

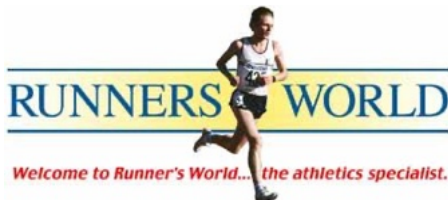


# HEEL & TOE Online

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Editor: *Stu Cooper* [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



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Australia & Oceania 20km walk championships  
Sunday 11 February, Adelaide

**Jemima Montag** won again, and put herself on a plane to Paris into the bargain. It seems, however, that it was a closer contest than the crowd expected, thanks to **Sandra Arenas's** tactical surge. Meanwhile, **Kyle Swan** was the only male able to go with **Evan Dunfee**, who towed the Victorian through for another Australian title. Lachlan Moorhouse reports.

## MONTAG STEPS CLOSER TO OLYMPIC DREAM WITH AUSTRALIAN RECORD

by **Lachlan Moorhouse** (reprinted from [athletics.com.au](http://athletics.com.au), 11/2/24)

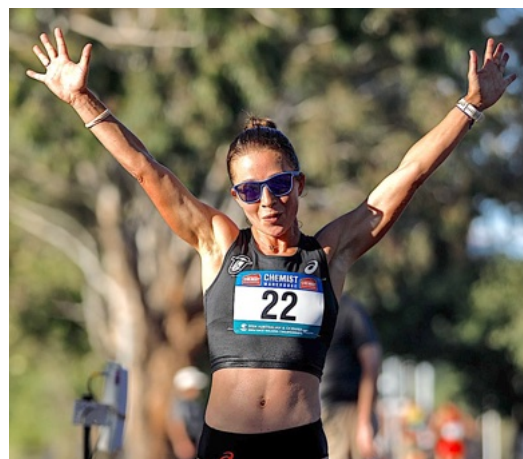
A blockbuster weekend of Australian athletics in Adelaide has been capped off by an Oceania record from **Jemima Montag**, who strolled to her sixth consecutive Australian 20km Race Walk title alongside men's champion **Kyle Swan** as the Chemist Warehouse Summer Season commenced in scorching fashion.

World Championships silver medallist **Montag** (Brent Vallance) made a triumphant return to the 20km race walk when contesting the event for the first time since Budapest, setting a new Australian record of 1:27:09 to better her previous mark of 1:27:16 at the World Athletics Racing Walking Tour Silver meet.

Charging away from a slick field including Olympic silver medallist **Lorena Arenas** (1:27:25, COL) and four-time world champion **Liu Hong** (1:27:44, CHN), Montag set up her Paris Olympic campaign with a statement victory over the world's best.

"I really did have to lift today. The two women behind me were silver and bronze in Tokyo, so it was a great opportunity. It's not just a National Championships anymore, it's a silver label, high-quality meet," Montag said.

"I was not expecting the move at 13.5km by my Colombian teammate, it was quite abrupt. My brain definitely told me to give up and let her go, but in track and field you need to be flexible with your plan - I didn't want to let her get too far ahead and regret it later."



(Photo: AA/Oceania Athletics)



Returning to the site of her first Australian record of 1:27:27 in 2022, the shift in mindset from Montag demonstrated her increased focus on racing rather than clock-watching:

“I was really trying to think one lap at a time, I couldn’t even really see the clock which is a really good thing. Two years ago when I broke the national record for the first time, all I thought about was the time which made me really tense and up tight,” Montag said.

The Australian silver and bronze medals went to **Rebecca Henderson** (1:30:40, Simon Baker) and **Olivia Sandery** (1:30:52, Jared Tallent) respectively, while **Kyle Swan** (Jared Tallent) raced to the Australian men’s title as he reigned supreme over 20km in 1:19:52.

“I’m very happy with that, I like to race quite aggressively and I had the form to do that today. If anyone was going to beat me, they would have to walk sub-80 minutes to do it, so I just stuck to my strengths,” Swan said.

Line honours were clinched by Canada’s **Evan Dunfee** in 1:19:23, who continued his contributions to raising the standard of race walking down under.

“Evan is a really classy walker, he has won medals at the World Championships and Olympics, so to hang in there with him – I was really happy with that. I remember training with him when I was 16 and being inspired, so to go out and race with him like that was really fulfilling,” Swan said.

Silver went to **Rhydian Cowley** (Brent Vallance) in 1:21:01, while **Timothy Fraser** (Jared Tallent) continued his breakthrough season with bronze and a walk of 1:22:03.

16-year-old **Isaac Beacroft** (David Beacroft) bounced back to form with yet another Australian Under 18 record in the walking ranks, breaking away from his rivals in the Under 20 Men’s 10km event when carving 57-seconds off the record with a walk of 41:39.

The performance brings Beacroft one step closer to his Australian debut as the 2024 World Athletics Race Walking Teams Championships to be held in Turkey this April, with Australia’s junior walks depth shining as **Alexandra Griffin** (Jared Tallent) took out the Under 20 Women’s 10km in 47:59.



20km in Adelaide ... the highly-ranked dictate terms early.

(Photos: Oceania Athletics, AA)

#### Women 20km Aust/Oceania c’ship

1	Jemima Montag	VIC	1:27:09 PB
2	Sandra Arenas	COL	1:27:25 PB
3	Hong Liu	CHN	1:27:44 SB
4	Rebecca Henderson	VIC	1:30:40
5	Olivia Sandery	SA	1:30:52
6	Hannah Mison	NSW	1:35:27 PB
7	Elizabeth McMillen	NSW	1:36:12 SB
8	Tayla Billington	QLD	1:36:27 PB
9	Allanah Pitcher	NSW	1:37:23
10	Austeja Kavaliauskaite	LTU	1:37:39 PB
11	Hannah Bolton	NSW	1:39:09 PB
12	Alanna Peart	VIC	1:39:26 PB
13	Kate Siviour	VIC	1:40:38 PB
14	Laura Langley	NZL	1:41:42 PB
15	Samantha Findlay	SA	1:43:34 PZ 2:00
16	Bridget Bell	NSW	1:45:22 PB
17	Arnika Nelson	NZL	1:50:56 PB
18	Char Hay	VIC	1:54:22
19	Kirstin Shaw	QLD	2:07:23 SB

#### Men 20km Aust/Oceania c’ship

1	Evan Dunfee	CAN	1:19:23 SB
2	Kyle Swan	VIC	1:19:52
3	Rhydian Cowley	VIC	1:21:01
4	Timothy Fraser	ACT	1:22:03 PB
5	Marius Ziukas	LTU	1:22:15 SB
6	Will Thompson	VIC	1:23:03
7	Leo Kopp	GER	1:25:22 PZ 2:00 SB
8	Artur Mastianica	LTU	1:25:49 TR54.7.4 SB
9	Carl Gibbons	NSW	1:26:25
10	Dylan Richardson	NSW	1:28:54
11	Jack McGinniskin	NSW	1:32:05 PB
12	Kim Mottrom	SA	1:38:42
13	Chun Hung Tse	HKG	1:41:20
14	Geromi Tucker	VIC	1:59:17
---	Mitchell Baker	ACT	DNF
---	Edmund Sim	SGP	DNF PZ 2:00
---	Corey Dickson	VIC	DNF
---	Fraser Saunder	VIC	DNF



--- Priyanka Goswami  
 --- Clemence Beretta

IND DNF  
 FRA DNF

**Women 10km U20**

1 Alexandra Griffin	WA	47:59 PB
2 Zoe Woods	NSW	48:57 PB
3 Nellie Langford	SA	49:45
4 Sienna Pitcher	NSW	50:43 PB
5 Chelsea Roberts	NSW	50:49 PB
6 Maddison Nash	VIC	52:32
7 Daisy Braithwaite	SA	57:12
8 Mia Bergh	QLD	58:44
9 Jasmine Crabb	SA	1:09:37 PB

**Men 10km U20**

1 Isaac Beacroft	NSW	41:39 PB
2 Riley Coughlan	VIC	42:05 PB
3 Will Bottle	SA	42:40 PB
4 Marcus Wakim	VIC	43:07 TR54.7.4 (1:00)
5 Bailey Housden	QLD	43:22
6 Sam McCure	QLD	44:13 PB
7 Alex Bradley	WA	53:54 PB
--- John Ronan	WA	DNF
--- Owen Toyne	ACT	DQ TR54.7.5



*Putting it all out there ... the U20 Men's 10km.*



*"Lighten up, lads ... it's only a race!"*



*Zoe, Alexandra and Nellie celebrate.*

*(Photos: Athletics SA)*

**Women 5km U18**

1 Milly Sharpe	QLD	26:53 PB
2 Kaytee Bogaers	WA	27:26 SB
3 Angelina Legrand	SA	27:34
4 Grace Beck	NSW	28:12
5 Taylah Morris	QLD	30:55

**Men 5km U18**

1 Kodi Clarkson	ACT	22:18 SB
2 Samuel Lindsay	TAS	22:59 SB
3 Oliver Morgan	TAS	25:01
4 Sebastian Richards	SA	25:37 SB
5 Cooper Rech	SA	26:26

**Women 5km U16**

1 Matilda Rech	SA	34:58 PB
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**Women 3km U14**

1 Isabella Welch	QLD	18:12 SB
2 Adele Woodward	TAS	22:05

The link below shows a 6sec clip of Kyle Swan shadowing Evan Dunfee, both having dropped the 20km pack.  
<https://www.facebook.com/1257066816/videos/pcb.10231147818619627/1052991075759502> - courtesy Terry Swan.

There is an excellent selection of photos (action and presentations) from last Sunday available on Athletics SA's Facebook page - [https://www.facebook.com/AthleticsSA/photos\\_by](https://www.facebook.com/AthleticsSA/photos_by) .

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## CLUB NEWS and RESULTS



- Apart from **Jemima Montag** and **Kyle Swan** achieving automatic qualifying times for the Paris Olympics in Adelaide on Sunday, pats on the back are also due for the following VRWC members who recorded qualifiers for the other international championship meets on offer in 2024. Note that some already had qualifiers from earlier races:

### World Teams Race walk c'ship – Antalya TUR

Bec Henderson\*, Rhydian Cowley\*, Will Thompson, Riley Coughlan, Marcus Wakim

*\*Bec and Rhyd were within 90secs of automatically qualifying for Paris, so both are in the mix for discretionary selection.*

### WA U20 Track & Field c'ships – Lima PER

Riley Coughlan, Marcus Wakim

It was an especially sweet result for **Riley**. Although his Canberra Supernova result of two weeks ago had already given him qualifiers for both Antalya and Lima, last Sunday saw him reduce his PB to take the silver medal a mere 26 secs behind NSW wunderkind **Isaac Bearcroft**, who won with a new PB of his own.



Riley, Isaac and Will ... Antalya and Lima qualifiers. (Photo: Athletics SA)

Congratulations to our VRWC high achievers and up-and-comers, as well as their successful interstate counterparts. The future of Australian race walking is in good hands.



- Action in the various Little Athletics centres across the country has been heating up (along with the weather) in recent weeks, with one of the kids' two main targets – the **Metro & Country Region championships** – taking place last weekend. Virtually all of the VRWC's under-17 members will have been involved, hoping to qualify for the State championships in March.

VRWC mum and former racer Ece Can has sent us this happy podium snap of daughter **Ela Uzun** and her cousin **Havana Ali**, plus details of their results from Saturday at Epping.

That Ela broke more records would come as no surprise ... it's just a matter of assuaging our curiosity as to which ones. It seems very fitting that, on the same weekend as Jemima Montag broke the Australian and Oceania 20km records, she found herself losing her Victorian Little Athletics best U13 performance mark to Ela, whose winning time of **6:26.14** at Whittlesea eclipsed Jemima's 6:44.36.

Not only that, but Ela's time, subject to ratification, adds four new VRWC records to her tally – U13, U14, U15 and U16. Talk about generational change!

Another excellent result was achieved by Havana, possibly the smallest girl in the field, who took the bronze medal with **7:44.21**, just 3 seconds shy of her own PB. Adding to the VRWC's prominence on the Epping podium, Ela and Havana were split by **Mya McClure** (a familiar story) who took silver with **6:54.09**. Well done, girls!



- On the same day, at Berwick Little Athletics centre, **Matilda** and **Pippa Read** were making their mark at the Gippsland Region finals. Matilda won her U14 1500m race easily in **8:08.56**. Pippa placed 2<sup>nd</sup> in the U11 1100m in **5:57.52**, after what looked like a good contest with fellow VRWC club mate **Indigo Marshall-Moodie** who won gold in **5:48.76**. These three girls are in good shape and will present tough competition in the 'States'.

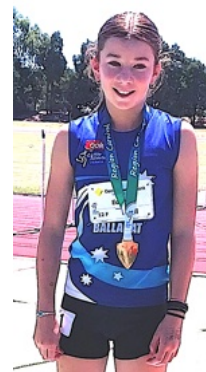


Meanwhile, it could be that here is another face we will see at Middle Park soon. **Riley Debono**, of Cranbourne Little Aths club and nephew of Kerrie Peart, had his own success in the U12B 1500m walk at the Gippsland Region championships, winning with a time of **9:45.83**. It hasn't been plain sailing for Riley, who has had to battle with ankle and foot injuries this summer, but he is now back on the track and eager to improve his PB. The state championships will give him a great chance.

Kerrie believes Riley will be keen to race during the winter. The inaugural LAVic road walking championships in June should be an enticing incentive for him.

Good work, Riley!

- Young Ballarat walker **Eddie Ede** also made the winner's circle in the Western Country Regional championships at Llanberris. Eddie took gold with a PB time of **9:44.23** in the U12 1500m. Good work, Eddie ... we look forward to seeing you in action at Lakeside Stadium in March.



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# VICTORIA - METRO & REGIONAL



## AVSL RESULTS

### **\*\* Metro Zone B: Round 11, Saturday 10 February – Knox Athletic track, Scoresby**

The LAVic regional championships took a slight toll on numbers in Round 11 of AVSL. The 18 walkers who attended at Knox once again found the going tough in the heat, though many were able to improve on last week's times.

**Angus Shuttleworth** made a statement from the gun on the 2000m, and he was unlucky not to dip under 10:00 with his win. **Lucy Johns** was also impressive in being first woman home in **10:48.0**.

**Eden Morgan** had his second 5000m time trial in a week, his **23:33.0** showing he is in good shape with the AV track titles coming up soon.

Pl	Name	Club	Age	Time	Points
<b>2000m walk</b>					
1	Angus Shuttleworth	(KNA)	M14	10:00.0h	464
2	Lucy Johns	(DIV)	F16	10:48.0h	446
3	Simon Evans	(BOH)	M60	11:06.3h	464
4	Carolyn Rosenbrock	(YRA)	F60	11:10.7h	521
5	Mietta Morgan	(KNA)	F16	11:46.2h	388
6	David Smyth	(COL)	M50	11:48.3h	368
7	Andrew Cochrane	(OSC)	M65	11:54.3h	454
8	Andrew Jamieson	(OSC)	M70	12:16.4h	469
9	John Nottle	(COL)	M70	12:23.7h	464
10	Emilie Garside	(YRA)	FOP	12:25.7h	294
11	Donna-Marie Elms	(PTN)	F60	13:24.4h	416
12	Phillip Dunstone	(WES)	M55	13:30.6h	290
13	Heather Carr	(GHY)	F70	13:34.7h	473
14	Gwen Steed	(GHY)	F70	14:25.9h	437
15	Geoffrey Barrow	(MEN)	M70	14:27.9h	365
16	Tracy Colbert	(WES)	F50	14:32.9h	265
<b>5000m walk</b>					
1	Eden Morgan	(KNA)	M20	23:33.0h	457
2	Emily Smith	(KNA)	F18	30:06.2h	360
3	Michael Harvey	(WAM)	M60	33:35.9h	351

### **\*\* Ballarat Zone: Round 11, Saturday 10 February – Llanberris Stadium, Ballarat**

**Scott** and **Jemma Peart** showed the field at Llanberris how it's done over 1500m, with Scott recording the round's only PB with **5:58.59** – his first time under 6:00 – while Jemma walked her fastest 1500 for some time with **6:51.43**.

<b>1500m walk</b>						
1	Scott Peart	(BYC)	M18	5:58.59	544	PB 0:36
2	Jemma Peart	(BYC)	FOP	6:51.43	517	
3	Lewis McLennan	(DAC)	M14	8:13.02	401	
4	Hamish McLennan	(DAC)	M16	9:29.68	254	
5	Laura McLennan	(DAC)	F45	9:30.43	334	
6	Stephen McLennan	(WEN)	M55	9:42.61	309	
7	David Armstrong	(DIV)	M65	10:03.58	365	
8	Janice Hodgart	(WES)	F60	10:04.55	403	
9	Kim Peak	(DAC)	F55	10:21.42		
10	Roslyn Ireland	(BWK)	F40	12:04.11	156	
11	Olive Ireland	(BWK)	F60	12:37.02	209	

### **\*\* Bendigo Zone: Round 11, Saturday 10 February – Latrobe Uni Athletics Track, Flora Hill**

Former Collingwood Harrier **Emily Noonan** came to within a stride of cracking 8:00 in the Bendigo 1500m walk, which would be the fastest she's walked in a few years. Sister **Claire** led the rest of the field home in **9:56:55**.

### 1500m walk

Emily Noonan	(EAG)	FOP	8:00.14	421
Claire Noonan	(EAG)	F20	9:56.55	234
Annette Major	(EAG)	F60	10:02.98	405
Annette Curtis	(SBE)	F65	12:15.74	268
Wendy Ennor	(EAG)	F65	14:33.67	166
Debby Kirne	(SBE)	F55	DQ	
Jessica Wilson	(EAG)	F14	DQ	

The final round of AVSL for 2023/2024 will be held next Saturday, with walks being held at Doncaster for Metro athletes.

### \*AVSL Round 12 – Saturday 17 February

<b>Metro – Doncaster</b>	1.00pm	1500m, 3000m walk (all ages)
<b>Ballarat region</b>		No walks scheduled
<b>Bendigo region</b>	1:45pm	1500m, 3000m walk (all ages)

### ENTRIES

Metro – enter via Members Portal at

<https://www.revolutionise.com.au/athleticvic/events/>



## AV Championships

The **2024 AV track & field championships** commence next weekend - **Friday 23 February** – at Lakeside Stadium, and will conclude on **Sunday 3 March**. Entries are now closed for these championships.

The schedule for the Walks is as follows:

<b>Saturday 24 February</b>	<b>11.10am</b>	5000m race walk	Open Male
		5000m race walk	Open Female
<b>Sunday 3 March</b>	<b>10.30am</b>	5000m race walk	U17 Male
		5000m race walk	U17 Female
		5000m race walk	U18 Male
		5000m race walk	U18 Female
		5000m race walk	U20 Male
		5000m race walk	U20 Female
	<b>11.15am</b>	3000m race walk	U14 Male
		3000m race walk	U14 Female
		3000m race walk	U15 Male
		3000m race walk	U15 Female
		3000m race walk	U16 Male
		3000m race walk	U16 Female



### LAVic State T&F championships

The weekend of 9 & 10 March sees the **Little Athletics Victoria State championships** being held at Casey Fields. The walks will be held from 8.30 until 10.52am on Saturday. See the draft program at <https://lavic.com.au/wp-content/uploads/2020/06/Draft-Timetable-State-Track-and-Field-Champs-2024.pdf>



## VIC. MASTERS NEWS

The **Victorian Masters T&F championships** will be held on **Saturday 16** and **Sunday 17 March**, at Tom Kelly track, Doncaster. For walks scheduling, see the draft program at <https://athsvic.wpeninepowered.com/wp-content/uploads/2024/02/Vic-Masters-TT-DRAFT.pdf>

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# AROUND THE COUNTRY

## \*\* WALKER OF THE WEEK \*\*

Not surprisingly, our WsOTW this time around both staked their claims in Adelaide: **Jemima Montag** and **Kyle Swan (VIC)** won the Australia & Oceania 20km titles in times that warrant automatic selection for this year’s Paris Olympics. As we all know, Jemima went one better – she broke her own national and Oceania 20km records, set a new VRWC club record plus a new PB with her time of **1:27:09**.

Kyle, for his part, had probably his biggest winning margin ever over Rhydian Cowley (though I stand to be corrected on this), going sub-1:20:00 when it mattered to clock **1:19:52**. It helps, no doubt, having a pacemaker like Evan Dunfee out in front, but you still have to have the legs and the engine. Kyle did.

Not for the first time ... congratulations, Jemima and Kyle! May 2024’s racing campaign yield a rich harvest for you both.

### \*Honourable mentions

- **Alexandra Griffin (WA)** and **Isaac Beacroft (NSW)** – won their respective U20 10km races with Lima/Antalya-qualifying times of **41:39** and **47:59** ... both PBs.
- **Zoe Woods (NSW)**, **Riley Coughlan (VIC)** and **Will Bottle (SA)** – 10km podium finishers and in the mix for Antalya and Lima selection.
- **Bec Henderson (VIC)** – a resounding return to form after long-term injury, her 20km in **1:30:40** making her once again an Olympic contender.
- **Tim Fraser (ACT)** – his podium finish in a big PB of **1:22:03** did his international aspirations no harm at all.

## TASMANIA Aths South interclub results, 10 February – Domain AC, Hobart

**Oliver Morgan** certainly didn’t let grass grow under his shoes after Saturday’s interclub race. Before long he was on a plane to Adelaide, where he partnered **Sam Lindsay** the next day in the U18 5km, taking silver and bronze behind ACT’s Kodi Clarkson. The 3000m on Saturday was obviously a good warm-up.

Thanks to **David Moore** for the results.

1. Oliver Morgan	SB	14:17:20
2. Macy Devine	ES	17:49:26
3. Elizabeth Leitch	TMA	20:28:49

### \*Tas Masters T&F, 7 February - Domain Athletics Centre Hobart

#### Results 3000m Walk

1. Oliver Morgan	SB	13:44
2. Wayne Fletcher	NS	28:58
3. Dave Moore	TMA	29:14

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# INTERNATIONAL NEWS

## MARCIADALMONDO & O MARCHADOR ROUNDUP

**Marcia Dal Mondo** is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023> , along with many other items of interest.



The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Tuesday, February 13, 2024 - Jemima Montag breaks Oceania record for 20km walk (1:27:09) <https://omarchador.blogspot.com/2024/02/jemima-montag-bate-recorde-de-20-km.html>
- Tuesday, February 13, 2024 - II Division (track cob. 2024): victories of marchers from ADR Água de Pena <https://omarchador.blogspot.com/2024/02/ii-divisao-pista-cob-2024-vitorias-de.html>
- Monday, February 12, 2024 - I Division (track cob. 2024): victories of Sporting CP and SL Benfica in the walking events <https://omarchador.blogspot.com/2024/02/i-divisao-pista-cob-2024-vitorias-do.html>
- Sunday, February 11, 2024 - 1984, the Portuguese march reaches the Olympic Games <https://omarchador.blogspot.com/2024/02/1984-marcha-portuguesa-chega-aos-jogos.html> Ten years after the renaissance of the sport in Portugal, their walkers walk in the Olympics for the first time.
- Sunday, February 11, 2024 - Jordy Jiménez and Paula Torres highlighted in Loja, at the Ecuador Nationals <https://omarchador.blogspot.com/2024/02/jordy-jimenez-e-paula-torres-em.html>
- Friday, February 9, 2024 - Italian indoor titles 2024 won by Brigante and Mihai (under-23) and Disabato and Canto (under-23) <https://omarchador.blogspot.com/2024/02/titulos-italianos-indoor-2024.html>
- Friday, February 9, 2024 - Linke prevails in the 3,000 m march of the Meeting «Erfurt Indoor 2024» <https://omarchador.blogspot.com/2024/02/linke-impoe-se-nos-3000-m-marcha-do.html>
- Thursday, February 8, 2024 FADU - CNU Athletics Indoor Track - Pombal 2024 (results) <https://omarchador.blogspot.com/2024/02/fadu-cnu-atletismo-pista-coberta-pombal.html>
- Thursday, February 8, 2024 - Young Walker Tournament «Ana Cabecinha» - Olhão 2024 (results) <https://omarchador.blogspot.com/2024/02/torneio-marchador-jovem-ana-cabecinha.html>

*Note: 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.*

## OTHER NEWS

Tragic news indeed ...

- Kelvin Kiptum: Kenyan marathon world record holder dies in road accident <https://www.bbc.com/news/world-africa-68270866?fbclid=IwAR1JtMmZK6BYknYpZneDczzgxol99vdnNrnkB99-aK-oOJHMN9SrLHIEFWo>

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# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2024

Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	AV T&F c'ships (Week 2) – Lakeside Stadium
Sat 9-Sun 10 Mar 2024	LAVic State T&F c'ships – venue TBC
Sat 16-Sun 17 Mar 2024	Victorian Masters T&F c'ships – venue TBC
Fri 29 Mar-Mon 1 Apr 2024	Aust. Masters T&F c'ships – Hobart TAS

Thu 11-Fri 19 Apr 2024    **AA Aust Athletics c'ahips** – Adelaide SA  
Sun 28 Apr 2024        **AV 10,000m Track walk c'ship (VRWC Winter season start)** – Mentone

### **International Dates**

Sun 18 Feb 2024        **Japanese Walking c'ships (20km & 35km)** – Kobe JPN  
Sun 21 Apr 2024        **WA Race walking Teams c'ship** – Antalya TUR  
Sat 4 May 2024         **3<sup>rd</sup> Korzienowski Warsaw Race walking Cup (WA Gold)** – Warsaw POL  
Sat 11 May 2024        **31<sup>st</sup> Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold)** – Rio Maior POR  
Sat 18 May 2024        **XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold)** – La Coruna ESP  
Sun 26 May 2024        **III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold)** – Madrid ESP  
26 Jul- 11 Aug 2024    **XXXIII Summer Olympics** – Paris, FRA  
13-25 Aug 2024         **24<sup>th</sup> World Masters T&F Championships** – Gothenburg, SWE  
20-24 Aug 2024         **WA World Junior T&F Championships** – Lima, PER  
13-21 Sep 2025         **20<sup>th</sup> World Athletics Championships** – Tokyo, JPN  
30 Oct-15 Nov 2026     **Youth Olympic Games** – Dakar SEN

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Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)