



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 13
26 December 2017



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TIM'S TOP TEN MEN FOR 2017

It's that time of the year again so off we go with my Top Ten Australian Men for 2017. For the first time since I started producing my annual Top Ten, two names are missing. Jared Tallent had a very quiet year with only 2 finishes and no major championship races. Chris Erickson, having announced his post-Olympic retirement, raced only a few low key AV Shield track races. Their absence opened the door for new names in the list.

These are very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As always, it was a very tough task.



1. Dane Bird-Smith (QLD)

25 year old Dane has dominated the Australian walking scene this year, with a series of sterling performances. My Walker of the Week on 4 occasions, his plaudits included wins in the Australian Summer 20km championship (1:19:37) and the Australian 10,000m track championship (38:44.61), 6th place in the IAAF World Championships 20km in London (1:19:28) and a comprehensive win in the 4 Day Lake Taihu Rally in China. His yearly best times were 10:54.70 (3000m), 38:44.61 (10,000m) and 1:19:28 (20km).



2. Tyler Jones (NSW)

19 year old Tyler has had a great year, dominating the NSW walking scene and transitioned seamlessly into senior ranks on the national level. He walked a PB 1:27:12 in finishing as 4th Australian in the Australian Summer 20km Championship in February. He finished 3rd in the Australian Open 10,000m track walk in March in a PB 42:01.39. He walked an excellent double in the LBG carnival in June, winning the 10 Mile with 1:12:27 and backing up shortly afterwards to win the U20 10km with 45:14. Finally he finished 2nd in the Australian Winter 20km Championship in August (1:27:07) and 2nd in the Fawcner Park 20km in December (a PB 1:26:44).



3. Declan Tingay (WA)

18 year old Declan started his year with wins in the Oceania U20 10km Roadwalk Championship (42:35) and the Australian U20 10,000m Championship (42:09.52). From his base in Perth, he walked a series of fast solo times during the winter, culminating in an inaugural 1:29:18 in the WA State 20km Championship, followed by 2nd in the Australian 20km Winter Championship (1:28:10). He also competed in the Lake Taihu 4 Day Rally in China, finishing all 4 stages with solid performances. He finished his year with a win in the U20 10km at Fawkner Park (a PB 42:02). Definitely our top U20 male walker and a youngster who can already mix it with our best open walkers.



4. Rhydian Cowley (VIC)

26 year old Rydian started the year in fine style with 1:22:09 in the Australian 20km Summer Championship (second Australian), 2nd place in the Australian 10,000m track championship (41:35.60) and a win in the Victorian 5000m track championship (20:48.16). Wins in the Victorian 10km, 15km and 20km championships set him up nicely for his race in the IAAF World Championships in London but his walk there was personally disappointing (56th with 1:30:40). But he remains clearly our number two Australian male 20km walker and is well placed to bounce back in the new year.



5. Adam Garganis (VIC)

20 year old Adam Garganis has steadily improved over the last few years, with 2017 continuing that trend. He started the year with a PB 1:27:27 in the Australian Summer 20km Championship (5th Australian) and then took 5th in the Australian 10,000m Track Championship with 43:10.27. After second placings to Rhydian Cowley in the Victorian 10km, 15km and 20km championships during the winter, he won gold in the 30km championship with a 6+ minute PB time of 2:17:24 - almost certainly the fastest ever 30km by an Australian U20 walker. He finished off his year with 3rd in the Fawkner Park 20km in December (1:28:16).



6. Kyle Swan (VIC)

18 year old Kyle started the year in fine form, with silvers in the Oceania U20 10km Roadwalk Championship (43:56) and the Australian U20 10,000m Track Championship (43:21.42) and fourth in the Australian Open 10,000m Track Championship (PB 42:47.31). After that, it was a case of nose to the grindstone as he completed his all important Year 12 studies. To his credit, he continued to race on the local Victorian front and kept his fitness with a series of high ranking U20 walks. He celebrated the completion of his academic year with second place in the Fawkner Park 10km in December (44:58). He is now well placed to return to his best form as 2018 unfolds.



7. Mitchell Baker (ACT)

16 year old Mitchell Baker was one of a number of outstanding young walkers from Canberra. 43 races for the year is pretty good, especially when so many of them are high quality. He started the year with silver in the U17 5000m walk at the Australian T&F Championship in March (23:41.26). He then scored an impressive double in the LBG Carnival in Canberra in June with golds in U16 3km (13:15) and the U18 5km (23:15). He took bronze in the U18 5km at the Australian Roadwalk Championships in August (47:52). He finished his year with gold in the Australian Schools U18 5000m (22:12.26) and a 10km PB of 46:45 a week later in Canberra. Mitchell seems poised to challenge our top U20 walkers in 2018.



8. Toby Wilks (SA)

12 year old Toby has had a great year. He started with a win in the Australian U14 3000m Championship (14:07.70) in March. His triple at the LBG Carnival in Canberra in June (1st in the U12 2km in 9:47, 1st in the U14 2km in 9:28 and 10th in the U18 5km (26:10) was outstanding. He then opted to walk in the U18 5000m in the Australian Schools T&F Championships in December, finishing 7th in 25:10.91. Pretty impressive for someone who only turned 12 in October.



9. Brendon Reading (ACT)

28 year old Brendon was the third Australian to finish in the Australian 20km Summer Championship in March (1:24:37). He came 2nd in the LBG 10 Mile Championship in June (1:13:12) and was 3rd in the Australian winter 20km championship in August (1:27:13). A quiet year but enough to make my top 10.



10. Robin Whyte (ACT)

75 year old Robin Whyte gets my pick as our best Male Masters walker for 2017. A great supporter of the ACTRWC in Canberra, he raced an impressive 41 times this year in regular competition over all distances, but it was the longer distances that he excelled. Turning 75, he set new Australian age records for 6 Hours (49.406km), 50 Miles (10:55:16) and 12 Hours (85.997km) in March and April. Then at the LBG Carnival in June, he finished the gruelling 20 Miles Championship for the 49th time in 51 years, coming 5th with 3:38:16. A wonderful example of longevity and ongoing quality of performance.

My picks for our Top Ten Women of 2017 will follow in next week's newsletter.

I have also collated all my past Top Tens for each year from 2008 onwards. Check them out at <http://www.vrwc.org.au/TopTen.shtml>.

WHAT'S COMING UP

Our walkers are now enjoying a well earned Christmas break. In early January, the action will restart, with the following Victorian and National based races on the agenda.

Jan 6 (Sat), 2018	AV Shield Round 10 – 3000m/1500m walks at Aberfeldie
Jan 10 (Wed), 2018	AV/VRWC Track Races, Clifton Hill, Mentone
Jan 12 (Fri), 2018	AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight)
Jan 14 (Sun) 2018	Australian 10,000m Track Walk Champs, Canberra, ACT
Jan 20 (Sat), 2018	AV Shield Round 12: (P1 & P2) – no walks as far as I know at this stage
Jan 21 (Sun), 2018	VRWC Road Races, Middle Park
Jan 26-28, 2018	Victorian Country T&F Championships, Ballarat
Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk

There will be some action next week, with the **Hong Kong 50km Roadwalk Championships** to be held on **Monday 1st January**. The meet also includes a 6 Hour walk and 20km walks. I will be reporting on the meet in next week's newsletter.

ATHLETICS TASMANIA REUNION DAY MEET, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 23 DEC

Only one Australian walking race this week, from what I have seen. PBs by youngsters **Alice Randall** (13:57.70) and **William Robertson** (13:59.80).

3000m Walk

1.	Alice Randall	W	Old Virgilians	13:57.70	PB 0:18
2.	William Robertson	M	Old Virgilians	13:59.80	PB 0:09
3.	Bayley Campbell	M	Old Virgilians	15:22.36	
4.	Anna Blackwell	W	Old Virgilians	15:37.73	
5.	Steve Ahern	M	Unattached	17:58.08	
6.	Elizabeth Leitch	W	Tasmanian Masters	20:00.38	
7.	Chloe Ahern	W	Unattached	20:08.25	
8.	David Moore	M	Tasmanian Masters	23:39.60	

T&F INDOOR MEET, MINSK, BELARUS, 21-22 DECEMBER

And a few walks overseas. First to Minsk, Belarus, for some indoor action over 5000m.

Men 5000m Race Walk indoor

1.	Anatoliy GOMELEV	BLR	96	20:22.5
2.	Dmitriy VELICHKO	BLR	99	22:46.8

Women 5000m Race Walk indoor

1.	Anna ZUBKOVA	BLR	01	23:24.2
2.	Dana MAROZAVA	BLR	01	24:48.4
3.	Kseniya KUDRETS	BLR	99	24:58.7
4.	Anastasiya ZHUKOVSKAYA	BLR	03	26:10.0
5.	Alina RUSAK	BLR	00	26:41.2
6.	Dziana KABALAN	BLR	02	26:50.0

WALKS AND RUN EVENING, HALLE, GERMANY, TUESDAY 19 DECEMBER

And then to Germany for a Walks and Run evening in Halle.

Men 5000m Race Walk indoor

1.	Johannes FRENZL	GER	01	21:43.49
2.	Jakob Johannes SCHMIDT	GER	01	22:42.02
3.	Tobias BOLL	GER	96	22:42.05
	Steffen BORSCH	GER	73	DNF

Men 3000m Race Walk indoor

1.	Tobias BOLL	GER	96	13:04.60
2.	Steffen BORSCH	GER	73	13:12.15

Women 3000m Race Walk indoor

1.	Julia RICHTER	GER	99	13:47.47
2.	Carolin KIRCHNER	GER	99	14:17.35

OUT AND ABOUT

- Women's 50km world record holder **Inês Henriques** will be trying to beat the Portuguese 35km record in their National Road Championship on 7th January 2018 in Porto de Mós. See https://revistaatletismo.com/ines-henriques-quer-bater-recorde-nacional-dos-35-km-marcha/?utm_source=dlvr.it&utm_medium=facebook.
- And talking of 50km, a reminder that the USA National 50km championships are less than a month away, being scheduled for Sunday 20th January in Santee, California. The organizers are hoping for a significant women's field, given prize money for women of \$4000, \$3000, \$2000, \$1500, \$1000. See <http://www.usatf.org/Events---Calendar/2018/USATF-50-km-Race-Walk-Championships.aspx>.
- The Italian Federation has released it's women's 2018 50km selection criteria. The trial for the 2018 World Cup in Taicang will be the Grosseto meet on 28 January, where a 35km time of 3:04.00 or better will be required. The standard for the

European women's 50km will be set at 4:50:00, the guidance mark set by European Athletics. Read more at <http://www.atleticalive.it/49593/nasce-la-50-km-di-marcia-donne-allitaliana-ecco-i-criteri-per-europei-e-coppa-del-mondo/>.

- Birmingham has been chosen as the host venue for the 2022 Commonwealth Games. Durban, South Africa, was originally awarded the Games in 2015. It was stripped of the event in March because it failed to meet promises contained in its bid. See <http://www.athleticsweekly.com/news/birmingham-host-2022-commonwealth-games-71741>.
- IAAF write Paul Warburton reviews the racewalking year, discussing the men's and women's 20km and 50km. See <https://www.iaaf.org/news/news/2017-review-race-walking>.
- The alleged case of doping by Matej Toth has ended positively after eight months of uncertainty. The IAAF, represented by the Athletics Integrity Unit, will not appeal to the Court of Arbitration (CAS) against the not-guilty verdict of the Disciplinary Board of the Slovak Athletic Union. This means that Matej can now return to competition. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3018.
- The Spanish racewalking year in review. Their current batch of international walkers is very strong and the future looks just as bright. See <http://www.rfea.es/web/noticias/desarrollo.asp?codigo=10434#.Wj8D4d-WbIV>
- The kit worn by Russians due to compete under a neutral flag at next year's Winter Olympic Games in Pyeongchang can have "Olympic Athlete from Russia" written on them for competitions and ceremonies. The inclusion of the word "Russia" on uniforms will heighten suspicion that it was negotiated in some sort of agreement with authorities in order to ensure Russian participation at the Games, rather than a boycott. It will be different from the "Independent Olympic Athletes" label usually used by athletes from suspended countries, potentially including Kuwait at Pyeongchang 2018. I am not impressed. See <https://www.insidethegames.biz/articles/1059364/ioc-confirm-that-olympic-athletes-from-russia-wording-will-be-included-on-kit-at-pyeongchang-2018#.WjtXRdm6Sgs.twitter>.
- How long can Team Sky continue, given that the whole ethos behind it was a zero-tolerance attitude towards doping in cycling, yet it has been 15 months of story after story about Team Sky and grey areas and TUEs and Fancy Bears. A very good analysis of the latest crisis with Chris Froome. See <https://cyclingtips.com/2017/12/story-behind-story-breaking-froome-positive-news/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 10 press releases this week

- Sun 24 Dec - A racewalker's letter to Santa Claus
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3020
- Sat 23 Dec - Results of the Sumy (Ukraine) Indoor meeting in honor of Vladimir Holubnychyy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3019
- Fri 22 Dec - Matej Toth finally cleared of doping charges after eight months
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3018
- Fri 22 Dec - Results of last weekend's indoor meet in Bordeaux (FRA)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3017
- Wed 20 Dec - 50km walker Hirooki Arai is athlete of the year in Japan
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3016
- Wed 20 Dec - Ana Cabecinha and Dionisio Ventura win track walks in Faro, Portugal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3015
- Tue 19 Dec - Matej Toth: the IAAF decision is approaching
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3014
- Tue 19 Dec - New French U20 record on 5.000m indoor by David Kuster in Nogent-sur-Oise
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3013
- Mon 18 Dec - Leiria (POR): another victory to Ines Henriques
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3012
- Mon 18 Dec - Alvaro Martin and Laura Garcia-Caro win in Getafe, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3011

and Omarchador has 13 press releases

- Mon 25 Dec - Merry Christmas from the team at omarchador
<http://omarchador.blogspot.com.au/2017/12/boas-festas.html>
- Sun 24 Dec - Galinheiras Athletics Center celebrates 38th anniversary
<http://omarchador.blogspot.com.au/2017/12/centro-de-atletismo-das-galinheiras.html>
- Sun 24 Dec - Guatamalan roadwalk results
<http://omarchador.blogspot.com.au/2017/12/provas-de-observacao-de-marcha-atletica.html>
- Sat 23 Dec - David Kuster sets new French Indoor 5000m U20 record
<http://omarchador.blogspot.com.au/2017/12/novo-recorde-de-franca-para-o-sub-20.html>
- Sat 23 Dec - Results of Hong Kong 20km Championships
<http://omarchador.blogspot.com.au/2017/12/campeonatos-de-hong-kong-de-20-km.html>
- Fri 22 Dec - Álvaro Martín and Laura García-Caro win in Getafe
<http://omarchador.blogspot.com.au/2017/12/alvaro-martin-e-laura-garcia-caro.html>
- Thu 21 Dec - 2018 IAAF Race Walking Challenge dates announced
<http://omarchador.blogspot.com.au/2017/12/volta-ao-lago-taihu-encerra-challenge.html>
- Thu 21 Dec - Eider Arévalo honored in track meet in Bogota, Colombia
<http://omarchador.blogspot.com.au/2017/12/eider-arevalo-homenajeado-na-pista-do.html>
- Wed 20 Dec - Perseus Karlström shines in the Australian 50km in Melbourne
<http://omarchador.blogspot.com.au/2017/12/perseus-karlstrom-brilhou-nos-50-km-de.html>
- Wed 20 Dec - Hirooki Arai, athlete of the year in Japan
<http://omarchador.blogspot.com.au/2017/12/hirooki-arai-atleta-do-ano-no-japao.html>
- Wed 20 Dec - Results of the Spanish Masters Championships in Getafe
<http://omarchador.blogspot.com.au/2017/12/campeonato-de-espanha-master-getafe.html>
- Tue 19 Dec - Ana Cabecinha wins 1st round of the season at the Algarve Winter Championships
<http://omarchador.blogspot.com.au/2017/12/ana-cabecinha-vence-1-prova-da-epoca.html>
- Tue 19 Dec - Inês Henriques wins 20 km in Leiria
<http://omarchador.blogspot.com.au/2017/12/ines-henriques-em-plano-de-destaque-nos.html>

2017 RANKING LIST – 5000M WALK MEN

Since I have published above my top-10 male walkers for the year, I will also publish one of our Australian male ranking lists for 2017. Not everyone walks 5000m track or 5km road nowadays so the list is not truly inclusive (for instance, Dane Bird-Smith is down in 11th place – he would obviously be at the top of he had walked a serious 5000m effort) but it contains the yearly best performance for most of our walkers. Here are the 81 walkers who have walked faster than 30:00 this year, as per the ranking lists on <http://racewalkaustralia.com>.

1.	Rhydian Cowley	SM	19:55	VIC	01/11/2017
2.	Declan Tingay	U20M	20:08	WA	10/03/2017
3.	Tyler Jones	U20M	20:37	NSW	24/02/2017
4.	Kyle Swan	U18M	20:53	VIC	24/02/2017
5.	Luke McCutcheon	U20M	21:14	QLD	18/06/2017
6.	Adam Garganis	U20M	21:16	VIC	03/03/2017
7.	Kim Mottrom	SM	21:41	SA	17/02/2017
8.	Tim Fraser	U18M	21:48	ACT	20/08/2017
9.	Connor Frew	U17M	21:52	ACT	20/08/2017
10.	Carl Gibbons	U23M	21:58	NSW	24/02/2017
11.	Dane Bird-Smith	SM	22:11	QLD	29/10/2017
12.	Mitchell Baker	U17M	22:12	ACT	08/12/2017
13.	Jason Kozica	SM	22:13	VIC	26/11/2017
14.	Matthew Griggs	M35	22:17	ACT	07/10/2017
15.	Dylan Richardson	U17M	22:20	NSW	24/02/2017
16.	Tristan Camilleri	U17M	22:27	SA	08/12/2017
17.	Shae Wellington	U20M	22:30	VIC	03/03/2017
18.	Ian Rayson	SM	22:50	NSW	16/03/2017
19.	Oscar Tebbutt	U17M	22:51	NSW	15/10/2017
20.	Reese Walmsley	U20M	23:00	VIC	24/02/2017

21.	Emmet Brasier	U20M	23:03	VIC	03/03/2017
22.	Bradley Simpson	SM	23:04	VIC	05/02/2017
23.	Jamie McCutcheon	U18M	23:08	QLD	08/01/2017
24.	Ryan Thomson	U17M	23:13	NSW	21/05/2017
25.	Brendon Reading	SM	23:17	ACT	20/05/2017
26.	Kyle Bedford	U17M	23:18	NSW	11/06/2017
27.	Joe Cross	U15M	23:24	SA	11/06/2017
28.	Mark Blackwood	M40	23:42	VIC	12/11/2017
29.	Stuart Kollmorgen	M45	23:48	VIC	19/02/2017
30.	Callum Burns	U18M	23:50	ACT	23/11/2017
31.	Pramesh Prasad	M40	23:59	VIC	09/04/2017
32.	Will Thompson	U15M	24:11	VIC	12/11/2017
33.	Gwyllym Young	U15M	24:11	ACT	27/08/2017
34.	Ben Reid	U17M	24:18	WA	29/10/2017
35.	Jack McGinniskin	U15M	24:18	NSW	23/07/2017
36.	Kris Hayward	U14M	24:28	QLD	29/10/2017
37.	Hayden Walmsley	U17M	24:32	VIC	24/02/2017
38.	Chris Erickson	M35	24:41	VIC	26/11/2017
39.	Corey Dickson	U15M	24:43	VIC	29/04/2017
40.	Joel Kemp	U15M	24:54	NSW	08/07/2017
41.	Ignatio Jimenez	M50	25:00	QLD	12/03/2017
42.	Hayden Blaskett	U16M	25:02	NSW	23/07/2017
43.	Toby Wilks	U13M	25:10	SA	08/12/2017
44.	Jamison Stovin	U16M	25:27	QLD	21/01/2017
45.	Jayden Goode	U17M	25:40	SA	17/02/2017
46.	Travis Barendregt	U17M	25:43	NSW	24/02/2017
47.	Steven Washburn	SM	25:43	NSW	26/09/2017
48.	Cooper Anderton	U16M	25:46	WA	30/11/2017
49.	Bayley Campbell	U15M	25:49	TAS	25/02/2017
50.	Frank Bertei	M50	25:55	VIC	18/10/2017
51.	Blake Dwyer-Hall		26:06	NSW	15/10/2017
52.	Peter Bennett	M60	26:14	QLD	12/03/2017
53.	Mathew Bruniges	U17M	26:29	SA	27/05/2017
54.	Scott Nelson	M45	26:33	VIC	26/11/2017
55.	David Smyth	M45	26:35	VIC	19/02/2017
56.	Bradley Mann		26:35	TAS	30/11/2017
57.	Alix Harlington	U18M	26:44	SA	29/04/2017
58.	Garry Hastie	M55	26:46	WA	10/06/2017
59.	Patrick Murphy		26:47	WA	08/12/2017
60.	Simon Hosking	U14M	26:57	ACT	27/08/2017
61.	Colin Heywood	M60	27:11	ACT	31/08/2017
62.	Simon Evans	M55	27:17	VIC	19/02/2017
63.	William Robertson	U14M	27:32	TAS	27/08/2017
64.	Paul Rance	M55	27:37	VIC	07/05/2017
65.	Thomas Millard	U16M	27:38	WA	29/10/2017
66.	Peter Crump	M55	27:42	SA	17/06/2017
67.	Callum Haig	U17M	27:47	QLD	24/02/2017
68.	Danny Hawksworth	M35	27:51	VIC	26/11/2017
69.	Andrew Jamieson	M70	28:41	VIC	26/01/2017
70.	Connor McShanag	U23M	28:43	VIC	29/04/2017
71.	Trenton Hawkins	M35	28:43	VIC	26/11/2017
72.	Peter Baker	M50	28:58	ACT	16/03/2017
73.	Bernie Keirl	M50	29:09	VIC	29/04/2017
74.	Heath Beveridge	U14M	29:14	VIC	20/05/2017
75.	George White	M70	29:24	SA	12/10/2017
76.	Aaron McDonough	M40	29:28	VIC	20/05/2017
77.	Rupert Van Dongen	M40	29:28	VIC	10/06/2017
78.	Sam McCure	U12M	29:40	QLD	29/10/2017
79.	Sean McLean		29:50	QLD	27/03/2017
80.	Terry O'Neill	M60	29:57	VIC	19/08/2017
81.	Jack Russell		29:58	SA	13/05/2017

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 – 2017/2018 Summer Season

Jan 6 (Sat), 2018	AV Shield Round 10 – 3000m/1500m walks at Aberfeldie
Jan 10 (Wed), 2018	AV/VRWC Track Races, Clifton Hill, Mentone
Jan 12 (Fri), 2018	AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight)
Jan 14 (Sun) 2018	Australian 10,000m Track Walk Champs, Canberra, ACT. See https://10000mwalk.eventdesq.com/
Jan 20 (Sat), 2018	AV Shield Round 12: (P1 & P2) – no walks as far as I know at this stage
Jan 21 (Sun), 2018	VRWC Road Races, Middle Park
Jan 26-28, 2018`	Victorian Country T&F Championships, Ballarat
Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

2018 IAAF Racewalking Challenge Events

Feb 24-25, 2018	Cat B	Memorial Jerzy Hausleber, Monterrey, MEX
Apr 7, 2018	Cat B	27th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR
May 5-6, 2018	Cat A	IAAF World Race Walking Team Championships, Taicang, CHN
May 26, 2018	Cat B	XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

International Dates – 2018 and onwards

Jan 1 (Mon), 2018	Hong Kong Championships – 20km, 50km, 6 Hours
Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Jan 20 (Sat), 2018	USA 50km Championships, San Diego, California
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Apr 4-15, 2018	XXI Commonwealth Games , Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	28th IAAF World Race Walking Team Championships , Taicang, China
July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belaruss
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , TBA On 13 th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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