



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 47
22 August 2017



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WHAT'S COMING UP

We have 3 rounds to go in our VRWC winter season. They read as follows

- Next Saturday, we have scratch races at Middle Park. As that is the same weekend as the Australian Roadwalk Championships in Wollongong, numbers will be small, but come along if you are still in Melbourne, and have a walk.

Saturday 26th August 2017, Middle Park
VRWC EVENTS: Entries close for all events at 1.45pm sharp
2.15pm 8km Open
2.15pm 6km Open
2.15pm 4km Open
2.30pm 2km Open
2.30pm 1km Open

- The following Saturday, we have more scratch races, along with our Winter Season Presentations.

Saturday 2nd September 2017, Middle Park
VRWC EVENTS: Entries close for all events at 1.45pm sharp
2.15pm 8km Open
2.15pm 6km Open
2.15pm 4km Open
2.30pm 2km Open
2.30pm 1km Open
3.15pm VRWC Winter Season presentations

- On Sunday 10th September, we wind up proceedings with our long distance walks day. Entries for the Victorian 50km championship must be made with Athletics Victoria via their online portal at http://athsvic.org.au/event/av-50km-walks-championships/. The RWA women's 50km, the VRWC 35km and the VRWC 6 Hours Walk also require pre-entry via our VRWC online portal at http://vrwc.org.au/wp1/. Entries for the 20km and 10km can be made on the day but we still prefer that walkers use our VRWC online entry portal if they can. It makes it easier to plan the day. A couple of clarifications
- 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.
- The AV 50km and VRWC 35km are Open events, meaning they are open to men and women.

Sunday 10th September 2017, 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

- Entries have now closed for the Australian Roadwalk Championships which will be held in Wollongong next Sunday 27th August. Good luck to all competitors.
- The 29th Summer Universiade (http://www.fisu.net/events/summer-universiades-events/29th-summer-universiade) is currently taking place in Taipei, Taiwan. Extending from 19-30 August, it is a prestigious meet which

takes place every second year. The men's and women's 20km walks will be held on the morning of Saturday 26th August and we will have Australian 20km walker **Jess Pickles** in action.

- Athletics Australia, in conjunction with RWA, are holding their annual **Race Walking Judging Seminar** on **Saturday 2nd December 2017** in Melbourne. This is the day before the AA 50km Championship meet at Fawkner Park See <http://www.rwa.org.au/wp/event/race-walking-judging-seminar/>.

NSWRWC WINS THE 2017 RWA POSTAL CHALLENGE

Congratulations to NSWRWC who have won the 2017 RWA Postal Challenge. See the full spreadsheet of results at <http://vrwc.org.au/rwa-results.shtml>. Thanks to Mark Donahoo who handles all the collation and calculation for this annual event.

VICTORIAN ROADWALKS, MIDDLE PARK, SATURDAY 19 AUGUST

Friday night in Melbourne was cold and wet, with some light snow reported on the Dandenongs. The good news is that, after a cloudy Saturday morning, the sun came out and, except for a light shower during the race setup, conditions were still and sunny. It was our annual 'Beast Your Season Best Time' race day, with prizes on offer for those who beat their season best by the biggest margin. Well done to prize winners **Madeleine Feain, Gwen Steed, Geoff Barrow, Paige de Lisen, Gerard Feain, Gemma Lillie, Angus Hay, Kaylah Heikkila-Dubowik** and **Sebastian Weickhardt**.

12km Walk				BSBT Placings	
1.	Madeleine Feain	Open	1:15:25	1	PB 2:01
2.	Karyn O'Neill	60+	1:22:28	2	
	Donna-Marie Elms	40-59	DNF		
10km Walk				BSBT Placings	
1.	Alison Thompson	60+	1:02:24	2	
2.	Gwen Steed	60+	1:13:33	1	
1.	Geoff Barrow	60+	1:12:43	1	
5km Walk				BSBT Placings	
1.	Rebecca Henderson	U16	23:58	2	
2.	Marley Berntsen	Open	27:08		
3.	Paige De Lisen	U18	27:42	1	
4.	Kathleen O'Mahony	U16	30:24	4	
5.	Isabella Dingli	U16	35:47	3	
1.	Pramesh Prasad	40-59	24:10	2	
2.	Terry O'Neill	60+	29:57		
3.	Bernie Keirl	40-59	30:12	4	
4.	Gerard Feain	40-59	32:02	1	
5.	Ralph Bennett	60+	35:47	5	
6.	Barrie Wicks	60+	42:34	3	
	Bob Gardiner	60+	DNS		
	Mark Blackwood	Open	DNF		
3km Walk				BSBT Placings	
1.	Charlotte Hay	U14	16:19	3	
2.	Holly Cocking	U16	16:47	2	
3.	Gemma Lillie	U12	19:11	1	
4.	Grace Louey	U14	19:13	4	
5.	Dee Holohan	40-59	21:10		
1.	Angus Hay	U14	16:26	1	
1.5km Walk				BSBT Placings	
1.	Kaylah Heikkila-Dubowik	U12	08:51	1	
2.	Sophie Blackwood	U10	16:52	2	
1.	Hamish Blackwood	U10	09:03	2	
2.	Sebastian Weickhardt	U12	09:39	1	

Thanks as always to our many judges, helpers and officials. As I am still away, Peer Vysma has forwarded the following to me:

Officials: Mark Donahoo, Ralph Bennett, Bob Gardiner, Bill Carr, Heather Carr, Bernie Keirl
Judges: Peter Vysma (C), Gordon Loughnan, Mark O'Mahony, Shane Dickson, Stuart Cooper
Canteen: Kate Suich, Wendy Cooper, Eija Heikkila
Photos: Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?/category/440>)
Lapsplits: Ralph Bennett (<http://vrwc.org.au/wp1/race-splits-laps/>)



Gerard Feain, Paige de Lisen, Gwen Steed and Madeleine Feain (photos Terry Swan)



Gemma Lillie, Angus Hay, Kaylah Heikkila-Dubowck and Sebastian Weickhardt

ACTRWC ROADWALKS, DICKSON, CANBERRA, SATURDAY 19 AUGUST

Thanks to Robin Whyte for the latest results from Canberra. Grea10km time by Australian 50km champion **Matt Griggs** (46:44).

10km Walk

- | | | |
|----|----------------|-------|
| 1. | Matt Griggs | 46:44 |
| 2. | Connor Frew | 47:51 |
| 3. | Mitchell Baker | 52:03 |
| 4. | Gabby Hunt | 53:37 |

4km Walk

- | | | |
|----|-----------------|-------|
| 1. | Hannah Manning | 22:54 |
| 2. | Sidney Shaw | 24:47 |
| 3. | Rosemary Parker | 29:23 |
| 4. | Doug Fitzgerald | 31:28 |

5.	Ann Staunton-Jugovic	58:14	5.	Terry Munro	33:35
6.	Greg Durr	59:36	6.	David Mackenzie	DNF
7.	Kate Black	1:01:13	7.	Laura Burns	DNF
8.	Miriam McCarthy	1:11:55			
9.	Bryan Thomas	1:12:01	2km Walk		
10.	Bob Parker	1:12:01	1.	Jayden Elphick	11:39
11.	Jennifer Gilchrist	1:17:40	2.	Ella Baker	15:04
12.	Rod Gilchrist	1:17:41	3.	Georgia Frew	15:33
13.	Geoff Barker	DNF	4.	Andrew Camp-Liddiard	DQ

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 19 AUGUST

Thanks to Peter Crump for the latest results from Adelaide. Good times from juniors **Joe Cross** (5km 23:55), **Toby Wilks** (3km 14:23) and **Olivia Sandery** (3km 14:38), plus **Kim Mottrom** (5km 22:47).

10km Walk

1.	Peter Crump	1:00:49
2.	Greg Metha	1:03:08
3.	James Hoare	1:14:16
4.	Bill Starr	1:15:58
	Samantha Findlay	DNF

5km Walk

1.	Kim Mottrom	22:47
2.	Joe Cross	23:55
3.	Bethany Cross	26:48
4.	Mathew Bruniges	28:31
5.	Chloe Upton	30:40
6.	Olivia Phillips	36:38
	Rhiannon Lovegrove	DNF

3km Walk

1.	Toby Wilks	14:23
2.	Olivia Sandery	14:38
3.	Kiera Ross	15:10
4.	Mia Wilks	17:29
	Alix Harlington	DNF

2km Walk

1.	Eli Pusojnic	11:21
2.	Zayden Kamish	12:34
3.	Seth Upton	12:34
4.	Katie DeRuvo	12:47
5.	Hannah Wilks	14:02
	Sarah Damin	DNF

1km Walk

1.	Sam Wilks	6:27
2.	Tarique Kamish	8:17
3.	Natalie Bruniges	9:15
4.	Zahra Kamish	9:15

SAMA ROADWALKS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 19 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide.

8km Walk

1.	Gil McIntosh	0:55:02	M67	71.63%
2.	Kevin Finn	0:57:46	M65	66.72%
3.	Rodger Barber	1:02:11	M79	74.49%
4.	Graham Harrison	1:03:46	M74	67.52%
5.	David Robertson	1:11:31	M84	70.40%

4km Walk

1.	Helen Suridge	0:26:46	W66	78.45%
2.	Dave Fallon	0:30:17	M64	61.31%
3.	Jan Layng	0:31:15	W68	69.02%
4.	Edna Bates	0:35:37	W64	57.47%
5.	Jeff Kennett	0:36:57	M67	51.95%

BALLARAT RWC ROADWALKS, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUNDAY 13 AUGUST

Last Sunday saw Ballarat Race Walking Club members participating in the Graeme Nicholls 6km Handicap Lap of the Lake and the Jastec Sheetmetal 1.5km Handicap in Ballarat. Kerrie Peart reports:

Lake Wendouree provided the backdrop for this year's addition of the Graeme Nicholls 6km lap of the Lake. Top marks goes to our handicapper Graeme Saunder, with our top 3 places within 35 seconds over the 6km walk, including our first ever tie for 1st place on handicapped times. The stopwatch was unable to split **Alanna Peart** and **Fraser Saunder** with exactly the

same handicapped time. Both also walking PB's and setting new U16 girls & U14 boys BRWC Club records. Well done Alanna & Fraser! Fastest time of the day went to **Jemma Peart** in a PB time of 30.49. She also set a new U18 BRWC Club record.

For our junior walkers, it was the Jastec Sheetmetal Cup over 1.5km Handicap up for grabs, with **Keelan Perry** taking out handicap honours in a PB time of 8:41. **Scott Peart** and **Kaylah Heikkila-Dubowik** placing 2nd and 3rd. The club was joined by new member and 1st time walker **Kylie Howe** from Warrnambool, along with **Charli Walker** and Kaylah Heikkila-Dubowik from Geelong.

Graeme Nichols 6km Handicap Lap of the Lake

1.	Alanna Peart	31:14	(PB: 1:01)	U16 Girls New Record BRWC
1.	Fraser Saunder	34:54	(PB: 5:12)	U14 Boys New Record BRWC
3.	Jemma Peart	30:49	(PB: 1:58)	U18 Girls New Record BRWC
4.	Charli Walker	42:45	First one	
5.	Kylie Howe	42:32	First one	
6.	Daryl Biggin	42:45		
7.	James Pendred	46:05		

Jastec Sheetmetal 1.5km Handicap

1.	Keelan Perry	8:41	(PB 1:32)
2.	Scott Peart	8:41	
3.	Kaylah Heikkila - Dubowik	9:00	



BRWC members toes the line in Ballarat on Sunday



Kellen Perry, Alanna Peart and Fraser Saunder (photos Kerrie Peart)

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 20 AUGUST

Thanks to Tery Jones for the results of the final WARWC roadwalks for the winter. NSWRC has also finished for the winter so our local results set will gradually get smaller over the next few weeks.

16km handicap

1. Andrew Duncan 83.37

8km handicap

1. Ben Reid 43.18

4km handicap

1. Lesley Romeo 32.47

2. Karyn Tolardo 23.29

2km handicap

1. Kristine Wells 15.03

16TH IAAF WORLD CHAMPIONSHIPS, LONDON, UK, 4-13 AUGUST

One final post from the 2017 World Championships in London, with some photos of the Australasian walkers in action, thanks to Emmanuel Tardi (more of his photos at <https://www.facebook.com/photo.php?fbid=10212259513917159>).



Dane Bird-Smith, Quentin Rew and Rhydian Cowley (photos Emmanuel Tardi)



Regan Lamble, Claire Tallent and Beki Lee

29TH ANNUAL USA VS CANADA JUNIOR RACEWALK MATCH, ROME, GA, SUNDAY 20 AUGUST

The annual USA vs Canada Junior Racewalks Meet was held last Sunday at the State Mutual Stadium in Rome, GA (full results at <http://www.ptgrouponline.com/Live/2017/RW/>). Only the top 3 finishers from each team count toward the Team Points in the Women's 5000m and Men's 10,000m track walks. Overall, **Taylor Ewert** (24:31.95) and **Alger Liang** (48:44.92) won and it was the USA which took meet honours with 26 points to Canada's 18 points.

Women 5000m Walk

1.	Ewert, Taylor	USA	24:31.95	7
2.	Harris, Lauren	USA	25:26.92	5
3.	Cisneros, Nayeli	USA	26:25.61	4
4.	Allen, Kayla	USA	27:07.64	
5.	Danielson, Kyra	Canada	27:22.35	3
6.	Cardle, Cassidy	Canada	27:32.68	2
7.	Torres, Kayla	USA	27:53.11	
8.	Zhang, Zoe	Canada	28:57.34	1
9.	Anderson, Marina	Canada	30:04.43	
10.	Yu, Jonna	Canada	31:50.97	

10,000m Walk Men

1.	Liang, Alger	Canada	48:44.92	7
2.	Haught, Cameron	USA	49:55.38	5
3.	Ho, Kenny	Canada	50:30.09	4
4.	Moscoso, Juan	USA	50:30.25	3
5.	Uria, Eduardo	USA	51:40.81	2
6.	Cisneros, Giovanni	USA	51:56.08	
7.	Soliven, Daniel	Canada	51:59.94	1
8.	Hoyer, Keenan	Canada	54:13.83	
9.	Tse, Johnny	Canada	55:59.73	
10.	Crawford, Jordan	E-1 Track Club	56:09.75	
11.	Dunn, Spencer	USA	57:17.76	
12.	Kilbourne, Thoreau	Unattached	1:09:35.93	
	Woods, Larry	Unattached	DQ	

MANCHESTER INTERNATIONAL, SPORTCITY, MANCHESTER, WEDNESDAY 16 AUGUST

Track walks featured in the Manchester International last Wednesday evening, with both men and women contesting a combined 3000m as the first event of what was a blustery and warm evening. The meet involved a match between the four Home Countries

(England, Wales, Scotland and Northern Ireland), a GB Junior Team, Denmark, an International Select team and a combined British Athletic League/UK Women's Athletics League team.

Overall wins to **Guy Thomas** (212:20.5) and **Heather Lewis** (13:15.5). 17 year old **Chris Snook** was the fastest finisher as he tried to chase the win but he just fell short. UK Team debuts for **Tom Partington** and **Ana Garcia**, whilst fast improving Manxwoman **Erika Kelly** earned her first National vest, just falling short of a win.

3000m Walk Men

1.	Guy Thomas	U23	M	Tonbridge	12:20.5	
2.	Christopher Snook	V35	M	Harlow AC	12:25.7	PB
3.	Tom Partington	U20	M	Manx	12:31.6	PB
4.	Luc Legon	U23	M	Bexley/Cambridge H	13:14.0	
5.	Oisín LANE	SEN	M	IRL	13:14.8	
6.	Francisco Reis	V55	M	Thames Valley/Portugal	13:59.6	
7.	Nicholas Dunphy	SEN	M	Kilkenny/Ireland	14:49.4	PB
8.	Jordan Price	U20	M	Brecon	15:24.4	

3000m Walk Men

1.	Heather Lewis	SEN	W	Pembrokeshire	13:15.5	
2.	Erika Kelly	SEN	W	Northern (Isle of Man)	13:15.9	PB
3.	Kate Veale	SEN	W	West Waterford/Ireland	13:29.2	
4.	Sarah GLENNON	SEN	W	IRL	14:42.2	
5.	Ester Montaner	SEN	W	Hyde Park Harriers/Spain	14:45.7	PB
6.	Rachel GLENNON	SEN	W	IRL	15:05.3	
7.	Ana Garcia	U17	W	Sheffield & Dearne	15:22.2	
8.	Molly Jade Davey	U20	W	Hyde Park Harriers	16:00.4	
9.	Natalie Myers	SEN	W	Sheffield & Dearne	16:13.1	
10.	Megan Stratton-Thomas	U20	W	Swansea	16:53.3	
11.	Pagen Spooner	U17	W	Wetherby	17:18.1	



Men's and women's podiums in Manchester

2017 ENGLISH CENTURIONS 24H QUALIFIER, BURY ST EDMUNDS, ENGLAND, 5-6 AUGUST

A couple of additional results to complete my report of 2 weeks ago on the annual English Centurions qualifying event at Bury St Edmunds. I have already reported on the 100 Miles race. Now to report on the 50 Miles and 20 Miles events that were also contested

50 Miles Walk

1.	Richard McChesney	V45	GB	10:24:48.4
	Ilonka Bommel (F)	V40	Netherlands	12:58:09.1

20 Miles Walk

1.	Rob Tersteeg	1976		2:58:31.1
2.	Ian Richards	1948	Steyning AC	3:10:54.5
3.	Lisa Kehler (F)	1967	Wolverhampton & Bilston	3:23:18.0
4.	David Annetts	1964	North Herts RRC	3:32:17.4
5.	Peter Watts	1951	Swanley & District AC	3:46:38.0
6.	Maureen Noel (F)	1963	Belgrave Harriers	3:51:46.1
7.	Jim Fulton	1954	Dark Peak Fell Runners	4:03:13.6
8.	Mark Culshaw	1966	Iiford AC	4:05:04.6
9.	John Borgars	1946	Herts Phoenix AC	4:05:54.9
10.	Colin Stephen Moore	1959	Isle Of Man Veterans AC	4:07:16.8
11.	Sue Davies (F)	1965	Aldershot Farnham & District	4:12:26.4
12.	Tony Brackstone	1943	Southern Counties Veterans AC	4:14:49.0
13.	Edmund Shillabeer	1939	Iiford AC	4:16:03.6
14.	David Hoben	1952	Surrey Walking Club	4:24:24.1
15.	Suzanne Beardsmore (F)	1971	Aldershot Farnham & District	4:30:05.6
16.	Kathy Crilley (F)	1947	Surrey Walking Club	4:37:25.4
17.	Darren Sears	1968		4:58:04.8
18.	Mr David Jones	1949		5:03:01.3
19.	Pamela Abbott (F)	1963	Enfield and Haringey A C	5:12:55.9
	George Wilkinson			DNF (1:45:26.8 10 Miles)
	Tony Wilkinson			DNF (2:15:29.2 10 Miles)

FINNISH T&F MEET, PORVOO, FINLAND, 12-13 AUGUST

Finally, to Finland for a couple of results from last weekend.

Men 5000m Race Walk

1.	Elmo KOIVUNEN	FIN	94	21:58.87
2.	Mikko RUOKOLAINEN	FIN	81	24:43.11

Women 3000m Race Walk

1.	Hanna WESTERLUND	FIN	97	14:56.22
2.	Lycke KARLSSON	FIN	98	15:57.99

NORWEGIAN U23/U20 CHAMPIONSHIPS, HARSTAD, FINLAND, 11-13 AUGUST

U23 Men 5000m Race Walk

1.	Fredrik RØTNES	NOR	96	20:45.68
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U23 Women 3000m Race Walk

1.	Josefin GREIFF	NOR	98	15:02.36
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OUT AND ABOUT

- Great article on 39 year old 50km World Champion **Yohann Diniz**. Diniz turns 40 on 1 January but retirement certainly does not beckon for the world record-holder who become the oldest male athlete to win a gold medal in World Championships history. "I am still missing one (title) and that is the Olympic one. It would be a nice way to finish in Tokyo," said Diniz. See <http://www.european-athletics.org/news/article=diniz-seeking-golden-closing-chapter-his-career/index.html?cid=rss>.
- **Erin Taylor-Talcott** has finally been moved up from 40th position to 39th position in last years IAAF Racewalking Team Championships in Rome! When everyone else in the race was upgraded one place after Alex Schwazer's ban, she was left out of the equation. See <https://www.iaaf.org/results/iaaf-world-race-walking-cup/2016/iaaf-world-race-walking-team-championships-5658/race/50-kilometres-race-walk/final/result#resultheader>.
- The Chegin legacy continues. Racewalker Zilya Garipova is among five athletes and one weightlifter to have been handed drugs bans by the Russian Anti-Doping Agency (RUSADA). Garipova has been handed a one-year ban backdated to October 2016. See <http://www.insidethegames.biz/articles/1054164/six-russian-athletes-handed-doping-bans-by-rusada>.
- And another one! Russian triple jumper Anna Pystykh was on Friday handed a four-year doping ban and stripped of her 2007 world championship bronze medal. The now 36-year-old Russian finished fourth in the triple jump in Osaka but inherited third after the disqualification of Chrysopiya Devetzi of Greece, also for doping. See

<http://www.nation.co.ke/sports/athletics/Russian-triple-jumper-Pystykh-banned-for-doping/1100-4062386-vowi81z/index.html>.

- Olympic gold medallist Samuel Sanchez has been provisionally suspended after failing a drugs test, the International Cycling Union (UCI) has announced. The 39-year-old Spaniard, who won the road race title at Beijing 2008, has tested positive for banned growth hormone GHRP-2. He failed during an out-of-competition test on August 9. It means the BMC Racing Team rider is set to miss his home Grand Tour - the Vuelta a España - which began on Saturday (August 19). See <http://www.insidethegames.biz/articles/1054207/olympic-road-race-champion-sanchez-suspended-after-failing-drugs-test>.
- Papa Massata Diack, Valentin Balakhnichev and Alexei Melnikov will all remain banned for life from any involvement in athletics after CAS dismissed their appeals against the IAAF Ethics Commission decision from January of last year. See <http://ausport.us2.list-manage.com/track/click?u=d50d9fca696f2606e52dcd940&id=c85f240156&e=5a139dd964>.

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.

Australian/Victorian Key Dates - 2016 Winter Season

Aug 27 (Sun), 2017 Australian Roadwalk Championships, Wollongong, NSW
Sept 10 (Sun), 2017 Victorian 50km Championship, Middle Park, Melbourne, VIC

Australian/Victorian Key Dates - 2016/2017 Summer Season

Nov 3-5, 2017 AV All Schools State Track & Field Championships, Lakeside Stadium
Dec 3 (Sun), 2017 **Australian 50km Championship** (and 20km and U20 10km events), Fawkner Park, Melbourne, VIC
Dec 8-10, 2017 Australian All Schools Championships, Adelaide
Jan 26-28, 2018 AV Country Championships, Ballarat
Feb 11, 2018 **Australian 20km Race Walking Championships, Adelaide**
Feb 15-18, 2018 Australian Athletics Championships & Nomination Trials, Gold Coast (10,000m Walks)
Feb 23-25, 2018 AV Junior & Para Championships, Lakeside Stadium
Mar 2-4, 2018 AV Open & Para Championships, Lakeside Stadium
Mar 14-18, 2018 Australian Junior Athletics Championships, Sydney
Mar 24-25, 2018 AV Masters Championships, Doncaster/Nunawading
Apr 2 (Sun), 2018 Easter Sunday
Apr 4-11, 2018 Commonwealth Games, Gold Coast, QLD
Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast

International Dates - 2017

August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
Sept 9, 2017 8th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

International Dates – 2018 and onwards

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>
May 5-6, 2018 Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
July 2018 28th IAAF World Race Walking Team Championships, Taicang, China
July 2018 16th World Junior T&F Championships, Tampere, Finland
Sept 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 30th Summer Universiade, Naples Italy
2019 World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, TBA
On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)