



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 12
Tuesday 17 December 2019



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WALKERS OF THEWEEK

My Walkers of the Week are 8 year old **Ela Uzun** and 70 year old **Heather Carr**. Walking in the VRWC track races at the George Knott Reserve in Clifton Hill last Wednesday evening, both excelled with new VRWC club records.

- Heather bettered her W70 5000m club record by 12 secs with her time of 30:46. This was Heather's 9th club record for the year, and some of them have been W70 World Records as well. She continues to belie the years with her wonderful performances.
- Ela set new VRWC U9-U11 3000m records with her time of 16:50. This was her first attempt over this distance and she bettered the U9, U10 and U11 club records. What an effort. This was her 8th VRWC Club Record for the year and she does not turn 9 until April next year, so she has another 5 months to keep chipping away at the records.

It's not as if our VRWC club records are easy ones to beat. We have had so many fantastic walkers over the years that the records are tough ones. Heather and Ela have indeed had stellar years.



Ela and Heather in action in recent VRWC races this summer (photos VRWC archives)

WHAT'S COMING UP

1500m and 3000m walks will be held in **AV Shield Round 8 on Saturday 21st December**. Note the Werribee venue is not available due to infield works, so that competition will be transferred to the Aberfeldie venue.

That is it locally for the 2019 year. It will then be time for a mid season break and some Christmas cheer!

VRWC TRACK WALKS, GEORGE KNOTT RESERVE, CLIFTON HILL, WEDNESDAY 11 DECEMBER 2019

The latest round of the VRWC Summer Season took place last Wednesday evening at the George Knott Athletics Track in Clifton Hill. The 21 walkers in attendance had perfect conditions, with a cool evening and only a slight breeze, and there were quite a few PBs. Special commendations to **Heather Carr**, who bettered her W70 5000m club record by 12 secs with her time of 30:46, and to 8 year old **Ela Uzun**, who set new VRWC U9-U11 3000m records with her inaugural time of 16:50. Wow, what a time for an 8 year old! Others to walk well included 13 year olds **Marcus Wakim** (a first ever 5000m and a time of 27:12) and **Maddison Nash** (3000m PB of 17:10), **Tracy Colbert** (3000m PB of 20:37), 8 year old **Havana Ali** (big 3000m PB of 19:49) and 10 year old **Daniel Pashutin** (1500m PB of 8:51).

5000m Track Walk

1.	Corey Dickson	M	24:47	
2.	Marcus Wakim	M	27:12	Inaugural
3.	Sandra Geisler	F	28:06	
4.	Heather Carr	F	30:46	VRWC W70 Club Record
	Andrew Jamieson	M	DNF	(3000m in 16:28)
	Paul Moritz	M	DNF	

3000m Track Walk

1.	Rhydian Cowley	M	11:54	
2.	Tracy Feiner	F	14:43	
3.	Ariana Pashutina	F	16:15	
4.	Emily Smith	F	16:31	
5.	Ela Uzun	F	16:50	PB 1:03, VRWC U9-U11 Club Records
6.	David Smyth	M	17:07	
7.	Maddison Nash	F	17:10	PB 0:14
8.	Mark Donahoo	M	17:12	
9.	Donna-Marie Elms	F	19:16	
10.	Havana Ali	F	19:49	PB 1:46
11.	Tracy Colbert	F	20:37	PB 0:39
12.	Bob Gardiner	M	22:16	
	Albin Hess	M	DQ	

1500m Track Walk

1.	Daniel Pashutin	M	8:51	PB 0:10
2.	Clyde Riddoch	M	9:52	

Thanks to our officials and judges and thanks to club president Stuart Cooper who brought all our equipment.

Officials: Tim Erickson, Donna Dickson, Therese Smith, Debra Nash

Judges: Peter Vysma (Chief), Gordon Loughnan, Shane Dickson, Stuart Cooper, Kathleen Marsh

Photos: Alas, no photos from this meet. Club photographer Terry Swan was enjoying a well earned holiday!

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 11 DECEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He comments: Last competition walks for 2019. Weather perfect for walking.

1500m Walk

1.	PETER CRUMP	08:37	M59	74.35%
2.	JACK RUSSELL	08:57	M67	77.86%
3.	MARIE MAXTED	09:22	W59	73.24%
4.	GIL MCINTOSH	09:38	M69	74.04%
5.	LIZ DOWNS	10:45	W64	67.25%
6.	MATTHEW LOVELL	10:57	M53	55.37%

1500m Club Walk

1.	TREVOR BROWN	10:27	M70	69.08%
2.	GRAHAM HARRISON	11:30	M76	67.82%
3.	ROGER LOWE	11:55	M76	65.45%
4.	MARGARET MCINTOSH	11:58	W67	62.56%
5.	ANNI LOVELL	13:46		
6.	JEFFREY KENNETT	14:56	M69	47.77%

4000m Walk

1.	PETER CRUMP	24:08	M59	73.11%
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2.	JACK RUSSELL	25:35	M67	75.03%
3.	GIL MCINTOSH	27:13	M69	72.21%
4.	MATTHEW LOVELL	29:36	M53	56.44%

4000m Club Walk

1.	DAVE FALLON	30:18	M67	63.35%
2.	GRAHAM HARRISON	31:23	M76	68.57%
3.	ROGER LOWE	35:49	M76	60.08%
4.	CATHIE HORE	36:18	W69	60.25%
5.	ANNI LOVELL	43:11	W50	40.94%

2000m Walk

1.	RICHARD EVERSON	09:50	M56	81.88%
2.	MARIE MAXTED	13:50	W59	64.92%
3.	COLIN HAINSWORTH	20:31	M89	60.72%

2000m Club Walk

1.	TREVOR BROWN	14:05	M70	66.27%
2.	MARGARET MCINTOSH	15:58	W67	61.61%
3.	EDNA BATES	17:46	W67	55.37%
4.	JEFFREY KENNETT	20:24	M69	45.21%

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 14 DECEMBER

Thanks to Kim Mottrom for this week's results from Adelaide. Good conditions and quite a few walkers in action.

5000m Walk

1.	Kim Mottrom	22:27.52
2.	Richard Everson	26:04.99
3.	Olivia Sandery	26:09.65
4.	Peter Crump	30:27.51
5.	Marie Maxted	33:20.83
6.	Ross Hill-Brown	42:05.97

3000m Walk

1.	Mathew Bruniges	16:24.73
2.	Sebastian Richards	16:24.87
3.	Kiera Ross	16:55.09
4.	Hannah Wilks	17:20.90
5.	Mia Wilks	17:20.95

1500m Walk

1.	Toby Wilks	7:03.14
2.	Katie DeRuvo	8:38.05
3.	Anthony Tana	8:57.87

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 14 DECEMBER

Thanks to Dave Moore for his report from Hobart this week. He comments: Some nice walking from **Oliver Morgan** saw him stride home for an easy victory over a small field in today's walk at Interclub.

1500m Walk

1.	Oliver Morgan	OVA	7:57.33
2.	Elizabeth Leitch	TMA	9:35.61
3.	Dave Moore	TMA	12:47.37

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 15 DECEMBER

Thanks to Terry Jones for the latest results from the Western Australian Race Walking Club in Perth. Unfortunately, due to their current heat wave conditions and other conflicting athletics events, the turnout was low.

10km Walk

1.	Ben Reid	53.46
	Brad Mann	DNF

3km Walk

- | | | |
|----|----------------|-------|
| 1. | Riley Wood | 21.00 |
| | Kaytee Bogaers | DNF |

MARCIADALMONDO ROUNDUP

Marciadalmondo has 5 press releases this week

- Sun 15 Dec - Getafe (ESP): Victories of Alvaro Martin and Lidia Sanchez-Puebla
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3660
- Fri 13 Dec - The Chinese champions in Saluzzo - interview with Sandro Damilano
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3659
- Tue 10 Dec - The Swiss Federal Court rejects Schwazer's appeal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3658
- Wed 11 Dec - Athletes section: reports update of the best 2019 women's world athletes
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3657
- Tue 10 Dec - Raheny (IRL): Callum Wilkinson wins the 30km, Brendan Boyce and Kate Veale Irish Champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3656

There were also some interesting additional press releases by omarchador.

- Mon 16 Dec - Results of Costa Rican National Walk Championships
<https://omarchador.blogspot.com/2019/12/campeonato-nacional-de-marcha-da-costa.html>
- Sun 15 Dec - Portugal announces key 2020 walk championship dates
<https://omarchador.blogspot.com/2019/12/fpa-anunciou-os-locais-para-as.html>
- Sun 15 Dec - Côme Martin and Inta Demeuzoy repeat wins at Yverdon-les-Bains Christmas Cup
<https://omarchador.blogspot.com/2019/12/come-martin-e-inta-demeuzoy-repetem.html>
- Sat 14 Dec - Álvaro Martín and Lidia Sánchez-Puebla dominate in Azuaga
<https://omarchador.blogspot.com/2019/12/alvaro-martin-e-lidia-sanchez-puebla.html>
- Sat 14 Dec - Results of Spanish Winter Promotion Championships
<https://omarchador.blogspot.com/2019/12/campeonato-de-espanha-de-inverno-de.html>
- Fri 13 Dec - Kumiko Okada sets Japanese 10,000m track walk record
https://omarchador.blogspot.com/2019/12/kumiko-okada-bate-recorde-do-japao-nos_13.html
- Thu 12 Dec - Brandon Segura and Andrea Martínez win "Coahuila de Zaragoza 2019" in Mexico
<https://omarchador.blogspot.com/2019/12/brandon-segura-e-andrea-martinez-vencem.html>
- Wed 11 Dec - Hendro (Indonesia) and Pham Thi Thu Trang (Vietnam) excel at Southeast Asian Games
<https://omarchador.blogspot.com/2019/12/hendro-indonesia-e-pham-thi-thu-trang.html>

OUT AND ABOUT

- Well done to 16 year old New Zealand walker **Daniel du Toit** who won the One Mile Walk at the Night of Miles meet in Wellington on Saturday with a time of 6:15.73.
- A great article by Andrew Cruickshank about Doha 50km bronze medallist **Evan Dunfee**, his future and the future of racewalking. Excellent and well worth reading. See <https://thexc.substack.com/p/the-sunday-long-read-the-uncertain>.
- For many years now, I have noticed top Kiwi walker **Quentin Rew** having a big drink of chocolate milk at the conclusion of his long walk sessions. Mainstream research has now validated his choice of recovery drinks. Check it out at <https://monashnutrition.blogspot.com/2019/12/chocolate-milk-for-recovery.html>
- Another top Kenyan marathon runner has been suspended for four-years, after being found guilty of doping, and two team mates are also facing sanctions following positive tests. See <https://www.insidethegames.biz/articles/1087960/sarah-chepchirchir-latest-kenyan-banned>.

- United States Olympic and Paralympic Committee (USOPC) chair Susanne Lyons has expressed concerns over how governing bodies will determine whether Russian athletes are clean ahead of potentially being granted neutral status to compete at Tokyo 2020. "Considering the data manipulation that occurred, right up until the 11th hour of WADA's investigation, it's going to be incredibly difficult for clean Russian athletes to prove they're innocent." See <https://www.insidethegames.biz/articles/1088231/usopc-concern-russian-clean-neutral>.
- World Athletics President Sebastian Coe has said Russian T&Frack and field athletes will not be admitted to compete at next year's Olympic Games in Tokyo unless he is "absolutely comfortable" they are clean. Whether these are empty words remains to be seen. See <https://www.insidethegames.biz/articles/1088293/coe-on-russian-athletes-at-tokyo-2020>.

ÉMILE ANTHOINE, THE FATHER OF FRENCH WALKING

Fifty years ago, on 14th December 1969, Émile Anthoine, one of the greatest sports leaders of the 20th century and the father of French racewalking, died. Here is his story :

Émile Anthoine was born on 9th June 1882 in Paris. In 1891, he competed in his first competition. In 1896, at 14 years of age, he became secretary of the UA Batignolles, a sports association of his district.

Rarely has there been a more versatile and talented athlete than Anthoine. Consider some of these milestones from his career.

- In 1903, he finished second in the first footrace from Bordeaux to Paris, 611km in 5 days and 3 hours. ¹
- In 1904, he ran from Paris to Troyes, a distance of 170km, in 15 hours. En route, he passed the 50km mark in 3:14 and the 100km mark in a new world record mark of 7:25.
- He was just as adept in mountain running, circumnavigating the Mont Blanc massif, a distance of 170km in 32 hours.
- As if that was not enough, he won French championships in a number of different disciplines, including the 1500m run (4'07), the shot put (12m), the long jump (6.16) and the half mile run (1:57).
- He is listed as setting 3 French distance records ²

10,000m	32:57.0	Emile Anthoine	1903	Armantiers
3000m	8:59.9	Emile Anthoine	1908	Braisne
800m	1:58.8	Emile Anthoine	1910	

and as holding the World Record for 800 yards (1:46.8).



*Left: 1911 - Emile Anthoine 1500m French champion
Right: 1913 – mile Anthoine running on a velodrome*

1 See https://en.wikipedia.org/wiki/Pierre_Giffard

2 See <http://thegreatdistancerunners.de/france.html>

Having achieved so much on the running front, he turned his talents to racewalking, with an amazing two month period in 1913 rewriting the record books.

- On 6th July 1913 in Paris, he covered the 50km walk in 4:30:34. This could not be promoted as a world record as the 50km walk was not yet officially recognised by the IAAF and was not included in the Olympics until 1932. On this occasion, he prolonged his effort until the 100km mark which he reached in 10:15.
- A week later, on 13th July 1913, he walked an even faster 50km, with 4:22:47. Done on a grass track on the Longchamp racecourse in Paris, his interim 20km split of 1:37:57 was recognised as a World Record.
- Five weeks later, on 15th August 1913, he won the 50km “world championship” in Ghent, Belgium, in 4:32:14. On this occasion, he continued to the 5 Hour mark, recording a final distance of 54.312km.³

To put his 20km walk time into perspective, consider the official IAAF 20km walk record progression, which dates from 1911⁴. His time of 1:37:57 broke Hermann Müller’s time by nearly 2 minutes and would last for 20 years until eventually bettered by Václav Balšán in 1933.

1:38:43	Hermann Müller (GER)	1911-10-04	Berlin, Germany
1:37:57	Émile Anthoine (FRA)	1913-07-13	Paris, France
1:34:15	Václav Balšán (TCH)	1933-08-13	Ceský Brod, Czechoslovakia

His 50km times of 4:30:34, 4:22:47 and 4:32:14 were also well ahead of his rivals and would last for many years. The official IAAF 50km world record progression, initiated in 1921⁵, shows that his best time of 4:22:47 would not be bettered until 1952!

4:40:15	Hermann Müller (GER)	1921-09-07	Munich, Germany
4:36:22	Karl Hähnel (GER)	1924-09-24	Berlin, Germany
4:34:03	Paul Sievert (GER)	1924-10-05	Munich, Germany
4:30:22	Romano Vecchiatti (ITA)	1928-09-16	Rome, Italy
4:26:41	Edgar Bruun (NOR)	1936-06-28	Oslo, Norway
4:24:47	Viggo Ingvorsen (DEN)	1941-08-17	Odense, Denmark
4:23:40	Josef Doležal (TCH)	1946-08-04	Podebrady, Czechoslovakia
4:23:14	Josef Doležal (TCH)	1952-08-24	Podebrady, Czechoslovakia
4:20:30	Vladimir Ukhov (URS)	1952-08-29	Leningrad, Soviet Union

Alas, the First World War in 1914 ended Anthoine’s sporting ambitions, but his love for sport survived the conflict and he returned from the front to become an influential post-war leader of the French Athletics Federation.

He returned to walking, although now regarded as past his prime, and was still competitive. In 1929, he recorded 12:00 for 100km and in 1932, aged 50, he recorded 5:12 for the 50km walk.



*Left: 1921 – Émile Anthoine training at the Longchamp racecourse
Right: 19th October 1924 - Émile Anthoine finishes a 100km walk in 12h39 at Vésinet*

³ See <https://gallica.bnf.fr/ark:/12148/bpt6k4626346p/f5.item> and <https://gallica.bnf.fr/ark:/12148/bpt6k4626344v/fl.item>

⁴ See https://en.wikipedia.org/wiki/Men%27s_20_kilometres_walk_world_record_progression

⁵ See https://en.wikipedia.org/wiki/Men%27s_50_kilometres_walk_world_record_progression

In June 1925, deep differences on how to organize racewalking saw him excluded from the French Athletics Federation. 15 days later, he created the French Federation of Racewalking (FFM). The new Federation grew quickly and, by the end of 1925, had gathered about 1000 racewalkers.

On 26th August 1926, Anthoine created the International Walking Federation. Initially it included the French, Swiss, Belgian, Luxembourg, Dutch and Italian Federations, and it grew from there. Anthoine was elected president of this Federation, where he organized many championships and international matches.

In 1926, the FFM organized 156 events throughout France. Among them was the longest walk competition in the world, from Paris to Strasbourg (504km) ⁶, which was the brainchild of Anthoine. The event was an immediate success, exceeding all his expectations. Like the Tour de France cycling race, the event attracted large crowds, with tens of thousands of spectators crowd lining the roads to watch the competitors pass.

In 1929, the FFM became the French Union of Racewalking (UFM). By 1939, the UFM had 2584 clubs and had organized more than 10000 events since its inception in 1926. Anthoine remained as President until 1965.

Controversies in the 1924 Olympic Games had spelt an end to Olympic track walking and indeed nearly spelt the end of walking itself, with all walks ruled out of the 1928 Amsterdam Games. Anthoine was one of those who campaigned strongly for a 50km event to be held at the 1932 Los Angeles Games in place of the usual short track walks. The push was successful and racewalking was saved.

In 1944, Anthoine returned to competition and, aged 62, he walked the 5000m walk in 28:44 and the 10km in 58:32. These are impressive times even today.

In 1954, he created the National Youth Day, which gathered young French walkers, from 8 to 22 years of age, to compete in tests of 1Hour, 30 Minutes, etc. This competition is still held today.



Émile Anthoine (wearing beret) with competitors Henri Caron and Maurice Chassaing at the finish of the French Championship at Audun-le-tiche

In 1958, he was designated as "First Sportsman of France"

On April 2, 1965, the French Union of Racewalking (UFM) returned to the French Athletics Federation, 40 years after leaving it. Anthoine signed the merger agreement which dissolved the UFM, then stepped down as President, having held that role for the full 40 years of its existence.

Émile Anthoine died on December 14, 1969, in his 88th year, in his house in Colombes. He is buried in the Batignolles cemetery, close to where he was born.

In total, he had competed in more than 1000 competitions (for 800 wins), organised over 1000 events and helped to create more than 600 sporting clubs.

A sports center with a track and a swimming pool, on the Champ de Mars, in the Eiffel Tower district in Paris, bears his name. ⁷

⁶ See <https://en.wikipedia.org/wiki/Paris-Colmar>

⁷ See <https://www.paris.fr/equipements/centre-sportif-emile-anthoine-3056>



Left: *Émile Anthoine at home in 1967*
 Riht: *Émile Anthoine in 1920 on a 100km walk – this was his favourite picture*

A selection of his Personal Bests indicate what a talented multi-discipline athlete he was.

100m run	11" 3/5	1914
200m run	23" 2/5	1912
400m run	52" 1/5	1908
800m run	1'57" 1/5	1910
1500m run	4'07" 2/5	1909
3000m run	8:59	1908
5000m run	15:29	1907
10000m run	32:57	1903
1hour run	17.320 km	1905
20000m run	1:08:44	1906
Long jump	6m16	
High Jump	1m65	
Shot put	11m84	
Discus	35m12	
10km walk	48:32	
20km walk	1:37:57	
30km walk	2:30:26	
50km walk	4:22:47	
100km walk	10:15	
200km walk	27:50	

Interestingly, Anthoine argued in favor of the introduction of a 100km walk at the Olympic Games. He had travelled to the 1936 Olympic Berlin and was not impressed with the racewalking techniques on show. He wrote (excusing the poor Google translation!)

The Olympic walk is doomed. Yes, it is well doomed ... if we do not transform it into a 100 km race, with, if we want a classification by nation on two men per time, a maximum of four entered per nation.

In 1924, after the Games, I predicted the demise of the 10 kilometer track event, after the trotting walkers and pseudo-referees scandal. I recommended 50 or 100 kilometers on the road. They took up my idea in 1929 to add a 50 kilometer road walk to the 1932 Games. But that it is no longer sufficient. And besides, in running, there is the Marathon over 42 kilometers which is about the same distance, but takes all the interest.

So let's go to 100 kilometers.... Or nothing at all! The failure of Berlin should make those around the world take care of walking.

This idea never came to fruition, but the Paris-Colmar Classic continues to this day, as a fitting memorial to his vision.

Emmanuel Tardi and Tim Erickson
 Monday 16 December 2019

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 – 2019/2020

Dec 21 (Sat), 2019	AV Shield Round 8, Box Hill and Aberfeldie, 1500m and 3000m walks
Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 11 (Sat), 2020	NSW 10,000m Walk Championships, Mingara Regional Athletics Centre, Mingara
Jan 11 (Sat), 2020	AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks
Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Keilor Park, 2000m walks
Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 1 (Sat), 2020	AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
Feb 8 (Sat), 2020	AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 12 (Wed), 2020	AV 5km Teams Championship, VRWC Walks, Mentone
Feb 15-16, 2020	LAVIC Region T&F Carnivals, Throughout Victoria
Feb 16 (Sun) 2020	VRWC Track Races, VMA 5000m Championships, Mentone
Feb 22 (Sat), 2020	AV Shield Final, Lakeside Stadium, 2000m walks
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 14-15, 2020	LAVIC State T&F Championships, Casey Fields
Mar 14-15, 2020	Victorian Masters, T&F Championships, Bendigo
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

International Dates

Dec 15 (Sun), 2019	Hnog Kong 20km Road Walk Championships. See https://hkaaa.com/en/comp_details.php?id=161
Jan 1 (Wed), 2020	The First Walk 2020 (50km, 20km, 10km, 6 Hour), Hong Kong Email contact@racewalk.hk
Jan 25 (Sat), 2020	USATF 50km Olympic Trial, Santee, California, USA
Mar 15 (Sun), 2020	Asian Championships, Nomi, Japan
Mar 23, 2020	38 th Dudinska Meet, Dudince, Slovakia
Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 4, 2020	Podebrady Walks Meet, Podebrady, Czech Republic
May, 2-3, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus See https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Jun 5, 2020	46 th International RW Festival, Alytus, Lithuania
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Oct 18-20, 2020	Lake Taihu Tour, Suzhou, China

2020 World Athletics Racewalking World Challenge

Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
May 2-3, 2020	World Athletics Race Walking Team Championships, Minsk, Belarus
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Aug 6-7, 2020	Olympic Games, Sapporo, Japan
Oct 18-20, 2020	Lake Taihu Tour, Suzhou, China

Jan 17-23, 2021	Oceania Masters Championships , Norfolk Island
Apr 6-13, 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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