



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 33
Tuesday 18 May 2021



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TIM'S WALKER OF THE WEEK

My Walkers of the Week this time around are **Corey Dickson (VIC)**, **Will Thompson (VIC)**, **Olivia Sandery (SA)** and **Alanna Peart (VIC)**. They have been named as part of the team which should have been off to compete at the World U20 Athletics Championships in July in Nairobi, Kenya. These championships had been scheduled for 2020 but were pushed back a year due to covid. Now, Athletics Australia Management has decided not to send their team to Africa due to safety concerns.

An Oceania Championship event will be held in June, on the Gold Coast to enable the team to wear the green and gold they deserved. Although it is some recognition, it is small recompense compared to competing at World Championship level.

Well done also to coaches **Brent Vallance, Donna Dickson, Boc Cruise and Wayne Peart.**

All 4 walkers were well under the 10,000m qualifying standards, with times as follows

Will Thompson	41:34	Oceania U20 Road Championship, Melbourne	27/03/2021
Corey Dickson	42:26.87	Australian U20 Track Championship, Sydney	15/04/2021
Olivia Sandery	47:03.55	Australian U20 Track Championship, Sydney	15/04/2021
Alanna Peart	48:04	Oceania U20 Road Championship, Melbourne	27/03/2021

Hopefully these are the first of many Australian vests for these talented walkers.



Will Thompson, Corey Dickson, Olivia Sandery and Alanna Peart in action this summer

WHAT'S COMING UP

- Next Sunday sees the Victorian 10km Championships and the Victorian Country Roadwalk Championships at Middle Park, alongside our own VRWC and RWV club championships. Note the entry considerations below.

Sunday 23rd May 2021, Middle Park

AV Championships: Pre-entry is required via the AV website Members Portal.

VRWC Championships: Online entries only. Entries close Wednesday 11.59pm

RWV Championships: If entering online, entries close Wednesday 11.59pm.

If entering in person, entries close at 9.30am.

VRWC non championship events: If entering online, entries close Wednesday 11.59pm.

If entering in person, entries close at 9.30am.

10.00am	10km	AV Championship For the C.H. [Bert] Gardiner Medal	Open, 40+, 50+ Men
10.00am	10km	AV Country Championship	Open Men
10.00am	10km	AV Championship	Open, 40+, 50+ Women
10.00am	10km	AV Country Championship	Open Women*
10.00am	10km	Non championship	Open
10.30am	5km	AV Country Championship	U20 Men/Women
10.30am	5km	VRWC Championship	U20 Men/Women
10.30am	5km	AV Country Championship	U18 Men/Women
10.30am	5km	VRWC Championship	U18 Men/Women
10.30am	5km	Non championship	Open
11.00am	3km	AV Country Championship	U16 Boys/Girls
11.00am	3km	VRWC Championship	U16 Boys/Girls
11.00am	3km	AV Country Championship	U14 Boys/Girls
11.00am	3km	VRWC Championship	U14 Boys/Girls
11.00am	3km	Non championship	Open
11.05am	1km	Racewalking Victoria Championship	U10 Boys/Girls
11.05am	1km	Non championship	Open
11.15am	2km	Racewalking Victoria Championship	U12 Boys/Girls
11.15am	2km	Non championship	Open
11.30am	Presentations		

For ongoing races, see our full fixture at <http://www.vrwc.org.au/vrwcw21.shtml>

- Entries for the **54th RWA Lake Burley Griffin / Stromlo Carnival** have now been open for a few weeks now and the number of entries is steadily rising. Let's all ensure that the event remains our biggest carnival for the year. Get your entry in – 10 days to go before entries close.



Carnival: RWA LBG Stromlo Carnival, Stromlo Forest Park, Canberra

Date: Sunday 13th June

Entries Close: 5PM, Friday 28th May

Carnival Link: <http://www.rwa.org.au/wp/2021/04/20/54th-annual-lbg-stromlo-walking-carnival/>

Facebook page: <https://www.facebook.com/groups/lbg2021>

Entries: <https://tinyurl.com/4sanp3zs>

Entry Lists: <http://vrwc.org.au/wp1/lbg-entry-lists/>

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 15 MAY 2021

A good turnout of 44 walkers braved the elements at Middle Park on Saturday afternoon for the latest round of the VRWC winter season. As Melbourne suffered through a weekend of antarctic cold, the competitors seemed to thrive in the low temperatures and blustery winds, with lots of PBs and plenty of strong walks.

Alison Thompson (1:18:41) and **Donna-Marie Elms** (1:21:11) were the only two brave souls who tested themselves out over 12km. **Kyle Swan** (42:58) led from the front as usual in the 10km while **Mark Blackwood** (23:03) and **Ariana Pashutina** (25:41) were best in the 5km walk. Special mentions to **Madeleine Feain** (big PB of 53:54 in the 10km) and **Kate Saviour** who did her longest walk yet with the club, finishing the 10km in an impressive 58:48.

12km Walk				H'cap	
1.	Alison Thompson	W60	1:18:41	2	
2.	Donna-Marie Elms	W60	1:21:11	1	
10km Walk				H'cap	
1.	Madeleine Feain	Open	53:54	1	PB 2:38
2.	Kate Siviour	Open	58:48	2	Longest walk yet
1.	Kyle Swan	Open	42:58	2	
2.	Jason Kozica	Open	50:14	3	
3.	Terry O'Neill	M60	1:01:52	1	
	Heath Beveridge	U20	DNF		
5km Walk				H'cap	
1.	Ariana Pashutina	U16	25:41	2	
2.	Charlotte Hay	U20	26:17	7	
3.	Jasmin Hass	U20	28:03		
4.	Emily Smith	U16	28:28	8	
5.	Jade Chitty	U16	29:21	1	
6.	Grace Louey	U20	30:34	9	
7.	Kate Sanford	Open	30:54	3	
8.	Kaylah Heikkila-Dubowik	U16	31:10	6	
9.	Dee Holohan	W40	31:29	5	
10.	Marnie Grace	W40	32:42	3	Eq. PB
11.	Karyn O'Neill	W60	37:24	10	
1.	Mark Blackwood	M40	23:03	1	
2.	Paul Kennedy	M60	30:06	3	
3.	Geoff Barrow	M60	36:52	2	

The 3km and 1.5km walks started a bit later, with 22 competitors in total. **Riley Coughlan** led them out and quickly took control, finishing first in the 3km with a PB of 14:22. Behind him, 10 year old **Ela Uzun** and 47 year old **Pramesh Prasad** had a great battle, with Pramesh (15:13) just pipping Ela (15:15). Ela's time was yet another big PB, breaking our VRWC U11 and U12 club records. Her 9 year old cousin **Havana Ali** was also in PB mode with her 3km time of 17:02. In fact, if you inspect the results, there were PBs galore. Well done to **Christal Xie** – her first walk last week was a 2km and this week she upped the ante to 3km (21:15).

3km Walk				H'cap	
1.	Ela Uzun	U10	15:15	3	PB 0:28, VRWC U11/U12 Rec
2.	Maddison Nash	U16	16:58	5	
3.	Havana Ali	U10	17:02	2	PB 0:54
4.	Mietta Morgan	U12	18:19	4	
5.	Heather Carr	W60	18:23	6	
6.	Ella Cunningham	U14	18:50	1	PB 1:50
7.	Christal Xie	Open	21:15		Longest walk yet
8.	Gwen Steed	W60	21:33	7	
1.	Riley Coughlan	U16	14:22	1	PB 0:01
2.	Pramesh Prasad	M40	15:13	3	
3.	Daniel Pashutin	U14	15:58	2	PB 0:34
	Steve Haverly	M60	DQ		

The 1.5km event saw **Kelsey Loudon** (8:52) and **Beau McKinnon** (9:28) win their respective races. It was Beau's first walk with the club, as was also the case for **Oliver** and **Annika Erickson**, the children of triple Olympian Chris Erickson. **Albin Hess** must have felt like Old Tather Time, mixing it with all the youngsters!

1.5km Walk				H'cap	
1.	Kelsey Loudon	U10	8:52	3	First time over this distance
2.	Lula Parrott	U12	9:20	2	PB 0:12
3.	Violet Froom	U10	10:47	1	PB 0:40
4.	Annika Erickson	U10	13:00		First ever walk
1.	Beau McKinnon	U12	9:28		First walk with the club
2.	Cody Wapshott	U12	9:41	2	PB 1:01
3.	Albin Hess	M60	9:46	4	
4.	Oliver Erickson	U10	10:53		First walk with the club
5.	Haris Ali	U10	11:17	3	PB 0:06
6.	Aydin Uzun	U10	11:24	1	PB1:57

Thanks as always to our many judges, officials and helpers. It was cold out there today!

Officials: Mark Donahoo, Bill Carr, Ian Laurie, Tim Erickson, Darlene Swan, Donna Dickson,
Judges: Gordon Loughlan (Chief), Shane Dickson, Kathleen Marsh, Diane Lowdeen, Stuart Cooper, David Cash, Michael Bodey
Setup & Packup: Stuart Cooper, Madeline Feain, Gerard Feain, Donna-Marie Elms, Tim Erickson
Referee: Stuart Cooper
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/580>)

We return to Middle Park next Sunday morning for one of our major championship days.



Jade Chitty, Kate Siviour, Beau McKinnon and Kyle Swan



Riley Coughlan, Ariana Pashutina, Charlotte Hay and Ela Uzun



Kelsey Loudon, Emily Smith and 3 generations of Ericksons – Chris, Tim, Annika and Oliver



And finally, a great pic to finish off - Haris Ali, Ela Uzun, Havana Ali and Aydin Uzun (all photos Terry Swan)

SARWC CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SATURDAY 15 MAY 2021

Thanks to Kim Mottrom for this week's results from the South Australian Racewalking Club in Adelaide. He reports:

Cold today but a great showing for our club championships today. Very impressive times over 25km, and PB's for **Greg Metha, Nellie Langford, Cooper Rech, Zayden Kamish, Daisy Braithwaite, Tarique Kamish, Orlando Grantham, Zahra Kamish** and **Elizabeth Rieger!**

Open Men 25km Club Championship

- 1. Kim Mottrom 2:02:22
- 2. Tristan Camilleri 2:04:39

Over 35 Men 25km Club Championship

- 1. Peter Crump 2:35:43

U12 3km Club Championships

- 1. Orlando Grantham 16:32
- 1. Zahra Kamish 21:09

U10 2km Club Championships

- 1. Maverick Grantham 18:48

Over 50 Men 15km Club Championship	1. Maliha Kamish	18:46
1. Greg Metha	1:32:39	
2. Richard Everson	1:35:01	
3. Bill Starr	2:08:24	
U18 Women 10km Club Championship	Open 10km Non-Championship	
1. Nellie Langford	57:38	1. Alix Harlington
		54:37
U16 6km Club Championships	Open 6km Non-Championship	
1. Cooper Rech	37:47	1. Di Camilleri
2. Zayden Kamish	39:07	46:07
		Open 5km Non-Championship
1. Daisy Braithwaite	34:25	1. Johanna Saltis
		42:11
U14 Boys 5km Club Championship	Open 3km Non-Championship	
1. Sebastian Richards	26:00	1. Tanveer Dunduli
2. Tarique Kamish	39:05	2. Elizabeth Rieger
		21:15
		22:12
	Open 2km Non-Championship	
	1. Ananpreet Singh	13:24

SAMA 5KM CHAMPIONSHIPS, PEACOCK RD, ADELAIDE, SATURDAY 15 MAY 2021

Thanks to Graham Harrison for this week's results from Adelaide. He tells me that the Masters 5km Championships were held jointly with the SA Race Walkers Club at the Peacock Road course. The weather was cool, calm and cloudy and it was an excellent meeting, with ages ranging from toddlers to the elderly, an age variation of at least 80 years!

5km Walk

1. GREGORY METHA	32:32	M55	66.39%
2. MARIE MAXTED	32:41	W60	76.50%
3. PETER CRUMP	34:11	M60	65.63%
4. GIL MCINTOSH	34:24	M70	72.82%
5. LIZ DOWNS	37:06	W65	70.83%
6. HELEN SURIDGE	38:21	W70	73.48%
7. ROSS HILL-BROWN	41:02	M65	58.23%

5km Club Walk

1. DAVE FALLON	36:21	M65	67.27%
2. BRIAN WITTY	37:54	M70	66.09%
3. MIKE VOWLES	37:58	M75	72.43%
4. LIZ NEUBAUER	39:27	W70	71.44%
5. MARGARET MCINTOSH	40:54	W65	66.93%
6. JOHANNA SALTIS	42:13	W55	57.88%
7. ROGER LOWE	43:30	M75	64.15%
8. DAVID ROBERTSON	44:20	M85	73.11%
9. MALCOLM MCMILLAN	47:18	M60	48.39%

TWRC ROADWALKS, PONTVILLE PARK, HOBART, SATURDAY 15 MAY 2021

Thanks to Dave Moore for this week's results from Tasmania. He reports: Cool temperatures and bright late autumn sunshine greeted our walkers for the TRWC events at Pontville Park last Saturday. Less than ideal however was the strong head wind at the start of each 1km lap. Most handled the conditions well, finishing with similar times to last week. The big improver of the day was Wayne Fletcher who improved over a minute from last week's outing over 6km.

2km Walk

1. Teresa Hatten	TMA	14:35
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5km Walk

1. Sam Lindsay	NSTD.	29:00
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6km Walk

1. Elizabeth Leitch	TMA	42:00
2. Ron Foster	TMA	46:41
3. Wayne Fletcher	NS	50:06

ATHLETICS WEST ROADWALKS, PERRY LAKES RESERVE, PERTH, SATURDAY 15 MAY 2021

Thanks to Terry Jones for the latest results from Western Australia. He reports: On Saturday, Athletics West conducted a walks carnival for both Little A's and seniors. I have attached the results of the events for 3K and above. Full results are published at <https://cdn.revolutionise.com.au/cups/waathletics/files/imsdpdxwpyfjxn32.pdf>.

Men 10km Walk

1.	Mann, Bradley	54:28.56
2.	Munoz, Victor	1:05:07.93
3.	Reid, Benjamin	DNF

Women 3km Walk

1.	Spence, Ashlyn	16:51.60
2.	Bogaers, Kaytee	17:34.47
3.	Coleman, Shandel	22:36.07
4.	Duncan, Glenys	26:31.35

Women 10km Walk

1.	Tolardo, Karyn	1:03:47.72
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Men 3km Walk

1.	Ronan, John	14:34.45
2.	Bernard, Xavier	15:49.34

Women 5km Walk

1.	Griffin, Alexandr	26:45.26
2.	Ruiz, Marcela	38:00.25
3.	Lewis, Melissa	DNF

GOLD COAST CHAMPIONSHIPS, MUDGEERABA, GOLD COAST, SUNDAY 16 MAY 2021

Thanks to Robyn Wales for this week's results from Queensland.

Open 10km

1.	Iggy Jimenez	M	51.51
2.	Kevin Cassidy (VIC)	M	54.11
3.	Peter Bennett	M	1.04.57
4.	Patrick Sela	M	1.22.49

U12 2km

1.	Korbyn Bricknell-Hewitt	M	12.03
2.	Blake Gee	M	12.42
3.	Eli Melinz	M	14.58
1.	Ella Cosgrove	F	11.58
2.	Maya Barron	F	12.07
3.	Siaan Fisher	F	12.25
4.	Kiara Waterman	F	13.50
5.	Isabella Gee	F	13.53

1.	Jenny Stuckey	F	1.10.05
2.	Noela McKinven	F	1.25.20

U20 5km

1.	Jasmine-Rose McRoberts	F	32.48
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U10 1km

1.	Hunter Sibenaler	M	6.53
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U18 5km

1.	Sam McCure	M	24.35
1.	Gabriella Hill	F	25.46
2.	Korey Brady	F	34.03

U8 0.5km

1.	Freya Williams	F	3.14
2.	Tully Fisher	F	3.20

U16 3km

1.	Anika Clarke	F	16.29
2.	Mia Bergh	F	17.26
3.	Torryn Fisher	F	18.35
4.	Phoebe Chadwick	F	20.52
5.	Lily Housden	F	20.55

Invitation 5km

1.	Nyle Sunderland	F	31.07
2.	Paul Lindenberg	M	33.49
3.	Deborah Lindenberg	F	38.12

U14 2km

1.	Bailey Housden	M	9.18
2.	Kai Dale	M	12.18
1.	Lyla Williams	F	9.47
2.	Tamika Gee	F	10.24
3.	Natasha Flahey	F	10.46
4.	Milly Sharpe	F	10.51
5.	Skye Presland	F	11.54
6.	Lily Goulding	F	13.26

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 8 MAY 2021

Finally, back a week for some NSWRC results from Sydney. A large gathering of 48 walkers contested events ranging from Open 8km to U10 1km walk.

Open 8km Walk

1.	Elizabeth McMillan	41.28
2.	Allanah Pitcher	43.19
3.	Hannah Bolton	45.02
4.	Molly O'Neill	45.45
5.	Bridget Bell	49.13
6.	Travis Barendregt	53.43

Open 6km Walk

1.	Brendan Pospischil	36.53
2.	Chloe Krklinski	38.26
3.	Antoinette Woodward	42.00
	Riley Whatman	DNF

Open 3km Walk

1.	Milly Boughton	15.16
2.	Jack Robson	15.36
3.	Sienna Pitcher	15.47
4.	Grady Platt (INV)	17.00
5.	Chloe Lamb	18.10
6.	Chelsey Torrens	19.55
7.	Nicolle Challinor	22.44
8.	Annette Tillman	28.31

1.	U16 2km Wal	
2.	Jai Horton	11.10
3.	Samantha Torrens	11.30
4.	Abbey Bektas	11.45
5.	Aiden Pospischil	12.42
6.	Jessey Bektas	12.45
7.	Kailey Webber	13.57
8.	Amelia Crocker	15.21
9.	Sarah Challinor	16.13

U14 3km Walk

1.	Jaxson Horton	17.39
2.	Kane Robson	18.00
3.	Jessica Loring	18.02
4.	Christophe Nilon	19.50
	Thomas Varga-Strike	DNF
	Matilda Webb	DNF
	Billy Elagha	DQ

U12 2Km Walk

1.	Ella Van Der Meer	11.39
2.	Sophie Polkinghorne	11.42
3.	Alexia Mathieson	11.52
4.	Lukas Hall	12.12
5.	Michael Mathieson	12.18
6.	Alex Braendle	12.32
7.	Olivia Loring	12.44
8.	Ashleigh Farrugia	13.07
9.	Cacia Charles	13.16
10.	Lilly Twigden	14.12
11.	Caine Platt (INV)	14.32
	Luke Challinor	DQ

U10 1km Walk

1.	Luca Barakat	9.22
2.	Zoe Zantiotis	9.23

EUROPEAN RACE WALKING TEAM CHAMPIONSHIPS, PODEBRADY, CZE, SUNDAY 16 MAY 2021

The European Race Walking Team Championships (called *The European Race Walking Cup* until 2021) is Europe's biggest race walking carnival, established in 1996, and organised by the European Athletic Association. Held every 2 years, this is the 15th staging. The wikipedia page https://en.wikipedia.org/wiki/European_Race_Walking_Team_Championships tells you everything you ever needed to know about this event, and more!

This year saw 212 entrants in total (111 men and 101 women) representing 25 Member Federations and competing across the six events which make up the programme. And what better city to host this event than Podebrady, a historical spa town in the Central Bohemian Region of the Czech Republic. Starting in 1929, a 50km racewalk from Prague to Podebrady was held annually. In the early 1990s, because of safety concerns, the event was moved to the ring road in Podebrady and it is still held every year as a large international racewalking carnival.

My race reports are taken from the European Athletics website <https://european-athletics.com/>.

50km Walk Men

Marc Tur walked the race of his life to win the men's 50km race walk with 3:47:40. Not only that, but the Spaniard recorded an Olympic qualifying time more than two minutes inside the 3:50:00 limit. The tall athlete with a languid style, started to smile with 2km to go and, by the final 500 metres, was beaming. His previous 3:54:51 best from 2019 was history, and a slow start paid dividends in a race he led only at the 43 kilometre-checkpoint. Tur passed the long-time leader **Karl Junghanns**, who went for broke in a final bid for the Olympic German team. At one stage, Tur was three minutes up on the chasers, but that long, lone effort was doomed the instant Tur took over at the front. He breezed past the flagging German, who dipped his head slightly in acknowledgment of the end of a brave solo effort. Junghanns eventually faded to eighth in 3:52:07..

Chasing Tur was **Aleksi Ojala** who was sporting a sun visor and dark glasses. The Finnish walker has suffered his fair share of non-finishes in major races, but this time he held his nerve to also record an Olympic qualifier in 3:48:25. Italy's **Andrea Agrusti** just

dipped under the mark needed for Tokyo in third in 3:49:52. As he waved to supporters in the final few metres, it looked as if he might miss out, but came home with eight seconds to spare. Agrusti also led Italy to the team title ahead of Germany and Ukraine.

From a long way back, Latvia's **Ruslans Smolonskis** charged through for fourth in 3:50:31, with only Ojala missing out on a personal best among the first four. Italian veteran **Marco De Luca** was fifth in 3:50:48 while the oldest man in the event **Jesus Angel Garcia**, 51, was 20th in 4:01:14 in what will surely be his last appearance at the European Race Walking Team Championships.



Marc Tur and Jesus Angel Garcia (all photos <https://www.erwtchpodebrady.com/>)

1.	Marc Tur	Spain	3.47.40
2.	Aleksi Ojala	Finland	3.48.25
3.	Andrea Agrusti	Italy	3.49.52
4.	Ruslans Smolonskis	Latvia	3.50.31
5.	Marco de Luca	Italy	3.50.48
6.	Nathaniel Seiler	Germany	3.51.48
7.	Arnis Rumbenieks	Latvia	3.51.52
8.	Karl Junghannss	Germany	3.52.07
9.	Brendam Boyce	Ireland	3.52.15
10.	Carl Dohmann	Germany	3.52.58
11.	Ivan Banzeruk	Ukraine	3.53.51
12.	Marius Iulian Cocioran	Romania	3.55.29
13.	Valeriy Litanyuk	Ukraine	3.55.45
14.	Anatoli Homeleu	Belarus	3.55.58
15.	Michele Antonelli	Italy	3.56.18
16.	Jakub Jelonek	Poland	3.56.45
17.	Ihor Hlavan	Ukraine	3.58.12
18.	Rafal Fedaczynski	Poland	3.58.17
19.	Tadas Suskevicius	Lithuania	3.59.35
20.	Jesús García	Spain	4.01.14
21.	Dávid Tokodi	Hungary	4.03.06
22.	Manuel Bermúdez	Spain	4.03.38
23.	Anton Radko	Ukraine	4.06.41
24.	Hélder Santos	Portugal	4.07.27
25.	Rui Coelho	Portugal	4.07.29
26.	José Ignacio Díaz	Spain	4.11.44
27.	Pavel Remus Radoi	Romania	4.13.35
28.	Rafal Sikora	Poland	4.19.51
29.	Alejandro Florez	Switzerland	4.22.47
30.	Ionut Vasilica Plesu	Romania	4.26.58
	Virgo Adusoo	Estonia	DNF
	Uladzimir Kalesniuk	Belarus	DNF
	Miklós Srp	Hungary	DNF
	Narcis Stefan Mihaila	Romania	DNF
	Alexandros Papamichail	Greece	DNF
	Bruno Erent	Croatia	DNF

Hugo Andrieu	France	DNF
Tomasz Bagdány	Hungary	DNF
Stefano Chiesa	Italy	DQ

1.	Italy	23 points
2.	Germany	24
3.	Ukraine	41
4.	Spain	43
5.	Poland	62

35km Walk Women

Antigoni Drisbioti claimed the best result of a 20-year career when she paced herself perfectly to win the inaugural women's 35km race walk. The 37-year-old Greek has been only moderately successful at the 20km race walk, but the longer distance is where she has found her forte. She was blowing kisses over the final 500m of an unassailable lead.

Italy's arguable pre-race favourite **Eleonora Giorgi** put down the hammer from the off to notch 9:12 after 2km. At this point, she was actually third on the road in the men's 50km and leading her own race with teammate Marco de Luca alongside for company. However, she soon picked up two disqualification cards to put her on the back foot, followed by tears and clear discomfort around the 14-kilometre mark.

There was a rueful look from Giorgi as she was passed by Drisbioti, and then, somehow, with all seemingly falling apart around her, found a second wind. She moved back into second from fourth after passing Spain's **Maria Juarez** and **Nadzeya Darazhuk** from Belarus over the last 10km although Giorgi still looked inconsolable as she crossed the line.

In contrast, teammate **Lidia Barcelli** passed a tiring Juarez with a lap to go and was delighted with bronze and a near seven-minute PB. Except for Giorgi, the top 10 finishers in the women's 35km race walk all recorded lifetime bests. Italy won team gold ahead of Greece and Belarus respectively. A notable non-finisher was Portugal's **Ines Henriques**, one of the early standard bearers for the 50km race walk and a former world record holder for the distance. Henriques withdrew from the race at around 20km.



Antigoni Drisbioti

1.	Antigoni Drisbioti	Greece	2.49.55
2.	Eleonora Anna Giorgi	Italy	2.51.05
3.	Lidia Barcella	Italy	2.51.50
4.	María Juárez	Spain	2.52.44
5.	Nadzeya Darazhuk	Belarus	2.52.59
6.	Anastasiya Rodzkina	Belarus	2.55.07
7.	Kiriaki Filtisakou	Greece	2.55.10
8.	Federica Curiazzi	Italy	2.56.02
9.	Tereza Durdiaková	Czech Rep.	2.57.08
10.	Christina Papadopoulou	Greece	2.57.29
11.	Antia Chamosa	Spain	2.57.51
12.	Natassia Yatsevich	Belarus	2.58.01
13.	Ana Veronica Rodean	Romania	2.59.27
14.	Beatrice Foresti	Italy	3.04.04
15.	Antonina Lorek	Poland	3.12.30

16.	Efstathia Kourkoutsaki	Greece	3.14.13
17.	Khrystyna Yudkina	Ukraine	3.14.46
18.	Valéria Biróné Molnár	Hungary	3.22.37
	Yana Farina	Ukraine	DNF
	Inês Henriques	Portugal	DNF
	Lyudmyla Shelest	Ukraine	DQ
1.	Italy	13 points	
2.	Greece	18	
3.	Belarus	23	

U20 Men 10km Walk

There was drama in the men's U20 10km when the apparent winner went from first to fourth some time after the finish. **Dimitri Durand** lit the afterburners with a lap to go and came home eleven seconds clear of Spain's **Jose Luis Hidalgo**, but the Frenchman's sprint had cost him dearly. He picked up a 60-second penalty so the three behind him all moved up a place as Durand was relegated from the podium.

Hidalgo was officially followed home by teammate **Paul McGrath**, with the bronze going to **Serhat Gungor** from Turkey. It was a considerable personal best for Hidalgo, who belatedly celebrated his 19th birthday last Wednesday by slicing 41 seconds off his previous mark. Even with the penalty, Durand equalled his 42:26 lifetime best in fourth. His country also claimed team silver behind Spain but ahead of Turkey.



Jose Luis Hidalgo and Paul McGrath

1.	José Luís Hidalgo	Spain	41.35
2.	Paul McGrath	Spain	41.51
3.	Serhat Gungör	Turkey	42.20
4.	Dimitri Durand	France	42.26
5.	Jaromír Morávek	Czech Rep.	42.27
6.	Gabriele Gamba	Italy	42.30
7.	Pablo Pastor	Spain	42.43
8.	Lucas Dreville	France	42.46
9.	Pedro Dias	Portugal	42.51
10.	Taras Koretsky	Ukraine	42.52
11.	Jerry Jokinen	Finland	43.06
12.	Mustafa Tekdal	Turkey	43.46
13.	Florian Peter	France	43.50
14.	Oleksandr Mytsyk	Ukraine	44.58
15.	Filippo Antonio Capostagno	Italy	45.54
16.	Yehor Shelest	Ukraine	46.17
17.	Ignas Dumbliauskas	Lithuania	48.12
18.	Leon Bánk	Hungary	53.07
	Daniele Breda	Italy	DQ
1.	Spain	3 points	
2.	France	12	

3.	Turkey	15
4.	Italy	21
5.	Ukraine	24

U20 Women 10km Walk

A home win was duly delivered by red-hot favourite **Eliška Martínková** in the U20 women's race. In truth, the competition was over in little more than a minute as the Czech walker put 50m between herself and the entire field. It was then a solitary display of superiority all the way to the finish for the 18-year-old with a line of blue kinesthetic tape on her arm. The next tape that mattered was the winning variety, and she had started interviews before the top 10 trailed in behind her. Her finishing time 45:46 was another personal best in a procession of outstanding performances that has seen her hack 10 minutes from her time in just two years.

Behind her, Portugal's **Adriana Viveiros** recorded a personal best of 47:01, just ahead of **Mael Bire-Heslouis** for a French U20 record. The team competition couldn't have been tighter with Portugal just edging past France for gold, and the Czech Republic taking third.



Eliška Martínková

1.	Eliška Martínková	Czech Rep.	45.46
2.	Adriana Viveiro	Portugal	47.01
3.	Maële Biré-Heslouis	France	47.05
4.	Elvira Carre	France	47.13
5.	Inês Mendes	Portugal	47.23
6.	Lizaveta Hryshkevich	Belarus	47.37
7.	Celia Vilchez	Spain	48.34
8.	Alicia Lumbreras	Spain	49.03
9.	Lena Riedel	Germany	49.33
10.	Alessia Titone	Italy	49.34
11.	Sina Riedel	Germany	49.58
12.	Anna Ferrari	Italy	50.01
13.	Alina Leipe	Germany	51.28
14.	Klára Hlávácová	Czech Rep.	51.35
15.	Francesca Liviani	Italy	51.42
16.	Bruna Marques	Portugal	51.55
17.	Jana Zikmundová	Czech Rep.	53.13
18.	Songül Koçer	Turkey	53.34
19.	Kinga Walerianczyk	Poland	53.43
20.	Amelia Blazejewska	Poland	53.59
21.	Stanislava Hakulinová	Slovakia	54.12
22.	Toma Dailidonytė	Lithuania	54.41
	Maria Diana Lataretu	Romania	DNF
	Alzbeta Ragasová	Slovakia	DQ
1.	Portugal	7 points	
2.	France	7	
3.	Czech Republic	15	
4.	Spain	15	

5.	Germany	20
6.	Italy	22
7.	Poland	39

Open Women 20km Walk

Antonella Palmisano won her second European Race Walking Team Championships title with a walk that saw her eclipse compatriot Eleonora Giorgi's course record with a very impressive 1:27:42. Her victory was exactly like October last year when she took a decisive lead at halfway, stepped off the gas, and then put her foot down again in the final quarter.

It looked as if the 2018 European bronze medallist had overcooked it when three Spaniards clawed back her lead at the 16km mark, but Palmisano found another gear to go away a second and decisive time. That second burst put paid to the chances of reigning European champion **Maria Perez** and her Spanish compatriots **Laura Garcia-Caro** and **Raquel Gonzalez** as far as the individual title was concerned. However, the trio held on in that order to cement a commanding team win for Spain.

Behind Palmisano and the three Spaniards, **Ayse Tekdal** was a surprise fifth place. She was expected to play a supporting role to **Meryem Bekmez**, the European U18 and U20 champion, as Turkey's best hope for a medal. However, the latter had a bad day and Tekdal came through in 1:29:47, a 25 second improvement on her previous best. The strong Ukrainian challenge didn't disappoint and **Olena Sobchuk**, **Hanna Shevchuk** and **Lyudmila Olyanovska** came in next - all under 1:30:00 and all within two seconds of each other - for team silver ahead of Italy with bronze.



Antonella Palmisano

1.	Antonella Palmisano	Italy	1.27.42
2.	María Pérez	Spain	1.28.03
3.	Laura García-Caro	Spain	1.28.07
4.	Raquel González	Spain	1.28.37
5.	Ayse Tekdal	Turkey	1.29.47
6.	Olena Sobchuk	Ukraine	1.29.54
7.	Hanna Shevchuk	Ukraine	1.29.56
8.	Lyudmila Olyanovska	Ukraine	1.29.56
9.	Katarzyna Zdziebło	Poland	1.29.57
10.	Valentina Trapletti	Italy	1.30.05
11.	Panagiota Tsinopoulou	Greece	1.32.24
12.	Nicole Colombi	Italy	1.32.40
13.	Anastasiya Rarouskaya	Belarus	1.32.45
14.	Evin Demir	Turkey	1.32.53
15.	Olga Niedzialek	Poland	1.33.26
16.	Viktoriya Rashchupkina	Belarus	1.33.51
17.	Heather Lewis	Great Britain	1.34.13
18.	Mária Katerinka Czaková	Slovakia	1.34.27
19.	Brigita Virbalyté	Lithuania	1.34.40
20.	Júlia Takács	Spain	1.34.55
21.	Pauline Stey	France	1.34.58
22.	Galina Yakusheva	Kazakhstan	1.35.04
23.	Eloise Terrec	France	1.35.04
24.	Meryem Bekmez	Turkey	1.35.12

25.	Camille Moutard	France	1.35.26
26.	Kader Dost	Turkey	1.36.14
27.	Sara Buglisi	Italy	1.36.18
28.	Barbara Kovács	Hungary	1.36.19
29.	Clémence Beretta	France	1.36.39
30.	Olga Fiaska	Greece	1.36.51
31.	Bethan Davies	Great Britain	1.37.09
32.	Saskia Feige	Germany	1.37.49
33.	Elisa neuvonen	Finland	1.37.57
34.	Rita Récsei	Hungary	1.38.00
35.	Anniina Kivimäki	Finland	1.38.16
36.	Adrija Meškauskaitė	Lithuania	1.38.27
37.	Regina Rykova	Kazakhstan	1.38.40
38.	Tiia Kuikka	Finland	1.39.23
39.	Valeriya Komel	Belarus	1.39.33
40.	Hana Burzalová	Slovakia	1.39.58
41.	Monika Vaiciukeviciūtė	Lithuania	1.40.16
42.	Mihaela Acatrinei	Romania	1.42.37
43.	Agnieszka Ellward	Poland	1.42.52
44.	Ema Hacundová	Slovakia	1.43.25
45.	Austeja Kavaliauskaitė	Lithuania	1.45.25
46.	Modra Ignate	Latvia	1.47.59
47.	Dóra Csörgő	Hungary	1.55.42
	Eszter Bánhidi	Hungary	DNF
	Vittoria Giordani	Italy	DNF
	Maura Marchiori	Italy	DNF
	Ana Cabecinha	Portugal)	DNF
	Anna Terlyukevich	Belarus)	DNF
	Mariavittoria Becchetti	Italy)	DQ
	Maria Bernardo	Portugal)	DQ
1.	Spain	9 points	
2.	Ukraine	21	
3.	Italy	23	
4.	Turkey	43	
5.	Poland	67	
6.	Belarus	68	
7.	France	69	
8.	Lithuania	96	
9.	Slovakia	102	

Open Men 20km Walk

Perseus Karlstrom could have knocked a few seconds off his course record in the men's 20km race walk. Instead, the Swede stopped at the final feed station, not for a drink, but the same mock Viking helmet and Swedish flag he wore through the finish line two years ago in Alytus, Lithuania. Same fun gear, same result. And in doing so, the Swede became the first walker in championship history to win back-to-back titles in the men's 20km race walk.

As he has done in the past, Karlstrom was forced to stay cool in warm conditions as he saw European U23 silver medallist **Salih Korkmaz** sprint away from the start. He was quickly clocking sub four-minutes for the one kilometre circuit and was out of sight at times until halfway. The chasing group of 10 then shed Great Britain's **Tom Bosworth** and Italy's **Matteo Giupponi** just before 11km while Karlstrom and Spaniards **Diego Garcia** and **Alvaro Martin** worked through the gears to catch Korkmaz at the 13km mark.

The determined Turk tried to inch an advantage over the next three laps, but every time he pushed, the other three latched onto his shoulder. Finally, Korkmaz, now looking wide-eyed and desperate as he strove to get air into his lungs, felt the effects of his precocious start and fell out of medal contention at the 16km mark. A couple of laps later the elastic also stretched on Garcia, who drifted back a few seconds - soon to be followed by Martin.

The race was done by the time Karlstrom donned his hat. But again, Spain underlined their strength in depth when Martin came home for silver in a lifetime best of 1:19:14. He was followed five seconds later by Garcia. Former World and European champion **Miguel Angel Lopez** quietly came through for fourth to confirm yet another Spanish team gold. His time of 1:19:25 was only 11 seconds slower than his best time set six years ago, the same year he won the world title in Beijing.

Italy's **Franciso Fortunato** was in the form of his life to record 1:19:43 and knock a massive 2:18 off his best in the process to finish fifth. France's **Gabriel Bordier** sprinted the last 50 metres to edge home the thickness of a vest from the spent Korkmaz for sixth place with both timed at 1:20:10.



Perseus Karlström

1.	Perseus Karlström	Sweden	1.18.54
2.	Álvaro Martín	Spain	1.19.14
3.	Diego García	Spain	1.19.19
4.	Miguel Ángel López	Spain	1.19.25
5.	Francesco Fortunato	Italy	1.19.43
6.	Gabriel Bordier	France	1.20.10
7.	Salih Korkmaz	Turkey	1.20.10
8.	Massimo Stano	Italy	1.20.30
9.	Eduard Zabuzhenko	Ukraine	1.20.43
10.	Nils Brembach	Germany	1.20.52
11.	Federico Tontodonati	Italy	1.21.13
12.	Matteo Giupponi	Italy	1.21.52
13.	Christopher Linke	Germany	1.22.20
14.	Lukasz Niedzialek	Poland	1.22.26
15.	Tom Bosworth	Great Britain	1.22.27
16.	Ivan Losev	Ukraine	1.22.41
17.	Sahin Senoduncu	Turkey	1.22.44
18.	Cameron Corbishley	Great Britain	1.22.50
19.	Teodorico Caporaso	Italy	1.23.00
20.	Viktor Shumik	Ukraine	1.23.39
21.	Leo Köpp	Germany	1.23.44
22.	Marius Žiukas	Lithuania	1.23.57
23.	Aliaksandr Ljakhovich	Belarus	1.24.09
24.	Abdulselam Ímuk	Turkey	1.24.14
25.	Hagen Pohle	Germany	1.24.49
26.	Dawid Tomala	Poland	1.24.54
27.	Håvard Haukenes	Norway	1.25.05
28.	Selman İlhan	Turkey	1.25.30
29.	Kevin Campion	France	1.25.31
30.	Davide Finocchietti	Italy	1.25.41
31.	Artur Mastianica	Lithuania	1.25.59
32.	Rafal Augustyn	Poland	1.26.08
33.	Miroslav Úradník	Slovakia	1.26.39
34.	Andrei Aldo	Italy	1.27.15
35.	David Kuster	France	1.27.21
36.	Dominik Cerný	Slovakia	1.27.28
37.	Mikita Kaliada	Belarus	1.27.35
38.	Juriy Micheletti	Italy	1.27.39
39.	Vít Hlaváč	Czech Republic	1.27.42
40.	Damian Blocki	Poland	1.27.59
41.	Raivo Saulgriezis	Latvia	1.28.44
42.	Dzmitry Dziubin	Belarus	1.30.37
43.	Lukáš Gdula	Czech Republic	1.30.57

44.	Cian McManamon	Ireland	1.31.48
45.	Mattéo Duc	France	1.32.13
46.	Martin Nedvídek	Czech Republic	1.34.19
47.	Riccardo Orsoni	Italy	1.34.25
48.	Daniel Kováč	Slovakia	1.41.22
49.	Paul Jansen	Netherlands	1.42.35
50.	Norbert Tóth	Hungary	1.48.28
	Joni Hava	Finland	DNF
	Máté Helebrandt	Hungary	DNF
	Dzmitry Lukyanchuk	Belarus	DNF
	Luis Alberto Amezcua	Spain	DNF
	Giorgio Rubino	Italy)	DNF

1.	Spain	9 points
2.	Italy	24
3.	Germany	44
4.	Ukraine	45
5.	Turkey	48
6.	France	70
7.	Poland	72
8.	Belarus	102
9.	Slovakia	117

MARCIADALMONDO AND OMARCHADOR ROUNDUP

It is great to see so much racewalking activity around the world. Marciadalmondo has 7 reports of interest to us

- Mon 17 May - Podebrady (CZE): The fair play of Tur and Ojala towards Agrusti
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4087
- Sun 16 May - Podebrady (CZE): European Race Waling Team Championships - Afternoon events
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4086
- Sun 16 May - Podebrady (CZE): European Race Waling Team Championships - Morning events
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4085
- Sat 15 May - Podebrady (CZE): Test Event
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4084
- Thu 13 May - Podebrady (CZE): Preview of the European Race Walking Team Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4083
- Wed 12 May - Bejaia (ALG): 1e Soirée Ramadanesque
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4082
- Tue 11 May - Cuprija (SRB): Serbian national track walk championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4081

Omarchador was also busy, with 7 press releases

- Mon 17 May - Karlström confirms favoritism and wins men's European Championship 20km Men
<https://omarchador.blogspot.com/2021/05/karlstrom-confirma-favoritismo-e-vence.html>
- Sun 16 May - Palmisano goes against Spanish dominance and wins European Championship 20km Women
<https://omarchador.blogspot.com/2021/05/palmisano-contraria-dominio-espanhol-e.html>
- Sun 16 May - Marc Tur triumphs in the European Championship 50km Men
<https://omarchador.blogspot.com/2021/05/marc-tur-triunfa-nos-50-km-dos-europeus.html>
- Sun 16 May - Eliška Martínková and Portugal win European U20 10km Championship Women
<https://omarchador.blogspot.com/2021/05/eliska-martinkova-e-portugal-vencem-10.html>
- Sun 16 May - Greek Drisbioti triumphs in the European Championship 35km Women
<https://omarchador.blogspot.com/2021/05/grega-drisbioti-triunfa-nos-35-km.html>
- Sun 16 May - Hidalgo and Spain win European U20 10km Championship Men
<https://omarchador.blogspot.com/2021/05/hidalgo-e-espanha-vencem-10-km-juniores.html>

- Sat 15 May - 212 athletes enrolled in the European Racewalking Team Championships <https://omarchador.blogspot.com/2021/05/212-atletas-inscritos-na-campeonato.html>

OUT AND ABOUT

- On Sunday morning, a number of our top walkers competed alongside the runners in the annual Great Ocean Road Half Marathon (**Jemima Montag, Bec Henderson and Will Thomson**), and Marathon (**Quentin Rew and Rhydian Cowley**). They all walked strongly over what is an undulating and windy seaside course.

Rhydian	3:29:07	71 / 969
Quentin	3:30:05	74 / 969
Jemima	1:51:28	535 / 2850
Will	1:48:01	442 / 2850
Bec	1:53:13	600 / 2850

- The African Athletics Championships in Algeria have been postponed for a third time due to the COVID-19 pandemic. The biennial event should have been held in 2020 but was rescheduled for June 1 to 5 in Oran, before being moved again to June 22 to 26 in Algiers. Now the event's date and venue are uncertain, with no word yet from the Confederation of African Athletics of new arrangements. World Athletics has set June 29 as the deadline for reaching the qualifying mark to take part at the delayed Tokyo 2020 Olympic Games so this is a major blow to African competitors. See <https://www.insidethegames.biz/articles/1107766/african-athletic-championships-algeria>.
- WADA has welcomed the Swiss Federal Tribunal decision to reject a petition by race walker Alex Schwazer to suspend his eight-year ban from the sport. Schwazer was banned for eight years in 2016 for a second doping offence, having previously served a three-and-a-half year suspension for testing positive for erythropoietin before the London 2012 Olympics. Good! See <https://www.insidethegames.biz/articles/1107848/wada-swiss-federal-tribunal-schwazer>.

And now onto the Olympic related news. The opinion seems to be swinging towards the Games taking place, regardless of the costs. But it's a rocky road.

- Tokyo 2020 has confirmed the Olympic Torch Relay's visit to Hiroshima prefecture next week will be taken off public roads and confined to symbolic celebrations. Similar measures will be taken when the Relay reaches Okayama Prefecture on May 19 and Hyogo, where it is due on May 23 and 24. See <https://www.insidethegames.biz/articles/1107739/tokyo-2020-torch-relay-hiroshima-covid19>.
- The United States' track and field team has cancelled its pre-Tokyo 2020 Olympics training camp in Japan over COVID-19 concerns. The team was set to train in Chiba, the prefecture next to Tokyo, but cancelled the camp "out of concerns for their athletes' safety". See <https://www.insidethegames.biz/articles/1107725/usatf-cancels-chiba-olympic-training>.
- Dozens of Japanese towns have scrapped plans to host Olympic athletes prior to the upcoming Tokyo 2020 Games due to growing concerns over COVID-19 and local medical resources during the fourth wave of infections. See <https://www.insidethegames.biz/articles/1107730/tokyo-2020-host-towns-covid-19>.
- A petition calling for the cancellation of the Tokyo 2020 Olympic Games has been submitted to organisers, having reached 350,000 signatures in just nine days. See <https://www.insidethegames.biz/articles/1107763/tokyo-2020-olympics-cancellation-petition>.
- World Athletics President Sebastian Coe has expressed confidence that the Tokyo 2020 Olympic and Paralympic Games can be held safely after claiming participants will be "hermetically sealed from local people". See <https://www.insidethegames.biz/articles/1107767/coe-tokyo-2020-can-be-held-safely>.
- Sapporo, host of the marathon and race walk events at the delayed Tokyo 2020 Olympic and Paralympic Games, has been brought into an expanded state of emergency in Japan. The Japanese Government has extended the current state of emergency COVID-19 restrictions to include the Hokkaido, Okayama and Hiroshima prefectures. The three regions join Tokyo, Osaka, Kyoto, Hyogo, Aichi and Fukuoka in being placed under tougher measures, scheduled to be in place until May 31. See <https://www.insidethegames.biz/articles/1107843/sapporo-state-of-emergency-extension>.
- The Tokyo Olympics are now just over two months away and calls to ditch the Games in the face of the pandemic are getting louder by the day. So why isn't Japan talking about cancelling the Games? A very well balanced article on why the push to hold the Games is so strong. See <https://www.bbc.com/news/world-asia-57097853>.
- Another well argued piece. As the Games draw closer, more and more people will wake up to the alarming fact that they are going ahead. The protest will increase. But simultaneously, as the Games draw closer they are more and more likely to happen, such is the IOC's determination. Two perceptions of reality are on a collision course. See <https://www.smh.com.au/sport/the-greatest-throw-on-earth-ioc-better-hope-tokyo-hail-mary-comes-off-20210514-p57rx6.html>.

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.

Victorian Key Dates –2021

May 23 (Sun), 2021	VRWC Winter roadwalk season continues	Middle Park, VIC
June 5 (Sat), 2021	Oceania Invitational Meet, Gold Coast Performance Centre (10,000m Walks)	Gold Coast, QLD
Jun 13 (Sun), 2021	LBG Stromlo Carnival, Mt Stromlo Forest Park	Canberra, ACT
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

June 6 (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

May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
Aug 8-19, 2021	World University Summer Games , Chengdu, China (POSTPONED TILL 2022)
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)
Nov 5-14, 2021	Pan Pacific Masters Games , Gold Coast, QLD (https://mastersgames.com.au/ppmg/)

Jan 2022	Oceania Masters Championships , Norfolk Island (CANCELLED)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships , Tampere, Finland
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>)