



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 41
14 July 2015



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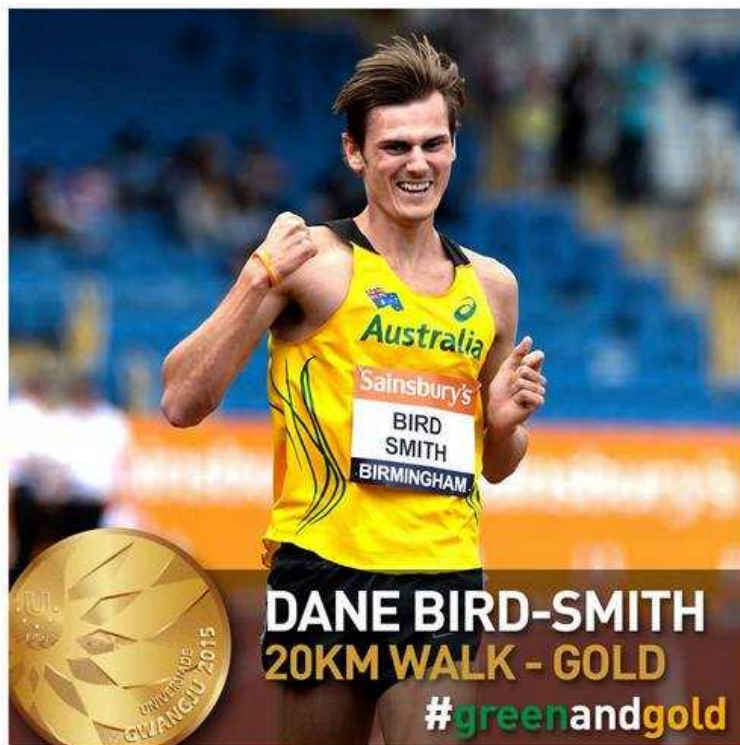
WALKER OF THE WEEK

My Walker of the Week this time around will cause no surprises. Queensland walker **Dane Bird-Smith**, who turns 23 tomorrow, has scored the biggest victory thus far of his illustrious career, taking gold in the men's 20km walk in the World University Games in Gwanju, South Korea, last Thursday. Walking in rainy conditions, he led from the front for most of the race, eventually sprinting to final victory with **1:21:30**.

It was Dane's 7th major representative vest in 7 years. Before this week, his bests were 5th in the 2010 IAAF World Junior Champs 10,000m and 11th in the 2013 IAAF World Championships Open 20km. His gold in Gwanju is the icing on the cake.

2009 IAAF World Youth Championships	10,000m Track Walk	8 th	43:53.62	Bressanone	10 JUL 2009
2010 IAAF World Race Walking Cup	U20 10km Road Walk	DQ		Chihuahua	15 MAY 2010
2010 IAAF World Junior Championships	10,000m Track Walk	5 th	41:32.36	Moncton	23 JUL 2010
2012 IAAF World Race Walking Cup	20km Road Walk	43 rd	1:25:41	Saransk	12 MAY 2012
2013 IAAF World Championships	20km Road Walk	11 th	1:23:06	Moscow	11 AUG 2013
2014 World Race Walking Cup	20km Road Walk	14 th	1:20:27	Taicang	04 MAY 2014
2015 World University Games	20km Road Walk	1 st	1:21:30	Gwanju	09 JUL 2015

The sky is the limit for this talented walker and we can hardly wait for his next outing in the 2015 IAAF World Championships in Beijing next month.



DANE BIRD-SMITH
20KM WALK - GOLD

#greenandgold

WHAT'S COMING UP

- Next Saturday is a double header at Middle Park with the Victorian Masters 10km roadwalk championship and our VRWC Racewalking Australia State Challenge. We hope to have big fields contesting this annual event so call upon all members to make the effort and dust of the shoes ready to race. Even the weather forecast looks good. As usual, we recommend that you to pre-enter at our online entry panel at <http://vrwc.org.au/wp1/> rather than leave it to race day.

Saturday 18th July 2015, Middle Park			
VMA and VRWC EVENTS: Entries close for all events at 1.50pm sharp.			
2.15pm	10km	VMA Championship	Masters Men
2.15pm	10km	VMA Championship	Masters Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	3km	RWA Challenge	Under 14 Boys/Girls
2.15pm	3km	Non championship event	Open
2.30pm	1.5km	RWA Challenge	Under 10 Boys/Girls
2.40pm	2km	RWA Challenge	Under 12 Boys/Girls

- Entries have now opened for the **2015 Australian Road Walking Championships** which will be held at Middle Park (Melbourne) on **Sunday 30 August**. As this is also a Racewalking Australia Carnival, I have setup an additional carnival page on our VRWC website - check it out at <http://www.vrwc.org.au/2015AustRoadwalkChamps.shtml>. This VRWC page can be viewed as the overall championship entry point as it contains links to other items of relevance, including the AA entry panel..
- And finally, our Australian World Youth walkers will compete this coming weekend in the 9th IAAF World Youth T&F Championships (see <http://www.iaaf.org/competitions/iaaf-world-youth-championships>) in Cali, Colombia. Great team video at https://www.youtube.com/watch?v=JT7_Ro34Jmk.

Sat 18 July, 9:45AM 10,000m U18 Boys **Tyler Jones (NSW), Kyle Swan (VIC)**
 Sat 18 July, 11:00AM 5,000m U18 Girls **Jemima Montag (VIC), Clara Smith (QLD)**

And talking of the World Youth team, congratulations to **Jemima Montag** who has been named as one of four team captains, along with fellow athletes Ned Weatherly, Claire Gibson & Darcy Roper. It is a great honour for the 17 year old Melbourne walker. And check out this great news article on Jemima: <http://www.jewishnews.net.au/golden-girl-walks-to-glory/48842>



Jemima Montag (left) – one of 4 co-captains in the World Youth Team in Cali

VRWC ROAD WALKS, MIDDLE PARK, SATURDAY 10 JULY

With a dreadful Antarctic winter weekend forecast for Victoria, only a hardy few gathered for our Saturday afternoon club races at Middle Park but those 37 who did so were treated to a perfect winter's day for racing – still overcast conditions with the rain holding off brilliantly. Prizes were on offer for the handicap winners so all results are shown in handicap order. Well done to winners **Donna Elms, Hayden Walmsley, Margaret Beaumont, Mark Donahoo, Jessica Lillie, Angus Hay, Elise Carbery and Pam Mews**

8km Open Handicap

1.	Donna-Marie Elms	50:12	
2.	Pam Tindal	44:14	
3.	Karyn O'Neill	53:03	
1.	Hayden Walmsley	46:26	big PB
2.	Gerard Feain	47:41	
3.	Bernie Keirl	46:56	
4.	Aaron McDonough	39:53	
5.	Terry O'Neill	47:07	
6.	Russ Dickenson	50:17	
7.	Lachlan Feain	46:09	

6km Open Handicap

1.	Margaret Beaumont	50:38	
2.	Robyn Shaw	39:43	
3.	Sandra Howorth	45:40	
1.	Mark Donahoo	31:05	
2.	Reese Walmsley	29:43	
3.	Adam Garganis	27:43	
4.	Barrie Wicks	48:48	
5.	Geoff Barrow	43:40	
6.	David Smyth	34:45	
	Ian Beaumont	DQ	

4km Open Handicap

1.	Jessica Lillie	24:14	PB 0:02
2.	Brodie Richardson	23:09	
3.	Kathleen O'Mahony	23:10	
4.	Clare Garganis	29:02	
1.	Angus Hay	30:09	
2.	John Morrison	30:43	
3.	Ralph Bennett	23:12	
4.	Corey Dickson	22:01	

2km Open Handicap

1.	Elise Carbery	13:19	PB 1:14
2.	Madison Clarke	10:46	
3.	Charlotte Hay	10:49	PB 0:18
4.	Heather Carr	10:54	W65 club record
5.	Grace Louey	12:15	
6.	Gemma Lillie	12:41	
7.	Caitlyn Rudston-Brown	14:57	
8.	Gwen Steed	12:38	

1km Open Handicap

1.	Pam Mews	12:21	
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Thanks to our officials and judges – sorry if I missed anyone. You are all most appreciated.

Registration: Michael Bodey, Damien Elms, Mark Donahoo, Ralph Bennett
Officials: Tim Erickson, Ian Laurie, Susan Taylor, Lee Taylor, Damien Elms
Canteen: Kate Suich, Wendy Muldoon
Judges: Stuart Cooper (chief), Gordon Loughnan, Lloyd Nichols, Jason Elms, Frances Attard, Michael Bodey, Mark O'Mahoney
Photos: Claire Lillie (see <http://www.vrwc.org.au/coppermine>)



Mark Donahoo, Aaron McDonough, Robyn Shaw and Margaret Beaumont



Donna Elms, Jessica Lillie, Angus Hay and Hayden Walmsley

ACT WALKERS CLUB ROAD WALKS, DICKSON, ACT, SATURDAY 11 JULY

Thanks to Robin Whyte for the latest results from Canberra.

4km Walk

- | | | |
|-----|------------------|-------|
| 1. | Mitchell Baker | 20:33 |
| 2. | Callum Burns | 20:33 |
| 3. | Gabby Hunt | 22:28 |
| 4. | Kate Black | 24:09 |
| 5. | Peter Baker | 24:15 |
| 6. | Tim Fraser | 24:48 |
| 7. | Helena Bialecki | 24:50 |
| 8. | Marilyn Banfield | 30:55 |
| 9. | Terry Munro | 33:02 |
| 10. | Cilla Chapman | 35:19 |

10km Walk

- | | | |
|----|-----------------|---------|
| 1. | Zoe Hunt | 54:06 |
| 2. | Robin Whyte | 1:04:28 |
| 3. | Bryan Thomas | 1:11:23 |
| 4. | Monika Short | 1:13:44 |
| 5. | Doug Fitzgerald | 1:19:46 |

2km Walk

- | | | |
|----|-------------|-------|
| 1. | Laura Burns | 11:35 |
| 2. | Ellen Vahey | 12:20 |
| 3. | Harry Baker | 16:35 |

11. Jack Thackray 36:35
 12. Helen Munro 38:05
 Spencer Burns DNF

4. Bob Chapman 16:41

SARWC ROADWALKS - INTERSTATE CHALLENGE, PEACOCK RD, ADELAIDE, SATURDAY 11 JULY

And to Adelaide where the South Australian Racewalking Club was in action.

10km Walk

1.	Justin Hill	M Open	49:18
2.	Danielle Walsh	F U20	54:03
3.	Samantha Findlay	F U20	59:08
4.	Bill Starr	M Over 35	1:10:52
5.	James Hoare	M Over 35	1:16:47

8km Walk

1.	Alix Harlington	M U18	40:57
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5km Walk

1.	Rhiannon Lovegrove	F U16	25:42
2.	Jay Goode	M U16	26:42
3.	Tristan Camilleri	M U16	28:21
4.	Sarah Damin	F U16	29:29
5.	Jake Vidler	M U16	29:29
6.	Ayeisha Wallace	F U16	34:37

3km Walk

1.	Talisha Skein	F U14	19:44
2.	Aleesha Vidler	F U14	20:05

2km Walk

1.	Maddy Wallace	F U12	13:33
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SAMA ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 11 JULY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: The weather in Adelaide on Saturday was atrocious (same as Melbourne). Rain and hail in the morning where I live. However I set off for the walk venue after lunch but was caught up in a very heavy downpour on the way so turned round and went home! Still a few brave souls turned out as follows.

8km Handicap

1.	David Robertson	1:07:26	M82	72.11%
2.	Jeff Kennett	1:14:57	M65	51.42%
3.	Gil McIntosh	0:57:26	M64	66.37%
4.	Doug Smart	1:04:38	M72	64.86%
5.	Marie Maxted	0:51:59	W55	74.13%
6.	Graham Harrison	1:01:02	M71	67.80%

4km Handicap

1.	Margaret McIntosh	0:32:49	W62	60.88%
2.	Valmai Padget	0:32:36	W71	69.06%
3.	Roger Lowe	0:31:20	M72	65.09%
4.	Helen Suridge	0:29:46	W64	68.77%
5.	Paul Boyce	0:35:12	M79	63.86%
6.	George White	0:22:22	M70	88.93%

WARWC ROUNDUP, PERTH, WESTERN AUSTRALIA

Thanks to Terry Jones for sending in the last few race results from the Western Australian Racewalking Club in Perth.

WARWC Roadwalks, Wilson, Sunday 5 July

10km Walk

1.	Dale Hennighan	50.42
2.	Tom Lenane	72.23
3.	John Smith	85.16
4.	Tanya Andrews	64.31
5.	Karyn Tolardo	61.56
6.	Rose Hollaway	71.26
7.	Isabella Tolardo	69.25
	Bree-Anna Hennighan	DNF

U18 8km Walk

1.	Holly Hughes	49.29
2.	Declan Tingay	39.21
	Haley Jackson	DNF

U16 5km Walk

1.	Ben Reid	26.19
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U12 2km Walk

1.	Amy Holland	12.15
2.	Sienna Andritsos	12.32

U10 1.5km Walk

1.	Alessia Andritsos	10.22
2.	Emily Bogaers	13.11

WARWC Roadwalks, Wilson, Sunday 12 July

20km Walk

1.	Dale Hennighan	1:46.20
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10km Walk

1.	Declan Tingay	52.58
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8km Walk

1.	Bree-Anna Hennighan	53.40
2.	Rose Hollaway	57.57

2km Walk

1.	Emily Bogaers	15.08
2.	John Back	14.00
3.	Alexandra Griffin	11.39
4.	Alessia Andritsos	14.00
5.	Haley Jackson	11.18
6.	Amy Holland	12.02
7.	Kristine Wells	12.38
8.	Janne Wells	13.39
9.	Eliza Griffin	12.22
10.	Sienna Andritsos	12.37

DOWN UNDER MEET, GRIFFITH UNIVERSITY ATHLETICS TRACK, SOUTHPORT, FRIDAY 10 JULY

Some good times from the young Queensland walkers on the Gold Coast last Friday evening.

Boys 3000m

1.	Jamison Stovin	15:13.43
2.	Nelson McCutcheon	16:17.51
3.	Ethan Clarke	17:24.41
4.	Callum Haig	17:34.40

Girls 3000m

1.	Katie Hayward	13:54.99
2.	Tenyka Chapman	15:43.80
3.	Caitlin Hannigan	16:17.70
4.	Isabella Schofield	17:52.06
5.	Bridie Mulcaster	17:58.39
6.	Kirra Stonehouse	21:20.53

This was followed by the 2015 Queensland Road Walk Championships at the Luke Harrop Bikeway, Runaway Bay, on Sunday. Alas, no results as yet.

SUMMER UNIVERSIADE, GWANGJU, KOREA, 8-12 JULY

Teh big news of the week, from an Australian perspective, has been the World University Games in Gwanju, South Korea. It's all done and dusted now, with Australia in 14th place on the athletics medal table with five medals, equalling the 2009 team in Serbia as Australia's best at an Universiade. Of the 5 medals, 2 were from our walkers

- **Gold to Dane Bird-Smith in the 20km walk**
- Silver to Matthew Denny in the discus with a new personal best and an Australian U20 record
- Bronze with a new personal best to Naa Anang in the long jump.
- Bronze to Michelle Jenneke and a Rio Olympic qualifier in the 100m hurdles
- **Bronze to the women's 20km walk team of Rachel Tallent, Stephanie Stigwood and Nicole Fagan**

Men 20km Race Walk, Thursday 9 July, 7:30AM

The men's 20km walk was first up, starting at 7:30AM on Thursday 9th July. Here is a fantastic report from the Australian University Sports website: <http://www.unisport.com.au/uniroos/News/Pages/BirdisthewordinthewalkinGwangju.aspx>

Walker **Dane Bird-Smith** has captured the first athletics gold medal for the Unirooms at the World University Games in Gwangju, Korea, with a narrow victory in the 20km walk. The 22-year-old education student from the University of Queensland out-walked Canada's Benjamin Thorne to win by just three seconds. In muggy and wet conditions, on the road adjacent to the World Cup Stadium, Bird-Smith was always in the lead group pushing the pace, and just waiting for his moment to pounce. "We worked hard through most of the race, I was pulling the pace for all of them and they just sat behind me and I said if they just want to sit and chase then I'll race them my way. It played into my hands really for the last 5km," said the newly-crowned gold medallist.

With just one lap remaining, three athletes remained in the lead group – Bird-Smith, Thorne and Russia's Roman Evstifeev, who was disqualified in an attempt to stay in the fight for gold. "There was a quite a rise on each lap, and I was starting to cramp pulling myself up it each lap. But I was able to hang in there for the final sprint, which is what I love to do."

Bird-Smith edging clear in the final 100m to take the gold in 1:21.30 from Thorne, with Japan's Daisuke Matsunaga in third. Bird-Smith finished 11th at the world championships in Moscow two years ago, but the walkers missed the Commonwealth Games in Glasgow after the event was sliced from the program. He is looking forward to the challenge of the world championships in Beijing next month. "Getting into the top eight, that's what I want. I want to assert myself. I'm only in my second senior team and a lot of these guys are seasoned competitors, but I'm never gonna back down from a fight," he said.

Deakin University's **Rhydian Crowley** finished in 13th place with a time of 1:28:12.

Dane splits http://m.gwangju2015.com/sport-results-AT-G/?RSC=ATM092101&TYP_CD1=AT_SA1&TYP_CD2=AT-R10

1.	Dane Alex BIRD-SMITH	AUS	92	1:21:30
2.	Benjamin THORNE	CAN	93	1:21:33
3.	Daisuke MATSUNAGA	JPN	95	1:22:06
4.	Máté HELEBRANDT	HUN	89	1:23:50
5.	Georgiy SHEIKO	KAZ	89	1:23:53
6.	Ihor HLAVAN	UKR	90	1:23:56
7.	Nils Christopher GLOGER	GER	90	1:25:17
8.	Tomohiro NODA	JPN	95	1:25:36
9.	Nazar KOVALENKO	UKR	89	1:25:47
10.	Omar PINEDA	MEX	94	1:27:58
11.	Sergey SHARYPOV	RUS	92	1:28:01
12.	Ivan BANZERUK	UKR	90	1:28:01
13.	Rhydian COWLEY	AUS	91	1:28:12
14.	Chenggang SUN	CHN	91	1:28:29
15.	Jiaxing YIN	CHN	94	1:28:29
16.	Byung-Kwang CHOE	KOR	91	1:28:38
17.	Zhi ZHANG	CHN	94	1:29:12
18.	Aleksandr NAZAROV	RUS	94	1:29:28
19.	Vladislav MAKSIMOV	RUS	94	1:29:48
20.	Sichao XIE	CHN	93	1:31:37
21.	Kil-Dong KANG	KOR	92	1:35:12
22.	Nak-Hyun KIM	KOR	95	1:35:39
23.	Bruno ERENT	CRO	90	1:41:45
	Roman YEVSTIFEYEV	RUS	92	DQ
	Alessandro MALTONI	ITA	93	DQ
	Ever PALMA OLIVARES	MEX	92	DQ

Women 20km Race Walk, Friday 10 July, 7:30AM

While the men had rainy conditions, the women had a much more torrid time of it the next morning, with sunny, hot and humid conditions making it very hard going. It was always going to be a Russia vs China race and that is the way it turned out, with walkers from those two countries taking the first 5 places. Russian walker Anisiya KirDYapkina (the wife of convicted Russian drugs cheat Sergey KirDYapkin) forced the pace early, the lead group passing the 10km mark in 44:09. The final winning time of 1:28:18 was a new Universiade record.

Of the 23 athletes at the start, 21 completed the race and 2 were disqualified. The big news from the Australian perspective was twofold - **Rachel Tallent** walked excellently for 7th place in 1:37:40 and further back, **Stephanie Stigwood** (1:42:05) and **Nicole Fagan** (1:46:42) both finished, ensuring a teams bronze for the Aussie trio.

1.	Anisiya KIRDYAPKINA	RUS	89	1:28:18
2.	Marina PANDAKOVA	RUS	90	1:29:52
3.	Yongbo HOU	CHN	94	1:32:42
4.	Sofiya BRODATSKAYA	RUS	94	1:35:00
5.	Jiayu YANG	CHN	96	1:36:50
6.	Inna KASHINA	UKR	91	1:37:23

7.	Rachel TALLENT	AUS	93	1:37:40
8.	Mária CZÁKOVÁ	SVK	88	1:38:24
9.	Mingxia YANG	CHN	90	1:38:25
10.	Daniela CARDOSO	POR	91	1:38:27
11.	Federica CURIAZZI	ITA	92	1:38:27
12.	Lina KALUTSKAYA	RUS	88	1:41:04
13.	Yelena SHUMKINA	UKR	88	1:41:28
14.	Stephanie STIGWOOD	AUS	90	1:42:05
15.	Sandra NEVAREZ	MEX	93	1:42:28
16.	Huan LIU	CHN	93	1:42:36
17.	Siu Nga CHING	HKG	87	1:42:36
18.	Nicole FAGAN	AUS	89	1:46:42
19.	Jenny Guadalupe ORTIZ	ARG	93	2:02:06
20.	Sofia KLOSTER	ARG	96	2:03:58
21.	Sandy KARAM	LIB	96	2:09:54
	Eleonora BUSTOS	ARG	96	DQ
	Vasylyna V?TOVSHCHYK	UKR	90	DQ

A variety of photos, thanks to Australian Team Physio Graham Storer and thanks to the web which always gives and gives and gives! Apologies to Rhydian Cowley for whom I just couldn't source any racing photos. But he was there and walked well!



Dane centre stage in the 20km



Top spot on the podium



Podium place for the Australian girls – Nicole, Rachel and Stephanie



Nicole Fagan, Stephanie Stigwood and Rachel Tallent (photos Australian Team Physio Graham Storer)



Thanks to former IAAF walks judge and South Australian walks enthusiast **Bob Cruise** for the following statistics extracted from the women's Universiade walk, taken from the start lists and result sheets.

- 24 entries, 23 starters, two (2) disqualifications, one (1) did not start.
- Percentage disqualified = 8.7%.
- Of the 24 entries, only eleven (11) submitted details regarding height and weight. Countries that did not provide information were Russia, China, Italy, Mexico, Lebanon and India.
- All submitted date of birth.
- Average height of athlete (from information gained from start list) = 163.7 cms.
- Range of height: 157 cms to 167 cms = 10 cms.
- Average weight of athlete (from information gained from start list) = 52 kilograms.
- Range of weight: 47 kilograms to 62 kilograms = 15 kilograms.
- Average Age of competing athletes = 23.4 years.
- Range of Ages = 19 years – 28 years = 9 years.
- Twelve countries entered athletes:

Russia	4
China	4
Ukraine	3 (1 Disqualified)

Australia	3
Slovakia	1
Portugul	1
Italy	1
Mexico	1
Hong Kong China	1
Argentina	3 (1 Disqualified)
Lebanon	1
India	1 (Did not start)

- **Benchmark Times:**

1st Place	1:28:18 (88:18)
3rd Place	1:32:42 (92:42)
8th Place	1:38:24 (98:34)
11th Place	1:38:27 (98:27) (Middle place in the field).
16th Place	1:42:36 (102:46)

- **Average Placed Team Times**

Teams:	1st Place:	Russia	1:33:09 (First three (3) Russian athletes only)
	2nd Place:	China	1:35:59 (First three (3) Chinese athletes only)
	3rd Place:	Australia	1:42:09

- Overall Athlete Average Time: 01:42:13 which would have placed the hypothetical 'average' athlete time in 15th place.

INTER AREA MATCH, TAMWORTH ATHLETIC STADIUM, TAMWORTH, SATURDAY 11 JULY
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Thanks to Mark Wall for the results of the English Inter-Area walks match, held in Midlands city Tamworth. Mark tells me it was a hot day.

Open Women 5km

1.	Gemma Bridge	SOUTH	25.08.04
2.	Brenda Gannon	NORTH	25.46.4
3.	Kate Donaldson	MIDLANDS	27.30.01
4.	Vicky Morgan	MIDLANDS	28.06.3
5.	Penelope Cummings	SOUTH	28.53.3
6.	Natalie Myers	NORTH	29.19.5
7.	Stephanie Quayle	NORTH	30.18.9
8.	Ann Wheeler	MIDLANDS	30.19.9

Open Men 5km

1.	Thomas Bosworth	SOUTH	42.02.0
2.	Francisco Reis	SOUTH	50.12.1
3.	Mark Williams	MIDLANDS	51.13.8
4.	Jock Waddington	NORTH	54.42.6
5.	Steve Allen	SOUTH	55.08.9
6.	Peter Boszko	MIDLANDS	60.07.0
7.	Steve Arnold	MIDLANDS	60.15.11
8.	Bill McFadden	SCOTLAND	64.19.6
9.	Ed Walter	NORTH	66.33.1

U20 Women 5km

1.	Heather Butcher	SOUTH	27.03.4
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U20 Men 5km

1.	Cameron Corbishley	SOUTH	43.58.1
2.	Tim Snook	SOUTH	50.50.2

U17 Women 5km

1.	Sophie Lewis-Ward	SOUTH	25.38.0
2.	Ana Garcia	NORTH	26.27.4
3.	Megan Stratton-Thomas	WALES	27.49.7
4.	Alana Zeidler	NORTH	30.11.4
5.	Amy Phipps	WALES	30.17.0

U17 Men 5km

1.	Chris Snook	SOUTH	24.50.10
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2.	Jordan Price	WALES	28.36.7
3.	Marshall Smith	SOUTH	29.03.9
4.	Ollie Hopkins	SOUTH	29.15.3
5.	Matthew Phipps	WALES	31.31.8

U15 Boys and Girls 3km

1.	Evie Butcher	SOUTH	15.48.1
2.	Kara Lane	MIDLANDS	16.13.8
3.	Pagan Spooner	NORTH	16.21.0
4.	Anna Smith	GUEST	16.44.2
5.	Alice Belando	NORTH	18.04.7
6.	Mollie Dainton	WALES	18.42.2
7.	Beatrice Fury	SOUTH	18.59.3
8.	Katie Elliott	SOUTH	20.55.3
9.	Steven Waddington	NORTH	18.04.7
10.	Hisham Alkhamesi	MIDLANDS	18.32.7

U13 Boys and Girls 2km

1.	Suki Ly	SOUTH	11.01.1
2.	Molly Meleady-Hanley	NORTH	12.17.4
3.	Emma Ratcliffe	SOUTH	13.37.4
4.	Katie Haynes	MIDLANDS	14.54.7
5.	Faris Alkhamesi	MIDLANDS	11.07.9
6.	Kai Cundey	NORTH	11.14.9
7.	Archie Walter	NORTH	11.20.6
8.	Kyle Smith	MIDLANDS	13.16.7
9.	Toby Buck	MIDLANDS	13.29.5

U11 Boys and Girls 1km

1.	Jamie Crooke	Midlands	7.01.5
2.	Molly McKerlich	Wales	7.22.4

TRACKTOWN CLASSIC, EDMONTON, CANADA, 11-12 JULY

DNFs to Evan Dunfee and Inaki Gomez but a good win to Mathieu Bilodeau with 44:26.2 for the 10,000m track walk. And what a blast from the past – former GBR international walker Phil Vesty.

Men 10,000m Race Walk

1.	Mathieu BILODEAU	CAN	88	44:26.2
2.	Glen BODET	CAN	61	53:32.3
	Evan DUNFEE	CAN	90	DNF
	Inaki GOMEZ	CAN	88	DNF
	Philip VESTY	GBR	63	DNF

T&F MEET, KRUUNUPYY, FINLAND, 11-12 JULY

Always good to report any Scandanavian walking news. This time a track meet from Kruunupyy in Finland.

Men 5000m Race Walk

1.	Elmo KOIVUNEN	FIN	94	22:13.2
2.	Rasmus LANG	FIN	97	23:47.0

Women 3000m Race Walk

1.	Mikaela LÖFBACKA	FIN	90	13:53.1
2.	Vera RAUHALA	FIN	97	14:43.8
3.	Hanna WESTERLUND	FIN	97	14:59.2

CORK CITY SPORTS T&F MEET, CORK, IRELAND, TUESDAY 7 JULY

South African walker Lebogang Shange broke his fourth SA record of the season with another superb performance at the European Permit meeting in Cork, Ireland last Tuesday evening. The 24-year-old won the 5000m race in 18:56.84, holding off Spaniard Alberto Amezcua by less than two seconds. In the process he improved his own personal best by nearly a minute, and shattered the previous national mark of 19:29.94 previously held by his coach Chris Britz, which was set in Pietersburg more than 18 years ago. Shange

now holds the SA records over 3 000m (11:20.39), 5 000m (18:56.84) and 20 000m (1:23:20) on the track, as well as the 20km mark (1:21:50) on the road.

Irish walker Alex Wright took third in 19:00.15 while Robbie Heffernan finished fourth in 19:14.00, yet declared himself reasonably satisfied with his effort, particularly given he's not long back from groin surgery. "I know where I'm coming from, not long after surgery, and I'd definitely happy with my time," said Heffernan, who has just under eight weeks to prepare to defend that World title won in Moscow in 2013. "That's actually my third fastest ever, over 5k. It's always disappointing to be beaten, but I'm in the middle of a very heavy block of training, and I'm off in the morning now, for one-month of altitude training, in Morocco."

Men 5000m Race Walk

1.	Lebogang SHANGE	RSA	90	18:56.84
2.	Luis Alberto AMEZCUA	ESP	92	18:58.63
3.	Alex WRIGHT	IRL	90	19:00.15
4.	Robert HEFFERNAN	IRL	78	19:14.00
5.	Brendan BOYCE	IRL	86	20:38.48
6.	Cian MCMENAMON	IRL	91	20:52.95



Photo: Cork City Sports facebook

BUDAPEST HUNGARIAN U16 T&F CHAMPIONSHIPS, BUDAPEST, 11-12 JULY

Good time by Balint Sarossi (23:01.4 for U16 5000m) in Budapest last weekend.

Men 5000m Race Walk

1.	Bálint SÁROSSI	HUN	0	23:01.4
2.	Péter DANI	HUN	0	26:30.5
3.	Dávid VARGA	HUN	1	26:37.4
4.	Vencel GÁL	HUN	1	27:09.0
5.	Dániel HORVÁTH	HUN	0	27:44.4
6.	András DANI	HUN	0	29:50.2
7.	Norbert TÓTH	HUN	1	31:43.5
8.	Márton BAI	HUN	1	32:33.4
9.	Zoltán SZUNOMAN	HUN	0	33:09.1

Women 3000m Race Walk

1.	Anna HORNYÁK	HUN	0	16:01.0
2.	Réka SZABÓ	HUN	0	16:22.3
3.	Eszter BÁNHIDI	HUN	0	18:22.5
4.	Emma SZILÁGYI	HUN	0	19:24.1
5.	Borbála PANKUS	HUN	0	20:01.1
6.	Eszter BARZÓ	HUN	0	21:49.5

HUNGARIAN U14 T&F CHAMPIONSHIPS, BUDAPEST, HUNGARY, 11-12 JULY**Men 3000m Race Walk**

1.	Máté Ferenc VARGA	HUN	02	17:13.8
2.	Levente SZEGEDI	HUN	02	18:47.1
3.	Barnabás VERES	HUN	02	18:49.9
4.	Gábor TURÓCZI	HUN	02	21:04.4
5.	Márk STEILI	HUN	02	23:20.2

Women 3000m Race Walk

1.	Petra ZAHORÁN	HUN	02	17:07.8
2.	Elizabet KOCSI	HUN	02	17:55.5
3.	Katalin TÓTH	HUN	02	18:28.5
4.	Bernadett RÉPÁSI	HUN	00	18:36.6
5.	Viktória DOMBI	HUN	02	19:44.5
6.	Kata SZÉKELY	HUN	02	20:08.2
7.	Demetria BENKE	HUN	02	20:59.1
8.	Eniko JÓNÁS	HUN	02	21:11.2
9.	Anna JEZSOVICZKI	HUN	02	21:21.0
10.	Eszter VARGA	HUN	02	22:28.8
11.	Alexandra KÁTAI	HUN	02	23:00.0
12.	Zsóka ANTAL	HUN	02	23:06.4

FRENCH T&F CHAMPIONSHIPS, VILLENEUVE D'ASCQ, FRANCE, 10-12 JULY

Kevin Campion (41:11.73) and Emilie Menuet (45:06.18) won the Elite section of the French T&F Championship track walks in Villeneuve d'Ascq last weekend.

Campion, who was disqualified in the French national 20km title earlier in the year, took no chances this time around, starting slowly with a 4:10 first 1000m and then gradually picking up the pace, recording 5000m splits of 20:45 and 20:27. In the absence of Yohann Diniz, it turned out to be an easy win for him. Emelie Menuet, coming off her recent French 5000m record, was out to attack the French 10,000m walk record of 44:58.60, held by Fatiha Ouali. Forced to slow in the final stages, she was just outside the record with 45:06.18 brand but her time was a PB and a new championship record. Like Campion, she also won easily.

Men 10,000m Race Walk

1.	Kevin CAMPION	FRA	88	41:11.7
2.	Cedric HOUSSAYE	FRA	79	43:21.9
3.	Hugo ANDRIEU	FRA	92	44:44.3
4.	Xavier LE COZ	FRA	79	45:11.0
5.	Sebastien DELAUNAY	FRA	74	45:30.2
6.	Nicolas POTIER	FRA	89	46:05.5
7.	Florian DESJARDINS	FRA	94	46:17.7
8.	Ludovic HADULA	FRA	87	46:18.3
9.	Mael BOULCH	FRA	90	46:29.3
10.	Maxime LECAPLAIN	FRA	94	47:06.5
11.	Adrien CASSAGNES	FRA	94	47:13.0
	Arnaud SIZORN	FRA	92	DNF
	Maxime FAITEAU	FRA	90	DQ
	Fabian FESSELIER	FRA	94	DQ
	Fabian BERNABE	FRA	95	DQ
	Guillaume DUJOUR	FRA	78	DQ

Women 10,000m Race Walk

1.	Emilie MENUET	FRA	91	45:06.2
2.	Corinne BAUDOIN	FRA	80	46:53.7
3.	Violaine AVEROUS	FRA	85	48:46.4
4.	Mylene ORTIZ	FRA	79	49:12.1
5.	Amandine MARCOU	FRA	92	49:42.0
6.	Lucie AUFFRET	FRA	88	49:53.0
7.	Enora TREBAUL	FRA	94	50:44.2
8.	Sandra DUPONT	FRA	72	50:48.6
9.	Chloe BOUCHET-LIOU	FRA	94	52:36.8
10.	Severine LANOUE	FRA	85	52:51.7
11.	Amelie BOURHIS	FRA	92	53:34.0

12.	Caroline GUILLARD	FRA	71	53:40.8
13.	Maud RUHARD	FRA	83	55:18.2
	Marine QUENNEHEN	FRA	91	DQ
	Chahinez NASRI	TUN	96	DQ

EUROPEAN U23 CHAMPIONSHIPS, TALLINN, ESTONIA, 9-12 JULY

Last week was a big one for walking with both the World University Games in Gwanju, South Korea, and the European U23 T&F Championships in Tallinn, Estonia. Most of the Europeans were in Tallin and the two walks there were of a high standard.

The men's European U23 title was a battle between two as Russian Nikolay Markov and Spaniard Álvaro Martín walked side by side until the 16km mark, the Russian eventually breaking away in the final 4km to win in a time of 1:23:49. Conditions were tough with humidity above 80% and the start was very slow (first 2km in 8:58). This, along with the 10km splits of 42:27 and 41:22 tell the story of a race which got faster lap by lap. Martin held on for second with 1:24:51 while Russian Pavel Parshin cleared away from Vito Minei to take third with 1:25:26.

Men's 20km Race Walk, Friday 10 July

1.	Nikolay MARKOV	RUS	95	1:23:49
2.	Alvaro MARTIN	ESP	94	1:24:51
3.	Pavel PARSHIN	RUS	94	1:25:26
4.	Vito MINEI	ITA	94	1:25:46
5.	Francisco Jose DURAN	ESP	93	1:26:19
6.	Nils BREMBACH	GER	93	1:26:30
7.	Aurelien QUINION	FRA	93	1:26:41
8.	Kirill FROLOV	RUS	93	1:27:13
9.	Michele ANTONELLI	ITA	94	1:27:17
10.	Miguel CARVALHO	POR	94	1:28:04
11.	Francesco FORTUNATO	ITA	94	1:28:20
12.	Joao MARTINS	POR	95	1:29:16
13.	Jonathan HILBERT	GER	95	1:30:25
14.	Sahin SENODUNCU	TUR	94	1:30:39
15.	Vladislav LOBCHENKO	UKR	93	1:31:34
16.	Tomasz BAGDÁNY	HUN	95	1:31:49
17.	Peter TICHÝ	SVK	93	1:32:08
18.	Konstadínos DEDÓPOULOS	GRE	94	1:32:28
19.	Rui COELHO	POR	94	1:33:20
20.	Normantas PETRISA	LTU	94	1:35:09
21.	Mert ATLI	TUR	93	1:42:48
	Marius SVELSKIS	LTU	94	DNF
	Andriy HRECHKOVSKIY	UKR	93	DQ
	Miklós Domonkos SRP	HUN	93	DQ
	Marc TUR	ESP	94	DQ

As with the men, this was also a race between two with Russian Mariya Ponomaryova (1:27:17) and Czech Anežka Drahotová (1:27:25) starting slowly but eventually breaking clear at the 10km mark (passed in 44:46). It was not until the final 2km lap that the Russian was able to force a break and she went on to win by 8 seconds in a new championship record. Third place went to Ukrainian Lyudmila Olyanovska (1:28:41) who had held the leading two for the first half of the race before being dropped.

Women 20km Race Walk, Friday 10 July

1.	Mariya PONOMARYOVA	RUS	95	1:27:17
2.	Anežka DRAHOTOVÁ	CZE	95	1:27:25
3.	Lyudmila OLYANOVSKA	UKR	93	1:28:41
4.	Laura GARCÍA-CARO	ESP	95	1:31:52
5.	Nadezda SERGEYEVA	RUS	94	1:32:13
6.	Darya BALKUNETS	BLR	93	1:32:36
7.	Mariavittoria BECCHETTI	ITA	94	1:36:33
8.	Viktoryia RASHCHUPKINA	BLR	95	1:37:14
9.	Amanda CANO	ESP	94	1:38:27
10.	Nicole COLOMBI	ITA	95	1:38:50
11.	Maria JUAREZ GALLARDO	ESP	93	1:39:19
12.	Mara RIBEIRO	POR	95	1:39:33
13.	Valentyna MYRONCHUK	UKR	94	1:41:21
14.	Monika HORNÁKOVÁ	SVK	95	1:43:32
15.	Mihaela ACATRINEI	ROU	95	1:44:06
16.	Karolina WIERUS	POL	93	1:45:19
17.	Barbara KOVÁCS	HUN	93	1:46:29

18.	Mariana MOTA	POR	95	1:46:52
19.	Hele HAAPANIEMI	FIN	93	1:48:57
20.	Egle JUOCYTE	LTU	93	1:50:07
21.	Tiia KUIKKA	FIN	94	1:50:34
22.	Lucia CUBANOVA	SVK	95	1:56:15
	Gamze ÖZGÖR	TUR	94	DNF
	Ioanna BEMOWSKA	POL	94	DQ

MEMORIAL RENATO MARTELLI MEET, LIVORNO, ITALY, SATURDAY 11 JULY

Men 5000m Race Walk

1.	Michele AMOROSO	ITA	93	22:08.9
2.	Niccolo' COPPINI	ITA	97	22:15.9
3.	Giacomo GUGLIELMI	ITA	94	24:04.0
4.	Matteo DOLFI	ITA	98	24:18.0
5.	Lorenzo GROSSI	ITA	98	24:28.9

Women 5000m Race Walk

1.	Ilaria GALLI	ITA	87	24:17.4
2.	Giada Francesca CIABINI	ITA	97	24:34.0
3.	Federica ANDREANI	ITA	95	27:06.9
4.	Sara PERULLO	ITA	99	27:17.5
5.	Natalia PETRINI	ITA	99	28:29.2
6.	Martina ROSSI	ITA	99	28:55.5
7.	Claudia MAZZEI	ITA	80	29:09.9

USA T&F NATIONAL CLUB CHAMPIONSHIPS, ICAHAN STADIUM, NEW YORK, SATURDAY 11 JULY

Now to USA for the USA T&F National Club Championships 5000m track walks. Maria Michta-Coffey was actually fastest overall with her winning time of 22:18.40 while Richard Luettchau won the men's race with 23:11.47. Good race video at http://www.usatf.tv/gprofile.php?mggroup_id=45365&mggroup_event_id=3704&year=2015&do=videos&video_id=152051

Women 5000m Race Walk

1.	Michta-Coffey, Maria	Walk Usa	22:18.40
2.	Podlaski, Meaghan	Fleet Feet S	25:36.57
3.	Michta, Katie	Walk Usa	25:38.33
4.	Newhoff, Katharine	Walk Usa	25:53.76
5.	Harris, Lauren	Walk Usa	27:42.26
6.	Cruz, Lina	Central Park	29:19.80
7.	Moncada, Rasheeda	Park Racewal	30:00.95
8.	Cervantes, Dulce	Park Racewal	30:56.82
9.	Armstrong, Cheryl	Raleigh Walkers	31:07.88

Men 5000m Race Walk

1.	Luettchau II, Richard	Shore Athletic Club	23:11.47
2.	Soucheck, John	Shore Athletic Club	27:42.02
3.	Clausen, Curt	New York Ath	28:11.20
4.	Jordan, Jeramey	Kansas City Smoke	28:49.88
5.	Logan, Bruce	Park Racewal	30:47.72
6.	Quattrocchi, Tom	Shore Athletic Club	30:57.03
7.	Blake, Barry	Shore Athletic Club	32:10.72

24TH WEINACKER CUP, FORT GRATIOT PARK, PORT HURON, MICHIGAN, SUNDAY 12 JULY

And staying in USA for the Weinacker Cup - Michigan (USA) vs Ontario (CAN). Overall Michigan scored 27 to Ontario 12 but Ontario leads the series, 15 to 8.

Men 10km Walk

1.	Zbigniew Sadlej	MI	46:32
2.	David Swarts	MI	49:33
3.	Ray Sharp	MI	54:54
4.	Lawrence Malek	ON	1:04:24
5.	Paul J Terbrack	MI	1:10:02

Women 10km Walk

1.	Katie Smith	MI	59:37
2.	Kris Kozell	ON	1:01:43
3.	Zofia Jacobsen	MI	1:02:40
4.	Annie Cormier	ON	1:03:03
5.	Debbie Topham	MI	1:03:19
6.	Amanda Schneider	ON	1:06:36
7.	Sarah Raetsen	ON	1:07:05
8.	Lily Whalen		1:13:26
9.	Michelle Wang	ON	1:13:32
10.	Mary Anne Taylor	MI	1:18:03

CHINESE U20 AND U20 SUMMER CHAMPIONSHIPS, XINTAI, CHINA, 11-12 JULY

If you ever needed convincing about the strength of racewalking in China, you need to look no further than the Chinese U20 and U18 Summer walk championships which were held last weekend in Xintai, Shandong province. Both U20 and U18 raced over the classic 10km road distance and large and high quality fields contested all races.

Trust marciadalmondo to get the scoop with race reports at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2141. Full results also saved at http://www.marciadalmondo.com/admin/pdf/risultati/09072015519Xintai_2015.pdf.

How's this for depth

- 10km Junior Men: 72 of 75 finished the race, with one DNF and 4 DQ
- 10km U18 Men: 55 of 62 finished the race, with 1 DNF and 5 DQ
- 10km Junior Women: 41 of 47 finished the race, with 4 DNF and 2 DQ
- 10km U18 Women: 35 of 40 finished the race, with 1 DNF and 4 DQ

Medallists in each race are as follows

10 km Junior Men

1.	Song Sun	41:35
2.	Liangyong Li	41:52
3.	Wanxin Zhang	41:54

10 km U18 Men

1.	Jun Zhang	41:54
2.	Zhiguo Ruan	42:51
3.	Xu Hao	42:44

10 km Junior Women

1.	Zhuoma Caixiang	46:49
2.	Mao La	47:08
3.	Wenli Zhao	47:19

10 km U18 Women

1.	Zhenxia Ma	46:57
2.	Liuqing Yang	47:03
3.	Ke Xue	47:22

BITS AND PIECES

- The provisional entry lists for the 2015 IAAF World Youth Championships are now available. See <http://www.iaaf.org/download/download?filename=b630d56f-fc0d-431c-84fe-ebc5cfd3ed30.pdf&urlSlug=iaaf-world-youth-championships-cali-2015-prov>
- Best kept secret – I think not. I have known about it for years and the AIS walkers (when AA still had an AIS scholarship program) did a test study on it some 6 years ago. Anyway, it's supposed to be a superb ergogenic aid. You can read all about beetroot juice at <http://www.all-athletics.com/en-us/2015-07-13/beetroot-juice>.
- Athletes Exclusive interviews Australian World Youth representative Kyle Swan <http://athleticsexclusive.com/athletes-exclusive/athletes-exclusive-kyle-swan-3380/>
- The French Athletics Federation has now confirmed a 4 year ban for suspended French walker Bertrand Moulinet, according to Le Monde. Moulinet tested positive for FG-4592 (a drug that stimulates the endogenous production of EPO)

in April. A search subsequently took place at his home on April 23 and products were seized. The investigation is still underway, but Moulinet admitted his usage at the time. The ban announcement was expected.

<http://www.lequipe.fr/Athletisme/Actualites/Bertrand-moulinet-suspendu-quatre-ans/573888>

- David Walsh is the Irish sports journalist who almost single handedly hunted Lance Armstrong until he was eventually nailed and banned for life. He is one of the few people that I regularly follow in Twitter. Last week Walsh was interviewed by comic/journalist Jarlath Regan for podcast *An Irishman Abroad* and it is a riveting hour of serious interviewing.

<https://itunes.apple.com/gb/podcast/an-irishman-abroad/id683760002?mt=2#episodeGuid=http%3A%2F%2Fanirishmanabroad.podbean.com%2F%2Fdauid-walsh-episode-95%2F>

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 9 press releases this week

- Sun 12 Jul - Results of Spanish U16 Championships, Valladolid, Spain. 24 finishers in the girls' 5000m and 29 finishers in the boys 5000m. Talk about a strong walks nation.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2146
- Sat 11 Jul - Eskilstuna (SWE) - European Junior Championships Entry lists
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2145
- Sat 11 Jul - review of Italian performances in recent races
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2144
- Sat 11 Jul - Results from European U23 Championships in Tallinn
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2143
- Fri 10 Jul - Results of women's 20km from University Games in Gwangju
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2142
- Thu 9 Jul - Results of Chinese Young Championships in Xintai, Shandong
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2141
- Thu 9 Jul - Results of men's 20km from University Games in Gwangju
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2140
- Tue 7 Jul - Entry lists for European U23 Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2139
- Tue 7 Jul - Results of Spanish Junior U20 Championships in Valladolid
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2138

The omarchador blog continued on as usual with 14 press releases

- Mon 13 Jul – Campion and Menuet win French walk champs
<http://omarchador.blogspot.pt/2015/07/campeonatos-de-franca-de-elite-em.html>
- Sun 12 Jul - Results of Chinese U18 and U20 Championships Xintai
<http://omarchador.blogspot.pt/2015/07/campeonatos-da-china-em-xintai-sub-18-e.html>
- Sat 11 Jul - Shange wins 5000m walk in meet at Cork, Ireland
<http://omarchador.blogspot.pt/2015/07/shange-em-evidencia-no-meeting-de-cork.html>
- Sat 11 Jul - Ponomaryova wins women's U23 European 20km
<http://omarchador.blogspot.pt/2015/07/ponomaryova-vence-20-km-femininos-dos.html>
- Fri 10 Jul - Markov wins men's U23 European 20km
<http://omarchador.blogspot.pt/2015/07/markov-campeao-de-20-km-marcha-nos.html>
- Fri 10 Jul - Kirdyapkina win's women's 20km in Universiade
<http://omarchador.blogspot.pt/2015/07/kirdyapkina-revalida-titulo-nas.html>
- Thu 9 Jul - Portuguese judge José Goose will officiate in Tallinn
<http://omarchador.blogspot.pt/2015/07/jose-ganso-vai-atuar-em-tallinn.html>

- Thu 9 Jul - Start lists for European U23 champs in Tallinn
<http://omarchador.blogspot.pt/2015/07/u23-tallinn-2015-listas-de-saida.html>
- Thu 9 Jul - Dane Bird-Smith wins Universiade in Gwangju
<http://omarchador.blogspot.pt/2015/07/dane-bird-smith-vence-nas-universiadas.html>
- Wed 8 Jul - Bosworth and Atkinson win the British championships in Birmingham
<http://omarchador.blogspot.pt/2015/07/bosworth-e-atkinson-triunfam-nos.html>
- Wed 8 Jul - Start Lists for Universiade in Gwangju
<http://omarchador.blogspot.pt/2015/07/gwangju-2015-listas-de-saida.html>
- Wed 8 Jul - Carolina Moreno and Luan Santos win Brazilian junior champs
<http://omarchador.blogspot.pt/2015/07/carolina-moreno-e-luan-santos-campeoes.html>
- Tue 7 Jul - Émilie Menuet hits French 5000m track walk record
<http://omarchador.blogspot.pt/2015/07/emilie-menuet-bate-recorde-de-franca.html>
- Tue 7 Jul - Portuguese selections for European Junior Champs in Eskilstuna
<http://omarchador.blogspot.pt/2015/07/selecao-junior-portuguesa-para-os.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.

2015/2016 Australian/Victorian Key Dates

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
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA

2015 International Key Dates

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea. See http://www.gwangju2015.com/
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia See http://www.iaaf.org/competitions/iaaf-world-youth-championships
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
Aug 22-30, 2015	15 th IAAF World Championships (http://www.iaafbeijing2015.com/en/), Beijing, CHINA
Sun Sept 13, 2015	MTR Hong Kong Racewalking Carnival (http://www.hkaaa.com), Hong Kong, HK
Sept 26-29, 2015	Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA
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	18 th IAAF World Championships in Athletics, Eugene, USA

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