



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 49
8 September 2015



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WALKER OF THE WEEK

11 year old Rowville walker **Josh Jensen** is my walker of the week. Competing in his first ever 8km event at Middle Park on Saturday, he recorded the excellent time of **45:36**. Josh burst onto the local Victorian scene in March, winning the Little Athletics Victoria U11 1500m track walk with 7:37. He then joined VRWC and turned out for the winter season, continuing his good form and winning all the races on offer within his own age group. He won the U12 2km championship at the Lake Burley Griffin Carnival in Canberra in June (10:38) and won the RWA U12 2km in the Australian Roadwalking championships at Middle Park (10:04) just over a week ago. In between, he had a lot of excellent club races and has shown just what a talented young walker he is. Well done Josh!



Josh in action at Middle Park on Saturday

WHAT'S COMING UP

Next Sunday sees our VRWC long course championships which will be held alongside the Victorian 50km Championship at Middle Park. You must enter the AV championship via the Athletics Victoria website (see <http://athsvic.org.au/events/calendar/>). All other events may be entered on the day. All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship. It is also possible to enter this event as a standalone event. **Please remember to bring your racing chip next Sunday if you are racing – we will be using them again from now on.**

Sunday 13th September 2015, Middle Park			
AV, RWA & VRWC EVENTS			
7.30am	50km	AV Championship - Jared Tallent Trophy	Open *
	50km	RWA Championship	Open Women
	35km	VRWC Championship – Ray Smith Trophy	Open *
	6 Hours	Walk	Open
10.00am	20km		Open
11.00am	10km		Open
* The Victorian 50km and VRWC 35km are Open events, meaning they are open to men and women.			

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 5 SEPTEMBER

Our VRWC winter season is fast drawing to a close with one round to go. This week, we have our second last races in great spring weather and 48 walkers were in attendance. Our young walkers were to the fore again this time around. The 8km saw a couple of first times in 13 year old **Corey Dickson** (42:52) and 11 year old **Josh Jensen** (45:36). Down to the 6km where **Hayden Walmsley** was also contesting his longest ever race with a good first up 33:13. 12 year old **Nicola Mandic** walked a huge PB in the 4km event with 19:58 while **Ruby Paten** was in PB form in the 2km with her time of 10:48.

8km Roadwalk

1.	Pam Tindal	46:52	
1.	Sandra Geisler	46:52	
3.	Carolyn Rosenbrock	47:01	
1.	Corey Dickson	42:52	First one
2.	Simon Evans	43:21	
3.	Josh Jensen	45:36	First one
4.	Gerard Feain	47:09	
5.	Russ Dickenson	53:17	

6km Roadwalk

1.	Robyn Shaw	38:55	
2.	Gwen Steed	39:34	
3.	Karyn O'Neill	39:48	
4.	Clare Garganis	43:45	
1.	Adam Garganis	28:35	
2.	Kyle Swan	29:37	
3.	Hayden Walmsley	33:13	PB 0:29
4.	Paul Kennedy	35:33	
5.	Terry O'Neill	36:53	
6.	Bob Gardiner	39:27	

4km Roadwalk

1.	Rebecca Henderson	22:32	
2.	Wendy Muldon	23:06	
3.	Brodie Richardson	23:34	
4.	Emily Swan	24:42	
5.	Jessica Lillie	25:28	
6.	Madeleine Feain	26:30	
	Tayla Paige-Billington	DNF	
1.	Reese Walmsley	19:32	
2.	Nikola Mandic	19:58	PB 0:59
3.	Lachlan Feain	22:09	
4.	John Morrison	30:17	
5.	Barrie Wicks	31:43	
	Joel Prys	DNF	

2km Roadwalk

1.	Kathleen O'Mahony	10:45	
2.	Chloe Karagiorgos	10:47	
3.	Ruby Paten	10:48	PB 0:07
4.	Donna Elms	11:21	
5.	Charlotte Hay	11:35	
6.	Grace Louey	11:51	
7.	Gemma Lillie	12:32	
8.	Merrilyn Thompson	14:44	
9.	Pam Mews	21:10	
1.	Will Thompson	09:56	
2.	Heath Beveridge	11:41	PB 0:05
3.	Angus Hay	14:22	
4.	Gordon Onley	15:55	

1km Roadwalk

1.	Chelsea Karagiorgos	07:18
2.	Elise Carbury	07:35

- | | | |
|----|---------------|-------|
| 1. | Eden Morgan | 06:28 |
| 2. | Stefan Mandic | 06:57 |

Thanks to our judges and officials – much appreciated as ever. Apologies if I missed anyone.

Judges Peter Vysma (Chief), Gordon Loughnan, Stuart Cooper, Michael Bodey, Shane Dickson
Canteen: Wendy Muldoon, Barb Gardiner, Kate Suich
Photos: Terry O'Neill

Thanks to Terry Swan for his usual great selection of photos – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=56>.



Hayden Walmsley, Josh Jensen, Corey Dickson, Eden Morgan and Chelsea Karagiorgos



Ruby Paten, Heath Beveridge and Nikola Mandic

Saturday also saw our winter season presentations with lots of trophies for our walkers and gifts of thanks to our many regular judges and officials and helpers. Well done everyone on another wonderful season.



Top winter season point scorers (Merrifield Award) – Brodie Richardson, Jess Lillie, Hayden Walmsley, Sandra Geisler, Pam Tindal, Karyn O'Neill, John Morrison and Adam Garganis



Keiko Bowyer Style Award winners Pam Tindal and Adam Garganis

ACT 50KM CHAMPIONSHIP, LENNOX GARDENS, SATURDAY 5 SEPTEMBER

Thanks to Robin Whyte for his weekly report from Canberra and well done on his win in their ACTRWC 50km championship. Well done to Robin Whyte and Val Chesterton (both 70+) for their stirring efforts. Well done also to Phil and Belinda Essam who also tested themselves out over the 6 Hour and 4 Hour timeframes.

ACT and ACT Masters 50km Championships

- 1. Robin Whyte 6:06:34
- 1. Val Chesterton 8:06:47

6 Hour Walk

- 1. Phil Essam 36.475 km

5km Walk

- 1. Zoe Hunt 24:50
- 2. Mitchell Baker 26:17
- 3. Callum Burns 26:41
- 4. Gabby Hunt 27:42
- 5. Kate Black 30:59
- 6. Greg Durr 35:32

4 Hour Walk			7. Bryan Thomas	35:34
1. Belinda Essam	23.991 km		8. Rod Gilchrist	37:11
2 Hour Walk			9. Jennifer Gilchrist	38:37
1. Bob Parker	15.514 km		10. Terry Munro	44:13
			Connor Frew	DNF
1km Walk		3km Walk		
1. Laura Burns	05:25	1. Rosemary Parker	22:05	
2. Harry Baker	06:36	2. Rosemary Parker	22:05	
3. Georgia Frew	08:30	3. Jack Thackray	26:13	

SAMA ROADWALKS, EAST TERRACE, ADELAIDE, SATURDAY 5 SEPTEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide - Good weather. Calm and mostly sunny. Great walk as always by George White (1:04:27 for M70 12km).

12km Walk

1. George White	1:04:57	M70	95.88%
2. Marie Maxted	1:20:28	W55	73.79%
3. Gil McIntosh	1:25:57	M65	68.30%
4. Graham Harrison	1:32:09	M70	69.35%
5. Colin Hainsworth	1:40:28	M85	78.26%

9km Walk

1. Richard Moyle	1:10:38	M59
2. Jeff Kennett	1:20:17	M65

6km Walk

1. Helen Suridge	43:47	W64	72.10%
2. Roger Lowe	49:47	M72	62.49%
3. Cassie Neubauer	50:27	W36	48.20%
4. Margaret McIntosh	51:03	W62	60.29%
5. Elizabeth Neubauer	51:05	W63	61.00%

3km Walk

1. Valmai Padget	24:06	W71	68.49%
2. Jill Rogers	25:08	W70	64.75%
3. Edna Bates	26:02	W62	56.46%

ATHLETICS NZ ROADWALK CHAMPS, TAURANGA DOMAIN, WELLINGTON, SATURDAY 5 SEPTEMBER

Excellent results at the New Zealand Road Championships last Saturday morning in Tauranga Domain in Wellington, with Alana Barber and Jared Free taking out the New Zealand titles in the Senior 10km Walks. Their efforts were reported as follows in the Athletics NZ weekly roundup email:

Jared Free of Auckland, at 18 years of age, won the senior 10km race walk title in 47:29 while Alana Barber of Auckland, just eight days after finishing a creditable 18th in the world championships 20km race walk in Beijing, won the senior women's title in 46:26.

Free said he had hoped for a quicker time. "My first senior title. Conditions were good I just wasn't feeling so good today, the time was a bit down but still happy to win the title. I was hoping to do something in the 46's. My PB is 46:17. I kept up with Alana for the first three or four ks but then I couldn't keep up any more. I have the long distance champs in November."

Barber said that she was feeling tired after coming back from Beijing. "I felt quite tired out there today, I'm still recovering from Beijing which I knew I would be only a week out from the race of my life so I didn't expect too much from this. I just wanted to come down see friends that I knew as a bit of a weekend away with Mum too and just enjoy myself for a change. I was aware of Anne Judkins' 43 minutes (New Zealand record) but I knew today wasn't going to be the day and that's a record that's been standing for quite a while and it's very impressive, she's a talented woman and so I think breaking that is definitely something I want to do one day, but I think I've still got a bit more work to do. The 20km record I believe was easier to break than the 10km record will be. In two weeks' time I'm going back to China for a multi-race, a four day race which just outside of Shanghai and there is quite a bit of prize money up for grabs so it draws a lot of elite athletes so that's reason I'm wanting to get over there. There's no rest for the wicked."

Photos at <https://www.facebook.com/pages/Racewalking-Auckland/1442290496020610> and nice interview with Alana Barber at <https://www.youtube.com/watch?v=qFo7mY8VoMk&index=2&list=FL2-090jnlOq6-za4IitnMeQ>.

Men 10km Open

1.	Free, Jared	18	47:29
2.	Lord, Jonathan	19	49:52
3.	Shaw, Jamie	17	50:11

Women 5km Open

1.	Barber, Alana	28	46:26
2.	Langley, Laura	17	55:26

Men 10km Masters

	Wong-Tung, Arlene	-	W43	DQ
	Morresey-Tahere, Katie	-	W46	DQ
	Grimmett, Terri	-	W57	DQ
	Hoskin, Sue	1	W64	1:03:49
	Fraser, Anne	2	W60	1:14:51
	Wilson, Jacqueline	1	W69	1:04:45
	Jones, Daphne	-	W74	DQ

Women 10km Masters

	Lake, Sean	1	M43	1:01:41
	Kemsley, Eric	1	M64	55:38
	Gardner, Bob	2	M60	1:04:15
	Clarke, Alan	3	M63	1:05:04
	Baillie, Peter	1	M66	57:14



Alana in action in Wellington at the weekend (photo Racewalking Auckland Facebook)

HUNGARIAN SUPER LEAGUE FINAL, DEBRECEH, HUNGARY, 5-6 SEPTEMBER

Fast walking by Viktória Madarasz (43:18.99) on day one of the Hungarian Super League Final in Debrecen last weekend. In fact, Madarasz's time was new Hungarian record, beating Mária Rosza's 1997 time of 44:13.76 by a whopping 54 seconds. The men had their chance on Sunday morning and Máté Helebrandt won with 42:35.49.

Women 10,000m Race Walk

1.	Viktória MADARÁSZ	HUN	85	43:18.99
2.	Barbara KOVÁCS	HUN	93	43:45.98
3.	Rita RÉCSEI	HUN	96	47:01.64
4.	Petra RÉCSEI	HUN	90	49:46.31
5.	Anett TORMA	HUN	84	52:32.18
6.	Brigitta MATALIN	HUN	87	54:46.37
7.	Villo HAÁLA	HUN	93	56:00.46
8.	Marianna LENGYEL	HUN	94	59:35.09

Men 10,000m Race Walk

1.	Máté HELEBRANDT	HUN	89	42:35.49
2.	Bence VENYERCSÁN	HUN	96	42:52.78
3.	Dávid TOKODI	HUN	91	45:31.06
4.	Soma KOVÁCS	HUN	97	45:53.77
5.	Miklós Domonkos SRP	HUN	93	47:10.27
6.	Donát BURGER	HUN	97	48:56.15
7.	László VENYERCSÁN	HUN	71	50:20.75
8.	Tomasz BAGDÁNY	HUN	95	DQ

CZECH CLUB CHAMPIONSHIPS, PRAHA, CZECH REPUBLIC, SUNDAY 6 SEPTEMBER
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And to the Czech Republic for their Club Championships where 5000m walks were contested.

Men 5000m Race Walk

1.	Lukas GDULA	CZE	91	21:08.31
2.	Karel KETNER	CZE	90	21:44.96
3.	Pavel SCHROM	CZE	91	22:07.41
4.	Michal MORVAY	SVK	96	23:04.48
5.	David ŠNAJDR	CZE	71	23:05.75
6.	Tomáš GDULA	CZE	97	23:12.44

Women 5000m Race Walk

1.	Lucie PELANTOVÁ	CZE	86	22:42.83
2.	Eliška DRAHOTOVÁ	CZE	95	24:27.49
3.	Hana HERBEROVÁ	CZE	81	25:34.17
4.	Tereza KORVASOVÁ	CZE	96	26:08.05
5.	Veronika KUBENKOVA	CZE	98	26:26.35
6.	Lenka BOROVIKOVÁ	CZE	73	26:33.77

INTERNATIONAL WALKS MEET, KATOWICE, POLAND, SATURDAY 5 SEPTEMBER

And now to Katowice in southern Poland which hosted 10km roadwalks as part of their annual traditional international walks meet. The field included walkers from Poland, Lithuania, Ukraine, Slovakia and Guatemala, with London Olympic silver medallist Erick Barrondo, now coached by Pole Bohdan Bulakowski, as the highest profile attendee. Barrondo lived up to his ranking, having an easy win the men's race with 40:04 (splits of 20:06 and 19:58) ahead of Ukrainian Andrii Kovenko 40.29 and the Pole Jakub Jelonek 40.48. In the women's race, Lithuanian walker Brigita Virbalyte set a new National record of 42.43 (21:11, 21:32), a good follow on from her 7th place in Beijing a couple of weeks ago. Second place went to Guatemalan Mirna Ortiz 44.05 ahead of Lithuanian Neringa Aidietyte 44.09.

10km Women

1.	Brigita Virbalyte	1985	Lithuania	42.43
2.	Mirna Ortiz	1987	Guatemala	44.05
3.	Aidietyte Neringa	1983	Lithuania	44.09
4.	Paulina Buziak	1986	Poland	45.04
5.	Agnieszka Szwarnóg	1986	Poland	45.08
6.	Katarzyna Golba	1989	Poland	45.53
7.	Monika Kapera	1990	Poland	46.31
8.	Beata Happner	1992	Poland	49.28
9.	Agnieszka Ellward	1989	Poland	50.33
10.	Karolina Wierus	1993	Poland	51.22
11.	Kinga Majchrowicz	1995	Poland	52.18
12.	Egle Juocyte	1993	Lithuania	53.09
13.	Monika Nawrocka	1990	Poland	56.13
14.	Antonina Lorek	1995	Poland	56.33
15.	Sylwia Rembowicz	1995	Poland	56.53
16.	Katarzyna Sleziona	1970	Poland	1:01:20
17.	Laura Janicka	1993	Poland	1:01:28
18.	Alice Lisowska	1969	Poland	1:01:36
19.	Dorota Bulakowska	1980	Poland	1:02:22
20.	Janetta Lukáčová	1975	Inglaterra	1.02.27
21.	Jolanta Morawczynska	1968	Poland	1:04:02

10km Men

1.	Erick Barrondo	1991	Guatemala	40.04
2.	Andrii Kovenko	1973	Ukraine	40.29

3.	Jakub Jelonek	1985	Poland	40.48
4.	Igor Sakharuk	1988	Ukraine	41.40
5.	Rafał Augustyn	1984	Poland	41.43
6.	Grzegorz Sudol	1978	Poland	41.52
7.	Rafał Fedaczynski	1980	Poland	42.09
8.	Jose Maria Raymundo	1993	Guatemala	42.34
9.	Dominik Cerný	1996	Slovakia	44.16
10.	Lukasz Bielecki	1994	Poland	46.57
11.	Grzegorz Grinholc	1977	Poland	47.46
12.	Christopher Butcher	1993	Poland	48.24
13.	Konrad Morawczynski	1975	Poland	53.04
14.	Mirosław Luniewski	1957	Poland	54.18
15.	Zbigniew Kwita	1959	Poland	55.31
16.	Jan Bartkowski	1961	Poland	1:04:58
17.	Janusz Majer	1953	Poland	1:05:06
	Janusz Golawski	1966	Poland	DQ
	Waldemar Malecki	1958	Poland	DNF
	Julio Urias	1972	Guatemala.	DNF

LES 8 HEURES DE ETAMPES SUR MARNE, ETAMPES SUR MARNE, FRANCE, SUNDAY 6 SEPTEMBER

Thanks to Emmanuel Tardi for the latest long distance walk results from France. The occasion was last Sunday in Etempes sur Marne, 100km east of Paris, and the event was their annual 8 Hours endurance walk. Starting at 8AM and walking over a 2.9km lap, competitors were stopped when they reached the finish line at time 7 hrs 45 minutes or later. With 29 individual starters and 6 teams, it was a well supported event and probably quite exciting, given that the first 3 finishers were all on the same lap, with the same finishing distance of 72.500km. Fabien Lombard was awarded first place as the first to complete the current lap. The first of the women was Christine Lepage with 63.800 km.

1.	LOMBARD Fabien	ASM BAR LE DUC	72.500 km	7:48:05
2.	RAULET Christophe	GA MEUSIEN	72.500 km	7:48:43
3.	BUNEL Pascal	NEUILLY SUR MARNE	72.500 km	8:01:57
4.	ROUAULT Jean Marie	ASC FRANCOPHONE	69.600 km	7:57:21
5.	LANGLOIS Patrick	MARNE ET GONDOIRE ATHLE	69.600 km	8:00:58
6.	GEORGELIN Serge	BRUZ ATHL,	69.600 km	8:06:01
7.	LETOURNEAU Florian	A.C.C.T.	69.600 km	8:07:06
8.	FLO ET MANU		66.700 km	7:49:37
9.	ARNAULT Jacques	NEUILLY SUR MARNE	66.700 km	7:50:19
10.	VARAIN Cedric	A.C.C.T.	66.700 km	7:51:02
11.	TOUTAIN Eric	ASC FRANCOPHONE	66.700 km	7:53:54
12.	PELLERIN Alain	RACING CLUB EPERNAY	66.700 km	7:59:26
13.	LABARRE Bertrand	CS PROVINS ATHLETISME	66.700 km	8:03:01
14.	FORESTIERI Alexandre	UST COURIR A ST TROPEZ	66.700 km	8:05:42
15.	LASSALLE Emmanuel	AVEC	63.800 km	7:48:50
16.	LEPAGE Christine (F)	BRUZ ATHL,	63.800 km	7:49:23
17.	LES ETAMPLIERS		63.800 km	7:49:35
18.	DIEN Daniel	NEUILLY SUR MARNE	63.800 km	7:55:13
19.	LACROIX Jean Louis	A.C.C.T.	63.800 km	8:03:06
20.	JACQUEMIN Mickael	NL	60.900 km	7:48:19
21.	HELLER Denis	AVIA CLUB ISSY LES MOULINEAUX	60.900 km	7:51:23
22.	BOVIN Laurent	AMSTV	60.900 km	7:51:38
23.	CHATILLON Nicolas	NL	60.900 km	7:51:44
24.	CASELLI Pierre	NL	60.900 km	7:58:11
25.	LES CHEVRES A LOLO		60.900 km	8:01:45
26.	BIZARD PLANCHOT Emilie (F)	THIAIS AC	60.900 km	8:04:12
27.	BORDIER Daniel	A.C.C.T.	58.000 km	7:49:46
28.	BIZARD Claudie (F)	THIAIS AC	58.000 km	7:50:48
29.	ARNAULT Francoise (F)	NEUILLY SUR MARNE	58.000 km	7:55:11
30.	HAGHEBAERT Eric	A.C.C.T.	58.000 km	8:03:15
31.	MOUGENOT Patrick	MEGA	55.100 km	7:49:30
32.	LES INCONNUS		52.200 km	7:45:01
33.	KESSELMARK Patrick	NL	52.200 km	7:52:22
34.	POUR LOLO		52.200 km	7:58:43
35.	BERTHAULT-KORZHYK Annie	(F) ASC FRANCOPHONE	52.200 km	8:09:24
36.	AUVRE Alain	CO EU BRESLE	34.800 km	8:09:24

INTERNATIONAL RACEWALK SPRINT MEET, VEENENDAAL, NEDERLANDS, SUNDAY 6 SEPTEMBER

Thanks to Frank van Ravensberg for his report and photos from the 6th Sprint Triathlon in Race Walking, held on Saturday 5th of September in Veenendaal, the Netherlands. It's a great concept that could well be copied by other countries. First the timetable

8.30-9.15	First competitors arrive, distribution of the numbers, etc.
9.15-10.30	Clinic/warming up (for everyone who wants to join)
10.45	3000 m first heat (beginners, masters, non-competitive walkers)
11.10	3000 m second heat (elite walkers)
11.30	1000 m first heat (beginners, masters, non-competitive walkers, youth)
11.45	1000 m second heat (elite walkers)
12.00	Classification of the participants for the team race
12.20	1500 m first heat (beginners, masters, non-competitive walkers, youth)
12.40	1500 m second heat (elite walkers)
12.55	End of the racing program
13.00	Lunch
13.45	Prize distribution
14.15	Easy endurance training in the hills around Veenendaal
17.00	Finish

And now onto Frank's report:

AGNIESZKA DYGACZ WINS THE 6TH SPRINT TRIATHLON IN RACE WALKING

Saturday the 5th of September 35 walkers (more than ever) from 5 different countries came to Veenendaal (the Netherlands) for the 6th international sprint triathlon in race-walking. This year the distances were 3000 m, 1000 m and 1500 m. Agnieszka Dygacz (Poland), who raced only one week before in Beijing, was the fastest walker, she was even faster than the male walkers.

On the three distances the 30 year old athlete from Katowice broke the meeting records who were set by Kate Veale (Ireland) in 2012. She also walked with 13.19 (3000 m), 3.50 (1000 m) and 6.06 (1500 m) all time bests in the Netherlands. Only on the 3000 m one of the male competitors could beat Dygacz. Dutch 20 and 50 km champion Rob Tersteeg wanted to beat the national record M35 (12.51,62) and he decided to give 100% on the first distance. The first half he followed Dygacz. When she slowed down a little after a fast start, Tersteeg passed her halfway. After a fast last 1000 m (4.09) he finished in 12.44,3, a new national record. In the following distances Tersteeg didn't give everything anymore, but his 4.10 (1000 m) and 6.29 (1500 m) were enough to win the men's general classification (gc).

It was girl power day, because Mona Münster was the best in the B-races. The 12 year old was not only the best of all the male and female juniors, she also beat all the men in the B-races (the first heats).

The prizes for the best walking style went to Veronica Burke (Ireland), second in the women's gc, and to Mona Münster (Germany), who won the gc in the youth category.

The youngest participant was 5 years old and the oldest participant was 81 years old. There were also 6 beginners taking part from the home club VAV-Veenendaal. The best of them were Be Hoving (10th in the men's gc) and Denny Olde Rechterschot (2nd in the youth gc).

There were 2 heats for every distance, with the best walkers in the second heat. The points in the gc are calculated as follows: 3000m time in whole seconds / 3 = points; 1000m in whole seconds = points; 1500m in whole seconds / 1,5.

The walkers walked in about 17 degrees C, some wind and just between the showers (one shower fell at the end of the last of a total of 6 heats).

Most important results:

Women (3000m 1000m 1500m points)

1.	Agnieszka Dygacz	85	AZS AWF Katowice	POL	13.19	3.50	6.06	740 points
2.	Veronica Burke	96	Ballinasloe AC	IRL	14.50	4.28	7.01	845 points
3.	Anne van Andel	90	DAK Drunen	NED	15.45	4.36	7.44	900 points
4.	Sandra Maas	85	RWV	NED	18.53	5.32	8.54	1066 points
5.	Liesbet De Smet	82	Duffel	BEL	20.52	6.14	9.42	1179 points
6.	Ilonka van Bommel	72	RWV	NED	22.38	6.25	10.28	1256 points

Men (3000m 1000m 1500m points)

1.	Rob Tersteeg	76	RWV	NED	12.44	4.10	6.29	764 points
2.	Rick Liesting	77	OLAT	NED	14.01	4.15	6.44	805 points
3.	Remco de Bruin	64	SV de LAT	NED	14.16	4.21	6.54	822 points

4.	Peter Van Hove	81	ACHL	BEL	14.36	4.34	7.15	856 points
5.	Hub Kaenen	59	RWV	NED	16.39	4.47	7.37	925 points
6.	Udo Schaeffer	50	ASV Erfurt	GER	15.53	5.07	7.57	943 points
7.	Bas van Andel	54	DAK Drunen	NED	17.20	5.39	8.53	1041 points
8.	Herwin Weststrate	84	SV de LAT	NED	18.58	5.53	9.24	1108 points
9.	Han Holtslag	57	AV Weert	NED	19.25	5.57	9.19	1118 points
10.	Be Hoving	60	VAV	NED	21.27	6.16	9.52	1200 points
	Andrzej Chrobok	84	RWV	POL	14.09	DNF	DNS	

Youth(1000m 1500m points)

1.	Mona Münster	03	ART Düsseldorf	GER	5.28	8.42	676 points
			* Mona walked also the 3000 m in 18.04 (total 1037 points)				
2.	Denny Olde Reichterscot	02	VAV	NED	6.24	9.42	772 points
3.	Tristan Van Hove	03	ACHL	BEL	6.15	10.10	782 points

Teamrace (1500m)

1.	Rob Tersteeg Udo Schaeffer Han Holtslag Denny Olde Reichterscot	950 points
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Robin Van Hove (youngest participant), Rob Tersteeg, Mona Münster and Agnieszka Dygacz



Left: Veronica Bourke

Right: Agnieszka Dygacz goes straight to the lead in the 1000m sprint



Lots of young walkers at the start of the B race

KNALLETRAMPEN 2015, BORAS , SWEDEN, SUNDAY 6 SEPTEMBER

To Boras in Sweden where walkers contested 10km for men and 5km for women around Lake Ramnasjön in Boras last Sunday. The men's 10 km was won by Perseus Karlström with 40.45 ahead of Anders Hansson 42.55 Ato Ibanez at 44.23. The women's 5 km was won by Monica Svensson at 23:35.

10km Men

1.	Perseus Karlström	Eskilstuna FI	40.45
2.	Anders Hansson	SK Svängen	42.55
3.	Ato Ibáñez	Eskilstuna FI	44.23
4.	Fredrik Sandmer	SK Svängen	51.49
5.	Christer Svensson	Växjö AIS	52.07
6.	Ulf-Peter Sjöholm	Växjö AIS	1.14.37

5km Women

1.	Monica Svensson	Växjö AIS	23.35
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OUT AND ABOUT

- The South African city of Durban has been selected as the host for the 2022 Commonwealth Games at the Commonwealth Games Federation's general assembly in New Zealand last Wednesday. The coastal city was the only bidder for the multi-sports event after the Canadian city of Edmonton withdrew from contention in February, citing falling oil prices. Organisers said the Games would be held from 18 to 30 July, opening on the birth date of the late South African President and anti-apartheid hero Nelson Mandela. See <http://www.theguardian.com/sport/2015/sep/02/durban-in-south-africa-confirmed-as-2022-commonwealth-games-host>
- As mentioned in last week's newsletter, Slovakia's Matej Toth and China's Liu Hong ended their season as the overall winners of the 2015 IAAF Race Walking Challenge. Nice article on IAAF site – <http://www.iaaf.org/news/news/race-walking-challenge-2015-toth-liu>.
- Good local article on Jared Tallent: <http://www.thecourier.com.au/story/3326834/set-records-straight-on-true-athletic-feats/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo was busy this week with 6 press releases

- Tues 8 Sept - Matej Toth's review of the 2015 IAAF World Championship walks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2202
- Mon 8 Sept - Evan Dunfee's review of the 2015 IAAF World Championship walks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2201

- Sat 6 Sept - Erick Barrondo and Brigita Virbalyte win in Katowice, Poland
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2200
- Sat 6 Sept - Route maps for the 4 legs in the "Around Taihu" International Race Walking Rally 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2199
- Fri 5 Sept - Details of the 4 day "Around Taihu" International Race Walking Rally 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2198
- Thu 4 Sept - New Italian 20km walker Massimo Stano is interviewed
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2197

The omarchador blog also had a busy week with 7 news releases

- Mon 7 Sept - Hungarian walker Viktória Madarász sets new national 10,000m track record
<http://omarchador.blogspot.com.au/2015/09/madarasz-bate-recorde-da-hungria-dos.html>
- Sun 6 Sept - Erick Barrondo and Brigita Virbalyte stand out in Katowice
<http://omarchador.blogspot.com.au/2015/09/erick-barrondo-e-brigita-virbalyte.html>
- Sat 5 Sept - Liu and Tóth are 2015 IAAF Race Walk Challenge winners
<http://omarchador.blogspot.com.au/2015/09/liu-e-toth-vencedores-do-challenge.html>
- Fri 4 Sept - Profile of Portuguese 50km walker Pedro Isidro
<http://omarchador.blogspot.com.au/2015/09/pedro-isidro-exemplo-de-dedicacao-e.html>
- Thu 3 Sept - Review of Portuguese fortunes in the IAAF World Championship walks
http://omarchador.blogspot.com.au/2015/09/balanco-da-marcha-portuguesa-em-pequim_3.html
- Wed 2 Sept - Profiling Portuguese walker Ana Cabecinha who was fourth in the Beijing 20km
<http://omarchador.blogspot.com.au/2015/09/ana-cabecinha-brilhante-em-pequim-sonha.html>
- Tues 1 Sept - How the Portuguese women went in the Beijing 20km
<http://omarchador.blogspot.com.au/2015/09/balanco-da-marcha-portuguesa-em-pequim.html>

AUSTRALIAN 2015 20KM RANKING LISTS

With our Australian winter season now all but finished, time to review the year thus far with 2015 Australian 20km rankings. As always, produced in good faith so any mistakes are mine.

Women – 2015 Australian 20km Ranking

1.	Beki Smith	SW	1:30:24	NSW	26/07/2015
2.	Regan Lamble	SW	1:32:51	VIC	30/08/2015
3.	Tanya Holliday	SW	1:34:05	SA	22/02/2015
4.	Rachel Tallent	U23W	1:35:03	VIC	22/02/2015
5.	Stephanie Stigwood	SW	1:35:52	SA	19/04/2015
6.	Kelly Ruddick	W40	1:36:17	VIC	22/02/2015
7.	Nicole Fagan	SW	1:37:54	NSW	21/06/2015
8.	Kirsty Klein	U23W	1:41:59	NSW	22/02/2015
9.	Kristie Goznic	U23W	1:42:11	SA	30/08/2015
10.	Jillian Hosking	SW	1:43:02	ACT	15/08/2015
11.	Lyn Ventris	W55	1:53:56	WA	14/08/2015
12.	Barbara Bryant	W60	1:59:36	VIC	21/06/2015
13.	Heather Carr	W65	2:06:09	VIC	14/08/2015
14.	Ann Staunton-Jugovic	W50	2:06:28	ACT	15/08/2015
15.	Marie Maxted	W55	2:16:05	SA	29/08/2015
16.	Karyn O'Neill	W60	2:16:58	VIC	21/06/2015
17.	Donna Elms	W50	2:18:57	VIC	21/06/2015
18.	Joan Purcell	W70	2:31:24	NSW	14/08/2015
19.	Raelene Schild		2:31:55	SA	29/08/2015
20.	Sandra Howorth	W50	2:34:04	VIC	21/06/2015
21.	Lynne Schickert		2:49:50	WA	14/08/2015
22.	Michele Mison		2:52:25	NSW	14/08/2015
23.	Val Chesterton	W75	2:57:52	ACT	15/08/2015
24.	Margaret Beaumont	W75	3:01:23	VIC	21/06/2015

Men – 2015 Australian 20km Ranking

1.	Dane Bird-Smith	U23M	1:20:05	QLD	06/06/2015
2.	Chris Erickson	SM	1:22:08	VIC	15/03/2015
3.	Rhydian Cowley	SM	1:23:27	VIC	06/06/2015
4.	Jared Tallent	SM	1:24:05	VIC	22/02/2015
5.	Ian Rayson	SM	1:25:46	NSW	30/08/2015
6.	Brendon Reading	SM	1:29:05	ACT	01/05/2015
7.	Adam Rutter	SM	1:31:00	NSW	22/02/2015
8.	Adam Garganis	U18M	1:31:08	VIC	21/06/2015
9.	Nathan Brill	U20M	1:31:36	VIC	30/08/2015
10.	Jay Felton	U23M	1:32:07	NSW	30/08/2015
11.	Carl Gibbons	U20M	1:37:39	NSW	26/07/2015
12.	Justin Hill	SM	1:40:38	SA	30/08/2015
13.	Dale Hennighan	U23M	1:41:29	WA	30/08/2015
14.	Stuart Kollmorgen	M45	1:41:41	VIC	21/06/2015
15.	Aaron McDonough	M40	1:44:52	VIC	21/06/2015
16.	Colin Heywood	M60	1:48:47	ACT	14/08/2015
17.	Peter Bennett	M55	1:48:51	QLD	28/06/2015
18.	Simon Evans	M55	1:54:25	VIC	21/06/2015
19.	Michael Gillies-Smith	M45	1:54:53	VIC	21/06/2015
20.	Jason Kozica	SM	1:56:48	VIC	30/08/2015
21.	Mark Donahoo	M55	1:57:14	VIC	14/08/2015
22.	Peter Crump	M50	1:58:15	SA	16/05/2015
23.	Bernie Keirl	M50	2:02:04	VIC	21/06/2015
24.	Ralph Bennett	M70	2:02:22	VIC	21/06/2015
25.	George White	M70	2:03:07	SA	29/08/2015
26.	David Smyth	M45	2:04:43	WA	21/06/2015
27.	Robin Whyte	M70	2:10:55	ACT	15/08/2015
28.	Kevin Finn		2:15:29	SA	29/08/2015
29.	Bill Starr	M70	2:21:26	SA	16/05/2015
30.	Ian Beaumont	M75	2:26:52	VIC	21/06/2015
31.	Mick Saunders	M65	2:35:53	ACT	15/08/2015
32.	James Hoare	M65	2:36:10	SA	16/05/2015
33.	Graham Harrison	M70	2:37:59	SA	29/08/2015
34.	Leigh Smith	M80	2:39:43	SA	29/08/2015
35.	Colin Hainsworth	M85	2:52:42	SA	29/08/2015

ALL-ATHLETICS WORLD RANKINGS

The All-Athletics World Rankings have now been updated to reflect the IAAF World Championship walks in Beijing and Slovakian Matej Tóth and Chinese **Hong Liu** have shot to the top of the pile. These rankings are, to my mind, much better than the IAAF rankings as they take the top 3 performances of each walker during the last 12 months, with additional weight added for world records or world championship performances, etc. The 3 key races read as follows for Matej Toth and Hong Liu

29.08.15	Beijing IAAF World Championships	CHN	OW	50km Walk	1.	3:40:32	1220	230	1450
21.03.15	Dudince Dudinska 50	SVK	B	50km Walk	2.	3:34:38	1256	50	1306
17.05.15	Murcia European Cup Race Walking	ESP	A	20km Walk	2.	1:20:21	1190	70	1260
06.06.2015	La Coruña Gran Premio Cantones	ESP	A	20km Walk	1.	1:24:38	1232	80	1312
18.04.2015	Rio Maior	POR	A	20km Walk	1.	1:27:22	1194	80	1274
20.03.2015	Beijing	CHN	F	20km Walk	2.	1:27:39	1190	6	1196

5 Australian walkers have made the top 50 – **Dane Bird-Smith** 14th, **Jared Tallent** 16th, **Beki Smith** 30th, **Tanya Holliday** 37th and **Chris Erickson** 42nd.

All-Athletics Ranking Men: 20km-50km (10km-30km-35km)				All-Athletics Ranking Women: 20km (5km-10km-50km)					
1	Matej TÓTH	83	SVK	1338	1	Hong LIU	87	CHN	1354
2	Miguel Angel LOPEZ	88	ESP	1327	2	Lyudmila OLYANOVSKA	93	UKR	1281
3	Zhen WANG	91	CHN	1325	3	Eleonora Anna GIORGI	89	ITA	1271
4	Yohann DINIZ	78	FRA	1310	3	Xiuzhi LU	93	CHN	1271
5	Yusuke SUZUKI	88	JPN	1300	5	Ana CABECINHA	84	POR	1269
6	Andres CHOCHO	83	ECU	1271	6	Erica ROCHA DE SENA	85	BRA	1251
7	Ding CHEN	92	CHN	1268	7	Anežka DRAHOTOVÁ	95	CZE	1247
8	Takayuki TANII	83	JPN	1264	8	Vera SOKOLOVA	87	RUS	1241

9	Zelin CAI	91	CHN	1263	8	Maria Guadalupe GONZALEZ	89	MEX	1241
10	Caio DE SENA BONFIM	91	BRA	1262	10	Marina PANDAKOVA	90	RUS	1228
11	Hiroki ARAI	88	JPN	1259	11	Elisa RIGAUDO	80	ITA	1224
12	Benjamin THORNE	93	CAN	1254	11	Anisiya KIRDYAPKINA	89	RUS	1224
13	Ihor HLAVAN	90	UKR	1253	13	Brigita VIRBALYTE-DIMSIENE	85	LTU	1213
14	Dane Alex BIRD-SMITH	92	AUS	1247	14	Ines HENRIQUES	80	POR	1203
15	Hyun-Sub KIM	85	KOR	1244	15	Rachel SEAMAN	86	CAN	1200
16	Jared TALLENT	84	AUS	1239	16	Yongbo HOU	94	CHN	1199
17	Eider AREVALO	93	COL	1231	17	Neringa AIDIETYTE	83	LTU	1194
18	Erick Bernabé BARRONDO	91	GUA	1225	17	Mariya PONOMARYOVA	95	RUS	1194
19	Eiki TAKAHASHI	92	JPN	1222	19	María José POTES	78	ESP	1192
20	Evan DUNFEE	90	CAN	1219	20	Kimberly GARCÍA LEÓN	93	PER	1188
21	Daisuke MATSUNAGA	95	JPN	1216	21	Raquel GONZALEZ	89	ESP	1186
22	Lebogang SHANGE	90	RSA	1215	22	Vera SANTOS	81	POR	1182
23	Wei YU	87	CHN	1214	23	Alejandra ORTEGA	94	MEX	1181
23	Isamu FUJISAWA	87	JPN	1214	23	Kumiko OKADA	91	JPN	1181
25	Kai KOBAYASHI	93	JPN	1211	25	Mirna Sucely ORTIZ FLORES	87	GUA	1180
26	Lin ZHANG	93	CHN	1210	26	Júlia TAKÁCS	89	ESP	1179
27	Christopher LINKE	88	GER	1209	27	Viktória MADARÁSZ	85	HUN	1176
27	Satoshi MARUO	91	JPN	1209	28	Paola Viviana PEREZ SAQUIPAY	89	ECU	1169
29	Marco DE LUCA	81	ITA	1205	29	Susana FEITOR	75	POR	1164
30	Eder SÁNCHEZ	86	MEX	1202	30	Beki SMITH	86	AUS	1160
31	Alvaro MARTIN	94	ESP	1201	31	Sandra Lorena ARENAS	93	COL	1159
32	Quentin REW	84	NZL	1200	32	Valentina TRAPLETTI	85	ITA	1156
33	Denis STRELKOV	90	RUS	1199	33	Laura GARCÍA-CARO	95	ESP	1155
34	Horació NAVA	82	MEX	1194	34	Ainhoa PINEDO	83	ESP	1151
34	Nils BREMBACH	93	GER	1194	35	Yong-Eun JEON	88	KOR	1150
36	Tomohiro NODA	95	JPN	1189	36	Nadezda SERGEYEVA	94	RUS	1149
37	Inaki GOMEZ	88	CAN	1188	37	Tanya HOLLIDAY	88	AUS	1148
38	Pyotr TROFIMOV	83	RUS	1185	38	Jingjing NIE	88	CHN	1144
38	Hagen POHLE	92	GER	1185	38	Maria MICHTA	86	USA	1144
40	Ivan BANZERUK	90	UKR	1184	40	Katarzyna GOLBA	89	POL	1143
40	Roman YEVSTIFEYEV	92	RUS	1184	41	Mária CZÁKOVÁ	88	SVK	1140
42	Chris ERICKSON	81	AUS	1182	42	Emilie MENUET	91	FRA	1137
43	Julio Cesar SALAZAR	93	MEX	1180	43	Darya BALKUNETS	93	BLR	1134
44	Serhiy BUDZA	84	UKR	1177	44	Alana BARBER	87	NZL	1131
45	Aleksandr LIAKHOVICH	89	BLR	1172	45	Sofiya BRODATSKAYA	94	RUS	1130
46	Luis Alberto AMEZCUA	92	ESP	1171	46	Rei INOUE	91	JPN	1124
47	Cristian David BERDEJA	81	MEX	1170	47	Lina KALUTSKAYA	88	RUS	1120
47	Perseus IBANEZ	90	SWE	1170	48	Sandra Viviana GALVIS	86	COL	1116
49	Adrian BLOCKI	90	POL	1168	49	Agnieszka SZWARNÓG	86	POL	1115
50	Rafal AUGUSTYN	84	POL	1166	50	Chiaki ASADA	91	JPN	1114

REVISITING THE 2015 IAAF WORLD CHAMPIONSHIP 50KM RACE

Evan Dunfee has produced the 5km splits for the first 16 walkers in the 50km event in Beijing. It makes for very interesting reading - these are all super walkers but look at the splits of Matej Toth, Jared Tallent and 45 year old Jesus Garcia. Absolutely amazing in their strength, fitness and consistency.

Matej Toth 1 st			Jared Tallent 2 nd			Takayuki Tanii, 3 rd			Hiroki Arai, 4 th		
5km	22:57	22:57	5km	23:05	23:05	5km	23:05	23:05	5km	23:06	23:06
10km	45:22	22:25	10km	45:50	22:45	10km	45:52	22:47	10km	45:52	22:46
15km	1:07:28	22:06	15km	1:08:07	22:17	15km	1:08:17	22:25	15km	1:08:18	22:26
20km	1:29:24	21:56	20km	1:30:14	22:07	20km	1:30:15	21:58	20km	1:30:15	21:57
25km	1:51:17	21:53	25km	1:52:12	21:58	25km	1:52:12	21:57	25km	1:52:13	21:58
30km	2:13:14	21:57	30km	2:14:23	22:11	30km	2:14:24	22:12	30km	2:14:24	22:11
35km	2:35:20	22:06	35km	2:36:16	21:53	35km	2:36:18	21:54	35km	2:36:18	21:54
40km	2:57:01	21:41	40km	2:58:14	21:58	40km	2:58:17	21:59	40km	2:58:20	22:02
45km	3:18:43	21:42	45km	3:20:11	21:57	45km	3:20:34	22:17	45km	3:20:34	22:14
50km	3:40:32	21:49	50km	3:42:17	22:06	50km	3:42:55	22:21	50km	3:43:44	23:10

Robert Heffernen 5th	Lin Zhang 6th	Wei Yu 7th	Andres Chocho 8th
5km 23:05 23:05	5km 23:07 23:07	5km 23:07 23:07	5km 23:06 23:06
10km 45:49 22:44	10km 45:56 22:49	10km 45:59 22:52	10km 45:53 22:47
15km 1:08:17 22:28	15km 1:08:18 22:22	15km 1:08:32 22:33	15km 1:08:18 22:25
20km 1:30:14 21:57	20km 1:30:14 21:56	20km 1:31:19 22:47	20km 1:30:15 21:57
25km 1:52:12 21:58	25km 1:52:12 21:58	25km 1:53:35 22:16	25km 1:52:13 21:58
30km 2:14:23 22:11	30km 2:14:24 22:12	30km 2:15:48 22:13	30km 2:14:24 22:11
35km 2:36:18 21:55	35km 2:36:18 21:54	35km 2:38:15 22:27	35km 2:36:57 22:33
40km 2:58:17 21:59	40km 2:58:28 22:10	40km 3:00:15 22:00	40km 3:00:04 23:07
45km 3:20:42 22:25	45km 3:21:47 23:19	45km 3:22:16 22:01	45km 3:23:07 23:03
50km 3:44:17 23:35	50km 3:44:39 22:52	50km 3:45:21 23:05	50km 3:46:00 22:53
Jesus Garcia 9th	Quentin Rew 10th	Adrian Blocki 11th	Evan Dunfee 12th
5km 23:33 23:33	5km 23:14 23:14	5km 23:08 23:08	5km 23:14 23:14
10km 46:16 22:43	10km 46:17 23:03	10km 46:04 22:56	10km 46:08 22:54
15km 1:08:57 22:41	15km 1:08:58 22:41	15km 1:08:58 22:54	15km 1:08:58 22:50
20km 1:31:37 22:40	20km 1:31:38 22:40	20km 1:31:40 22:42	20km 1:31:37 22:39
25km 1:54:04 22:27	25km 1:54:04 22:26	25km 1:54:22 22:42	25km 1:54:03 22:26
30km 2:16:32 22:28	30km 2:16:36 22:32	30km 2:17:14 22:52	30km 2:16:32 22:29
35km 2:39:04 22:32	35km 2:39:19 22:43	35km 2:40:08 22:54	35km 2:39:04 22:32
40km 3:01:40 22:36	40km 3:02:07 22:48	40km 3:03:08 23:00	40km 3:01:40 22:36
45km 3:24:13 22:33	45km 3:25:18 23:11	45km 3:26:16 23:08	45km 3:25:19 23:39
50km 3:46:43 22:30	50km 3:48:48 23:30	50km 3:49:11 22:55	50km 3:49:56 24:37
Chris Erickson 13th	Qianlong Wu 14th	Ivan Banzeruk 15th	Marco De Luca 16th
5km 23:08 23:08	5km 23:10 23:10	5km 23:36 23:36	5km 23:34 23:34
10km 46:04 22:56	10km 46:05 22:55	10km 46:44 23:08	10km 46:48 23:14
15km 1:08:58 22:54	15km 1:08:58 22:53	15km 1:09:46 23:02	15km 1:10:01 23:13
20km 1:31:39 22:41	20km 1:31:39 22:41	20km 1:32:46 23:00	20km 1:33:27 23:26
25km 1:54:13 22:34	25km 1:54:14 22:35	25km 1:55:17 22:31	25km 1:56:53 23:26
30km 2:16:53 22:40	30km 2:16:54 22:40	30km 2:17:48 22:31	30km 2:20:18 23:25
35km 2:39:50 22:57	35km 2:39:50 22:56	35km 2:40:32 22:44	35km 2:43:29 23:11
40km 3:03:02 23:12	40km 3:03:01 23:11	40km 3:03:35 23:03	40km 3:06:53 23:24
45km 3:26:57 23:55	45km 3:26:58 23:57	45km 3:27:23 23:48	45km 3:29:57 23:04
50km 3:51:26 24:29	50km 3:51:35 24:37	50km 3:52:15 24:52	50km 3:53:02 23:05

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

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

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
 Dec 12-13, 2015 MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my

2016 International Key Dates

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>

2016 IAAF Challenge Series (so far)

Sat March 12, 2016 Chihuahua, Mexico
 Sat March 19, 2016 Dudince, Slovakia
 Sat April 9, 2016 Rio Maior, Portugal
 Sat April 23, 2016 Taicang, China
 May 7-8, 2016 World Cup, Cheboksary, Russia
 Sat May 28, 2016 La Coruna, Spain
 August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

Looking Further Forward

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	XXI Commonwealth Games, Gold Coast, QLD (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
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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