



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2019/2020 Number 22  
Monday 24 February 2020



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### WALKERS OF THE WEEK

My Walkers of the Week are two walkers who are no strangers to the award. Competing in the Athletics Victoria Shield Final 2000m track walks at Lakeside Stadium in Melbourne last Saturday, they both went on record breaking sprees. Let's take a closer look.

- 46 year old Ballarat walker **Kelly Ruddick** stormed around the 2000m track walk in a time of **8:33.4**. In so doing, she was awarded a huge 597 points in the AV Shield Points System, which I think must be an all time high. Her time also new W45 VRWC, AMA and VMA records. To put this time in perspective, she bettered Lyn Ventris's 2006 W45 Australian record (9:08.6) by 35 secs and also bettered her own 2013 W40 Australian record (8:46.8) by 13 secs. I think that's what you call getting better with age! To give some idea of the quality of her walk, her 400m splits were 1.41, 1.43, 1.44, 1.44 and 1.41.
- 12 year old Knox walker **Darcey Roberts** finished second to Kelly in the same 2000m heat, after matching her stride by stride for the first 1000m. Her time of **8:58:00** was of course a new VRWC U13 record, beating Rebecca Henderson's 2014 time of 9:36.90. But even more impressively, it bettered Jemima Montag's 2014 U14 record of 9:10.6. Darcey continues to set dazzling new standards race by race!

Alas, no photos available of them amongst the photos published on the Athletics Victoria website, so a couple of file shots.



*Kelly Ruddick and Darcey Roberts in action on the track in the last few weeks*

## WHAT'S COMING UP

- The **Victorian Junior and Open T&F Championships** kick off this Friday evening and are spread over two weekends as shown below. Entries have already closed for events to be contested on Weekend 1 but entries for Weekend 2 will not close until 3PM today (Tues 25 Feb). More info at <http://athsvic.org.au/events/competitions/avcompetitions/championships/>.
  - Feb 28 – Mar 1, 2020      Vic Junior and Open T&F Champs Weekend 1, Lakeside Stadium, Albert Park
  - Mar 6-8, 2020              Vic Junior and Open T&F Champs Weekend 2, Duncan McKinnen Reserve, Glenhuntly

## AV SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 22 FEBRUARY

An impressive 59 walkers contested the Athletics Victoria Shield League Final at Lakeside Stadium in Albert Park last Saturday. Of course, this was mainly just walkers from the clubs who made the final. Many of us were in clubs that did not make it to Lakeside so did not bother to compete as additional non point scoring individuals. Conditions were perfect for the 2 morning heats – cool and overcast. The third afternoon heat was held in sunny weather but still a reasonable temperature around the 20C mark.

Overall, **Adam Garganis**, in the first heat, and **Kelly Ruddick**, in the third heat, got equal fastest time with 8:33.4 apiece. Next fastest were **Nikola Mandic** (8:36.9), **Fraser Saunder** (8:49.3) and **Darcey Roberts** ( 8:58.0). As mentioned earlier in the newsletter, Kelly set new W45 VRWC/AMA/VMA records and Darcey set new VRWC U13 and U14 records. Others to excel amongst our young brigade included **Charlotte Hay** (9:36.1), **Ariana Pashutina** (9:56.3) and **Marcus Wakim** (9:56.8).

### 2000m Walk Heat 1, 9:30AM

1.	Adam Garganis	COL	MOP	8:33.4	494	
2.	Nikola Mandic	CCA	M18	8:36.8	519	
3.	Fraser Saunder	BYC	M16	8:49.9	522	PB 0:37
4.	Charlotte Hay	KNA	F18	9:36.1		PB 0:09
5.	Scott Nelson	WYN	M50	9:47.3	496	
6.	Ariana Pashutina	KNA	F14	9:56.3		PB 0:49
7.	Pramesh Prasad	VMA	M45	9:56.7	467	
8.	Sandra Geisler	RWD	F40	9:56.9		
9.	Simon Evans	BOH	M55	10:31.7		
10.	Wendy Muldoon	ANW	F45	10:34.2	500	
11.	David Smyth	COL	M50	10:50.7	443	
12.	Mark Donahoo	ESS	M60	10:56.3	486	
13.	Arnika Nelson	WYN	F18	11:06.3	437	
14.	Shannon Delaney	MPA	M14	11:23.0	406	PB 0:01
15.	Grant Murfett	VMA	M50	11:25.8	414	PB 0:29
16.	Pia Hunter	BOH	F50	11:26.1		
17.	Heather Carr	GHY	F65	11:47.4	538	
18.	Adam McCann	ANW	M40	12:03.9	309	
	Joel Imbriano	STK	M14	DQ		
	Angus Hay	KNA	M18	DQ		

### 2000m Walk Heat 2, 9:50AM

1.	Donna-Marie Elms	PTN	F55	11:44.4		
2.	Chloe Kaufman	GHY	F16	12:21.2	376	
3.	Brian Anderson	ESS	M60	12:33.2	412	
4.	Cassie Little	GHY	FOP	12:33.9	311	
5.	Duncan Knox	ESS	M60	12:36.4	410	
6.	Tracy Colbert	COB	F50	12:38.7		PB 0:17
7.	Ross Reid	COL	M65	12:59.7	422	
8.	Ralph Bennett	GHY	M65	13:06.6	417	
9.	Clyde Riddoch	VMA	M65	13:32.5	398	
10.	Geoff Barrow	MEN	M65	13:46.2		
11.	Peter Wyatt	MPA	M60	14:01.9	327	
12.	Bob Gardiner	COL	M65	14:03.5	368	
13.	Stephen Murphy	ESS	M55	14:07.9	286	
14.	Gwen Steed	GHY	F65	14:38.5	413	
15.	Anthony Doran	GHY	M65	15:23.4	295	
16.	Leticia Nelson	WYN	F20	15:35.6	174	
17.	Llew Jenkins	GHY	M65	16:01.7	269	
18.	Francis Panakkal	WYN	M14	16:15.7	175	
	Albin Hess	VMA	M55	DQ		
	Bernie Keirl	DIV	M55	DQ		

**2000m Walk Heat 3, 4:30PM**

1.	Kelly Ruddick	BHA	F45	8:33.4	597	<b>W45 AMA/VMA rec</b>
2.	Darcey Roberts	KNA	F14	8:58.0		<b>VRWC U13/U14 rec</b>
3.	Danny Hawksworth	ESS	M40	9:42.1	459	
4.	Marcus Wakim	COL	M14	9:56.8	479	PB 0:17
5.	Liam McLennan	DAC	M16	10:09.3	447	PB 0:15
6.	Kylie Irshad	VMA	F45	10:26.3	507	
7.	Holly Cocking	ANW	F18	10:56.6	447	
8.	Lucas Taylor	YRA	MOP	11:02.9	336	
9.	Kaylah Heikkila-Dubowik	COR	F16	11:12.1		
10.	Riannah Tatlock	BEL	F14	11:22.4	457	
11.	Grace Young	COL	F18	11:58.3	382	
12.	David Sommers	ANW	M60	12:10.4	429	
13.	Laura McLennan	DAC	F40	12:38.6	343	
14.	Kevin Ruddick	BHA	M65	12:41.0	435	
15.	Debbie Mckenzie	DIV	F50	12:59.3	395	
16.	Karen Quinn	DIV	F55	13:52.6	373	
17.	Debbie Voogd	RWD	F50	15:27.7		
18.	Rozlyn Walker	GHY	F55	15:47.4	263	
19.	Glenys Schubert	DIV	F55	19:43.0	142	

**SAMA TRACK WALKS, SA ATHLETICS STADIUM. MILE END, ADELAIDE, WEDNESDAY 19 FEBRUARY**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He commented: Coolish, evening, breezy at times.

**800m Handicap Walk**

1.	MARIE MAXTED	04:35	W59	76.20%
2.	DAVE FALLON	05:41	M67	61.98%
3.	GIL MCINTOSH	04:59	M69	72.35%
4.	TREVOR BROWN	05:23	M71	68.60%
5.	MALCOLM TIGGEMAN	05:55	M67	59.54%
6.	JACK RUSSELL	04:26	M67	79.46%
7.	GRAHAM HARRISON	06:08	M76	64.25%
8.	ROGER LOWE	06:12	M76	63.56%
9.	MARGARET MCINTOSH	06:24	W67	59.31%
10.	DAVID ROBERTSON	07:17	M86	63.06%

**5000m Handicap Walk**

1.	GRAHAM HARRISON	38:53	M76	69.72%
2.	JACK RUSSELL	31:58	M67	75.61%
3.	GIL MCINTOSH	33:58	M69	72.85%
4.	MARIE MAXTED	34:53	W59	70.04%

**3000m Handicap Walk**

1.	DAVID ROBERTSON	27:17	M86	68.26%
2.	DAVE FALLON	22:24	M67	63.43%
3.	EDNA BATES	27:11	W67	57.47%
4.	TREVOR BROWN	21:38	M71	68.88%
5.	COLIN HAINSWORTH	29:40	M90	67.66%
6.	ROGER LOWE	24:51	M76	64.05%
7.	MARGARET MCINTOSH	25:13	W67	61.96%
8.	JAN LAYNG	24:06	W71	68.49%
9.	JEFFREY KENNETT	32:03	M69	45.38%

**ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 20 FEBRUARY**

Thanks to Val Chesterton for this week's results from Canberra.

**2000m Walk**

1.	Owen Toyne	09:39
2.	Kodi Clarkson	09:43

3.	Ann Staunton-Jugovic	10:50
4.	Kate Black	12:40
5.	Bryan Thomas	14:22
6.	Ruth Baussmann	15:12
7.	Doug Fitzgerald	17:02
8.	Sheryl Greathead	17:06
9.	Margaret McSpadden	17:51
10.	Robert Kennelly	20:01

#### 1200m Walk

1.	Ewen Thompson	09:11
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<b>NSW JUNIOR CHAMPIONSHIPS, SOPAC, SYDNEY, 21-23 FEBRUARY</b>
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The U14-20 walks at the NSW Junior Championships last weekend were contested on Saturday morning. It was great to see 59 walkers in action, with best performers **Oscar Tebbutt** (U20 21:23.48), **Jack McGinniskin** (U20 21:37.02), **Allanah Pitcher** (U18 23:46.70), **Milly Broughton** (U15 14:38.49) and **Sienna Pitcher** (U14 15:04.06).

#### Men 5000m Walk U20

1.	Tebbutt, Oscar	19	Mingara	21:23.48
2.	McGinniskin, Jack	18	Mingara	21:37.02

#### Women 5000m Walk U20

1.	Parker, Hannah	18	Randwick Bot	25:54.18
2.	Pengilley, Teegan	19	Bankstown Sp	27:03.41
3.	mison, hannah	19	Koorinal Wagga	27:18.35
4.	Bell, Bridget	18	Asics Wests	28:15.66
5.	Walker, Amy	19	Mingara	29:02.43

#### Men 5000m Walk U18

1.	Kemp, Joel	17	Mingara	25:29.62
	Byrne, Oliver	16	Randwick Bot	DQ

#### Women 5000m Walk U18

1.	Pitcher, Allanah	17	Mingara	23:46.70
2.	Bolton, Hannah	17	Mingara	25:51.74
3.	Blanch, Emma	17	St George District	27:55.39

#### Men 5000m Walk U17

1.	Pyda, Raven	16	Westfields	25:18.89
2.	Strahl, Caleb	16	St George District	32:51.33

#### Women 5000m Walk U17

1.	McMillen, Elizabeth	16	Sydney Pacific	25:53.76
2.	McLoughlin, Chloe	16	Mingara	27:38.62
3.	DeCelis, Ellie	16	Illawong Rev	28:50.83
4.	Hickson, Alannah	15	Asics Wests	29:13.19
5.	Thomson, Jada	16	Nepean District	31:55.00

#### Men 3000m Walk U16

1.	Spamer, Liam	15	Macquarie Hunter	15:09.82
2.	Robson, Jack	15	Hills Distri	15:21.28
3.	Pospischil, Brendan	15	Winston Hills	15:27.61
	Dundon, Harry	15	Balmain	DQ

#### Women 3000m Walk U16

1.	Duguid, India	15	Mingara	14:42.99
2.	Thomas, Emma	15	Parramatta C	15:07.83
3.	Laytham, Tara	15	Sydney Pacific	15:17.71
4.	Farrell, Isabella	15	Campbelltown	16:04.28
5.	Dunne, Izabella	15	Mingara	16:11.78

6.	Wheeler, Paige	15	Westlakes	16:18.99
7.	Varga-Strike, Zsofia	15	Hills Distri	19:46.29

#### Men 3000m Walk U15

1.	Platt, Grady	14	Adamstown Ne	15:51.12
2.	Bell, Darcy	14	Asics Wests	17:16.36
3.	Horton, Jai	14	Westfields	17:28.06
	Bonham, Ryan	14	Wallsend Rsl	DQ

#### Women 3000m Walk U15

1.	Boughton, Milly	14	Randwick Bot	14:38.49
2.	Pinches, Aiva	14	Adamstown Ne	15:52.01
3.	Munroe, Ella	14	Hills Distri	16:30.65
4.	Krklinski, Chloe	14	Parramatta C	16:46.24
5.	Stojanovic, Marisa	14	Westfields	16:47.14
6.	Olbrich, Chelsea	14	Hills Distri	19:45.69
7.	Sawle, Teleah	14	Bankstown Sp	20:13.60

#### Men 3000m Walk U14

1.	Clarkson, Kodi	12	Act Athletics	14:59.44
2.	Varga-Strike, Thomas	12	Hills Distri	16:07.87
3.	Ashby, Myles	13	Gosford Litt	16:29.50
4.	Gonzalez, Sebastian	12	Balmain	16:32.29
5.	Mayhew, Maxwell	13	Ryde Centre	16:41.48
6.	Walter, Matthew	13	Asics Wests	17:29.52
7.	Pospischil, Aidan	13	Winston Hills	18:39.77
8.	Cousins, Callum	13	Edgeworth an	18:40.36
	Toyne, Owen	12	Act Athletics	DQ

#### Women 3000m Walk U14

1.	Pitcher, Sienna	13	Mingara	15:04.06
2.	Lamb, Chloe	13	Sydney Pacific	15:15.50
3.	Beck, Grace	12	Asics Wests	16:16.55
4.	Armstrong Reading, Evie	12	South Sydney	16:33.51
5.	Cassilles, Ciara	13	Westfields	16:33.60
6.	Payne, Georgia	13	Mingara	16:44.97
7.	Woods, Zoe	13	Asics Wests	17:15.10
8.	Platt, Madeline	12	Adamstown Ne	17:30.77
9.	Corvalan Sotomayor, Laur	12	Girraween	20:18.64

### WA STATE T&F CHAMPIONSHIPS, PERTH, 21-23 FEBRUARY

Thanks to Terry Jones for the results of the Western Australian T&F Championship track walks last weekend. Good walking by **John Ronan** (U14 14:35.82).

#### Men 3000m Walk U14, Friday 21 February

1.	John Ronan	14:35.82
2.	Riley Wood	16:22.50
3.	Luke Lawrence	17:50.82
4.	Jesstine Morales	17:53.40
	Xavier Bernard	DQ

#### Women 3000m Walk U14, Friday 21 February

1.	Ashlyn Spence	16:03.19
2.	Kaytee Bogaers	17:41.82

#### Men 3000m Walk U15, Friday 21 February

1.	Christopher Wright	16:00.40
2.	Jack Wright	17:04.73

#### Women 3000m Walk U15, Friday 21 February

1.	Lataya Lawrence	16:58.0
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**Men 3000m Walk U16, Friday 21 February**

1.	Jackson Cramer	15:32.2
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**Men 10000m Walk U20, Saturday 22 February**

1.	Benjamin Reid	50:27.27
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**Men 10000m Walk Open, Saturday 22 February**

1.	Declan Tingay	47:27.76
2.	Bradley Mann	53:59.57

**Men 5000m Walk U18, Sunday 23 February**

1.	Reuben Wickham	30:49.94
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**Women 5000m Walk U18, Sunday 23 February**

1.	Hannah Ireland	30:35.45
	Richelle Morales	DQ

**ATHLETICS SA INTERCLUB, SAATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 22 FEBRUARY**

Thanks to Kim Mottrom for the latest results from South Australia. He reported: Good weather yesterday, **Tristan Camilleri** went out hard chasing our U20 State Record (Liam Murphy 12:11.9) but didn't quite get there. Still a big PB though, fast times also by **Toby Wilks, Olivia Sandery, Mia Wilks** and **Greg Metha**.

**3000m Walk**

1.	Tristan Camilleri	12:17.13
2.	Toby Wilks	13:41.14
3.	Olivia Sandery	14:07.46
4.	Mathew Bruniges	14:21.97
5.	Richard Everson	15:28.79
6.	Sebastian Richards	16:35.75
7.	Mia Wilks	16:36.03
8.	Greg Metha	17:06.19
9.	Peter Crump	17:06.33
10.	Hannah Wilks	17:41.71
11.	Marie Maxted	19:14.65
12.	Ross Hill-Brown	23:28.54
	Kiera Ross	DNF

**1500m Walk**

1.	Daisy Braithwaite	07:52.90
2.	Katie DeRuvo	08:29.84

**GARRY BROWN SHIELD, QSAC, BRISBANE, SATURDAY 22 FEBRUARY**

Queensland walkers finally got a chance to walk in their summer competition last weekend, with **Camryn Novinetz** (23:51.96) the best performer.

**Women 5000m Walk**

1.	Novinetz, Camryn	03	IPS	23:51.96
2.	Hannigan, Caitlin	02	UNQ	24:49.21
3.	Sullivan, Bridget	04	QRW	27:49.28
4.	Hamann, Sophie Charlotte	01	QUT	28:00.43
5.	Vickers, Larissa	03	QRW	29:12.69
6.	McRoberts, Jasmine-Rose	02	QRW	31:06.08

**Men 5000m Walk**

1.	Spanner, Jye	04	KPL	27:23.63
2.	Whatman, Riley	03	NSW	28:41.89

### Women 3000m Walk

1.	Williams, Lyla	07	GCV	15:12.53
2.	Gee, Tamika	07	QRW	15:54.70
3.	Bergh, Mia	05	GCV	16:26.43
4.	Millard, Summer	05	QRW	16:28.61
5.	Brady, Korey	05	QRW	18:15.06
6.	Hingst, Olivia	07	QRW	19:04.41
7.	Chadwick, Phoebe	06	QRW	19:58.01
	Clarke, Anika	05	RED	DNF
	Goulding, Lily	07	QRW	DQ

### Men 3000m Walk

1.	McCure, Sam	06	GCV	15:38.95
2.	Callaghan, Myles	07	RED	16:05.73

Thanks to Robyn Wales for this additional info on one of the walkers who had a tough but successful weekend. Thanks Robyn and well done Mia!

*Mia Bergh is 14 and has been walking for a year. On Friday night while travelling to Pizzey Park to compete in South Coast Regional Little Athletics Mia and her mother were involved in an accident. Fortunately, they weren't physically injured but the car was a wreck. Mia rang me very upset saying she still wanted to compete but it would be a while before her Dad would get there. Just as another parent was offering to get her another family of walkers saw them and was able to bring Mia to the track with only minutes to spare. With the Adrenalin and tears pumping Mia took off and won her race in 8.15. Last night with Adrenalin still pumping Mia walked in the QA Shield meet scoring her first national qualifier with over a one minute pb finishing in 16.26.*

*Mia is one of those rare gems you find in your squad who always gives 100%, always thanks her coach, always encourages others and now she is believing in her ability to be her best. Today, she's back at Regionals as club captain cheering on her team mates. Mia's weekend could have turned out very differently to this.*



*Mia Bergh (photo Robyn Wales)*

## ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 22 FEBRUARY

Dave Moore reports from Hobart: With the Run the Bridge Event scheduled for early next morning, numbers in the longer track events at Interclub were sparse with **Elizabeth Leitch** as the sole race walker alongside one lone runner in the 5000m.

### 5000m Walk

1.	Elizabeth Leitch	Tasmanian Masters	33:47.01
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Thanks to Zoe Gkini for news on the 4<sup>th</sup> Patra Racewalking Festival, which included the Greek U23 20km championships. The highly successful meet was completed last Sunday morning in the famous Greek city of Patra, in the midst of that city's annual festival. Although many of the walkers were in the midst of their preparations, there were a number of PBs and qualifications for the upcoming major championships.

The meet was also the trial for the Balkan championships which will be held on 14<sup>th</sup> March in Ivano-Frankivsk in the Ukraine. EAAA panel judges Janusz Krinicki (POL), Alexandru Nicole Stefan (ROM) and Ana Veselova (ISR) were in attendance.

In the women's 20km, **Christina Papadopoulou** won with a PB of 1.38.23, while **Aggeliki Makri** finished second with 1:39:18, only a month after her 50km gold medal. **Olga Fiaska**, 3<sup>rd</sup> overall, won the U23 championship with 1.40.20. **Zacharias Tsamoudakis** won the men's 20km with 1.33.08 while **Stamos Anastasios** won the U23 title with 1:54:00. **Alexandros Mortzakis**, 1<sup>st</sup> in the men's U18 10km with 45.26, received his ticket for the European championships in Rieti next summer but **Aristotelis Bosdas** with 45.51 missed out by 1 second so will try again in his next competition. **Anastasia Antonopoulou** also walked well to win the women's U18 5km with 24.31. It was very pleasing to see the large number of young walkers in action, right down to 6 year old **Marina Agaliou** who finished the U12 1k walk.

Full results at [http://www.marciadalmondo.com/admin/pdf/risultati/19022020932PATRAS\\_16feb2020\\_Res.pdf](http://www.marciadalmondo.com/admin/pdf/risultati/19022020932PATRAS_16feb2020_Res.pdf). Also reported by marciadalmondo at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3733](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3733).

#### 20km Men

1.	Tsamoudakis Zacharias	1996	1:33.08
2.	Ntentopoulos Konstantinos	1994	1:42.53
3.	Tsordias Dimitrios	1996	1:44.00
4.	Stamos Anastasios	2000	1:54.00
	Tzatzimakis Georgios	1999	DQ

#### 20km Women

1.	Papadopoulou Christina	1996	1:38.23
2.	Makri Aggeliki	1978	1:39.18
3.	Fiaska Olga	2001	1:40.20
4.	Kurkutsaki Efstathia	1998	1:44.49
5.	Andreopoulou Niki	1983	1:45.16
6.	Bochori DIMITRA	1998	1:49.51
7.	Kelemani Barime	1999	1:57.45
8.	Alikanioti Sofia	1998	2:00.09
9.	Asterriou Maria	1989	2:19.18
	Bantuna Fotini	1992	DNF
	Stoupele Lydia	1988	DNF

#### U20 10km Women

1.	Faturu Ariadni	2002	58.46
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#### U18 10km Men

1.	Mortzakis Alexandros	2003	45.26
2.	Busdas Aristotelis	2003	45.51
3.	Bachos Adreas Eleftherios	2003	48.02

#### U16 Boys 5km

1.	Konidaris Dimitrios	2005	28.17
2.	Bardakis Eliseos	2006	31.25
3.	Kafkalias Georgios	2005	33.27
4.	Tsavos Nikolaos	2006	36.26

#### U16 Girls 5km

1.	Tsimigatu Mirto	2005	27.04
2.	Barbarusi Ilia	2005	28.50
3.	Vasiliiu Pavlina	2005	30.28
4.	Zacharopulu Charis	2006	30.30
5.	Panagopulou Dimitra	2005	30.42
6.	Buchali Maria	2006	30.57
7.	Barkali Efremia Georgia	2005	32.17
8.	Vasilkeri Sofia	2004	33.15
9.	Marazioti Aggeliki	2005	36.03
10.	Nikologianni Dafni	2006	36.18
11.	Pappa Eva	2006	37.13

#### U14 Boys 2km

1.	Anthimos Michalis	2007	14.17
2.	Asimakopulos Panagiotis	2007	14.22

#### U14 Girls 2km

1.	Floropulu Athina	2007	10.12
2.	Esmerli Chrisa	2007	11.10
3.	Papathanasopulu Despina	2007	13.00
4.	Korkotzelu Maria	2007	13.03
5.	Chamade Fotini	2007	13.04



### U18 5km Women

1.	Antonopoulou Anastasia	2004	24.31
2.	Arvanitaku Chrisanthi	2004	26.25
3.	Floru Pnagiota	2003	26.40
4.	Valionti Sofia Ioanna	2004	27.27
5.	Tzatzimaki Vasiliki	2003	27.39
6.	Pappa Kiriaki	2003	28.41
7.	Palmou Malena	2004	29.00
8.	Haski Dimitra	2004	30.40
9.	Spiropoulou Konstantina	2003	31.02
10.	Nikololulu Grigoria	2004	31.56
11.	Zoi Eleni	2004	32.13
12.	Argiri Adriana	2004	32.46
13.	Maruda Mariada	2004	33.10
14.	Vinalo Alesia Antonia	2004	35.48

6.	Gianusa Dimitra	2007	13.05
7.	Plitaria Polixeni	2008	13.12
8.	Seremeti Alexandra	2007	14.35
9.	Anagnostopoulou Erieta	2008	14.36
10.	Papadaki Chrisa	2008	14.48
11.	Stefanopulu Nikolia	2008	15.16

### U12 Boys 1km

1.	Schinas Nikolis	2010	4.52
2.	Tsubos Nickos	2010	4.54
3.	Agaliou Alexandros	2010	5.35

### U12 Girls 1km (17 finishers)

1.	Arabatzi Maria	2010	7.20
2.	TSIRBA Theodora Maria	2009	7.29
3.	Faturu Efi	2010	7.38



Open 20km Podiums



U23 Women's podium



6 year old Marina Agaliou (photos Zoe Gkini)

**BRITISH ATHLETICS INDOOR CHAMPIONSHIPS, EMIRATES ARENA, GLASGOW, 22-23 FEBRUARY**

**Tom Bosworth** starred on the second and final day of the SPAR British Athletics Indoor Championships as he lowered his own British 5000m race walk record on a day of wall-to-wall finals in Glasgow. His time of 18:20.97 saw him smash his own PB of 18:28.70 by nearly eight seconds as he claimed a sixth consecutive indoor title. Pulling away from the field early on, Bosworth picked up the pace in the final few laps, digging in deep before crossing the line to the delight of the home crowd. His 1000m split times were 3:44.03, 7:24.57 (3:40.54), 11:04.57 (3:40.00), 4.000m 14:46.58 (3:42.01) and 18:20.97 (3:34.39). Behind Bosworth, both **Tom Partington** (GBR) and **Luc Legon** (GBR) set personal best times of 22:17.26 and 23:00.52 as they picked up silver and bronze respectively. In the women's race, gold went the way of **Abigail Jennings** who set a new personal best of 25:28.46, as she beat **Pagen Spooner** (27:42.05) to win her first British title.

Well covered as always by marciadalmondo: [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3740](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3740)

**5000m Indoor Men**

1.	Tom BOSWORTH	30	TONBRIDGE A C	18:20.97 NR
2.	Tom PARTINGTON	20	MANX H	22:17.26 PB
3.	Luc LEGON	22	BEXLEY A C	23:00.52 PB
4.	Matthew CRANE	17	BEXLEY A C	24:59.61 PB
	Adam COWIN	25	MANX H	DQ

**5000m Indoor Women**

1.	Abigail JENNINGS	19	AFD AC	25:28.46 PB
2.	Pagen SPOONER	18	HYDE PARK HARRIERS	27:42.05 SB



*Tom Bosworth celebrates his new British Record in Belfast*

**MURRAY LAMBDEN OPEN, NATIONAL SPORTS CENTRE, DOUGLAS, ISLE OF MAN, SATURDAY 22 FEBRUARY**

Manx Harriers hosted the Murray Lambden Open in the city of Douglas on the Isle of Man last Saturday. The meet included the Northern Racewalking Association Championships, as well as The Nihill Shield Match (RWA v Ireland Underage Walks). Conditions were tough, with the walkers battling wind, sleet and cold. You can see how rugged up many of the walkers are in the gallery at <https://www.facebook.com/photo.php?fbid=10158077139089630&set=a.10158077138774630&type=3&theater&ifg=1>. Numbers were excellent.

**Joe Mooney** (1.37.34) and **Natalie Myers** (1.53.02) led the 20km walkers home in the men's and women's race. Special shout out to Natalie, who spent the summer training in Australia a couple of years ago. She powered her way round to knock 8 minutes and 35 seconds off for her new PB! Irish junior male walkers **Oisin Lane** (44.26) and **Matthew Glennon** (45.09) produced good times to lead the walkers home in the 10km race.

**20km Walk**

1.	Joe Mooney	72	Adamstown	1.37.34	
2.	Gianni Epifani	73	Manx Harriers	1.47.29	
3.	Richard Creer	74	Manx Harriers	1.52.56	
4.	Natalie Myers	79	2DASH	1.53.02	
5.	Niamh O Connor	1	Celbridge	1.55.43	
6.	Penelope Cummings	80	Aldershot Farnham & District	2.04.54	
7.	Marie Jackson	84	Manx Harriers	2.07.50	
8.	Graham Jackson	75	Northern Masters A.C.	2.10.30	
9.	Jayne Farquhar	83	Manx Harriers	2.12.10	
10.	Diana Obermeyer	81	Germany	2.13.08	
11.	Angie Robinson	87	Manx Harriers	2.25.07	
12.	Mark Byrne	76	Redcar R.W.C.	2.28.55	2 laps short
	Denis Jackson	78	Unattached	DNF	
	Hannah Hunter	86	Manx Harriers	DNF	
	Anna Bourke	2	Celbridge	DNF	
	Ian Richards	77	Steyping A.C.	DQ	

**10 km walk**

1.	Oisin Lane	204	Mullingar Harriers	44.26	
2.	Matthew Glennon	209	Mullingar Harriers	45.09	
3.	Maria Flynn	225	Naas	51.50	
4.	Emily McHugh	223	Naas	52.48	
5.	James Hanlon	208	Taghmon	56.55	
6.	Phill Swales	232	Northern A.C.	66.11	
7.	Maura Kelly	230	Northern A.C.	70.04	
8.	May Hooper	229	Manx Harriers	71.34	
9.	Denise Bridson	233	Northern A.C.	73.15	
10.	Carolanne Hanley	231	Northern A.C.	99.26	
	Sarah Glennon	224	Mullingar Harriers	DNF	
	Jennifer Fidgeon	219	Mullingar Harriers	DNF	

**5km walk**

1.	Jake O'Brien	116	Moy Valley	24.39	
2.	Christian Hopper	124	Cambridge Harriers	25.23	
3.	Abby Hughes	128	Taunton Athletic Club	25.53	
4.	Mia Dunwell	125	Northern (IOM)AC	25.54	
5.	Andrew Glennon	117	Mullingar Harriers	26.19	
6.	Sam O'Sullivan	118	Clonmel	27.00	
7.	Ava Ross	123	Glaslough Harriers	27.08	
8.	Leah Murphy	122	Celbridge	28.00	
9.	Lois Carty	126	Aldershot Farnham & District	28.12	
10.	Katie Stringer	127	Medway & Maidstone	28.33	
11.	Grainne O'Connor	121	Clonmel	28.45	
12.	Abigail Smith	129	Blackheath & Bromley	28.48	
13.	Keira Heavey	133	Northern (IOM)AC	29.00	
14.	Ciara Mooney	120	Adamstown	29.12	
15.	Rebecca Greatbatch	131	Manx Harriers	31.16	
16.	Sharon Cain	132	Manx Harriers	32.32	
17.	Deirdre Doherty	119	Celbridge	36.25	
18.	Gordon Erskine	130	Unattached	36.42	

**3km walk**

1.	Eddy Purser	95	City of Portsmouth	15.26	
2.	Aisling Lane	91	Mullingar Harriers	15.33	
3.	Natasha Mitchell	96	Winchester	16.14	
4.	Ellis Simmonds	94	Derbyshire & South Yorkshire	17.10	
5.	Lola-Mae Billingham	93	Aldershot Farnham & District	18.22	
6.	Carla Forsythe	92	Blackheath & Bromley	18.22	
7.	Abbie Murphy	90	Celbridge	19.16	
8.	Saoirse Kennedy	89	Celbridge	20.06	

**1 km walk**

1.	Harrie Swales	97	Northern A.C.	8.39	
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*Joe Mooney, Natalie Myers, Oisin Lane and Matthew Glennon*

**2020 ERWL FIVE MILES, KING GEORGE PLAYING FIELDS, DONKEY LANE, ENFIELD, SAT 22 FEBRUARY**

Thanks to Ron Wallwork for the latest results from the Enfield Race Walking League in London.

Blustery winds with gusts over 20 mph sweeping across the playfields made conditions extremely testing for the second race in the 23<sup>rd</sup> series. Once again a decent field made for some close competition and despite being blown all over the course, in only her second race **Catherine Davies** shaved half a minute off her pb. The chase for the team title is well underway with only 79pts separating the leading three club; EHAC 607, Belgrave team H 584, Surrey WC 528 and Ashford AC still within striking distance a little further back. Aldershot Farnham & District fielded five walkers among them two novices who showed promise and qualified for their '5 in the hour' badges.

**5 Miles Walk Men**

**© Centurions**

1.	George Wilkinson	Enfield HAC	41.01	u20
2.	Francisco Reis	Surrey WC	43.00	M55
3.	Trevor Jones	Steyning AC	46.09	M60
4.	Vincenzo Panico	BSC Blasnac	46.29	M65
5.	Malcolm Martin	Surrey WC	46.33	M65
6.	Chris Hobbs	Ashford AC	49.24	M60
7.	Steve Uttley	Ilford AC	48.34	M60
8.	Colin Harle	Belgrave H	51.26	M60
9.	Mark Culshaw	Belgrave H	52.30	M50
10.	John Ralph	Enfield HAC	52.50	M60
11.	John Borgars ©	Loughton AC	53.11	M70
12.	David Kates ©	Ilford AC	55.16	M70
13.	John Hall	Belgrave H	55.36	M70
14.	Tom Casserley	Enfield HAC	58.00	M80
15.	George Wallace	Aldershot FD	58.57	M65
16.	Arthur Thomson	Enfield HAC	58.58	M80
17.	David Hoben	Surrey WC	59.01	M65
18.	Gary Smith ©	Enfield HAC	59.20	M65
19.	Chris Flint ©	Surrey WC	60.20	M75
20.	Michael Harran	Surrey WC	60.53	M80

**5 Miles Walk Women**

1.	Silvana Alves	Barnet DAC	45.50	W45
2.	Millie Morris	Ashford AC	46.52	u20
3.	Jaqueline Benson	Ashford AC	47.23	u23
4.	Emma Dyos	Ilford AC	49.00	W45
5.	Melanie Peddle	Loughton AC	50.36	W50
6.	Helen Middleton	Enfield HAC	51.44	W55



7.	Alicja Drende	Belgrave H	52.35	W35
8.	Maureen Noel	Belgrave H	53.21	W55
9.	Anna Hinchcliffe	Aldershot FD	53.22	u20
10.	Noel Blatchford	Abington AC	53.28	W70
11.	Sue Davies	Aldershot FD	54.06	W50
12.	Sue Barnett	Enfield HAC	54.12	W70
13.	Catherine Davies	Belgrave H	*54.41	W50
14.	Diana Braverman	Enfield HAC	57.09	W65
15.	Kathy Smith	Aldershot FD	60.42	M50
16.	Angela Martin	Surrey WC	61.59	W55
17.	Maddy Shott	Belgrave H	dnf	SW

### 3 Miles Walk

1.	Rachel Lawless	Ilford AC	31.47	W55
2.	Peter Hannell	Surrey WC	37.19	M75

### 2 Miles Walk

1.	Nicholas Hart	Aldershot FD	18.39	u20
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## OUT AND ABOUT

- Well done to Tony Taylor who has created the following post as a tribute to the late great **Colin Young** on the Lancashire WC website: <https://lancswalkingclub.com/2020/02/19/colin-young-one-of-the-great-race-walking-characters-never-to-be-forgotten-1935-2019/>
- I reported in last week's newsletter on the Indian 20km walk championships and the record breaking win by **Bhawana Jat**. This follow up news article sheds lots more light on this talented young woman. See [https://www.espn.com/athletics/story/\\_/id/28714021/race-walker-bhawana-jat-journey-grazing-cattle-olympics](https://www.espn.com/athletics/story/_/id/28714021/race-walker-bhawana-jat-journey-grazing-cattle-olympics)
- I was out riding the bike for the walkers training last Saturday morning at Port Melbourne and I thought the opportunity too good to let go without a photo. Not a bad training group!



*Jemima Montag, Simone McInnes, Corey Dickson, Rhydian Cowley, Perseus Karlstrom, Quentin Rew, Remo Karlstrom, Kyle Swan and Jason Kozica on Saturday morning in Port Melbourne*

## MARCIADALMONDO ROUNDUP

Marciadalmondo had 9 press releases for us this week, with lots of additional results.

- Mon 24 Feb - Braba (POR): Results of Portuguese Club Indoor Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3741](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3741)
- Sun 23 Feb - Glasgow (GBR): Tom Bosworth seasonal leader in 5,000m indoor walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3740](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3740)
- Sun 23 Feb - Budapest (HUN): Bence Barnabas Venyercsan and Barbara Kovacs win Hungarian indoor champs  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3739](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3739)
- Sat 22 Feb - Ancona (ITA) - Valentina Trapletti and Francesco Fortunato win the Italian Indoor titles  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3738](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3738)
- Thu 20 Feb - Asian Athletics Association: new appointments to Asian Race Walking Committee  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3736](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3736)
- Wed 19 Feb - Disappointing entry lists for Italian indoor championships in Ancona  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3734](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3734)
- Tue 18 Feb - Patras (GRE): Results of 4th walking festival and the U23 national championship  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3733](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3733)
- Tue 18 FEB - Budapest (HUN): Results of Hungarian U20 and U18 Indoor Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3732](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3732)
- Tue 18 FEB - Macas (ECU): Results of National Interclub Championships of Ecuador  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3730](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3730)

Omarchador also had lots of releases. Just so many results from around the world!

- Mon 24 Feb - Francesco Fortunato and Valentina Trapletti win Italian indoor track titles  
<https://omarchador.blogspot.com/2020/02/francesco-fortunato-e-valentina.html>
- Sun 23 Feb - João Vieira and Vitória Oliveira triumph in the Portuguese Club Final Division I  
<https://omarchador.blogspot.com/2020/02/joao-vieira-e-vitoria-oliveira-triunfam.html>
- Sun 23 Feb - Sérgio Vieira and Sandra Silva win walks in the Portuguese Club Final Division II  
<https://omarchador.blogspot.com/2020/02/sergio-vieira-e-sandra-silva-vencem.html>
- Sun 23 Feb - Results of the 1st Grand Prix of Walking in Youngsfield, South Africa  
<https://omarchador.blogspot.com/2020/02/1-g-premio-de-marcha-de-2020-em.html>
- Sat 22 Feb - Belgian Indoor Championships in Gent (results)  
<https://omarchador.blogspot.com/2020/02/campeonatos-da-belgica-em-pista-coberta.html>
- Sat 22 Feb - High quality results in Macas, Ecuador  
<https://omarchador.blogspot.com/2020/02/elevado-nivel-de-resultados-em-macas.html>
- Fri 21 Feb - 4th Patras Athletic Walk Festival, Greece (results)  
<https://omarchador.blogspot.com/2020/02/4-festival-de-marcha-atletica-de-patras.html>
- Fri 21 Feb - Nick Christie and Robyn Stevens with US America indoor titles  
<https://omarchador.blogspot.com/2020/02/nick-christie-e-robyn-stevens-com.html>
- Thu 20 Feb - Partanen and Kivimäki win Finnish indoor championships  
<https://omarchador.blogspot.com/2020/02/partanen-e-kivimaki-vencem-campeonatos.html>
- Thu 20 Feb - Italy 2020: U18 indoor championships (results)  
<https://omarchador.blogspot.com/2020/02/italia-2020-campeonatos-sub-20-em-pista.html>
- Wed 19 Feb - Young walkers at the 2020 Brazil Cup  
<https://omarchador.blogspot.com/2020/02/jovens-marchadores-na-copa-brasil-2020.html>
- Wed 19 Feb - Results of Copa Brasil de Marche Athletica in Recife

<https://omarchador.blogspot.com/2020/02/os-grandes-campeoes-na-copa-brasil-de.html>

- Tue 18 Feb - 20km results at the Spanish Veterans Championships in Torreveja  
<https://omarchador.blogspot.com/2020/02/os-veteranos-espanhois-nos-campeonatos.html>

### WORLD ATHLETICS TEAM CHAMPIONSHIPS QUALIFIERS

Time for an updated on the list of Australian qualifiers for the 2020 World Athletics Racewalking Team Championships, as at 19<sup>th</sup> February 2020. I think I have them all captured.

<b>20km Men (1:28:00)</b>	<b>Dane Bird-Smith</b>	Q	wildcard		
	<i>Dane Bird-Smith</i>	Q	1:23:01	Adelaide	09/02/2020
	<b>Kyle Swan</b>	V	1:23:53	Melbourne	01/12/2019
	<b>Rhydian Cowley</b>	V	1:24:10	Taihu, China	20/10/2019
	<i>Rhydian Cowley</i>	V	1:24:40	Adelaide	09/02/2020
	<b>Tyler Jones</b>	N	1:25:42	Melbourne	01/12/2019
	<i>Rhydian Cowley</i>	V	1:26:29	Adelaide	08/09/2019
	<b>Kyle Swan</b>	V	1:27:41	Adelaide	09/02/2020
<b>20km Women (1:36:00)</b>	<b>Jemima Montag</b>	V	wildcard		
	<i>Jemima Montag</i>	V	1:33:15	Adelaide	09/02/2020
	<b>Katie Hayward</b>	Q	1:34:00	Adelaide	09/02/2020
	<b>Beki Smith</b>	A	1:35:06	Adelaide	09/02/2020
<b>50km Men</b>	<b>Rhydian Cowley</b>	V	3:52:58	Melbourne	01/12/2019
<b>50km Women</b>	<b>Claire Woods</b>	S	Wildcard		
<b>10km Junior Men (46:30)</b>	<b>Gwyllym Young</b>	A	43:25	Melbourne	01/12/2019
	<b>Tristan Camilleri</b>	S	43:28	Melbourne	01/12/2019
	<b>Mitchell Baker</b>	A	43:47	Melbourne	01/12/2019
	<b>Oscar Tebbutt</b>	N	44:11	Melbourne	01/12/2019
	<b>Corey Dickson</b>	V	44:23	Melbourne	01/12/2019
	<i>Mitchell Baker</i>	A	44:40.7	Melbourne	27/01/2020
	<i>Tristan Camilleri</i>	S	44:44	Adelaide	09/02/2020
	<b>Will Thompson</b>	V	44:52.7	Melbourne	27/01/2020
	<i>Mitchell Baker</i>	A	45:00	Adelaide	08/09/2019
	<i>Gwyllym Young</i>	A	45:01	Adelaide	09/02/2020
	<i>Mitchell Baker</i>	A	45:09	Melbourne	12/01/2020
	<i>Corey Dickson</i>	V	45:12	Melbourne	12/01/2020
	<i>Will Thompson</i>	V	45:31	Melbourne	12/01/2020
	<i>Corey Dickson</i>	V	45:40	Adelaide	09/02/2020
	<i>Mitchell Baker</i>	A	45:50	Adelaide	09/02/2020
	<i>Will Thompson</i>	V	45:51	Adelaide	09/02/2020
	<i>Oscar Tebbutt</i>	N	46:11	Sydney	11/01/2019
<b>10km Junior Women (50:00)</b>	<b>Rebecca Henderson</b>	V	47:43.6	Melbourne	27/01/2020
	<i>Rebecca Henderson</i>	V	48:23	Adelaide	09/02/2020
	<i>Rebecca Henderson</i>	V	48:58	Melbourne	01/12/2019
	<b>Alannah Peart</b>	V	49:01	Melbourne	01/12/2019
	<b>Caitlin Hannigan</b>	Q	49:39	Adelaide	09/02/2020
	<i>Alanna Peart</i>	V	49:54	Adelaide	09/02/2020

### 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

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, Duncan McKinnen Reserve, Glenhuntly
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 <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

Apr 18-19, 2020 Australian Centurions 24 Hour Qualifying Walk, Coburg, Victoria  
 Apr 25 (Sat), 2020 VRWC Winter Season Roadwalks at Middle Park (Season Opener)  
 Jun 7 (Sun), 2020 54<sup>th</sup> LBG Racewalking Carnival, Canberra  
 Aug 30 (Sun), 2020 Australian Masters 20km Championships, Adelaide

#### **International Dates**

Mar 8 (Sun), 2020 Lugano Trophy - Memorial Mario Albisetti Lugano SUI (20km men and women)  
 Mar 15 (Sun), 2020 Asian Championships, Nomi, Japan  
 Mar 23, 2020 38<sup>th</sup> 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 (Sat), 2020 Podebrady Walks Meet, Podebrady, Czech Republic  
 Apr 11-12, 2020 Taiwan Veterans Spring Meet, Tainan Municipal Stadium, Tainan  
 Apr 18 (Sat), 2020 International Race Walk Meeting, Zaniemysl, Poland  
 May, 2-3, 2020 **29<sup>th</sup> World Athletics 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 (20km men and women)  
 May 30 (Sat), 2020 Gran Premio Cantones de La Coruña, La Coruna, Spain  
 Jun 5 (Fri), 2020 46<sup>th</sup> International RW Festival, Alytus, Lithuania  
 Jun 14 (Sun), 2020 Polish National Championships, Mielec, Poland  
 July 17-20, 2020 **18<sup>th</sup> World Athletics U20 T&F Championships**, Nairobi, Kenya  
 July 24 – Aug 9, 2020 **32<sup>nd</sup> Olympic Games**, Tokyo  
 July 20 – Aug 1, 2020 **23<sup>rd</sup> World Masters T&F Championships**, Toronto, Canada  
 Sep 26-28, 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  
 Sep 26-28, 2020 Lake Taihu Tour, Suzhou, China

Jan 17-23, 2021 **Oceania Masters Championships**, Norfolk Island  
 Apr 6-13, 2021 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
 Aug 8-19, 2021 **World University Summer Games**, Chengdu, China  
 Aug 6-15, 2021 **18<sup>th</sup> World Athletics Championships**, Eugene, USA

July 27 - Aug 7, 2022 **XXII Commonwealth Games**, Birmingham, GBR.  
 Aug 7-17, 2022 **24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden

Aug 2023 (TBC) **19<sup>th</sup> World Athletics Championships**, Budapest, Hungary

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