



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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12 May 2015



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WALKER OF THE WEEK

My Walker of the Week this time around goes to young Canberra walker **Zoe Hunt** who won two gold medals in this week's Oceania Area Championships in Cairns - she won the 5000m track walk on Friday with 25:28.75 and then won the 10km road walk on Sunday with a big PB of **50:21**. Her time on Sunday was over a minute faster than her 51:24 bronze medal performance in the Australian Junior T&F Champs 2 months ago and comes on top of a great win last month in the ACT-LA U17 1500m walk (a very fast 6:38). She is improving at a quick rate but has a challenging year ahead of her as she works her way through her Year 12 studies. Well done Zoe and all the best for your big year!



Zoe sits behind Luke McCutcheon and Jared Free in the 5000m walk in Cairns last Friday (photo Tony McCutcheon)

WHAT'S COMING UP

Our VRWC winter season races continue next Saturday with fixture as shown below. Note that our club coach Don McLaren has a coaching presentation for our younger walkers (U12 and down) on some of the finer points of racewalking and race preparation. This will go from 1:45PM to 2:15PM and then it's out to the course for the 2:30PM races.

Saturday 16th May 2015, Middle Park			
VRWC EVENTS & COACHING SESSION: Entries close for all events at 1.50pm sharp.			
1.45pm	Coaching Session for U9 and U12 walkers (1.45PM - 2:15PM)		
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

Looking further ahead, **entries for the Lake Burley Griffin Carnival on Sunday 7th June close this weekend** with me. Entries are available at the VRWC sign-in table or can be downloaded from <http://vrwc.org.au/documents/2015%20LBG%20Entry%20Form.pdf>. It is a huge carnival and not to be missed. Current entries at <http://www.vrwc.org.au/documents/2015%20LBG%20-%20Current%20RWV%20Entries%20X.pdf>. Our teams are filling nicely but we have plenty of room left for more walkers!

Don't forget to bring your VRWC chips and bibs along each weekend when you race at Middle Park. **We recommend that you enter online during the week** – then you are already in the system and all you have to do on Saturday is pay your money. This will make the queue move a lot faster. You can enter online at http://vrwc.org.au/wpl/?page_id=216. No money required – just advise your race distance and particulars.

Other reminders:

- The **AV Country Roadwalk Championships** will be held at **Middle Park** on **Sunday 23rd May**, along with the **Victorian Open 10km roadwalk championships**. AV has now opened online registration panels for all the winter season walking championships – see <http://athsvic.org.au/events/calendar/>. Remember you need to renew your AV registration for the new AV financial year (starting 1st April) if you wish to compete in these champs.
- As advised in last week's newsletter Athletics Australia are holding a **Level 2 Advanced Part B - WALKS** coaching course on **Sunday 14th June at Albert Park**. It's being coordinated through Athletics Victoria. You will find a link to the course at <http://athsvic.org.au/get-involved/coaches/upcoming-courses/>. Note that anyone thinking of doing this course must meet certain prerequisites, which might have to include the **Level 2 Advanced – All Event Groups - Part A** course which is being run on **May 24th** and which is referenced on the same web page. You can read all the fine print on the Level 2 Part A page at <http://athsvic.org.au/event/level-2-advanced-all-event-groups-part-a-3/>.

Next weekend also sees the **11th European Race Walking Cup** which will be held in Murcia, Spain, on Sunday 17th May. This will see some fantastic races from our European walkers and I can hardly wait to see how it all pans out.

SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE, SATURDAY 9 MAY 2015

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. As usual, George White dominated from a quality perspective, scoring 88.19% age graded for his M69 8km time of 45:46.

8km Yacht Handicap

1.	Edna Bates	1:09:53	W62	59.85%
2.	Graham Harrison	58:42	M71	70.49%
3.	Marie Maxted	53:11	W55	72.46%
4.	Kevin Finn	53:34	M63	70.41%
5.	Raelene Schild	59:47	W50	61.29%
6.	Roger Lowe	1:01:53	M72	67.74%
7.	George White	45:46	M69	88.19%
8.	David Robertson	1:11:02	M81	67.33%
9.	Doug Smart	1:07:13	M71	61.56%

4km Yacht Handicap

1.	Paul Boyce	35:31	M78	62.35%
2.	Jeff Kennett	38:25	M64	48.33%

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 9 MAY

It was a windy but fine day at Middle Park for our current round of winter season competition on Saturday and 59 walkers turned out for some serious racing. NZ international **Quentin Rew** led from the front again, walking to a very fast 34:14 for his 8km. There were lots of other good performances in the longer events, including **Rebecca Henderson** (U14 8km 44:38), **Alanna Peart** (U12 6km 33:52), our two World Youth reps **Jemima Montag** (18:27 for 4km) and **Kyle Swan** (17:55 for 4km), **Corey Dickson** (U14 6km 32:08), **Will Thompson** (U12 6km 32:37), **Charlotte Hay** (U12 4km 23:36) and **Ruby Paten** (U12 6km 37:17).

8km Walk

1.	Henderson, Rebecca	U14	44:38
2.	Tindal, Pam	M40-59	44:40
3.	Rosenbrock, Carolyn	M40-59	49:30
4.	Elms, Donna	M40-59	51:18
5.	Steed, Gwen	M60+	54:09
6.	O'Neill, Karyn	M60+	54:22
	Billington, Tayla-Paige	U20	DNF
	Thompson, Alison	M60+	DNF
	Laufer, Michelle	M40-59	DNF

1.	Rew, Quentin	Open	34:14
2.	Kollmorgen, Stuart	M40-59	39:20
3.	Evans, Simon	M40-59	43:53
4.	Bennett, Ralph	M60+	46:58
5.	O'Neill, Terry	Open	48:15
6.	Feain, Gerard	M40-59	48:59
7.	Gardiner, Bob	M60+	53:20
	Keirl, Bernie	M40-59	DNF

6km Walk

1.	Peart, Alanna	U12	33:52	PB 1:15
2.	Carr, Heather	Open	35:35	
3.	Paten, Ruby	U12	37:17	
4.	Howorth, Sandra	Open	44:51	
1.	Garganis, Adam	U18	28:32	
2.	Walmsley, Reese	U18	30:36	
3.	Christmass, James	M40-59	31:50	
4.	Dickson, Corey	U14	32:08	PB 0:16
5.	Thompson, Will	U12	32:37	First one

4km Walk

1.	Montag, Jemima	U18	18:27	
2.	Muldoon, Wendy	Open	22:43	
3.	Richardson, Brodie	U18	23:29	
4.	Geisler, Sandra	Open	23:35	
5.	Hay, Charlotte	U12	23:36	First one
6.	Lillie, Jessica	U18	25:35	
7.	Feldman, Liz	Open	25:52	
1.	Swan, Kyle	U18	17:55	
2.	Donahoo, Mark	Open	20:41	
3.	Mandic, Nikola	U12	21:09	
4.	Walmsley, Hayden	U14	21:53	
5.	Feain, Lachlan	U18	22:27	
6.	Barrow, Geoff	Open	29:52	
7.	Wicks, Barrie	M60+	32:02	
8.	Poore, Alex	Open	34:24	
9.	Onley, Gordon	Open	35:51	
10.	Crawford, Jim	M60+	?	

Our two short distance events saw lots of starters, some young and some of our older walkers. We welcomed first timers **Naomi and Isabel Nicola** who both walked in the 1km. In the 2km, there were quite a few Pbs and a couple of first times over the distance. Special mentions to **Claire Noonan, Brianna Briet, Merilyn Thompson, Josh Jensen, Eden Morgan and Heath Beveridge**.

2km Walk

1.	O'Mahony, Kathleen	U14	11:00	
2.	Noonan, Claire	U12	11:10	PB 0:13
3.	Briet, Brianna	U12	11:34	PB 0:29
4.	Lillie, Gemma	U10	12:26	
5.	McPherson, Glennis	Open	13:36	
6.	Thompson, Merilyn	M40-59	15:09	First one
7.	Rudston-Brown, Caitlyn	U14	15:28	
8.	Mews, Pam	Open	22:02	
1.	Jensen, Josh	U12	11:08	
2.	Morgan, Eden	U10	11:18	PB 0:23
3.	Prys, Joel	U10	11:19	
4.	Beveridge, Heath	U12	13:12	First one
5.	Hay, Angus	U12	14:43	
6.	Morrison, John	M60+	14:49	

1km Walk

1.	Nicola, Naomi	U12	06:40	First time with us
2.	Nicola, Isabel	U10	08:36	First time with us

Thanks to all our officials and helpers. Sorry if I missed anyone – you are all most appreciated.

- Checkin:** Mark Donahoo, Michael Bodey, Damien Elms, Ralph Bennett
- Officials:** Tim Erickson, Ian Laurie, Damien Elms, Stephen Richardson, Alan Walmsley
- Setup:** Many – thanks everyone!
- Judges:** Peter Vysma (Chief), Lloyd Nichols, Stuart Cooper, Michael Bodey, Jason Elms
- Canteen:** Kate Suich, Barb Gardiner
- Photos:** Terry Swan – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=40>.



Ruby Paten, Rebecca Henderson, Kyle Swan, Jemima Montag and Quentin Rew (photos Terry Swan)



**Left: Ready to go: Nikola Mandic, Will Thompson, Alanna Peart, Ruby Paten and Rebecca Henderson
Right: Alanna Peart and Will Thompson in action**



Josh Jensen, Isabel and Naomi Nicola and Claire Noonan



Heath Beveridge, Eden Morgan, Corey Dickson and Brianna Briet

STYLE AWARD POINTS

The VRWC style award points this week, as awarded by our judges, were as shown below. I will put in a link to the progressive points scores in all 3 of our comps (Handicaps, Actual Times and Style Award) in next week's newsletter.

Men

Stuart Kollmorgen	6
Adam Garganis	4
James Christmass	3.5
Kyle Swan	3.5
Quentin Rew	3
Lachlan Feain	3
Ralph Bennett	2
Simon Evans	1
Mark Donahoo	1

Women

Rebecca Henderson	6
Jamima Montag	6
Tayla-Paige Billington	5
Gemma Lillie	3
Ruby Paten	2
Charlotte Hay	2
Jessica Lillie	2
Donna Elms	1
Alanna Peart	1
Rebecca Henderson	1
Gwen Steed	1

SARWC ROAD WALKS, VICTORIA PARK, ADELAIDE, SATURDAY 9 MAY

Good times by Justin Hill (10km 47:53) and Jay Goode (2km 10:19) in Adelaide last weekend.

10km Handicap Walk

1.	Justin Hill	Open M	47:53
2.	Samantha Findlay	U20 F	1:04:08
3.	Danielle Walsh	U20 F	52:49
4.	John Leydon	35+ M	1:02:56
5.	Bill Starr	35+ M	1:10:10
6.	James Hoare	35+ M	1:13:14
7.	Peter Crump	35+ M	56:48
8.	Ollie Adams	35+ F	1:04:26

5km Handicap Walk

1.	Sarah Damin	U16 F	29:03
2.	Royrie Upton	Open M	33:34
3.	Alix Harlington	U18 M	25:08
4.	Rhiannon Lovegrove	U16 F	26:04
5.	Chloe Upton	U14 F	30:37
6.	Bethany Cross	U16 F	27:05
7.	Victoria Upton	U14 F	30:43
8.	Maddy Wallace	U12 F	40:04
	Jake Vidler	U16 M	DNF

2km Walk

1.	Jay Goode	M U16	10:19
2.	Kitarni Upton	F U12	12:52
3.	Aleesha Vidler	F U14	13:40
4.	Adrian Upton	M U14	13:45
5.	Seth Upton	M U10	14:38
6.	Helen Wallace	F 35+	17:58

1km Walk

1.	Talisha Skein	F U14	6:19
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OCEANIA AREA CHAMPIONSHIPS, BARLOW PARK, CAIRNS, 8-10 MAY

The Oceania Area Championships in Athletics is an athletics meet run by the Oceania Athletics Association. In 1990 the Oceania Athletic Championships started as an area championships for the IAAF member countries of Oceania. Initially conceived as a quadrennial event, the championships changed to a biennial format in 1996. The event consisted of junior events only until a merger with the Oceania Youth Championships occurred in 2000. Both senior and youth events are now held at the championships in a unified competition. Since 2011, the championships have been held annually and now incorporate the Melanesian, Micronesian, and Polynesian Championships as well. For many of the Oceania athletes from the many small nations in our area, it is their major event.

Athletics New Zealand and Athletics Australia generally send developmental teams due to the small size of the other competing nations and the same held this time around. However, the 2015 Australian selection process was a bit of a farce with no one even knowing when or how you could submit an application to compete until 2 days before the nomination period closed when the North Queensland Athletics facebook page published a link to an entry panel. Athletics Australia, for its part, did not do any advertising but simply put up (unannounced) the nomination panel on the Friday and then closed it on the Sunday. Somehow some people did find out about it so an Australian team was selected but, once again, it could have been done much better.

The Australian team consisted of junior walkers **Zoe Hill (ACT)**, **Jayde Hill (NSW)**, **Tahlia Hunt (TAS)** and **Luke McCutcheon (QLD)** – a well qualified and talented young group of athletes and all deserving of their spots. I have no issue with their selection as they are all worthy team members – my issue remains with the overall lack of a proper and timely process.

The shorter distance walks were held on Friday 8 May with best performances to Zoe Hunt (25:28.75), Jared Free of NZ (24:18.19) and Luke McCutcheon (20:08.84).

Women 5000m Walk Senior, Friday 8 May

1.	Zoe Hunt	18	AUS	25:28.75
2.	Jayde Hill	18	AUS	27:41.22

Men 5000m Walk Senior, Friday 8 May

1.	Jarad Free	18	NZL	24:18.39
2.	Ignacio Jiminez	50	AMA	25:09.28

Girls 5000m Walk Youth, Friday 8 May

1.	Tahlia Hunt	17	AUS	27:41.19
2.	Jessica Grech	14	RAT	39:40.90

Men 5000m Walk Youth, Friday 8 May

1.	Luke McCutcheon	17	AUS	24:08.84
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Mixed 1500m Walk Exhibition, Friday 8 May

1.	Ignacio Jiminez	M50	AMA	9:36.99
2.	Lynne Schickert	W74	AMA	11:01.75

10km road walks were contested on Sunday 10 May but the fields very small. Once again, Jared Free of NZ was the fastest with a big PB 46:17 while Zoe Hunt also did a big PB with 50:21. These 2 youngsters attended our Falls Creek camp in the Christmas holidays and they are certainly walking well now!

Women 10km Walk Senior, Sunday 10 May

- | | | | | | |
|----|----------|----|-----|-------|---------|
| 1. | Zoe Hunt | 18 | AUS | 50:21 | PB 1:03 |
|----|----------|----|-----|-------|---------|

Men 10km Walk Senior, Sunday 10 May

- | | | | | |
|----|-----------------|----|-----|-------|
| 1. | Jarad Free | 18 | NZL | 46:17 |
| 2. | Ignacio Jiminez | 50 | AMA | 51:29 |

And a further mention to Luke McCutcheon who also fronted up in the Youth Men 4x400m relay – and they won! Wow, what multi talented young walkers we have. Full meet results at http://liveresults.qldathletics.org.au/150508_oceania2015/index.htm.



**Left: 5000m: Iggy Jiminez, Luke McCutcheon, Zoe Hunt, Tahlia Hunt, Jade Hill and Jared Free (photo Tony McCutcheon)
Right: Luke McCutcheon on the left – part of the winning Australian Youth Men 4x400m relay (Photo Athletics Australia)**



Jared Free does a big PB on Sunday in winning the 10km

TASMANIAN ALL SCHOOLS AND SHORT WALK TITLES, TUNBRIDGE, SATURDAY 9 MAY

Thanks to Wayne Fletcher for the results of the Tasmanian All-Schools and Short Walk Titles. Good to see lots of walkers in action.

Open 10km

1.	Elizabeth Leitch	TMA	65.26
	Wayne Fletcher	NS	DQ

Over 40 5km

1.	Kirsten Bott	TMA	35.24
2.	Jane Guy	OVA	44.07

1.	Ron Foster	TMA	34.24
2.	David Moore	TMA	40.41

Under 18 Girls 5km

1.	Sarah Guy	Ogilvie	44.07
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Under 16 3km

1.	Alice Randall	St Marys	16.04
2.	Emily Stanway-Lucas	Huonville High	20.15
3.	Anna Blacwell	St Marys	21.06

Under 14 2km

1.	Bayley Campbell	St Virgils	10.51
2.	Sam Talbot	Punchbowl Primary	14.09

Under 12 Girls 2km

1.	J Bott	Collegiate	15.54
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Under 11 1.5km

1.	Bianca Anderson	Launceston Church Grammer	9.01
2.	Bonnie Talbot	Punchbowl Primary	9.19
3.	Charlotte Faint	Montague Bay	13.15

1.	Will Bottle	Riverside	8.25
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XVII PAN AMERICAN RACE WALKING CUP, ARICA, CHILE, 9-10 MAY

The Pan American Race Walking Cup is a biennial race walking competition for athletes representing countries from the Americas, organised by the Association of PanAmerican Athletics (APA). It was established in 1984 and features races for senior men and women, and for junior athletes. The women competed in the 10 km road race until 1996, and then switched to the 20 km road race and this year competed officially in their own 50km event (a first for women). In addition, there are separate team competitions.

This year's champs were held in Chile's northernmost city of Arica and had more than 200 athletes representing 16 countries. Javier Clavelo Robinson reported for the IAAF: <http://www.iaaf.org/news/report/barrondo-gonzalez-pan-american-cup>. There is also a great photo gallery on <https://www2.facebook.com/federacionatleticadechile>.

20km Men

The 20km for men saw a big field of 40 walkers, with 36 of them making the finish line. Olympic silver medallist Erick Barrondo held off a strong challenge from Brazil's Caio Bonfim to beat him by one second, the Guatemalan crossing the line in 1:21:25 to achieve his first Challenge Series win of the season, following his runner-up finish in the Mexican city of Chihuahua in March. Third two years ago, the Brazilian improved to silver this time while Colombia's 21-year-old Ivan Garrido produced the best performance of his life, slicing off over two minutes from his previous best to win the bronze medal in 1:21:39, coming home ahead of Canadian record holder Evan Dunfee, fourth in 1:21:54, and Mexico's 2009 IAAF World Championships medallist Eder Sanchez, who was fifth in 1:21:58. Overall, with the first 5 all under 1:22:00, it was a high quality event. The teams event went to Canada (with Evan Dunfee 1:21:54, Inaki Gomez 1:23:31 and Ben Thorne 1:24:36) ahead of Colombia and Guatemala.

1.	BARRONDO, ERICK	GUA	1:21:25
2.	OLIVEIRA DE SENA, CAIO	BRA	1:21:26
3.	GARRIDO, IVAN	COL	1:21:39
4.	DUNFEE, EVAN	CAN	1:21:54
5.	SANCHEZ, EDER	MEX	1:21:58
6.	MONTAÑA, JOSE	COL	1:22:46
7.	GOMEZ-GOROZTIETA, INAKI	CAN	1:23:31
8.	RODRIGUEZ, MARCO	BOL	1:23:35

9.	ARTEAGA, MAURICIO	ECU	1:24:05
10.	THORNE, BENJAMIN	CAN	1:24:36
11.	RAYMUNDO, JOSE	GUA	1:25:06
12.	SAQUIPAY, JAIME	ECU	1:25:10
13.	CANO, JUAN	ARG	1:25:42
14.	SOTO, MANUEL	COL	1:26:27
15.	CHIHUAN, PAVEL	PER	1:26:29
16.	ARAYA, YERKO	CHI	1:26:31
17.	MELENDEZ, JOSE	PUR	1:27:11
18.	CASTAÑEDA, JHON	COL	1:28:08
19.	COLON, LUIS	PUR	1:28:18
20.	AJCAM, GREGORIO	GUA	1:29:17
21.	MORENO, EDISON	ECU	1:29:23
22.	CALVO, GABRIEL	CRC	1:29:24
23.	NUNN, JOHN	USA	1:29:33
24.	STROUPE, PATRICK	USA	1:30:04
25.	CHAVEZ, ALEX	USA	1:32:37
26.	LOPEZ MENJIVAR, LUIS	ESA	1:33:55
27.	CHRISTIE, NICK	USA	1:35:04
28.	MATOS, DAVID	PUR	1:35:21
29.	SEGURA, ALLAN	CRC	1:35:23
30.	CAYLLANTE, DAVID	BOL	1:35:42
31.	RISCH, JOHN	USA	1:36:28
32.	ZEBALLOS, RODRIGO	BOL	1:36:25
33.	GEE, CALEB	CAN	1:40:22
34.	CHURQUI, ROBERTO	CHI	1:40:30
35.	BASCUÑAN, CRISTIAN	CHI	1:40:32
36.	VALENZUELA, JEAN	CHI	1:42:35
	BAGIO, JOSE	BRA	DNF
	GOMES DE SOUZA, LUCAS	BRA	DNF
	PINTADO, BRYAN	ECU	DNF
	EDWARD ARAYA	CHI	DQ



Barrondo holds Bonfim at bay in a desperate sprint to the finish

20km Women

In the women's 20km on Saturday, Maria Guadalupe Gonzalez continued to show excellent form this season. After winning in the second leg of the IAAF Challenge on home soil in March, the Mexican dominated the race in Arica with 1:29:21, the second sub-1:30 performance of her career and close to two minutes faster than her closest rival, Peru's defending champion Kimberly Garcia, who was second in 1:31:13. Guatemala's North, Central American and Caribbean record holder and 2011 Pan American Games silver medallist Mirna Ortiz had to settle for bronze in 1:31:31, seven seconds ahead of Mexico's 20-year Alejandra Ortega. Ortega, the 2013 Pan American Cup junior 10km winner, walked over three minutes faster than two months ago at home in Chihuahua, when she made her debut over the distance.. The teams event was won by Mexico ahead of Guatemala and USA.

1.	GONZALEZ, MARIA	MEX	1:29:21
2.	GARCIA, KIMBERLY	PER	1:31:13
3.	ORTIZ, MIRNA	GUA	1:31:31
4.	ORTEGA, ALEJANDRA	MEX	1:31:38
5.	MITCHA-COFFEY, MARIA	USA	1:34:06
6.	PONCIO, MARITZA	GUA	1:34:22
7.	CORNEJO, WENDY	BOL	1:35:18
8.	MELVILLE, MIRANDA	USA	1:35:50
9.	SILVA, LIZBETH	MEX	1:36:42
10.	DUTRA, CISIANE	BRA	1:37:29
11.	GALVIS, SANDRA	COL	1:37:55
12.	HERRERA, MAYRA	GUA	1:38:53
13.	PEREZ, PAOLA	ECU	1:39:40
14.	CASTRO, ANGELA	BOL	1:41:13
15.	BARRONDO, IRENE	GUA	1:41:56
16.	MORENO, DINER	COL	1:42:04
17.	VALENCIA, STEFANNY	ECU	1:42:13
18.	CARRILLO, YESEIDA	COL	1:43:40
19.	HANCO, JESSICA	PER	1:43:41
20.	SANTANA, ELIANAY	BRA	1:44:29
21.	BONILLAS, MAGALY	ECU	1:45:05
22.	BURNETT, KATIE	USA	1:45:24
23.	MIRANDA, YESENIA	ESA	1:45:49
24.	JOSEPHS, MOLLY	USA	1:46:03
25.	MARIÑO, CAROLINA	COL	1:46:29
26.	GUAMAN, YADIRA	ECU	1:47:51
27.	DA, NAIR	BRA	1:48:28
28.	RAMAGE, KATELYNN	CAN	1:50:28
29.	EVANGELISTA, NICOLA	CAN	1:52:22
30.	GUAVITA, LESLIE	COL	1:53:42
31.	STEVENS, ROBYN	USA	1:54:05
32.	OCAMPO, ILENA	CRC	2:01:35



Maria Gonzalez raises her hand in victory as she finishes the women's 20km

50km Men

Mexico's Horacio Nava also showed impressive form in his first race of the season, winning the 50km on Sunday with a Cup record of 3:45:41, the fourth fastest time of his career. The 2007 champion also won the silver medal two years ago in Guatemala. "I achieved my goal to qualify to the next major events. It is a busy year so my goal here was to finish with the best time possible. It is not my personal best, but it is more than enough to give me the Olympic qualification," said Nava. His countryman and 2000 world junior champion Cristian David Berdeja was with Nava in the lead until the last two 2km laps and finished second in a personal best of 3:50:19. Colombian record holder James Rendon averted a Mexican clean sweep of the podium as he clinched the bronze medal with a season's best of 3:50:47. Mexico's 2013 defending champion Omar Zepeda was down in seventh this time with 3:58:44, but ahead of Colombia's 2011 IAAF World Championships 20km bronze medallist Luis Fernando Lopez, although the latter improved his 50km best by more than four minutes with 4:00:55. Not surprisingly, with 4 of the first 5 places, Mexico easily won the teams race.

1.	NAVA, HORACIO	MEX	3:45:41
2.	BERDEJA, DAVID	MEX	3:50:19
3.	RENDON, JAMES	COL	3:50:47
4.	OJEDA, JOSE	MEX	3:55:04
5.	BUSTAMANTE, LUIS	MEX	3:57:27
6.	RUIZ, JORGE	COL	3:58:23
7.	ZEPEDA, OMAR	MEX	3:58:44
8.	LOPEZ, LUIS	COL	4:00:55
9.	SANCHEZ, LUIS	GUA	4:01:48
10.	HERNANDEZ, FREDY	COL	4:02:46
11.	ROJAS, FERNEY	COL	4:05:29
12.	BRAN, MARIO	GUA	4:08:33
13.	RIEKMANN, JONATHAN	BRA	4:08:59
14.	SALAZAR, EDISON	ECU	4:11:34
15.	MORENO, RODRIGO	COL	4:16:11
16.	DIAZ, JORGE	COL	4:24:45
17.	MANNOZZI, MICHAEL	USA	4:46:07
18.	WHATLEY, IAN	USA	4:47:33
19.	GUTIERREZ, SERGIO	CRC	4:53:37
	CORDERO, DEIBY	CRC	DNF
	QUISPE, RONALD	BOL	DNF
	VILLAGRA, LUIS	CHI	DNF
	SALAZAR, YERENMAN	VEN	DNF
	CUDCO, EDGAR	ECU	DNF
	CACERES, JONNATHAN	ECU	DNF
	RUDNEY, DIAS	BRA	DNF
	DOS SANTOS LUIZ	BRA	DQ
	SIERRA, OMAR	COL	DQ



Horatio Nava led an almost Mexican clean sweep in the men's 50km

50km Women

This year saw the women's 50km as an official event and it was great to see two competitors, both breaking 5 hours. This is a small start but hopefully the start of further opportunities. USA's Erin Taylor-Talcott completed the distance in 4:50:26, six minutes ahead of the other participant, her fellow American Susan Randall, who clocked 4:56:42. It was perhaps fitting that Erin should win as she has been the main protagonist in getting the 50km recognised as a legitimate event for women.

1.	TAYLOR-TALCOTT, ERIN	USA	4:50:26
2.	RANDALL, SUSAN	USA	4:56:42



Erin Taylor-Talcott and Susan Randall made a significant statement for women's walking in the women's 50km

U20 Men 10km

In the junior men's 10km, Colombia's Brayan Fuentes won in 41:41 to upset Peru's 2014 world junior bronze medallist Paolo Yurivilca, who was four seconds in arrears in 41:45. Another Colombian, Cesar Herrera, finished third in 42:36.

1.	FUENTES, BRAYAN	COL	41:41
2.	YURIVILCA, PAOLO	PER	41:45
3.	HERRERA, CESAR	COL	42:36
4.	RODRIGUEZ, CESAR	PER	43:07
5.	BARRONDO, JOSE	GUA	43:33
6.	ADAMOWICZ, MAREK	CAN	44:42
7.	MAMANI, LENIN	PER	44:51
8.	RODRIGUEZ, PABLO	BOL	45:05
9.	MOROCHO, BRAULIO	ECU	45:20
10.	MERCHAN, CRISTIAN	COL	45:37
11.	HURTADO, DAVID	ECU	46:10
12.	AMORES, JONATHAN	ECU	46:33
13.	MELILLAN, YHOJAN	CHI	47:28
14.	PETERS, ANTHONY	USA	48:14
15.	HAUGHT, CAMERON	USA	48:37
16.	QUISPE, CRISTALDO	BOL	49:10
17.	DE LIZ, MATHEUS	BRA	49:48
18.	FLORES, MAX	BOL	50:01
19.	DE PONTES, ADMILSON	BRA	52:46
20.	BATISTA PALA, RONY	BRA	53:37
21.	PETERS, ALEX	USA	55:22
22.	BELTRAN, ANTONIO	CHI	56:45
	GRAVE, JURGEN	GUA	DQ
	DOCTOR, JOSE LUIS	MEX	DQ
	ARQUE, VICTOR	PER	DQ
	CORTES, RODRIGO	CHI	DQ

U20 Women 10km

Bolivia's Stefany Coronado took the top honours in the junior women's 10km with a Cup record of 47:05, ahead of Mexico's Valeria Ortuno and Colombia's Maria Montoya, who were second and third in 47:19 and 47:38 respectively.

1.	CORONADO, STEFANY	BOL	47:05
2.	ORTUÑO, VALERIA	MEX	47:19
3.	MONTOYA, MARIA	COL	47:38
4.	BOLIVAR, LINA	COL	48:05
5.	JARAMILLO, KARLA	ECU	48:05
6.	GUERRA, ZEYDE	PER	49:05
7.	INGA, EVELYN	PER	49:09
8.	ESTRADA, JULIA	MEX	49:17

9.	HUANCA, ODETH	BOL	50:24
10.	LEON, NATHALY	ECU	51:43
11.	SEMBLANTES, MISHEL	ECU	52:21
12.	CISNEROS, ANALI	USA	52:26
13.	SARAPURA, CAROLINA	BOL	53:03
14.	NEWHOFF, KATHARINE	USA	53:22
15.	MICHTA, KATIE	USA	53:36
16.	CASTILLO, VIVIAN	MEX	54:21
17.	MALDONADO, CATALINA	CHI	54:30
18.	VARAS, MICHELLE	CHI	54:39
19.	SANZANA, ANASTASIA	CHI	55:18
20.	ROSALES, CHESKAYA	VEN	55:58
21.	LINS DE OLIVEIRA, RAYANE	BRA	55:59
22.	PARRA, DANIELA	CHI	56:59
23.	DOS SANTOS, SILMARA	BRA	57:08
24.	PEREIRA DA COSTA, THAIZ	BRA	58:15
25.	HERNANDEZ, GABRIELA	CHI	58:23

The 11-leg IAAF Race Walking Challenge will now travel to Spain for the next two stops: the 11th European Cup Race Walking next Sunday in Murcia and the 29th La Coruna Grand Prix on 6th June before it wraps up at the IAAF World Championships in Beijing this August.

MEMORIAL TOMÁŠA BABJAKA, BRATISLAVA, SLOVAKIA, SATURDAY 9 MAY

The top Slovak walkers were in action last Saturday in the Memorial Tomáša Babjaka track meet in Bratislava and the winning times were excellent – Matej Toth 19:20.0 and Maria Galikova 22:41.7. For them it was a final warmup before next weekend's European Race Walking Cup and Toth was quoted in the local newspapers as pleasantly surprised with his time as he was experimenting with some tempo walking in preparation for Murcia.

Men 5000m Race Walk

1.	Matej TÓTH	SVK	83	19:20.0
2.	Anton KUCMÍN	SVK	84	20:10.9
3.	Dušan MAJDAN	SVK	87	20:31.9
4.	Milan RÍZEK	SVK	78	20:34.2
5.	Peter TICHÝ	SVK	93	21:01.2
6.	Zdeno MEDERA	SVK	75	22:31.0
	Patrik SPEVÁK	SVK	94	DNF

Women 5000m Race Walk

1.	Mária GÁLIKOVÁ	SVK	80	22:41.7
2.	Monika HORNÁKOVÁ	SVK	95	23:47.6
3.	Lucia CUBANOVÁ	SVK	95	25:43.6
4.	Lucia ŠKANTÁROVÁ	SVK	96	25:59.5
5.	Nikoleta ABBATANTUONO	SVK	97	28:30.0
6.	Sona TYDOROVÁ	SVK	92	28:53.3

1ST ASIAN YOUTH ATHLETICS CHAMPIONSHIPS, DOHA, QATAR, 8-11 MAY

The inaugural Asian Youth Athletics Championships, organised by the Asian Athletics Federation, were held in sweltering condigions last weekend in Doha. It took a while to find it but the Championships website is at <http://athleticsasia.org/index.php/asian-youth-athletics-championships-2015-qatar>. China took gold and silver in both walks, with Ma Zhen Xiachn winning the women's 5000m on Saturday and Zhang Jun winning the men's 10,000m walk on Monday.

Girls 5000m Walk, Saturday 9 May, 7:30AM

1.	MA ZHENXIACHN	CHN	23:45.19
2.	QIJI ZHUOMACHN	CHN	24:05.84
3.	KANA KIMURAJPN	JAP	24:59.04
4.	YEKATERINA SHLYKOVAKAZ	KAZ	25:42.84
5.	YELIZAVETA SPIRINAKAZ	KAZ	26:13.80
	CHAEHYUN KIMKOR	KOR	DQ

Boys 10,000m Walk, Monday 11 May, 7:30AM

1.	ZHANG JUN	CHN	44:00.87
2.	SHUQI GUO	CHN	45:25.93
3.	YUNHWA SONG	KOR	48:34.39

4.	ABDULRAHMAN SAAD AL SHAMMARI	QAT	59:40.45
5.	YUSUF ALSABRI	BRN	63:26.58
	MASATORA KAWANO	JPN	DNF



Chinese winners Ma Zhen Xiachn and Zhang Jun

MCAA/MARWA TRACK CHAMPIONSHIPS, TAMWORTH, ENGLAND, SUNDAY 10 MAY

Thanks to Mark Wall for the results from the Midland Race Walking Track Championships at Tamworth. Of interest, the U11 Development race saw the appearance of Dr Lisa (Langford) Kehler's daughter. Lisa is a former Commonwealth Games medallist. The meet also saw the reappearance of Vicki Morgan who showed good form and hopefully will continue to improve.

10km Senior Men

1.	Steve Arnold	Nuneaton Harriers	59.20
2.	Chris Berwick	Leicester W.C.	61.52
3.	Colin Vesty	Leicester W.C.	64.01
4.	John Constandinou	Birchfield Harriers	67.03
5.	David Fall	Birchfield Harriers	76.02
	Chris Smith	Leicester W.C.	DNF

10km U20 Men

1.	Daniel Watling	Birchfield Harriers	62.01
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5km Senior Women

1.	Vicky Morgan	Wolv.& Bilston A.C.	28.24
2.	Ann Wheeler	Leicester W.C.	30.47
3.	Charlotte Finney	Birchfield Harriers	31.41
4.	Julie Bellfield	Halesowen A.C.	33.14
5.	Tracey Mills	Birchfield Harriers	33.37
6.	Lynn Bellfield	Halesowen A.C.	36.29

5km U20 Women

1.	Jessica Mills	Birchfield Harriers	32.14
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3km U15 Boys

1.	Ben Allen	Leicester W.C.	15.44
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3km U15 Girls

1.	Kara Lane	Birchfield Harriers	16.43
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2km U13 Boys

1.	Faris Alkhamesi	Nuneaton Harriers	11.44
2.	Hisham Alkhamesi	Nuneaton Harriers	12.10

3. Kyle Smith Nuneaton Harriers 14.06

2km U13 Girls

1. Hannah Gadd D.A.S.H. 14.51
2. Katie Haynes D.A.S.H. 14.55

HUNGARIAN TEAM CHAMPIONSHIPS, SZOMBATHELY, HUNGARY, 9-10 MAY

There were teams championships all over Europe last weekend with multiple races in Spain, France and Italy – too many for me to report. But there was a single set of results from Hungary so it is easy to record their team champs which were won by Miklós Srp (43:03.0) and Viktória Madarasz (48:39.9).

Men 10,000m Race Walk

1.	Miklós Domonkos SRP	HUN	93	43:03.0
2.	Bence VÉNYERCSÁN	HUN	96	43:08.4
3.	Tomasz BAGDÁNY	HUN	95	44:00.1
4.	Donát BURGER	HUN	97	48:20.9
5.	Miklós SZEGEDI	HUN	97	53:30.8
6.	Marcell TÉGI	HUN	98	02:01.4
7.	Norbert KUMMER	HUN	90	06:48.6
	Sándor RÁCZ	HUN	86	DNS

Women 10,000m Race Walk

1.	Viktória MADARÁSZ	HUN	85	48:39.9
2.	Rita RÉCSEI	HUN	96	49:11.3
3.	Brigitta MATALIN	HUN	87	56:24.2
4.	Luca NAGY	HUN	94	59:22.8
5.	Krisztina TAKÁCSNÉ BONDOR	HUN	79	05:21.6

OUT AND ABOUT

- Follow-up article on South Australian Masters walker Leigh Smith, 80, who walked from Melbourne to Hahndorf for charity last month: <http://www.adelaidenow.com.au/news/south-australia/adelaide-man-leigh-smith-80-walks-from-melbourne-to-hahndorf-for-charity/story-fni6uo1m-1227347162210>

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 8 press releases this week (the links are to the English version of the website)

- Sun 10 May - Results of the XVII Pan American Race Walking Cup in Chile http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2084
- Sat 9 May - teh 2015 edition of the 4 Days of Taihu set for 26-29 Sept http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2083
- Sat 9 May - Final entry lists for next weekend's European Race Walking Cup http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2082
- Fri 8 May - Maurizion Damilano controversially left off the inaugural Italian Top 100 Hall of Fame http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2081
- Thu 7 May - History of the European Race Walking Cup http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2080
- Thu 7 May - Erik Tysse wins the 59th edition of Phonixmarch in Vallensbaek in Denmark http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2079
- Wed 6 May - Results of the international meeting "Graziano Della Valle" in Pavia, Italy http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2078
- Tue 5 May - Results of the 76th Spanish University Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2077

The omarchador blog continued on as usual with 7 press releases on which I can report

- Mon 11 May - Horacio Nava and Erin Taylor win Pan American Race Walking Cup 50km events
<http://omarchador.blogspot.pt/2015/05/horacio-nava-e-erin-taylor-vencedores.html>
- Sun 10 May - Maria Guadalupe Gonzalez wins women's Pan American Race Walking Cup 20km
<http://omarchador.blogspot.pt/2015/05/maria-guadalupe-gonzalez-vence-20-km-da.html>
- Sat 9 May - Erick Barrondo wins men's Pan American Race Walking Cup 20km
<http://omarchador.blogspot.pt/2015/05/erick-barrondo-vence-20-km-da-taca-pan.html>
- Fri 8 May - Preview of Pan-Am Race Walking Cup
<http://omarchador.blogspot.pt/2015/05/xvii-pan-americanos-de-marcha-em-arica.html>
- Thu 7 May - Jorge Costa Trophy to be celebrated this weekend in Olhão
<http://omarchador.blogspot.pt/2015/05/trofeu-olimpicos-de-olhao-homenageia.html>
- Wed 6 May - Tysse wins Vallengsbæk 20km in 1:20:52
<http://omarchador.blogspot.pt/2015/05/tysse-com-12052-h-em-vallengsbk-dinamarca.html>
- Tue 5 May - Federica Curiazzi wins walk meet in Pavia, Italy
<http://omarchador.blogspot.pt/2015/05/federica-curiazzi-vence-meeting-em.html>

GORDON DOAK: 1932 – 2015

When Gordon Doak died on Sunday 12th April 2015, aged 83 years, the Victorian Race Walking Club lost another of its old walkers. But there was a lot more to Gordon than just his walking as you will see if you read on.

Gordon joined the Victorian Amateur Walkers' Club (VAWC), as it was then known, as a young man and was mentored in his walking by fellow western suburbs walker Jim Gaylor. Although Jim was many years his senior and in the twilight of his own illustrious career in the early 1950's, they became firm friends and remained so throughout their lives.

Gordon was tall (over 6 feet in the old parlance), fair, blond, blue eyed and “drop dead handsome” and, like so many of his era, a true gentleman who was never known to smoke or drink or swear. He was also a pretty decent walker, coming second in the Glover Shield Junior 10,000m interstate walking carnival in 1951 (aged 18).



Early 1950's - VAWC walkers Norm Sweeney, Graham Doak and Jim Gaylor

For many years, Gordon kept secret the fact that he was homosexual as homosexuality was looked down upon in the 1950's and 1960's and it was not until he was in his thirties that he quietly 'came out'.

It was not until the 1970's that the gay liberation movement exploded onto the scene in Australia with the first Melbourne Gay Pride Week organised in 1973. It was also intended that it would say to gay and straight alike: gay is good, gay is proud, gay is aggressively

fighting for liberation. It would say to gays: come out and stand up. Only you can win your own liberation. Come out of the ghettos, the bars and beats, from your closets in suburbia and in your own minds and join the struggle for your own liberation.

The centrepiece of the week was a picnic in the Botanical Gardens, attended by 150 lesbians and gay men. Rennie Ellis reported in the Nation Review that the public response to the picnic was one of 'good humour at least and an easy going acceptance at best'. The 'infectious charm' of the picnickers, their very gay songs, hand-in-hand promenading, games of Drop the Hanky and Spin the Bottle amused the passers-by until a policeman appeared and announced that games were not permitted in the park. Faced with the obvious riposte – that children all over were playing games – he announced that he would decide what was a game and what was not. 'I'm game if you're game' a voice from somewhere in the crowd murmured. Feisty radical lesbians continued to argue, threats of arrest were uttered. 'I'm not playing around anymore' he declared straight-faced, and the crowd duly settled down to polish off their turkey. One spectator was heard to remark that he had no idea that there were so many homosexuals in Melbourne. And which was after all, the point of the week's events.

But the moment that most people remember, even decades later, was the arrival of Gordon Doak at the demo in the City Square. Gordon was by then 42 (ancient by Gay Lib's standards), a building contractor who lived in the Western suburbs. A big man [6'1", 14 stone], comfortable with his homosexuality but not very out. He decided, on hearing about the demo, that he wanted to be there. But not for him anything as mundane as catching a train. Rather he decided to run in to the city, and to carry a banner that he made for himself – 2 foot square, black letters on green canvas that read '*I am proud of my homosexuality. Please change repressive laws against homosexuals. Let us live in peace.*' As he ran the eight miles through the streets of Sunshine, Tottenham and Footscray, he was cheered on and waved at by pedestrians and jeered at only twice! As one of those at the demo pointed out 'Everyone hoped that there would be a Gordon Doak, of course, because one of Gay Pride Week's objectives was to get members of the community to "come out"'. But no-one, not even the Gay Liberation organisers, expected it to happen with such a dramatic flourish. The fact that it did illustrated with startling clarity the success of the week'. And, we might add, prefigured the success of the movement. ¹



The famous 1973 photo of Graham that was published in the daily newspapers of the time

Alas for Gordon, this overt show of solidarity had dire consequences – his parents disowned him. It would be many years before they were eventually reconciled.

He had single handedly built a two story home next door to his parents in Sunshine, with Jim Gaylor supplying a lot of the building materials, and he had opened a professional gym there with weight lifting, etc. With his parents shunning him, he was forced to sell up and purchase a property in Moor St, Fitzroy. He dug underground and setup his own personal gym under the house for himself and his friends, including Jim.

Like Jim, Gordon loved walking and exercising and, every day, he walked and trained in his gym. Sadly, in later life, while on one of his night walks in the 1980's, he was set upon by a gang of young men, simply because he was 'gay', but he eventually recovered from the bashing.

I am pleased to record that eventually he found his long term partner Alan, an optometrist, and they lived together for 35 years until Graham's death last month. He, Alan and their friends were also going on some camp or other in the wilderness or to places like Cradle Mountain in Tasmania. He was instantly recognisable with his red woollen beanie that he wore everywhere.

¹ <http://www3.slv.vic.gov.au/latrobejournal/issue/latrobe-87/t1-g-t8.html#latrobe-87-092b>



Graham enjoyed the outdoors, but always with his distinctive red beanie

He remained in good health and fit mentally until about 3 years ago when he had to have a knee replacement. Then, perhaps coincidentally, dementia set in and he had to be looked after. In that context, his passing last month was probably a relief to those who still cared for him.

As his health failed in those last few years, he was restricted to his home but wouldn't use a walking stick or a walking frame – he would only use a striped (rainbow) pole to give him support as he moved around. A final statement perhaps?

He had confided to his sister in later years that he didn't want a fancy indoor funeral service or a fancy coffin but wanted an outdoor graveside service and the plainest of caskets. So that's what he got – his coffin was of plain unvarnished pine, with rope handles. There were no flowers nor was there a formal wreath on top of the casket. He was buried along with his rainbow walking stick and his distinctive red beanie.

So another of our old walkers has passed on. And like all the old veterans, Gordon had his own unique story to tell. I am privileged to be able to pass it onto our younger club members. Thank goodness that we live now in a more tolerant society that can accept people as they are.

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 May 23, 2015 Victorian 10km walk champs & Victorian Country walk champs, Middle Park, VIC
- Sun June 7, 2015 LBG Carnival, Canberra, ACT
- Sun June 21, 2015 AMA, VMA and Vic 20km roadwalk champs, Middle Park, VIC
- Sat July 4, 2015 Vic 15km roadwalk champs, Middle Park, VIC
- Sat July 18, 2015 VMA 10km and Victorian RWA Postal Challenge, Middle Park, VIC
- Sun Aug 2, 2015 Victorian Roadwalk Championships (including Vic 30km), Middle Park, VIC
- Sun Aug 30, 2015 Australian Roadwalk Championships, Middle Park, VIC
- Sun Sept 13, 2015 Vic 50km Championship, Middle Park, VIC
- Oct 3-10, 2015 Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

- May 17, 2015 11th European Cup Race Walking Murcia, SPAIN
- Jun 6, 2015 XXIX Gran Premio Cantones de La Coruña La Coruña, SPAIN
- Aug 22-30, 2015 15th IAAF World Championships Beijing, CHINA

Looking further forward

- July 3-14, 2015 28th Summer Universiade, Gwanju, South Korea
- July 15-19, 2015 9th World Youth T&F Championships, Cali, Colombia

Aug 22-30, 2015 15th IAAF World Championships in Athletics, Beijing, China. See <http://www.iaafbeijing2015.com>
 Aug 4-16, 2015 20th 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 27th IAAF World Race Walking Team Championships, Cheboksary, Russia
 July 19-24, 2016 16th World Junior T&F Championships, Kazan, Russia
 Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
 Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>
 July 12-16, 2017 10th World Youth T&F Championships, Niarobi, Kenya
 August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
 August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
 May 2018 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
 July 2018 16th World Junior T&F Championships, ?
 Apr 4-15, 2018 Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <http://www.gc2018.com>
 2019 17th IAAF World Championships in Athletics, Doha, Qatar
 July 2019 11th World Youth T&F Championships, ?
 July 2019 30th Summer Universiade, Brasilia, Brazil
 July 2020 32nd Olympic Games, Tokyo
 Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA

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