



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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PAUL F DEMEESTER TAKES A WELL EARNED REST THIS WEEK

Our resident foreign correspondent Paul DeMeester is having a rest day this week, after 44 articles in a row. Work caught up with him this week, but he promises to be back next week with another thought provoking article. Thanks so much Paul, and enjoy a well earned rest this week.

WHAT'S COMING UP

Next Sunday sees the next round of our VRWC Summer Season. The timetable is as shown below. The morning starts with the second of our Elite 10,000m track walks. This is followed by VRWC 1500m, 5000m and 3000m track walks. You must pre-enter the VRWC races via our online entry panel at <http://vrwc.org.au/wp1/race-entries/race-entry-sun-31-jan-21-clifton-hill/>. Entries close at midnight Wednesday night.

Sunday 31st January 2021, Clifton Hill	
Venue: George Knott Athletics Track, Clifton Hill	
9:00am	Elite 10,000m Track Walks
10:00pm	VRWC 1500m Walk
10:15pm	VRWC 5000m and 3000m Walks

And just to whet your appetites for next Sunday's Elite 10,000m Track Walk, our elite walkers are just winding up their Supernova January training camp in Melbourne. Here is a photo from their final track session, held on Monday at 5PM at the Lakeside Drive track in Albert Park. Monday was out hottest day this summer in Melbourne, with the temperature peaking at 41C. Luckily a cool change had started to come through by late afternoon but it was still warm and most of the walkers were pretty tired from the strict food test diets, so it was a very tough training session.



Our elite walkers in action on Monday afternoon at the Lakeside Track in Melbourne (photo Kerrie Peart)

Looking further ahead, the rest of February reads as follows for Victorian walkers

Feb 6 (Sat), 2021	AVSL Round 6 (3000m/1500m walks)	Various venues
Feb 13 (Sat), 2021	AVSL Round 7 (2000m walks)	Various venues
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	Australian 20km Roadwalk Championships	Adelaide, SA
	Entries close on Monday 1 st February - https://www.athletics.com.au/events/83392/	
Feb 19-21, 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
Feb 26-28, 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, LLANBERRIS RESERVE, BALLARAT, 22-24 JANUARY 2021

The Victorian Country T&F Championships were held last weekend in Ballarat, and was pleasing to see such a good turnout in all the event, walks included. The 1500m and 5000m walks were held on Friday evening, with 16 year old **Fraser Saunder** the standout (5000m in 23:28.20).

U14 1500m Walk

1.	Charlotte MACDONELL	BYC	9:15.09
2.	Philippa BESFORD	ALB	10:49.65
3.	Janella ARCHER	WEL	11:51.59
4.	Lula PARROTT	DAC	10:28.61

60+ 1500m Walk

1.	Peter SAVAGE	EAG	14:40.65
2.	Geoffrey BARROW	MEN	10:31.02
1.	Jennifer PAYNE	SBE	9:31.46
2.	Annette CURTIS	SBE	11:53.45
3.	Wendy ENNOR	EAG	13:06.76

5000m Walk Open

1.	Fraser SAUNDER	BYC	23:28.20
2.	Owen COSTIN	CHI	28:19.92
3.	Simon EVANS	BOH	28:24.16
	Peter CURTIS	SBE	DNF
1.	Sarah BRENNAN	BYC	27:40.57

U20 5000m Walk

1.	Charlotte HAY	KNA	26:41.69
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40+ 5000m Walk

1.	Sarah BRENNAN	BYC	27:40.57
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The walkers returned on Saturday for the 3000m walks, with **Fraser Saunder** once again the star (13:47.33). 14 year old **Scott Peart** (15:48.75) and 13 year old Tasmanian visitor **Oliver Morgan** (15:33.25) also recorded good times in the U16 Boy's race.

U18 3000m Walk

1.	Fraser SAUNDER	BYC	13:47.33
2.	Owen COSTIN	CHI	16:16.70
1.	Kaylah HEIKKILA-DUBOWIK	BEL	18:04.49
2.	Claire NOONAN	EAG	21:17.22
3.	Casey SMITH	NSW	19:09.69

U16 3000m Walk

1.	Oliver MORGAN	TAS	15:33.25
2.	Scott PEART	BYC	15:48.75
3.	Joel IMBRIANO	STK	16:29.25
1.	Riannah TATLOCK	BEL	18:16.17
2.	Emily SMITH	KNA	16:43.32

50+ 3000m Walk

1.	Stephen MURPHY	ESS	20:18.34
2.	Geoffrey BARROW	MEN	21:40.19
1.	Donna-Marie ELMS	PTN	18:57.82
2.	Dee HOLOHAN	SAN	19:05.40

- | | | | |
|----|------------------|-----|----------|
| 3. | Tracy COLBERT | COB | 19:31.52 |
| 4. | Merilyn THOMPSON | MPA | 20:46.57 |



Fraser Saunder, Charlotte Hay, Owen Costin, Sarah Brennan and Charlotte MacDonell



Oliver Moran, Scott Peart and coach Dary Biggin with his gold medal winning charges Charlotte MacDonell, Scott Peart, Fraser Saunder and Kaylah Heikkila-Dubowik (all photos from Kerrie Peart)

ACTRWC TRACK WALKS, WODEN PARK ATHLETICS TRACK, WODEN, THURSDAY 21 JANUARY 2021

Thanks to Val Chesterton for the latest results from Canberra.

1500m Walk

- | | | |
|----|----------------------|-------|
| 1. | Peter Baker | 8:00 |
| 2. | Peter Strangman | 10:11 |
| 3. | Ewen Thompson | 10:51 |
| 4. | Bryan Thomas | 10:58 |
| 5. | Doug Fitzgerald | 11:27 |
| 6. | Geoff Barker | 11:38 |
| 7. | Sheryl Greathead | 12:16 |
| 8. | Val Chesterton | 12:17 |
| 9. | Lorna England | 12:55 |
| | Ann Staunton-Jugovic | DQ |

ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 22 JANUARY 2021

Interclub continued in Western Australia last Friday evening, with 3000m walks in action. **Ben Reid** (13:51.08) and **John Ronan** (14:13.03) were in good form and looked like they had a good battle in the men's race. I see a time of 14:15.86 for **Melissa Lewis**, the winner in the women's walk. This would be a huge PB so I am not sure if it is correct. But I can but print what is recorded on the website. Perhaps someone can confirm for me.

Women 3000 Metre Walk

1.	Lewis, Melissa	14:15.86
2.	Spence, Ashlyn	15:40.51
3.	Lawrence, Lataya	16:49.29
4.	Bogaers, Kaytee	16:52.33
5.	Ireland, Hannah	17:29.32
	Bogaers, Emily	DQ

Men 3000 Metre Walk

1.	Reid, Benjamin	13:51.08
2.	Ronan, John	14:13.03
3.	Bernard, Xavier	17:59.15
4.	Lawrence, Luke	20:05.79

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 23 JANUARY 2021

Thanks to Kim Mottrom for this week's results from Adelaide. He commented: 38C day here in Adelaide so slower times overall. Great walk by **Mathew Bruniges** though, very close to a PB!

Open 3000m Walk

1.	Mathew Bruniges	13:46.99
2.	Sebastian Richards	16:20.16
3.	Kiera Ross	16:46.04
4.	Anthony Tana	17:30.60
5.	Peter Crump	18:09.08
6.	Katie DeRuvo	19:51.15
7.	Ross Hill-Brown	24:37.73

Open 1500m Walk

1.	Zayden Kamish	8:58.23
2.	Marie Maxted	9:08.87
3.	Tarique Kamish	10:02.93

NSW 10,000M WALK CHAMPIONSHIPS, SYLVANIA WATERS, SYDNEY, SATURDAY 23 JANUARY 2021

Carl Gibbons and **Milly Boughton** oftook out the NSW 10,000m Walk Championships last Saturday at Sylvania Waters Athletics Track in western Sydney. Gibbons, who pulled away from the rest of the field, took out the Men's title in 47:46.73, from **Jack McGinniskin** in 49:45.02, and **Raven Pyda** in 54:40.29. It was a close race in the women's event, with the 15-year-old Boughton winning her first Open NSW title in 53:36.44, in front of **Alannah Pitcher** in 54:14.66, with **Emma Blanch** in 57:33.00.

NSW 10,000m Walk Women

1.	Boughton, Milly	15	Randwick Botany Harriers	53:36.44
2.	Pitcher, Alannah	18	Mingara Athletics	54:14.66
3.	Blanch, Emma	18	St George District	57:33.00
4.	O'Neill, Molly	21	Mingara Athletics	59:24.31
5.	Bell, Bridget	19	Asics Wests	1:00:55.01
6.	Thomas, Emma	16	Parramatta City Track &	1:09:07.06
	Bolton, Hannah	18	Mingara Athletics	DNF
	Parker, Hannah	19	Randwick Botany Harriers	DNF

NSW 10,000m Walk Men

1.	Gibbons, Carl	25	Westfields Sports Athletics	47:46.73
2.	McGinniskin, Jack	19	Mingara Athletics	49:45.02
3.	Pyda, Raven	17	Westfields Sports Athletics	54:40.29
4.	Barendregt, Travis	21	Nepean District	1:02:39.01
5.	Whatman, Riley	18	Bankstown Sports Athletics	1:04:00.02

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 23 JANUARY 2021

Elizabeth Leitch was the only walker in action in Tasmanian interclub last week.

3000m Walk

Elizabeth Leitch TMA 34:33.91

QMA T&F MEET, SAF, BRISBANE, SATURDAY 23 JANUARY 2021

The weekly QMA competition continued last Saturday in Brisbane.

2000m Walk

1.	Bennett, Peter	M65	11:21.11
2.	Woodward, Erika	W54	11:40.45
3.	Stuckey, Jennifer	W55	13:24.79
4.	Kirwin, Roslyn	W32	13:42.37
5.	McKinven, Noela	W78	16:18.06

1500m Walk

1.	Bennett, Peter	M65	8:25.63	80.87%
2.	Woodward, Erika	W54	8:43.45	72.54%
3.	Kirwin, Roslyn	W32	9:54.63	56.67%
4.	McKinven, Noela	W78	12:19.46	67.63%



The start of the QMA 1500m in Brisbane – runners on the inside and walkers on the outside (from right – Peter Bennett, Erika Woodwood, Noela McKinven and Roslyn Kirwin)

QA SHIELD SERIES: DANE BIRD-SMITH SHIELD, QSAC, BRISBANE, SATURDAY 23 JANUARY 2021

It's wonderful to see a Queensland Shield meet named in honour of 2016 Olympic bronze medalist Dane Bird-Smith. The 3000m and 5000m walks saw good fields, with excellent winning times in all 4 divisions.

3000m Walk

1.	McCure, Sam	15	QA	13:48.64
2.	Housden, Bailey	14	QA	13:59.01
3.	Bradley, Alex	15	QA	14:57.60
1.	Norton, Amber	15	QA	14:53.84
2.	Williams, Lyla	14	Gold Coast Victory	15:37.05
3.	Gee, Tamika	14	GCA	15:59.79
4.	Heap, Ashanti	15	GCA	16:02.69
5.	Hamann, Sophie Charlotte	20	Qut Athletics Club	16:47.23
6.	Gannon, Brenda	47	QA	16:49.30
7.	Hingst, Olivia	14	QRW	17:26.64
8.	Chadwick, Phoebe	15	QRW	17:28.33
9.	McLoughlin, Amber	19	QA	19:20.11

5000m Walk

1.	McCure, Lachlan	17	QA	23:56.78
2.	Norton, Kai	16	QA	26:57.18
3.	Spanner, Jye	17	Keppel Coast	27:19.79
1.	Hill, Gabriella	18	Gold Coast Victory	24:24.65
2.	Bergh, Mia	16	Gold Coast Victory	29:06.20
3.	Millard, Summer	16	QA	30:18.31
4.	McRoberts, Jasmine-Rose	19	QA	31:25.35

NSW COUNTRY T&F CHAMPIONSHIPS, BARDEN PARK, DUBBO, NSW, 17-19 JANUARY 2021

Going back a week for the walk results from the NSW Country T&F Championships which were held in Dubbo, in regional NSW. None of the NSW top liners were in action but good fields nonetheless, given the covid circumstances.

1500m Walk U14

1.	Charlton, Peter	M13	Eastlakes	11:28.87
2.	Day, Jackson	M12	Macquarie Hunter	13:08.37
3.	Whiddon, Jack	M12	Eastlakes	13:24.37

3000m Walk U17

1.	Vizintin, Cory	M16	Macquarie Hunter	26:45.44
1.	Smith, Casey	F16	Independent Athlete	19:48.50

3000m Walk U18

1.	Callaway, Madison	F17	Lake Illawarra	22:51.24
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3000m Walk Open

1.	Martin, Tim	M22	Coffs Harbou	18:31.61
1.	O'Neill, Molly	F20	Mingara	15:48.21

3000m Walk Masters

1.	Rowe, Greg	M50 59	Mingara	24:21.66
1.	McKendrick, Danie	W30 36	Mingara	25:09.13
1.	Martin, Anthea	W50 53	Coffs Harbou	21:03.60
2.	Smith, Heidi	W50 52	Illawarra Bl	25:53.68

ALLAN & SYLVIA POTTS CLASSIC T&F MEET, HASTINGS, NEW ZEALAND, SATURDAY 23 JANUARY 2021

Now over the Tasman Sea to New Zealand, where a resident record, some blistering sprint performances, top quality throws and an enthralling battle for the New Zealand 3000m Men's run Championship provided the highlights of an pulsating day of action at the Potts Classic in Hastings. The day's proceedings started at 7AM with mixed 20,000m and 10,000m track walks, with **Alana Barber** the standout, setting New Zealand allcomers, national and resident records (pending ratification) for the 20,000m walk with her time of 1:37:45.0 (the records have stood for nearly three decades after being set by Linn Murphy from Wellington in 1993). Alana said that she was using the event as a time trial for the Oceania championships in Adelaide on Sunday 14th February. The omens are good.

Mixed 20000m Race Walk, 7AM

1.	ALANA BARBER	F34	RACEWALKING AUCKLAND	1:37:45.0
2.	LAURA LANGLEY	F24	HASTINGS ATHLETIC CL	1:52:51.0

Mixed 10000m Race Walk, 7AM

1.	LUCAS MARTIN	M16	ATHLETICS WANGANUI I	48:46.3
2.	COURTNEY RUSKE	F26	CHRISTCHURCH AVON AT	51:33.4
3.	LYNDON HOHAIA	M54	RACEWALKING AUCKLAND	1:02:42.0
4.	DANIEL DU TOIT	M17	WELLINGTON HARRIERS	DQ



Alanna Barber, Courtney Ruske, Laura Langley and Lucas Martin in action in Hastings last weekend

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases for us this week

- Mon 25 Jan - Ostia (ITA): walking lesson by Raul Gonzalez
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3964
- Sun 24 Jan - Ostia (ITA): Strong south-west winds make for tough conditions in the Italian 50km/35km Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3963
- Fri 22 Jan - Minsk (BLR): Alexandr Sipchuk and Yana Zubkova win the University Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3962
- Mon 18 Jan - Istanbul (TUR): A storm of records and PBs at the Turkish Indoor National Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3961

while Omarchador has 9 press releases.

- Tue 26 Jan - Results of the U16 Spartaciada on the indoor track in Gomel, Belarus
<https://omarchador.blogspot.com/2021/01/espartaquiada-sub-16-na-pista-coberta.html>
- Mon 26 Jan - Alana Barber breaks New Zealand 20,000m Track Walk record
<https://omarchador.blogspot.com/2021/01/alana-barber-bate-recorde-da-nova.html>
- Sun 24 Jan - Results of 20 km in Ostia, Italy
<https://omarchador.blogspot.com/2021/01/20-km-em-ostia-italia-resultados.html>
- Sat 23 Jan - Teodorico Caporaso (50 km) and Eleonora Giorgi (35 km) win Italian championships in Ostia
<https://omarchador.blogspot.com/2021/01/teodorico-caporaso-50-km-e-eleonora.html>
- Fri 22 Jan - Preview of Italian road championships this Saturday in Ostia
<https://omarchador.blogspot.com/2021/01/campeonatos-de-italia-estrada-este.html>
- Thu 21 Jan - Results of walks at the Belarussian Indoor 2021 Universiad
<https://omarchador.blogspot.com/2021/01/universiadas-indoor-2021-da.html>
- Wed 20 Jan - On Ivo da Silva's birthday
<https://omarchador.blogspot.com/2021/01/no-aniversario-de-ivo-da-silva.html>
- Tue 19 Jan - Results of the Cartagena track championships, Murcia, Spain
<https://omarchador.blogspot.com/2021/01/control-de-marcha-na-pista-de-cartagena.html>
- Mon 18 Jan - Ayse Tekdal in great evidence at the Turkish Indoor Track Championships
<https://omarchador.blogspot.com/2021/01/ayse-tekdal-em-grande-evidencia-nos.html>

OUT AND ABOUT

- The big news from the week was the successful scheduling of the Italian 50km (men) and 35km (women) road walk championships in Ostia. It was well reported by both marciadalmondo and omarchador. Conditions were tough, with strong winds off the Tyrrhenian Sea, and it must have been a logistics nightmare to satisfy the tough covid restrictions and get it done. So well done to our Italian brothers. I am hard pressed so can't fully report it, but you can check it out at these 3 links
 - <https://omarchador.blogspot.com/2021/01/20-km-em-ostia-italia-resultados.html>
 - <https://omarchador.blogspot.com/2021/01/20-km-em-ostia-italia-resultados.html>
 - <https://omarchador.blogspot.com/2021/01/teodorico-caporaso-50-km-e-eleonora.html>
- Excellent interview with **Jared Tallent** - <https://www.facebook.com/WINNewsBallarat/videos/239353684292018>.
- English walking legend Ron Wallwork remembers the walking shoes he wore in his early career, starting in 1957. This is Part One of Soles, Heels and Toes. What a wonderful read. See <https://lancswalkingclub.com/2021/01/24/part-one-of-soles-heels-and-toes-ron-wallwork-remembers-the-shoes-he-wore/>.
- I refer readers to a talk given by Dave Ainsworth last Friday on BBC Radio 4 program "Last Word" - discussing the life of Paul Nihll MBE. Well done Dave! See <https://www.bbc.co.uk/sounds/play/m000rcch>.
- Covid-19 guidelines permitting, the English Centurions intend staging their annual 100 mile track race at Southend on the weekend of 7-8 August. Updates will be posted here and on website www.centurions1911.org.uk in due course. In the meantime, keep walking.

- The Boston Marathon has a long tradition of being held on Patriots' Day, but the coronavirus pandemic has forced a rethink. The 2020 marathon was canceled altogether and yesterday, race organizers announced the 2021 race been rescheduled for Oct 11 - six months later than the usual date. See <https://www.cbssports.com/general/news/boston-marathon-2021-race-now-set-for-oct-11-following-2020-cancellation/?flag=SPM-16-10abi8d>.
- Next month's British Athletics Indoor Championships in Glasgow have been cancelled due to the COVID-19 pandemic. The annual national indoor championships were set to be staged at Glasgow's Emirates Arena on February 20 and 21. See <https://www.insidethegames.biz/articles/1103337/british-athletics-indoor-championships>.

A couple of interesting articles yesterday as the Australian Institute of Sport celebrated 40 years since it's opening way back in 1980.

- First to Greg Blood who rates his 50 'Best of the Best' Australian Institute of Sport Scholarship Athletes. Not surprisingly, 3 walkers make Greg's list - Kerry Saxby-Junna AM, Jared Tallent OAM and Nathan Deakes. Read more at <https://australiansportreflections.wordpress.com/2021/01/23/my-50-best-of-the-best-australian-institute-of-sport-athletes/>
- Secondly, as the centre marks its 40th anniversary, there are concerns that early vision for the institute has been lost and that the AIS has become little more than a "consultancy". Read what some of our sporting greats think about the demise of the AIS. I couldn't agree more! See <https://www.abc.net.au/news/2021-01-25/ais-40-anniversary-sparks-fears-glory-days-of-institute-in-past/13082604>

And finally, a few Olympics related articles for review

- Will the Tokyo Games go ahead this year. No doubt, you read the headlines that shot around the world last year, following a report from British newspaper The Times, which claimed the Government had privately concluded Tokyo 2020 would be cancelled. There were plenty of voices to say this was not true - The Games LOC, Japan's Deputy Chief Cabinet Secretary Manabu Sakai, Sebastian Coe, etc. Time will tell! See for instance <https://www.vox.com/22244218/olympics-tokyo-2021-coronavirus-canceled-postponed>.
- Insidethegames journalist Nancy Gillen say the IOC has failed to learn its lesson with their pretence last year that Tokyo 2020 was not under threat. See <https://www.insidethegames.biz/articles/1103354/ioc-fails-to-learn-tokyo-2020-lesson>.
- Osaka Mayor Ichiro Matsui has claimed the Games should be postponed to 2024 because of the coronavirus crisis. He said the following two Olympics after Tokyo 2020 - Paris 2024 and Los Angeles 2028 - should also be pushed back by four years in a coronavirus-enforced reshuffle. See <https://www.insidethegames.biz/articles/1103255/osaka-mayor-tokyo-2020-postponed-2024>.
- A study has estimated that staging this year's Olympic and Paralympic Games in Tokyo without spectators would result in a \$23.1 billion economic loss for Japan. See <https://www.insidethegames.biz/articles/1103338/tokyo-2020-no-spectators-economic-loss>.

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. It continues to change quickly as a result of COVID-19 issues.

For VRWC race details, see <http://www.vrwc.org.au/vrwc21.shtml>

For Ballarat Race Walkers Club race details, see <https://www.ballaratracewalkers.com/wp/>

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxh.pdf>

Victorian Key Dates – Summer 2020/2021

Jan 31 (Sun), 2021	Elite 10,000m Track Walk , VRWC track walks	Clifton Hill
Feb 6 (Sat), 2021	AVSL Round 6 (3000m/1500m walks)	Various venues
Feb 13 (Sat), 2021	AVSL Round 7 (2000m walks)	Various venues
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	Australian 20km Roadwalk Championships	Adelaide, SA
	Entries close on Monday 1 st February - https://www.athletics.com.au/events/83392/	
Feb 19-21, 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
Feb 26-28, 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium
Mar 6 (Sat), 2021	AVSL Round 8 (5000m/2000m walks)	Various venues
Mar 13 (Sat), 2021	AVSL Round 9 (no walks)	Various venues
Mar 14 (Sun), 2021	AV 5000m Teams Race Championships , VRWC track walks	Clifton Hill
Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Clifton Hill
Mar 27 (Sat), 2021	Australian 50km Championship (Men)	VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-21, 2021	Australian Athletics Championships	TBA
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

2021 World Athletics Race Walk Challenge

Mar 27 (Sat), 2021	RW Challenge Meet, Taicang, CHN)
Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR
May 29 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021	Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

Mar 20 (Sat), 2021	Dudince 50km Meet, Dudince, Slovak Republic
May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
July, 2021	23rd World Masters T&F Championships , Tampere, Finland (NOW POSTPONED TILL 2022)
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)
Jan 2022	Oceania Masters Championships , Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships , Minsk, Belarus
July 15-24, 2022	18th World Athletics Championships , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR
Aug 11-21, 2022	European Athletics Championships , Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships , Cali, Colombia
TBA, 2023	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th World Athletics Championships , Budapest, Hungary

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