



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 43
Monday 26 July 2021



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WHAT'S COMING UP

- At this stage, I am unsure if our Melbourne based roadwalks will be on this weekend. As I write, the Victorian covid numbers look promising and an announcement is expected tomorrow (Tuesday). So stay tuned. If we do go ahead, the fixture will read as shown below. Note the information regarding race entry.

Sunday 1 st August 2021, Middle Park			
AV championships: Pre-entry is required for AV races with the AV office.			
VRWC & AMA Championships: Online entries close Wednesday 11.59pm			
VRWC non championship races: If entering online, entries close Wednesday 11.59pm. If entering in person, entries close at 8.00am Sunday.			
8.30am	30km	AV Championship	Open *
8.30am	30km	VRWC Ray Smith Championship	Open *
		* The 30km is an Open event, meaning it is open to both men and women.	
	3 Hours	Non championship walk	Open
8.30am	20km	AMA Championships (Victorian Postal Race)	Masters Men / Women
8.30am	20km	Non championship walk	Open
8.45am	2km	Non championship walk	Open
8.45am	2km	VRWC Championship	Under 10 Boys/Girls
8.45am	2km	VRWC Championship	Under 12 Boys/Girls
9.15am	3km	AV Championship	Under 14 Boys/Girls
9.45am	5km	AV Championship	Under 16 Boys/Girls
9.45am	5km	AV Championship	Under 18 Women
9.45am	5km	Non championship walk	Open
10.20am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
10.20am	10km	AV Championship	Under 20 Men / Women
10.20am	10km	AV Championship	Under 18 Men
10.20am	10km	Non championship walk	Open
11:50am		Medal presentations at the conclusion of the events.	

- Entries close on August 1st for the VRWC Relay Relay races on Saturday 14th August. Relay rules read as follows:
 - Teams will be picked by the handicapper
 - Teams will start on their combined handicap time
 - Teams will consist of 4 walkers: 3km all age group, 1km all age group, 2km junior walker under 18, 4km senior walker open or masters.
- You will no doubt be aware that the Olympic Games kicked off last Friday 23rd July. The Athletics program kicks off this coming Friday 30th July. While most events will be held in Tokyo, the walks and marathons will be held in Sapporo, in hopefully cooler conditions. The walks are scheduled as shown below. Check out the full athletics timetable at <https://olympics.com/tokyo-2020/olympic-games/en/results/athletics/olympic-schedule-and-results.htm>.

Thursday 5 August	4:30PM	Olympic 20km Walk Men	Sapporo Odori Park	5:30PM AEST
Friday 6 August	5:30AM	Olympic 50km Walk Men	Sapporo Odori Park	6:30AM AEST
Friday 6 August	4:30PM	Olympic 20km Walk Women	Sapporo Odori Park	5:30PM AEST

- The VRWC Points Competitions have now been finalised: <https://www.vrwc.org.au/vrwcpointscomps.shtml>

TRWC ROADWALKS, DOMAIN, HOBART, SATURDAY 24 JULY 2021

With NSW, SA and VIC in lockdown last weekend, there are few local results on which to report. So here we go – First to Tasmania, with thanks to Dave Moore of Hobart.

5km Walk

1.	Ron Foster	TMA	38:52
2.	Wayne Fletcher	NS	42:24

3km Walk

1.	Dave Moore	TMA	29:59
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QUEENSLAND ROAD WALK CHAMPIONSHIPS, IPSWICH CYCLE PARK, IPSWICH, SATURDAY 24 JULY 2021

Now to Queensland. Robyn Wales commented: Amazingly we were able to hold our State Road Championships yesterday out at Ipswich. The athletes who live in the “border bubble” were also able to participate.

Men/Masters 20km Walk Open

1.	Jimenez Solis, Ignacio	56	Qld Masters	1:42:24
2.	Guevara, Argenis	53	Qld Masters	2:01:34

Women 20km Walk Open

1.	Gannon, Brenda	47	Qld Masters	2:03:32
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Women 10km Walk Masters

1.	Woodward, Erika	55	Qld Masters	1:03:13
	McKiven, Noela	79	Qld Masters	DQ

Women 10km Walk U20

1.	McRoberts, Jasmine-Rose	19	QA	1:05:14
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Boys 10km Walk U18

1.	Wasson, Seth	16	Qrun	1:02:36
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Girls 5km Walk U18

1.	Clarke, Anika	16	Redlands Athletics	27:58
2.	Brady, Korey	16	QA	32:27
3.	Bergh, Mia	16	Gold Coast Victory	35:42
	Millard, Summer	16	QA	DQ

Boys 5km Walk U16

1.	McCure, Sam	15	QA	25:00
2.	Housden, Bailey	14	QA	25:42
3.	Bradley, Alex	15	QA	30:07

Girls 5km Walk U16

1.	Williams, Lyla	14	Gold Coast Victory	25:55
2.	Heap, Ashanti	15	Gold Coast Athletics Inc	29:20
3.	Chadwick, Phoebe	15	QA	34:07
4.	Goulding, Lily	14	QA	36:37
5.	Housden, Lily	15	QA	37:52

Boys 3km Walk U14

1.	Dale, Kai	13	Gold Coast Victory	17:37
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Girls 3km Walk U14

1.	Sharpe, Milly	13	Gladstone Athletics Club	16:03
2.	Flahey, Natasha	12	Gold Coast Victory	16:12
3.	Clarke, Makenna	12	Redlands Athletics	17:59
4.	Presland, Skye	13	QA	18:11
5.	Bray, Katie	13	Ashgrove Rangers	18:23

Boys 2km Walk U12

	Sibenaler, Hunter	10	QA	DQ
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Girls 2km Walk U12

1.	Waterman, Kiara	10	Qeii Track Club	13:18
2.	Bray, Laura	11	Ashgrove Rangers	13:46

Girls 1km Walk U10

1.	Williams, Freya	7	Gold Coast Victory	6:43
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Iggy Jimenez, Sam McCure and Erika Woodward negotiate te turn at the QA Championships in Ipswich last weekend

WARWC RODWALKS, WILSON, PERTH, SUNDAY 25 JULY 2021

Finally, thanks to Terry Jones for this week's results from Western Australia. It was the WARWC RWA Challenge meet and conditions were fine and overcast, with mild temperatures.

5km Walk

1.	John Ronan	24:09
2.	Lataya Lawrence	28:25
3.	Ashlyn Spence	29:38
4.	Emily Bogaers	44:17

3km Walk

1.	Kaytee Bogaers	17:08
2.	Luke Lawrence	20:10
3.	Harry Gordon	23:51

2km Walk

1.	Keaton Bailey	11:10
2.	Linkin Lawrence	13:39

10km Walk

1.	Andrew Duncan	55:50
2.	Melissa Lewis	59:14
3.	Hannah Ireland	1:05:06
4.	Karyn Tolardo	1:05:16
5.	Victor Munoz	1:06:48
6.	John McDonagh	1:09:52
7.	Marcela Ruiz	1:14:40
8.	Glenys Duncan	1:35:11
	Ben Reid	DNF
	Brad Mann	DNF

OUT AND ABOUT

- This wonderful interview with debutante Olympic walker **Bec Henderson** (20km) was aired on ABC TV on Sunday morning. Check it out: <https://www.youtube.com/watch?v=AWmSSMLWMgs>. What an impressive young woman – but we already knew that.
- This morning, I saw AA post that the Australian Cross Country Championships have been postponed *Coles Little Athletics Australia (LAA) and Athletics Australia (AA) wish to advise that the 2021 Australian Cross Country Championships scheduled for August 21-22 in Adelaide will be postponed due to the ongoing challenges surrounding COVID-19.*

The Australian Roadwalk Championships are currently gazetted to be held in Melbourne on Sunday 12th September. I am sure that AA is also looking at this date. All I can say is *Stay Tuned!*

- A wonderful article by **Tony Taylor**, celebrating **Ron Wallwork's** 80th birthday. Two of England's racewalking community stalwarts - I won't even try to calculate how many years these two have contributed to our racewalking world - see <https://lancswalkingclub.com/2021/07/15/on-ron-wallworks-80th-a-personal-reminiscence/>.

- Sapporo has recorded its highest temperature in 21 years as the Japanese city prepares to host competition at the Tokyo 2020 Olympic Games. Japan's Meteorological Agency reported temperatures in Sapporo hit 35 degrees Celsius before 2pm local time one day last week. Race walk and marathon events will take place in Sapporo after the events were controversially moved from Tokyo in 2019 because of fears over extreme heat in the capital city. See <https://www.insidethegames.biz/articles/1110431/sapporo-tokyo-2020-olympics-temperature>.
- Shades of Rio...Tokyo's stinky bay is causing the concern for our Olympic open water swimmers and triathletes, with concerns raised about the water quality. A foul odour has been reported at the swimming venue for triathletes and open water swimmers, raising concerns about elevated levels of the dangerous E-coli bacteria. Heavy rain is forecast in Tokyo from July 27, which raises the risk of sewage leakage into the bay. See <https://www.news.com.au/sport/olympics/tokyo-olympics-2020-sewage-leaking-into-olympic-triathlon-venue/news-story/20f54db2fb64846e59080b8c17ecf55c>.
- There have been doping scandals at every Olympics, reaching back to the middle of the 20th century. Now, because of the lag between new drugs coming into sport and the development of reliable drug tests, there's a 10-year retrospective testing window. This leaves the question of exactly who wins what an open question for a decade. That means athletes will most likely be caught doping in Tokyo. Just how many — or how long it will take — remains to be seen. With the retrospective testing window, the final medal and doping tallies will only be known in the second half of 2031. Read more at <https://theconversation.com/doping-has-become-inevitable-at-the-olympics-and-who-wins-gold-in-tokyo-might-not-be-certain-until-2031-163881>.
- The number of COVID-19 cases linked to the Tokyo Olympics continues to rise, with cases both within the Olympic Village and further afield. At least one public health expert says the rising case count indicates that the protective COVID bubble designed around the games has already burst days before the international sporting event even starts. See <https://arstechnica.com/science/2021/07/olympic-covid-bubble-already-broken-with-71-cases-3-in-athlete-village/>.
- NBC's broadcast of the Tokyo Olympic Games opening ceremony drew 16.7 million viewers, the smallest U.S. television audience for the event in the past 33 years, according to preliminary data from Comcast-owned NBCUniversal on Saturday. See <https://www.reuters.com/article/us-olympics-2020-ratings-idUSKBN2EU0OE>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases this week

- Fri 23 Jul - Anti-doping ban confirmed for Lebogang Shange (RSA) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4148
- Thu 22 Jul - Anti-doping ban increased for Ihor Hlavan (UKR) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4147
- Tue 20 Jul - After being cleared, Anežka Drahotová gives up her Olympic Games dream http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4146
- Mon 19 Jul - Milovice (CZE): Victories of Dominik Cerný and Hana Burzalova http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4145
- Mon 19 Jul - Anežka Drahotová cleared by CAS http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4144

while Omarchador has 9 press releases from around the world.

- Sun 25 Jul - Portuguese Olympic walkers (1984-2016): João Vieira and Sérgio Vieira <https://omarchador.blogspot.com/2021/07/marchadores-olimpicos-portugueses-1984.html>
- Sat 24 Jul - Cerný and Burzalová win 10 km in Milovice <https://omarchador.blogspot.com/2021/07/cerny-e-burzalova-vencem-10-km-em.html>
- Fri 23 Jul - Lebogang Shange suspended for 4 years (doping) <https://omarchador.blogspot.com/2021/07/lebogang-shange-suspenso-por-4-anos.html>
- Fri 23 Jul - Absolute Championships of Galicia 2021, in Vigo (results) <https://omarchador.blogspot.com/2021/07/campeonatos-absolutos-da-galiza-2021-em.html>
- Thu 22 Jul - 'Open de France' in Bondoufle (results) <https://omarchador.blogspot.com/2021/07/open-de-france-em-bondoufle-resultados.html>
- Wed 21 Jul - Igor Glavan excluded from the Ukrainian Olympic team for Tokyo <https://omarchador.blogspot.com/2021/07/igor-glavan-excluido-da-equipa-olimpica.html>

- Tue 20 Jul - Anežka Drahotová cleared of doping charge
<https://omarchador.blogspot.com/2021/07/anezka-drahotova-ilibada-de-acusacao-de.html>
- Tue 20 Jul - Roger Quemener (1941-2021)
<https://omarchador.blogspot.com/2021/07/roger-quemener-1941-2021.html>
- Mon 19 Jul - AA Porto and AA Guarda walkers win Olympic Youth 2021 events
<https://omarchador.blogspot.com/2021/07/marchadores-da-aa-porto-e-da-aa-guarda.html>

OUR OLYMPIC WALKERS IN CAIRNS

Our Australian Olympic walkers are currently in their pre-Games training camp at Cairns, as they count down the days until their departure for Japan on Friday. I include a few photos – what a great uniform!

This also seems the right spot in the newsletter to note the Athletics Australia announcement overnight that 20km walk team member **Dane Bird-Smith** has withdrawn from the team. I do not know any further details but wish Dane all the best in what is obviously a very difficult time. Read more at <https://www.athletics.com.au/news/disappointment-as-race-walker-dane-bird-smith-withdraws/>.



Katie Hayward, Rhydian Cowley, Rebecca Henderson and Jemima Montag test out their snappy team uniforms



*Left: Katie Hayward, Declan Tingay, Jemima Montag and Kyle Swan training in Cairns
Right: I can't resist another pic of Rhydian modelling that uniform!*

Last week, with the passing of **Roger Quemener**, we lost one of the legends of European walking. 80 year old Quemener (17th June 1941 – 18th July 2021) represented France internationally as a racewalker on a number of occasions, but rose to fame as an ultradistance walker, setting a world record for the 100,000m track walk and winning the Paris-Colmar classic a record seven times.



A life between two cities, a biography of Roger Quemener, by Jean Pierre Grange

Born in Brittany, Quemener joined the Parisian police in 1963 and later became a member of the AS Police Paris sporting association. He started racewalking late, at 25 years of age, but progressed rapidly, obtaining four selections in French 50km teams between 1970 and 1973.

1970	June 27	SUI-FRA-FRA 50km, Schweig (SUI)	11 th	5:10:28
	Aug 15-16	Lugano Trophy 50km, Odense (DEN)	9 th	4:52:55
1971	June 19-20	SUI-FRA-FRA 50km, Vittel (FRA)	7 th	4:39:18
1973	Sep 8-9	Lugano Final 50km, Boras (SWE)	11 th	4:37:10

He went on to achieve a 50km lifetime best of 4:22:45 in 1976 at St Laurent du Pont, at 35 years of age. This was a competitive time for that era, especially given his age at that time.

Undaunted by even longer distances, he also contested the annual French 100km racewalk championships from 1969 to 1981, winning in 1971, 1972 and 1975, taking second place in 1980 and 1981 and taking third place in 1976 and 1977. His 3 wins were as follows

1971	Sep 5	French 100km, Flers (FRA)	1 st	10:12:16	
1972	Sep 10	French 100km, Saint-Berthevin (FRA)	1 st	9:45:03	French Best
1975	Sep 14	French 100km, Still (FRA)	1 st	9:42:03	French Best

He set French 100km Bests in both 1972 (9:45:03) and 1975 (9:42:03) but perhaps the greatest walk of his career was in 1976, when he set a World Best for the 100,000m Track Walk in Saint Maur de Fossés with a spectacular time of 9:23:58.

1976	Mar 28	100,000m, Saint Maur des Fossés	1 st	9:23:58	World Best
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To give some idea of his ongoing excellence, consider the stats for his best 26 100km walks, in chronological order. The occasional 100km time under 10 hours is outstanding, but he did it on 8 occasions.

Date	Age	Trk/Rd	Place	Time
05/09/1971	30	R	Flers	10:12:16
17/09/1972	31	R	St Berthevin	9:45:03
16/03/1975	33	T	St Denis	9:41:23
28/03/1976	34	T	St Maur des Fossés	9:23:56
14/09/1975	34	R	Still	9:42:03
26/09/1976	35	R	Salies de Bearn	10:13:22
02/10/1977	36	R	Château-Thierry	9:41:52

01/10/1978	37	R	Mehun-sur-Yevre	9:54:20
22/05/1980	38	R	Sur Strasbourg-Paris	11:01
05/10/1980	39	R	Ile d'Oléron	9:41:09
05/09/1981	40	R	Vallorbe	10:49
18/10/1981	40	R	Bar le Duc	9:49:59
16/03/1985	43	R	Lagny-sur-Marne	10:34
27/04/1985	43	R	Bar le Duc	10:56:51
15/09/1984	43	R	Roubaix	10:53
05/04/1986	44	R	Torcy	10:40:24
19/04/1986	44	R	Château-Thierry	10:47:39
15/03/1987	45	R	Lagny-sur-Marne	10:39:11
28/03/1987	45	R	Château-Thierry	11:04:41
09/05/1987	45	R	Cergy-St Christophe-Osny	10:30:27
19/03/1988	46	R	Torcy	11:07
09/04/1988	46	R	Salies de Bearn	10:14:24
23/04/1988	46	R	Bar le Duc	10:24
01/04/1989	47	R	Château-Thierry	10:38
22/04/1989	47	R	Bar le duc	10:22:15

He also completed a significant number of 200km races, all in impressive times.



March 1976: Quemener leads Roger Hennebois on his way to a 100,000m world best time of 9:23:58

But Quemener had his sights set on even greater challenges, and what challenge was greater than the annual Paris-Strasbourg Classic, held in June each year and contested over a distance in excess of 500km. Over an 18 year period, from 1972 to 1989, he contested this race on 13 occasions, winning a record 7 times (1979, 1983, 1985-89). The great Gilbert Roger had held the record at 6 wins (1949, 1953-54, 1956-58) so Quemener went one better. In a unique move, he used to stop to have a shave before his arrival in Colmar, making sure he was clean-shaven as he crossed the finish line in his usual first place. In 6 of his 13 appearances, he finished the course with an average speed greater than 8km/hr, a truly astonishing statistic. Imagine walking for nearly 3 days at that average speed!

1972	Strasbourg – Paris	513 km	5 th	75:08	6.763 km/hr
1973	Strasbourg – Paris	493 km	2 nd	65:50	7.488 km/hr
1974	Strasbourg – Paris	523 km	DNF	214km	
1975	Strasbourg – Paris	507 km	DNF	126km	
1979	Strasbourg – Paris	510 km	1 st	64:24	7.919 km/hr
1980	Strasbourg – Paris	506 km	2 nd	60:42	8.336 km/hr
1982	Paris-Colmar	508 km	DNF	148km	
1983	Paris-Colmar	518 km	1 st	64:21	8.068 km/hr
1985	Paris-Colmar	518 km	1 st	64:57	7.975 km/hr
1986	Paris-Colmar	517 km	1 st	62:27	8.278 km/hr
1987	Paris-Colmar	518 km	1 st	64:59	8.050 km/hr
1988	Paris-Colmar	533 km	1 st	66:17	8.050 km/hr
1989	Paris-Colmar	524 km	1 st	64:35	8.113 km/hr



Roger Quemener leads the 1979 Starbourg to Paris Classic

He then joined the organising team of this legendary event, eventually becoming the deputy director.



Both legends – Roger Quemener interviews Jean Dahm at the start of the 2014 Paris-Colmar

Emmanuel Tardi has forwarded me a list of some of the highlights from the long and illustrious racing career of Roger Quemener.

1970	June 27	SUI-FRA-FRA 50km, Schweig (SUI)	11 th	5:10:28	
	Aug 15-16	Lugano Trophy 50km, Odense (DEN)	9 th	4:52:55	
1971	June 19-20	SUI-FRA-FRA 50km, Vittel (FRA)	7 th	4:39:18	
	Sep 5	French 100km, Flers (FRA)	1 st	10:12:16	
1972	Apr 30-1 May	200km du Conflans-Saint-Honorine (FRA)	1 st	22:25	
	Sep 10	French 100km, Saint-Berthevin (FRA)	1 st	9:45:03	French Best
1973	Apr 7-8	Tour du Var (220km)	1 st	25:28	
	Apr 28-29	200km du Conflans-Saint-Honorine	1 st	22:06	
	Sep 8-9	Lugano Final 50km, Boras (SWE)	11 th	4:37:10	
1974	Mar 30 -31	200km du Beaujolai	1 st	23:27	
	May 1-12	Torcy 200km	1 st	22:21	
1975	Apr 26-27	Tour du Var 177km	1 st	17:50	
	May 17-18	200km de Meru	1 st	22:22	
	Sep 14	French 100km, Still (FRA)	1 st	9:42:03	French Best

1976	Mar 28 Apr 24 -25 May 9-10	Cratérium National du 100,000m, Saint Maur des Fossés Tour du Var 148km Torcy 200km	1 st 1 st 1 st	9:23:58 13:57 22:22	World Best
1977	May 14-15	200km du Bar Le Duc	1 st	22:10	
1979	Mar 31-Apr 1 Apr 21-22 June	200km du Narbonne 200km du Château-Thierry Strasbourg-Paris: 510km	1 st 1 st 1 st	24 Hours 21:37 64:12	
1980	Apr 19-20	200km du Château-Thierry	1 st	21:29	
1981	Mar 14-15 Sep5-6:	200km du Lagny-sur-Marne 200km du Vallorbe:	1 st 1 st	22:26 22:23	
1982	Mar 13-14	Torcy 200km	1 st	22:11	
1983	Apr 23-24 June	200km du Nantes Paris-Colmar: 518km	1 st 1 st	22:45 64:12	
1985	June	Paris-Colmar: 518km	1 st	64:57	
1986	June	Paris-Colmar: 517km	1 st	62:27	
1987	June	Paris-Colmar: 518km	1 st	64:59	
1988	April 9-10 June	200km du Salies de Béarn Paris-Colmar: 519km	1 st 1 st	21:40 66:17	
1989	June	Paris-Colmar: 524km	1 st	64:35	

In finishing, two photos of Roger, remembering him as a walker (1975) and as an administrator (2014).



After the Paris-Colmar classic had to be cancelled in 2020, the event makes its return at the end of August, with a start in the Aisne (Château Thierry) and a finish in Kaysersberg-Vignoble. The 2021 edition will pay tribute to Roger Quémener.

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

Aug 1 (Sun), 2021 Next round of AV/VRWC Championships and Roadwalks – TBC !

Middle Park, VIC

Sep 12 (Sun), 2021 Australian Roadwalk Championships Middle Park, VIC

2021 World Athletics Race Walk Challenge

July 23 – Aug 8, 2021 32nd Olympic Games Walks at 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

July 23 – Aug 8, 2021 **32nd Olympic Games, Tokyo and Sapporo**
Aug 5 (Thursday) 4:30PM Olympic 20km Walk Men Sapporo Odori Park 5:30PM AEST
Aug 6 (Friday) 5:30AM Olympic 50km Walk Men Sapporo Odori Park 6:30AM AEST
Aug 6 (Friday) 4:30PM Olympic 20km Walk Women Sapporo Odori Park 5:30PM AEST
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**, venue TBA
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>)