

HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.

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** WALKER OF THE WEEK **



Predictably, the various state track walk championships held over the weekend produced a feast of impressive efforts, so it's no surprise that this week's WOTW would be drawn from these.

Standing out amongst a host of strong performances is **Carl Gibbons**, who dipped under 20 minutes for 5000m for the first time at the NSW State titles at Sydney Olympic Park, clocking **19:47.65**. Locked in a testing arm wrestle with his Muscat team mate Tyler Jones, Carl ripped a whopping **56secs** from his previous best to take silver, missing gold by a single second behind Tyler. This follows his almost identical PB margin in the National 20km championship in Adelaide last week, so if Carl isn't in the form of his life, he can't be far off it.

Next week, Carl will head off to the Omani capital with the Australian team as our sole representative in the Men's 35km walk. With the speed he showed on Sunday in his legs, he will not be an opponent to take lightly.

Congratulations, Carl, and the very best of luck!

Honourable mentions:

- **Tyler Jones** (NSW) Tyler also cracked 20mins for the first time, with a 17sec PB. Winners are usually grinners, but on this occasion it was the comparative sizes of the PBs that tipped the scale. All the best in Muscat, Tyler!
- **Dylan Richardson** (NSW) Dylan's 1:17 PB in rhe same race was a huge improvement for Dylan.
- Fraser Saunder (VIC) In his latest battle with Marcus Wakim, Fraser seized his chance mid-race and never let it go, emphatically winning the U18 State 5000m championship.
- Scott Peart (VIC) Scott stepped up a class with his 1:13 PB for silver in the Victorian U17 5000m title.
- Maddison Nash (VIC) a huge 0:57 PB performance in winning the Vic U17 5000m title.
- **Kim Mottrom** (SA) two more State M35 records, over 5000m and 10,000m, with Age gradings of 89.35% and 87.18% respectively. It isn't just SA wine that gets better with age ...

VR WC

CLUB NEWS and RESULTS

*VRWC KIDS STRUT THEIR STUFF IN LAVIC REGIONALS *

Several of our young walkers stood out in their races at the recent LAVic Regional carnivals, the precursors to the State and National Little Athletics championships.

In the Northern Metro carnival at Willinda Park, Greensborough, **Ela Uzun** won her 1100m in record time with **5:07**. Cousin **Havana Ali** crossed third in **5:50**.

At the Western Region carnival, **Violet Froon** also had a good win in her 1100m event with a PB time of **7:16.32**.

Meanwhile, down Traralgon way, **Matilda Read** won her Gippsland Region 1500m race by nearly a minute in **9:38.52**. Conditions were very hot and Matilda is keen to improve on that time in cooler weather.

Well done, girls, and the best of luck to you all in the State titles coming up.



Matilda leading at Traralgon.







Matilda, Violet, Havana and Ela - the medals can't outshine those smiles!

(Photos: Emma Read, Alesha Sayner, Ece Uzun)



VICTORIA - METRO & REGIONAL



AV T&F U17-20 5000m c'ships, Saturday 19 February - Lakeside Stadium



Fraser Saunder (2nd right) gives his opposition a quick once-over as they get underway.

FRASER GETS REVENGE

A fine, mild morning with zero wind provided ideal conditions for the first of the walks championships to be contested over the two weekends. While the total line-up of 13 was subdivided into the gender and age group fields for which they'd entered, such bureaucracy was soon cast aside as all parties sought to wear down, catch and out-distance everyone they could.

The latest of the engrossing battles between **Marcus Wakim** and **Fraser Saunder** was played out at the head of the field, with the two locked together until the 3km mark when **Fraser** turned the tables on his Adelaide conqueror to stride away for a convincing win in **22:16.85**, another PB. It wasn't to be Marcus's day but he fought on to easily take the U17 Gold medal in **22:43.89**.

The day's biggest improver, Scott Peart, crossed third in a massive PB time of 24:47.34.

Alanna Peart was untroubled to win the Women's race in 23:28.87, with Char Hay second home in 25:01.75. Maddison Nash, third to cross, tore nearly a minute from her previous best in taking the U17 Gold with 25:54.27.

		Women U20 5000mW		
Ballarat YCW	22:16.85 PB 0:08	 Alanna Peart 	Ballarat YCW	23:28.87
Ringwood AC	25:45.79 PB 0:16	2. Char Hay	Knox Athl	25:01.75
		3. Grace Louey	Knox Athl	28:21.08
		4. Jade Chitty	Western Athl	28:50.96
Doncaster AC	25:41.75			
Knox Athl	DQ			
	Ringwood AC Doncaster AC	Ringwood AC 25:45.79 <i>PB 0:16</i> Doncaster AC 25:41.75	Ballarat YCW 22:16.85 <i>PB 0:08</i> 1. Alanna Peart Ringwood AC 25:45.79 <i>PB 0:16</i> 2. Char Hay 3. Grace Louey 4. Jade Chitty Doncaster AC 25:41.75	Ballarat YCW Ringwood AC 22:16.85 PB 0:08 25:45.79 PB 0:16 2. Char Hay 3. Grace Louey 4. Jade Chitty Expression of the control of the cont

Women U17 5000mW

1. Maddison Nash Knox Athl 25:54.27 *PB 0:57*-- Emily Smith Knox Athl DQ

Men U17 5000mW

1. Marcus Wakim Collingwood H. 22:43.89

2. Scott Peart Ballarat YCW 24:47.34 PB 1:13
3. Zachary Matters Box Hill AC 27:55.25 First one



Fraser, Scott and Zachary



Geromi and Maddison



Alanna and Char



Liam



Jade and Grace

(Photos: Therese Smith)

*Coming up next week ...

Saturday 26 February 9.30am	Open Men Open Women	5000m Walk 5000m Walk	
Saturday 26 February 10.15am	U14 Men U14 Women U15 Men U15 Women U16 Men U16 Women	3000m Walk 3000m Walk 3000m Walk 3000m Walk 3000m Walk 3000m Walk	

** AVSL Playoffs – Saturday 5 March, Lak	estae Staatum
--	---------------

9:30am - 2000m Men & Women 4:45pm - 2000m Men & Women



AROUND THE COUNTRY

It's State titles time in most parts of the country, with some very impressive results coming in. The National track walking titles in Sydney will be keenly anticipated.

NEW SOUTH WALES NSW Open, U23 & Para c'ships, 20 February – Sydney Olympic Park

Thanks to Frank Overton for this report on the NSW Open Track title walks:

Ideal conditions for the NSW State Open 5000m walk Championship. The event was combined Men & Women and from the gun to the finish line we experienced a great race.

Carl Gibbons & Tyler Jones executed a race of determination to record a fast time. Dylan Richardson was also switched on to finish as close as he could to these guys, finishing with a great PB time. Jack McGinniskin, who is gradually returning to good form, had a strong race finishing 4th.

The Women's race was an extremely solid effort from **Hannah Mison** who recorded a sizable PB. A close race between **Emma Blanch** and **Allanah Pitcher** to fill 2nd and 3rd.

The night was filled with good performances from all and not just from the walkers, as many other events had fine performances. The Men's Open 400m saw Steve Solomon run two 45second efforts in the preliminary round and again in the final.

Men 5000M Walk Open			
1 Jones, Tyler	24	Mingara Athl	19:46.29
2 Gibbons, Carl		Westlakes At	19:47.65
3 Richardson, Dylan	22	Mingara Athl	20:28.47
4 Mcginniskin, Jack	20	Mingara Athl	22:35.85
5 Whatman, Riley	19	Bankstown Sp	24:39.80
6 Bell, Darcy	16	Asics Wests	25:09.13
7 Pyda, Raven	18	Westfields	26:26.38
8 Ashby, Myles	15	Gosford Litt	27:23.77
9 Allabush, Dylan	14	Asics Wests	29:57.88
Women 5000M Walk Open			
1 Mison, Hannah	21	Kooringal -W	23:16.55
2 Blanch, Emma		St. George D	23:46.31
3 Pitcher, Allanah	19	Mingara Athl	23:51.33
4 Bolton, Hannah	19	Mingara Athl	24:47.39
5 Pitcher, Sienna	15	Mingara Athl	24:50.84
6 Woods, Zoe	15	Asics Wests	25:23.99
7 Parker, Hannah	20	Sydney Unive	25:29.30
8 Beck, Grace	14	Asics Wests	26:32.46
9 Bell, Bridget	20	Asics Wests	27:29.97
10 Cassilles, Ciara	15	Westfields	27:43.67
11 Hickson, Alannah	17	Asics Wests	30:08.66
12 Norden, Lilah	15	Kembla Joggers Inc.	31:09.75
13 Sivaraj, Summer		Asics Wests	31:20.28
Boughton, Milly	_	Randwick Bot	DO
			- ~

QUEENSLAND QA Garry Brown Shield; QMA C'ships, 19 February – QSAC, Brisbane

** QA Shield series - Garry Brown Shield

Women 3000 Metre Race Walk

1 Williams, Lyla	15 New South Wales	15:06.64
2 Teahen, Rebecca	15 Toowong Harriers	15:41.24
3 Flahey, Natasha	13 Gold Coast Victory	16:34.62
4 Pickvance-Yee, Destinee	13 CAN	16:53.65
5 Bray, Katie	14 Ashgrove Rangers	17:50.40
6 Presland, Skye	14 QRW	18:02.68

7 Cosgrave, Ella	12	Border Striders	18:14.42
8 Barron, Maya		QRW	18:30.96
9 Davey, Caterina		QRW	18:35.24
10 Goulding, Lily		QRW	18:43.47
11 Morris, Taylah		QRW	21:43.37
· -			
Women 5000 Metre Race Wall	k		
1 Bergh, Mia		Gold Coast Victory	27:36.69
2 Lawson, Piper		Redlands Athletics	
3 Fisher, Torryn	17	Redlands Athletics	29:37.48
4 Chadwick, Phoebe	16	QRW	31:32.52
5 McRoberts, Jasmine-Rose	20	QA	32:39.99
6 Brady, Korey	17	QRW	32:43.12
7 Housden, Lily	16	QRW	32:45.60
Heap, Ashanti	16	GCA	DQ
Men 3000 Metre Race Walk 1 Dale, Kai 2 Tilton, Noah Bricknell-Hewitt, Korbyn	13	QRW QRW Gold Coast Victory	16:43.58 19:33.60 DQ
Men 5000 Metre Race Walk			
1 McCure, Sam	16	QRW	24:05.34
2 Wasson, Seth	17	Caboolture R	26:04.21
3 Bradley, Alex	16	QRW	26:22.38
4 Norton, Kai	17	QA	28:20.88
Housden, Bailey	15	QRW	DQ
** QMA T&F championships			
W30 3000 Metre Race Walk QMA C'	ship		
1 Minusia Danlam W22 Old Ma		25.24.25 45.200/	

W30 3000 Metre Race Walk QMA C'ship							
1 Kirwin, Roslyn	W33	Qld Masters	25:34.25	45.30%			
W45 3000 Metre Race Walk QMA C'ship							
1 Gannon, Brenda	W47	Qld Masters	17:12.79	72.75%			
W55 3000 Metre Rac	e Walk (OMA C'shin					
1 Woodward, Erika		Qld Masters	17:55.08	76.22%			
W75 3000 Metre Rac	e Walk (OMA C'ship					
1 McKinven, Noela		•	25:34.75	68.59%			
M55 3000 Metre Rac	e Walk (QMA C'ship					
1 Jimenez Solis, Ignac		_	14:12.66	88.54%			
M65 3000 Metre Race Walk QMA C'ship							
1 Bennett, Peter	M66	Qld Masters	19:25.76	71.50%			
M80 3000 Metre Race Walk QMA C'ship							
1 Sela, Patrick	M82	Qld Masters	24:16.42	69.51%			



Happy QMA medallists: Erika, Roslyn, Noela, Patrick, Peter and Brenda

SOUTH AUSTRALIA SA State T&F championships, 19/20 February – SAAS, Adelaide

Thanks to **Kim Mottrom** for these results ... and well done to Kim on achieving two more Masters records! It looks as if he pulled out all the stops in chasing **Tristan Camilleri**, who returned fine times of **20:55.70** and **43:47.27** to win both Open titles, the 5000m and 10,000m. Amazingly, Kim finished just 9secs short of Tristan in both races!

Olivia Sandery, in great form, backed up from her big win in the National 10km last week with a sub-22 effort of **21:49.41**, also claiming a State record. **Nellie Langford** backed up well from her own Nationals performance last week with another big PB over the distance to take the U20 title.

*Day 1

Open Men 5000m Tristan Camilleri Kim Mottrom Mathew Bruniges	Coastal Districts SA Masters Southern AC	20:55.70 21:04.99 24:35.46	PB, M35 State Rec
Open Women 5000m Olivia Sandery Samantha Findlay Rhiannon Lovegrove	Pembroke Southern AC Port Adelaide	21:49.41 25:09.75 28:28.02	PB, U20 State Rec
Over 35 Women 5000m Mel Grantham	SA Masters	30:20.12	РВ
Over 50 Women 5000m Marie Maxted	SA Masters	33:52.28	
Over 50 Men 5000m Peter Crump Alex McEwan	Saints AC Tea Tree Gully	30:49.76 41:29.26	
U18 Women 5000m Nellie Langford	Southern AC	24:54.28	РВ
U17 Girls 5000m Daisy Braithwaite	Saints AC	28:13.14	
U16 Girls 3000m Emily Lynch Matilda Gourlay Katie DeRuvo	Saints AC Southern AC Coastal Districts	16:05.04 16:51.50 17:06.27	РВ
U16 Boys 3000m Cooper Rech Alex Scarman	Coastal Districts Adelaide Harriers	15:47.13 21:00.28	РВ

U14 Boys 3000m		
Leslie Jagger	Adelaide Harriers	20:26.48

*Day 2

Open Men 10,000m Tristan Camilleri Kim Mottrom Mathew Bruniges	Coastal Districts SA Masters Southern AC	43:47.27 43:56.14 53:35.72	M35 State Record
Open Women 10,000m Olivia Sandery Samantha Findlay	Pembroke Southern AC	52:36.77 52:46.54	
Over 35 Women 10,000m Mel Grantham	SA Masters	01:02:23.96	РВ
Over 50 Women 10,000m Marie Maxted	SA Masters	01:09:32.69	
Over 50 Men 5000m Peter Crump	Saints AC	01:02:55.25	
U20 Women 10,000m Nellie Langford Emily Lynch	Southern AC Saints AC	53:52.58 01:01:41.23	PB First one

SOUTH AUSTRALIA SAMA Masters results, 16 & 20 February – SAAS, Adelaide

Thanks to Graham Harrison for the latest SA Masters results.

This week was a scratch event meeting at the SA Athletics Stadium. Weather was fine and cool.

1000M WALE	ζ			
		Result	-	AgeGrade%
KIM	MOTTROM	0:04:12	M35	77.38
MARIE	MAXTED	0:05:51	W60	82.65
JACK	RUSSELL	0:05:52	M65	73.23
GEORGE	WHITE	0:06:03	M75	76.76
LIZ	DOWNS	0:06:57	W65	72.98
ALEX	SCARMAN	0:07:14		
JAMES	HOARE	0:08:28	M75	54.22
1000M CLUE	BWALK			
GIL	MCINTOSH	0:06:20	M70	69.32
DAVE	FALLON	0:06:44	M65	63.8
MALCOLM	TIGGEMAN	0:07:47	M65	55.2
LIZ	NEUBAUER	0:07:51	W70	67.88
ELIZABETH		0:08:50	W55	53.25
ROGER	LOWE	0:09:17	M75	51.21
DAVID	ROBERTSON	0:09:24	M85	57.38
SANDRA	MCCUE	0:09:35	W75	58.77
3K WALK				
KIM	MOTTROM	0:12:43	M35	84.9
MELISSA	GRANTHAM	0:18:09	W35	66.42
GEORGE	WHITE	0:19:34	M75	77.85
JACK	RUSSELL	0:19:51	M65	70.77
MARIE	MAXTED	0:20:34	W60	70.4
JAMES	HOARE	0:24:34	M75	61.26
3K CLUBWAI	LK			
GIL	MCINTOSH	0:21:07	M70	68.01
BRIAN	WITTY	0:21:18	M70	67.42
DAVE	FALLON	0:21:51	M65	64.3
MARGARET		0:23:34	W65	67.01
STEPHEN	DOWNS	0:23:45	M65	57.31
ELIZABETH		0:25:42	W55	54.72
CATHIE	HORE	0:26:20	W70	61.43

ROGER	LOWE	0:27:11	M75	57.46
EDNA	BATES	0:28:11	W65	56.03
DAMED	PORFRESON	0.29.07	M 2 5	61 8

This event was held in conjunction with Athletics SA for the Masters and Open 10000m State Championships. Weather was fine and cool.

10K WALK							
MARIE	MAXTED	1:09:33	W60	72.68	1st		
MELISSA	GRANTHAM	1:02:24	W35	66.95	1st		
GEORGE	WHITE	1:06:29	M75	78.72	1st		
PETER	CRUMP	1:02:56	M60	71.56	1st		
KIM	MOTTROM	0:43:57	M35	86.51	1st		
10K CLUBWALK							
MARGARET	MCINTOSH	1:29:03	W65	62.13	1st		
DAVID	ROBERTSON	1:38:39	M85	62.52	1st		
GIL	MCINTOSH	1:09:56	M70	70.86	1st		
BRIAN	WITTY	1:14:28	M70	66.54	2nd		
JACK	RUSSELL	TBA	M65		1st		

TASMANIA Tas Open, Age & Masters T&F c'ships, 19/20 February – Domain Ath. Centre, Hobart

Thanks to David Moore for this comprehensive report on the Tassie track titles:

The first Walking event of the Tasmanian T&F Championships was the Masters 1500m.

On the start line with our local stalwarts was **Queensland Masters athlete Dash Newington**. For a solid two laps **Elizabeth Leitch and Dash** were side by side, but there was no way Elizabeth was going to be beaten on her home turf and with 400 to go Elizabeth had a strong enough lead to claim line honours. Further back in the field, the drama of a very tight finish was building between **Wayne Fletcher and David Moore**, their race times show it was not settled until the finish line with Wayne winning by less than a second.

The race of the Championships was the U/18 Men's 5000m the following morning, held in very warm conditions. **Will Bottle** was all class, leading the race from start to finish and in doing so shearing some 30 seconds off his PB. The battle for 2nd and 3rd was a titanic struggle between **Samuel Lindsay** and **Oliver Morgan**, they were virtually glued together for eleven and a half laps with Samuel really digging deep to put some space between himself and Oliver and win second spot.

Both Samuel and Oliver would compete for their respective age group 3000m titles in even warmer and very windy conditions of the early afternoon. Both put in gutsy efforts and will compete in both 3000m and 5000m at Nationals.

Flying a lone flag for our Women Walkers in the Senior 5000m was **Elizabeth Leitch** who added State Title number 13 to her trophy cabinet.

In the U/15 3000m for Women, **Kasia Taylor** from the North West Club also had to confront Sunday afternoon's trying conditions, but with solid race walking technique and steely determination also strode home for a PB.

Well done, Kasia!

Saturday Feb 19 Masters 1500m Walk Championship

1. Elizabeth Leitch	9:54.23 (1 st W65)
2. Dash Newington	10:16.99 (1 st W35)
3. Wayne Fletcher	13:05.35 (1 st M70)
4. Dave Moore	13:06.22 (1 st M60)

Sunday Feb 20

U/18 Men 5000m Walk Championship

1.	Will Bottle	Newstead AC	22:46.18 PB
2.	Samuel Lindsay	Newstead AC	24:39.81
•	011	0771	

3. Oliver Morgan OVA 24:47.16 PB

Open Women 5000m Walk Championship

1. Elizabeth Leitch TMA 34:27.93

U/15 Men 3000m Walk Championship

1. Samuel Lindsay Newstead AC 14:35.07

U/15 Women 3000m Walk Championship

1. Kasia Taylor North West AC 18:49.87 PB

U/16 Men 3000m Walk Championship

1. Oliver Morgan OVA 14:59.91



Sam, Will and Oliver ... looking forward to seeing you at Nationals in Sydney! (Photo: Sharon Bottle)

WESTERN AUSTRALIA AW State c'ships Walks results, 19 February – WAAS, Perth

Terry Jones reports:

From last Friday evening to Sunday morning Athletics West conducted their State Championships, with the walks being held on Saturday evening, fortunately after the temperature had dipped below 30 degrees.

Men 10000 Metre Race Wal	k Open	
1 Andrew Duncan	Masters Athletic	51:49.37
2 Bradley Mann	Perth Track	53:08.11
Benjamin Reid	Perth Track	DQ TR54.7.1
Women 5000 Metre Race W	alk U18	
1 Alexandra Griffin	UWA Athletics Club	25:49.74
2 Emily Bogaers	Mandurah Roc	41:23.95
Women 5000 Metre Race W	alk U17	
1 Lataya Lawrence	Mandurah Roc	30:21.22
Men 3000 Metre Race Walk	U16	
1 John Ronan	Kingsway Ath	13:22.89
2 Xavier Bernard	Perth Track	16:12.24
Women 3000 Metre Race W	alk U16	
1 Ashlyn Spence	Kingsway Ath	16:27.47
Men 3000 Metre Race Walk	U15	
1 Luke Lawrence	Mandurah Roc	17:51.69
Women 3000 Metre Race W	alk U15	
1 Kaytee Bogaers	Mandurah Roc	16:39.34
2 Leila Bevis	West Track Club	18:45.57
Men 3000 Metre Race Walk	U14	
1 Harry Gordon	Cockburn Ath	18:33.02
2 Linkin Lawrence	Mandurah Roc	19:59.42
3 Cooper Bidesi	Bunbury Regi	21:32.11
Women 3000 Metre Race W	alk U14	
1 Isabelle Curtis	Athletics West	16:31.66
2 Katica Borsic	Athletics West	17:59.61
3 Chelsey Ireland	Mandurah Roc	18:44.71



INTERNATIONAL NEWS

TEAMS FOR MUSCAT ANNOUNCED FOR 6 COUNTRIES

World Athletics have listed the countries that have, to this point, announced their squads for the World Teams Walking championship in Muscat. These include: **Australia**, **Great Britain**, **Italy**, **Japan**, **Spain** and **USA**.

Details of each country's team can be seen at $\underline{\text{https://www.worldathletics.org/competitions/world-athletics-race-walking-team-championshi/muscat22}$.

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- 21/02/2022 San Salvador (ESA) II Central American Walking Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4306
- 20/02/2022 Kobe (JPN): 105th Japan 20km Race Walking Championships. Sixth win for Eiki Takahashi. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4303
- 19/02/2022 ANCONA (ITA): Italian Indoor U18 Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4302
- 18/02/2022 Rzeszow (POL): Polish indoor Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4307

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- 21/2/2022 Final of the II Division of Clubs in indoor track had victories in the walk of Amaro Teixeira and Sandra Silva. http://omarchador.blogspot.com/2022/02/final-da-ii-divisao-de-clubes-em-pista.html
- 21/2/2022 Rui Coelho and Vitória Oliveira win march in the final of the I Division of Clubs in indoor track. http://omarchador.blogspot.com/2022/02/rui-coelho-e-vitoria-oliveira-vencem.html
- 20/ 2/2022 Andrei Gafita and Ana Rodean win Romanian Winter Championships. http://omarchador.blogspot.com/2022/02/andrei-gafita-e-ana-rodean-vencem.html
- 18/2/2022 Costa Rica selected national marching champions 2022, in San José. http://omarchador.blogspot.com/2022/02/costa-rica-apurou-campeoes-nacionais-de.html

<u>Note</u>: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at https://omarchador.blogspot.com, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Fri 25/26 Feb 2022

Sat/Sun 12/13 Mar 2022

Sat/Sun 19/20 Mar 2022

Sat 26 Mar/Sun 3 Apr

Fri/Mon 1/4 Apr 2022

Sat/Sun 23/24 Apr 2022

Sat/Sun 23/24 Apr 2022

Victorian Track & Field championships (Week 2) – Lakeside Stadium

LAVic State Track & Field c'ships U9-U16 – Lakeside Stadium

Victorian Masters Athletics T&F championships – Lakeside Stadium

Australian Track & Field championships – Olympic Park, Sydney

Australian Masters Athletics T&F championships – Brisbane

Australian Little Athletics championships – Melbourne

Sun 24 Apr 2022 AV 'Run The Tan' – Kings Domain, Melbourne

Sun 15 May 2022 Oceania & Australian 35km Race walking championship – Melbourne (TBC)

International Dates

Mar 1 – 6, 2022 **29**th **World Athletics Race Walking Teams Championship** – Muscat, Oman (postponed from 2020) **World University Summer Games** – Chengdu, CHN (postponed from 2020)

Jun 29 – Jul 10, 2022 23rd World Masters T&F Championships – Tampere, FIN Jul 15 – 24, 2022 18th World Athletics Championships – Eugene OR, USA

Jul 22 – 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, SWE 19th World Athletics Championships – Budapest, HUN

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