time around in Monfalcone in Italy. It also featured the Slovenian Race Walking Masters Championship so lots of Slovenian walkers in the mix.

Junior, Open and Masters 10km Women

1.	Kovacs Andrea	1980	UVB Purgstall (A)	51:59,0
2.	Raia Elisa	1978	CUS Trieste (It)	53:40,3
3.	Cinca Elena	1970	Atl. Brugnera (It)	55:37,1
4.	Marasovic Slavica	1996	AK Svetice (Hr)	1.00:29,8
5.	Schwantzer Monika	1955	Dinamo Zrinjevac(A)	1.10:32,6

Junior, Open and Masters 10km Men

1.	Saponaro Giuseppe	1969	Pool Sport (It)	53:28,9
2.	Ruzzier Fabio	1953	AK Koper (Slo)	54:19,6
3.	Hirschmugl Dietmar	1968	TV Gleisdorf 1877 (A)	54:32,4
4.	Graberec Ivan	1964	AK Svetice (Hr)	56:04,0
5.	Haubrih Želimir	1963	Dinamo Zrinjevac (Hr)	56:41,9
6.	Bahcic Igor	1962	AK Koper (Slo)	57:15,9
7.	Brulc Matjaž	1968	AK Koper (Slo)	58:19,3
8.	Strieder Hermann	1941	Spitt. TV 1972 (A)	1.08:03,8
9.	Miloch Adriano	1947	G.S. S.Giacomo (It)	1.09:21,7
10.	Celik Ferdinand	1940	AK Gorica (Slo)	1.14:32,6
11.	Tsukrov Semen	1935	Fakel Moskau (Rus)	1.16:51,4
	Graberec Mario	1996	AK Svetice (Hr)	DNF

U18 5km Boys

1.	Lubiana Federico	1999	Trieste Atletica (It)	25:30,8
2.	Tesovnik Anže	1998	MASS Ljubljana (Slo)	27:06,1

U16 3km Girls

1.	Colacicco Valentina	2000	Ts Trasporti (It)	15:44,2
2.	Canadi Eva	2000	AK Koper (Slo)	16:34,8
3.	Gubertini Martina	2000	Ts Trasporti (It)	17:02,6

U16 3km Boys

1.	Bello Matteo	2001	Trieste Trasporti (It)	17:01,9
2.	Križnik Filip	2001	AD Štajerska (Slo)	17:02,2
3.	Haubrih Ivan	2000	Dinamo Zrinjevac (Hr)	17:19,7

U14 2km Girls

1.	Cah Klara	2002	AK Koper (Slo)	12:28,2
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U14 2km Boys

1.	Modolo Gabriele	2002	Ts Trasporti (It)	12:15,6
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U12 1km Girls

1.	Reicht Tamara	2005	AD Štajerska (Slo)	6:15,1
2.	Milenovic Saša	2007	AK Koper (Slo)	7:32,6

U12 1km Boys

1.	Brulc Matija	2005	AK Koper (Slo)	5:41,8
2.	Brulc Andrej	2006	AK Koper (Slo)	5:46,8



Hermann Strieder (411) and Dietmar Hirschmugl (410) in the 10km event



Saša Milenovic in the U12 Girls 1km

AFRICAN RACE WALKING CHAMPIONSHIPS, MAURICE, MAURITIUS, 11-12 APRIL 2015

I'm officially giving up on this one. Still no results even though it was supposed to be an IAAF Challenge event. My guess is that these championships did not take place.

BELARUSSIAN NATIONAL RACE WALKING CUP, BREST, BELARUS, 10-11 APRIL

The Belarussian National Race Walking Cup, along with National underage walk championships, were held in the city of Brest on 10-11 April. The 20km championships saw a number of visitors from Ukraine but it was the local walkers who won - Dzianis Simanovic with 1.22.20 and Hanna Drabenia with 1.32.27.

The main evidence of 20 km, with the participation of several guest athletes from Ukraine, triumphed in the female, Hanna Drabenia, Minsk, with 1:32:27, and male, Dzianis Simanovic, Grodno, with 1:22:20. Drabenia was followed closely by Darya Balkunets, the runners with 1:32:40, personal best, and most rearward by Nastassia Yatsevich (1:34:23). Simanovic already had much easier task in men, overriding the Dmitriy Dziubin (1:24:49) and the Ukrainian Ivan Bandzeruk (1:25:01).

At the completion of the meet, Belarussian national coach Andrey Sudnik announced the athletes who will represent the country at the 2015 European Walk Cup in Murcia. 20 km men - Dzianis Simanovic; 20km Women - Hanna Drabenia and Darya Balkunets; Junior Men 10km - Anatoliy Gomelev and Dmitriy Lukjancuk; Junior Women 10km - Anastasia Rarovskaya and Yulia Balkovskaya.

20km Men

1.	Dzianis Simanovic	1987	BLR	1.22.20
2.	Dmitriy Dziubin	1990	BLR	1.24.49
3.	Ivan Bandzeruk	1990	UKR	1.25.01
4.	Andriy Hrechkovskiy	1993	UKR	1.25.02
5.	Maryan Zakalnitskiy	1994	UKR	1.34.20
6.	Serhij Susik	1993	UKR	1.38.00
7.	Vladzimir Kalesnik	1992	BLR	1.49.35
8.	Aliaksandr Liakhovich	1989	BLR	DQ
9.	Yauhen Zaleski	1993	BLR	DNF
10.	Dmytro Sobchuk	1995	UKR	DNF

20km Women

1.	Hanna Drabenia	1987	BLR	1.32.27
2.	Darya Balkunets	1993	BLR	1.32.40
3.	Nastassia Yatsevich	1985	BLR	1.34.23
4.	Viktoryia Pashchupkina	1995	BLR	1.36.38
5.	Nadezda Darazhuk	1990	BLR	1.39.32
6.	Anastasiya Rodzkina	1994	BLR	1.43.36
7.	Oksana Trofymych	1992	UKR	1.47.04
8.	Veranika Chmarykava	1995	BLR	1.47.46
9.	Alesia Chambrovich	1994	BLR	DNF

35km Men

1.	Vladimir Burundukov	1989	BLR	2.49.04
2.	Michail Holod	1991	BLR	3.07.24
3.	Pavel Erochov	1982	BLR	DQ

BA & RWA 20KM CHAMPS, HILLINGDON CYCLE CIRCUIT, HAYES, ENGLAND, SAT 18 APRIL

Thanks to Mark Wall for forwarding the results from the British Athletics & Race Walking Association 20km championships, held on Saturday in Hayes. He reported:

On a sunny day, times were slowed by a cold breeze which gusted throughout the events, affecting both athletes and officials. The races were held on a 1km circuit at the Hillingdon Bike circuit that rises towards one end of the circuit. This wind had a negative impact on time for most competitors.

The marquee 20km events saw wins to Internationals Tom Bosworth and Heather Lewis. Tom walked strongly in what was essentially a restrained performance to record 1:29:16, 10:10 ahead of Dominic King in 1:39:26. Manx centurion, Richard Gerard took third in 1:47:31. These three took both the UKA and RWA places. Only six men broke two hours.

Welsh woman Heather Lewis pushed on early on in the event to record 1:43:36. In second place, Emma Achurch (born 09/07/1997), closed down this lead over the second half to finish in 1:45:29 to finish exactly two minutes ahead of the second Welsh walker, Bethan Davies, who recorded 1:47:29. These were the three UKA medallists. Emma won the RWA title, second in this title was Michelle Turner in 1:52:10 whilst Penelope Cummings was third in 2:03:58.

The Junior Men's race was probably the highest standard in terms of the first two placings, Callum Wilkinson won the Junior Men's 10km event with 45:10 ahead of Cameron Corbishley, 45:36 (four contesting the event). The Junior Women's event, in the absence of Emma Achurch, had one competitor. The Under 17 events had 4 boys and 6 girls respectively.

Men 20km

1.	Dominic King	Colchester Harriers	1:39:26
2.	Richard Gerrard	Isle of Man Veterans	1:47:31
3.	Trevor Jones	Steyning Athletic Club	1:51:26
4.	Christopher Hobbs	Ashford Athletic Club	1:52:41
5.	Richard Wild	Northern Athletic Club	1:59:02
6.	Matthew	Haddock Manx Harriers	2:02:19
7.	John Ralph	Enfield & Haringey AC	2:02:52
8.	John Hall	Belgrave Harriers	2:04:42
9.	Peter Bozsko	Birchfield Harriers	2:05:57
10.	Ken Bobbitt	Hillingdon Athletic Club	2:06:52
11.	David Mackay	Manx Harriers	2:07:38
12.	Shaun Lightman	Surrey Walking Club	2:16:45
13.	Arthur Thomson	Enfield & Haringey AC	2:17:08
14.	Colin Vesty	Leicester Walking Club	2:18:44
15.	Christopher Flint	Surrey Walking Club	2:19:33
16.	Mark Byrne	Redcar Race Walking Club	2:24:12
	Mark Culshaw	Belgrave Harriers	DNF
	Adam Cowin	Manx Harriers	DNF
	Ed Shillabeer	Ilford Athletic Club	DNF
	Andrew Cox	Hillingdon Athletic Club	DNF
	Jonathon Hobbs	Ashford Athletic Club	DQ
	Daniel King	Colchester Harriers	DQ
	Peter Hannell	Surrey Walking Club	DQ

Women 20km

1.	Heather Lewis	Pembrokeshire Harriers	1:43:36
2.	Emma Achurch (U20)	Leicester Walking Club	1:45:29
3.	Bethan Davies	Cardiff Amateur Athletic Club	1:47:29
4.	Brenda Gannon	Hyde Park Harriers	1:51:38
5.	Michelle Turner	Northern Athletic Club	1:52:10
6.	Penelope Cummings	Aldershot Farnham & District AC	2:03:58
7.	Jasmine Nicholls	Leicester Walking Club	2:07:49
8.	Cath Duhig	Ryston Runners AC	2:16:57
9.	Angela Martin	Surrey Walking Club	2:20:42
	Maureen Noel	Belgrave Harriers	DQ

Under 20 Women 10km

1.	Rebecca Greatbatch	Manx Harriers	63:12
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Under 20 Men 10km

1.	Callum Wilkinson	Enfield & Haringey AC	45:03
2.	Cameron Corbishley	Medway & Maidstone AC	45:36
3.	Tim Snook Aldershot	Farnham & District AC	52:09
	Luc Legon	Cambridge Harriers	DNF

Under 17 Women 5km

1.	Sophie Lewis Ward	Cambridge Harriers	25:46
2.	Amy Phipps	Neath Harriers	30:35
3.	Indigo Burgin	Cambridge Harriers	32:19
4.	Abigail Jennings	Aldershot Farnham & District AC	32:53

Under 17 Men 5km

1.	Chris Snook	Aldershot Farnham & District AC	24:16
2.	Tom Partington	Manx Harriers	24:26
3.	Oliver Hopkins	Lewes Athletic Club	30:18
4.	Jordan Price	Breacon Athletic Club	31:58
5.	Matthew Phipps	Neath Harriers	33:04
6.	Daniel McKerlich	Cardiff Amateur Athletic Club	34:12

Under 15 Girls 3km

1.	Ana Garcia	City of Sheffield & Dearne AC	15:44
2.	Kara Lane	Birchfield Harriers	16:04
3.	Lucy Lewis Ward	Cambridge Harriers	16:04
4.	Evie Butcher	Cambridge Harriers	16:08
5.	Pagen Spooner	Weatherby Runners	16:47
6.	Alice Bellando	Manx Harriers	18:30
7.	Laura Achurch	Leicester Walking Club	18:37

8.	Mollie Dainton	Llanelli Athletic Club	19:03
9.	Kathryn Elliott	Aldershot Farnham & District AC	19:22
	Jessica Finney	Birchfield Harriers	DQ

Under 15 Boys 3km

1.	Ben Allen	Leicester Walking Club	16:48
2.	Stephen Waddington	Manx Harriers	17:37
3.	Owain Nicholas	Pembrokeshire Harriers	19:08
4.	George Wilkinson	Enfield & Haringey AC	20:38

Under 13 Girls 2km

1.	Suki Ly	Cambridge Harriers	11:08
2.	Molly Meleady-Hanley	City of Sheffield & Dearne AC	12:12
3.	Emma Ratcliffe	Aldershot Farnham & District AC	14:04

Under 13 Boys 2km

1.	Archie Walters	Manx Harriers	11:05
2.	Faris Alkhamesi	Nuneaton Harriers	11:17
3.	Kai Cundy	City of Sheffield & Dearne AC	11:21
4.	Hisham Alkhamesi	Nuneaton Harriers	11:37
5.	Kyle Smith	Nuneaton Harriers	13:41
6.	Nicholas Hart	Aldershot Farnham & District AC	13:51

USATF 20KM PAN AM CUP TRIALS, WHITING, NJ, SUNDAY 12 APRIL

Ok, the results from last week's USATF Pan Am Cup trials is now available. A reminder that there is also a great photo talk by Jeff Salvage at <http://www.racewalk.com>. Full race results now at <http://www.farcnj.com/>. Erin Talcott summed it up well in a facebook entry which read as follows

This year's Pan Am Cup Trials were amazing! We had eight women under the qualifying standard to make the team, there was the biggest and strongest junior girls race I've ever seen. I believe there were seven girls under the qualifying standard (but please don't quote me on that). We had six men under the qualifying standard. We have a full junior boy's team. And there were five men that made the qualifying standard in the 50K, two of which I believe are competing in Chile at 50K. For the first time in a very long time USATF RWing is sending FOUR complete teams! And a very big thank you to Ron Daniel who was incredibly proactive in getting the team size back up to five athletes for open. Because of that Molly Josephs is able to walk, and she is exactly the type of young talent we need to be developing! Thank you Ron! And thanks to Bob Hersch, for the first time ever women will be competing in an international qualified race with the men with the NACAC women's 50K championships, which will be held concurrently with the men's PAC 50K. I think the year continues to be off to a fantastic start for USATF RWing!

Open Women 20km

1.	Maria MichtaCoffey	F 28	Walk USA	1:33:28
2.	Miranda Melville	F 26	New York Athletic Club	1:34:46
3.	Robyn Stevens	F 31	Wolfpack Running Club	1:42:23
4.	Katie Burnett	F 26	Unattached	1:43:00
5.	Mereth Zalba	F 21	Race Walk Club of St. Louis	1:43:52
6.	Erin TaylorTalcott	F 36	Shore Athletic Club	1:44:12
7.	Molly Josephs	F 21	Missouri Baptist University	1:45:42
8.	Jill Cobb	F 40	Southwest Ohio TC	1:46:23
9.	Susan Randall	F 40	Shore Athletic Club	1:47:50
10.	Natalia Alfonso	F 20	Race Walk Club of St. Louis	1:47:52
11.	Reini Brickson	F 23	Southwest Ohio TC	1:58:11
12.	Debbie Topham	F 62	Pegasus A.C.	2:07:50
13.	Kimmie Burton	F 37	Unattached	2:13:52
14.	Rebecca Garson	F 50	World Class Racewalking	2:17:36
15.	Donna Green	F 62	Chicago Walkers Club	2:26:07
16.	Panseluta Geer	F 68	Shore Athletic Club	2:28:00
17.	Dorit Attias	F 53	Walk USA	2:28:48
18.	Darlene Backlund	F 69	So Cal Track Club	2:30:43
19.	Kay Carmines	F 69	So Cal Track Club	2:37:06

Open Men 20km

1.	John Nunn	M 37	US Army	1:26:26
2.	Nick Christie	M 23	Unattached	1:26:59
3.	Alejandro Chavez	M 21	South Texas Walking Club	1:28:30
4.	John Cody Risch	M 24	Q Elite	1:29:03

5.	Patrick Stroupe	M 30	K. C. Smoke	1:30:48
6.	Emmanuel Corvera	M 22	Unattached	1:31:38
7.	Richard Luettchau	M 30	Shore Athletic Club	1:34:52
8.	Michael Mannozi	M 28	Shore Athletic Club	1:34:53
9.	Ian Whatley	M 55	Warriors Track Club	1:41:14
10.	Dave Talcott	M 55	Syracuse Chargers Track Club	1:43:26
11.	Jake Gunderkline	M 24	Unattached	1:45:30
12.	David Swarts	M 49	Pegasus A.C.	1:45:56
13.	John Soucheck	M 49	Shore Athletic Club	1:51:52
14.	Mark Green	M 59	Pegasus A.C.	1:53:01
15.	Vincent Peters	M 61	UnattachedX	2:00:55
16.	Vyacheslav Troshkin	M 66	Park Racewalkers, USA	2:01:54
17.	Andrew Smith	M 65	Pegasus A.C.	2:04:34
18.	Leon Jasionowski	M 70	Pegasus A.C.	2:04:39
19.	Bill Vayo	M 50	UnattachedX	2:07:51
20.	Bruce Logan	M 50	Park Racewalkers, USA	2:13:47
21.	Tom Quattrocchi	M 63	Shore Athletic Club	2:17:41
22.	John Fredericks	M 67	Freehold Area Running Club	2:18:38
23.	Barry Blake	M 60	Shore Athletic Club	2:19:46
24.	James Carmines	M 71	So Cal Track Club	2:26:27
25.	John Morrison	M 66	Potomac Valley Track Club	2:26:53
26.	John Backlund	M 75	So Cal Track Club	2:29:52
27.	Ben Ottmer	M 81	Freehold Area Running Club	2:49:22
	Nathan (DQ) Vanderwall	M 22	Unattached	DQ
	John (DQ) Cox	M 45	Unattached	DQ
	Paul (DNF) DeMeester	M 55	Unattached	DNF
	Timothy (DQ) Chelius	M 58	Shore Athletic Club	DQ
	Patrick (DQ) Bivona	M 74	Shore Athletic Club	DQ
	John (DNF) Starr	M 86	Philadelphia Masters	DNF

Junior Women 10km

	Rachel Seaman (CAN)	F 29	Guest	43:52
1.	Anali Cisneros	F 17	Eldin Sharks	51:20
2.	Katie Michta	F 18	Walk USA	51:20
3.	Katharine Newhoff	F 17	Walk USA	51:26
4.	Meaghan Podlaski	F 17		51:38
5.	Jennifer Lopez	F 19	St. Ambrose University	51:41
6.	Amberly Melendez	F 17	South Texas Walking Club	54:50
7.	Sydney Sirois	F 16	Maine Racewalkers	54:57
8.	Kayla Allen	F 16	Maine Racewalkers	55:43
9.	Fiona Dunleavy	F 18	Unattached	55:46
10.	Lauren Harris	F 15	Walk USA	57:39
11.	Katherine Miale	F 18	New Jersey Striders	59:31
12.	Kelsey Jordan	F 16	Unattached	63:07
13.	Jainee Gabrielsen	F 16		64:09
14.	Valentina Vaitones	F 18	New England Race Walkers	64:50

Junior Men 10km

1.	Anthony Peters	M 18	St. Ambrose University	44:41
2.	Cameron Haught	M 16	Unattached	46:36
3.	Alexander Peters	M 18	North Central (IL)	55:50

OUT AND ABOUT

- Evan Lynch won the 3000m walk at the Irish University Championships in Belfast on Saturday 11th April with 12:32.65.
- AYVAHK-BAHKESIR (TUR, Apr 18): Turkey was the top nation at the 14th Balkan Racewalk Championships with 53 points ahead of Romania 38 and Greece 16. Of the six event winners, Turkey had five. Only in the women's 20km did Romanian walker Andreea Arsine break the spell, winning in 1:39:36. Other wins for the home country were Sahin Senoduncu (20km Men 1:27:30), Muratcan Karapinar (U20 men 10km 42:26), Derya Karakurt (U20 women 10km 49:37), Abdulaziz Danis (U18 Boys 10km 46:13) and Ayse Tekdal (U18 Girls 5km Turkish National Record of 23:32). Article on website <http://www.atletizmdunyasi.com/haber/2159-balkan-yuruyusun-birincisi-turkiye>.
- Banned Italian walker Alex Schwazer opens up about his doping. See <http://www.gazzetta.it/Aletica/14-04-2015/atletica-schwazer-nuova-verita-un-piano-doping-londra-110458082825.shtml>

- Canadian walker Evan Dunfee dissects the qualifying standards for next year's Olympic Games and soon reaches the conclusion that that walks standards and the women's marathon standard are too weak when compared to other T&F events. It makes for interesting reading. See <http://dunfeewalks.weebly.com/canadian-tf-blog/rio-olympic-standards>.
- Thanks to Pierce O'Callaghan for this photo of Peter Marlow receiving the European Athletics Plaque of Merit from outgoing President Hansjoerg Wirz at the European Athletics Convention in Bled, Slovenia last weekend. As discussed a few issues ago, the award was presented to him for outstanding services to European Athletics over a prolonged period.



- Eugene, Oregon, has been awarded the 2021 IAAF World Championships. This will be the first time these champs have been hosted in USA. See <http://www.iaaf.org/news/press-release/eugene-awarded-2021-iaaf-world-championships>.
- Craig Hilliard was on Monday appointed Australia's new athletics coach, replacing Eric Hollingsworth who was sacked last year after clashing with star hurdler Sally Pearson. A coach for more than 30 years, Craig has worked with many top athletes including racewalkers Nathan Deakes and Kerry Saxby. He has been employed as a coach by the Australian Institute of Sport since 1982, has acted as head coach for Australian athletics teams a dozen times and has been a team coach on 23 occasions, including six Olympics and 10 world championships. He was also for many years the Australian Racewalking National Coach and is still actively coaching a large group of walkers in Canberra. See <http://www.supersport.com/athletics/article.aspx?Id=2965854>.
- Athletics Weekly profiles British walk champion Tom Bosworth
See <http://www.athleticsweekly.com/featured/how-they-train-tom-bosworth-21216>

MARCIALMONDO AND OMARCHADOR ROUNDUP

The Marciadalmondo website has 4 articles this week (the links are to the English version of the website)

- Mon 20 Apr - Wajima: Japanese 50km Championship results
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2070
- Sat 18 Apr - Results and race reports from Rio Maior
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2069
- Fri 17 Apr - Elisa Rigaud returns to competition in Rio Maior after the birth of her second child
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2068
- Wed 15 Apr - Tatyana Gabellone reviews Podebrady
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2067

The omarchador blog continued on as usual with 11 press releases

- Mon 20 Apr - Ana Cabecinha and Sergio Vieira win Portuguese 20km titles in Rio Maior
<http://omarchador.blogspot.pt/2015/04/ana-cabecinha-e-sergio-vieira-com.html>
- Sun 19 Apr - photostory for Rio Maior
<http://omarchador.blogspot.pt/2015/04/amma-reportagem-fotografica-rio-maior.html>

- Sun 19 Apr - Liu and Arévalo win in Rio Maior
<http://omarchador.blogspot.pt/2015/04/liu-e-arevalo-vencem-em-rio-maior.html>
- Sat 18 Apr - Jorge Salcedo re-elected to the European Athletic Association (EAA) Council
<http://omarchador.blogspot.pt/2015/04/jorge-salcedo-reeleito-para-conselho-da.html>
- Fri 17 Apr - results of the Belarussian Racewalk Champs
<http://omarchador.blogspot.pt/2015/04/taca-de-marcha-atletica-da-bielorrussia.html>
- Thu 16 Apr - Preview of Portuguese walk champs which will be held in Rio Maior this weekend
<http://omarchador.blogspot.pt/2015/04/31os-campeonatos-de-portugal-em-rio.html>
- Thu 16 Apr - Peter Marlow finally receives his EAA merit award
<http://omarchador.blogspot.pt/2015/04/peter-marlow-recebeu-placa-de-merito-da.html>
- Thu 16 Apr - Preview of this weekend's Japanese 50km championship
<http://omarchador.blogspot.pt/2015/04/campeonatos-de-50-km-marcha-do-japao-em.html>
- Wed 15 Apr - Michta and Nunn win USATF trials for the 2015 Pan Am Games
<http://omarchador.blogspot.pt/2015/04/michta-e-nunn-vencem-trials-norte.html>
- Wed 15 Apr - The tradition of race walking in Naumburg continues on 19 April
<http://omarchador.blogspot.pt/2015/04/a-tradicao-da-marcha-atletica-em.html>
- Tue 14 Apr - International judging panel for Rio Maior
<http://omarchador.blogspot.pt/2015/04/juizes-internacionais-de-marcha-em-rio.html>

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2014/2015 Australian/Victorian Key Dates

Sat 25 Apr, 2015	First VRWC roadwalks at Middle Park, 2:15PM onwards
May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
Aug 4-16, 2015	20 th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
May 7-8, 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th 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 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

Aug 2021

18th IAAF World Championships in Athletics, Eugene, USA

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