



HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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CLUB NEWS and RESULTS



** MARCUS AND CHAR TAKE OUT RUNNERS WORLD U23 AWARD **

- I am pleased to announce that the RW U23 award winners for 2023-24 are **Char Hay** and **Marcus Wakim**. The Committee's voting recognises the commitment of both these young walkers to the sport and to their progress in it. The two successful nominees will be presented with their awards by Neil Ryan of Runners World Sports store, this coming Sunday at Middle Park as part of the AV Winter Trophy presentations. Congratulations, Char and Marcus! An honour well deserved.
- I was informed by VMA statistician Clyde Riddoch a couple of weeks back that both **Bob Gardiner** and **Kelly Ruddick** had lowered records in the weekend of October 19/20. **Bob**, aged 88, finished the AVSL 2000m in **15:11.6**, a time that smashed his own Australian and State M85 record of 16:03.0. **Kelly**, for her part, reduced her own Victorian W50 mark by 27 secs for a new time of **1:19:08** at our recent Middle Park road event. Needless to say, both performances will be new VRWC records as well. Well done, Bob and Kelly. Apologies for missing them earlier. And thanks, Clyde.

*Next Sunday ...

*Sunday 10 November - Middle Park

8:30am	20km VRWC c'ship and Gus Theobald Memorial Trophy	Open Men
	20km VRWC Championship	Open Women
8:40am	10km VRWC c'ship and Heather Carr Trophy	Masters Women
	10km VRWC Championship	Masters Men
8:50am	5km VRWC Championship	Under 20 Male
	5km VRWC Championship	Under 20 Female
	5km VRWC Championship	Under 18 Male
	5km VRWC Championship	Under 18 Female
	4km Non-championship	Open
9:25am	3km VRWC Championship	U16 B&G
9:45am	2km VRWC Championship	U14 B&G
10:00am	1.5km VRWC Championship	U12 B&G
10:15am	1km VRWC Championship	U10 B&G
10:30am	Presentations, followed by Annual General Meeting (11:00am)	

To pre-enter, go to <https://www.revolutionise.com.au/vrwc/events/265569>

Entries close Friday 8 November, at 6.00pm

***AV SEASON TROPHIES – 2024**

We congratulate the following members who, this Sunday, will be awarded this year's Athletics Victoria Season Perpetual trophies:

ATHLETICS VICTORIA SEASON TROPHY WINNERS

Norm Goble Trophy	<i>Most points earned in Men's AV Championships</i>	Alejandro Stephens
Betty Newman Trophy	<i>Women's Walking Team Champions</i>	Knox AC
Simon Baker Trophy	<i>Best Under 18 Men's walker</i>	Riley Coughlan
Avis Redman Trophy	<i>Best Under 16 Girl walker</i>	Matilda Read
Bob Gardiner Trophy	<i>Best Under 14/16 Boy walker</i>	Max Davidson
Tom Daintry Trophy	<i>Best Under 14 Girl Walker</i>	Ela Uzun

ATHLETICS VICTORIA EVENT TROPHY WINNERS

Jared Tallent Trophy	<i>Winner of the Victorian 35km Road Championship</i>	Rhydian Cowley
Bert Gardiner Medal	<i>Winner of the Victorian 10,000m (10km) Championship</i>	Alejandro Stephens
George Knott Trophy	<i>Winner of the Victorian Open 5000m Track Championship</i>	Rhydian Cowley

VRWC RUNNERS WORLD SPONSORSHIPS – U23 Development award

Char Hay Marcus Wakim

****Now ... an important announcement from Race Director Mark Donahoo:***

****This could be a job for you!***

RACE SECRETARY

The role of the Race secretary is to ensure walkers are prepared to race in the events of the day.

In order to this the race secretary will:

1. Have on the check-in table the following:
 - **Race sheets** for the events, **check-in sheets** with names of entries obtained from the Race Director.
 - Information sheet for the event with the event distances, times, age groups stated, colour ribbons to be worn and details of the next race, obtained from the race Director
 - Colour ribbons for walkers to wear, pins
 - Blue folders for the race sheets
 - Spare numbers for those who do not have a race number
 - VRWC numbers for new members or those who need a new number.
2. As walkers arrive,
 - Check their names, bib number and race distance.
 - Make changes to the race sheet if needed
 - Ask the walker to collect the correct colour ribbon
 - Collect race fees if they have not paid

3. If a walker has not entered a race, add their name to the race check in sheet and record any entry fee paid.
4. Readjust the race sheets with any changes or additions from the check in sheet.
5. Record on the check in sheet any additional payments made by the walker or their family, such as uniforms.
6. Have access to the 'SQUARE' terminal to receive payments on the day.
7. 10 minutes before races, have the race sheets and the ribbons for these races, taken to the start line.
8. At the completion of the races, put the numbers, ribbons, folders, pins back in the secretary office.
9. Collect the sheets from the blue folders and pass these onto the race director or person who will type up the results.

We ask our non-racing (or part-time racing) members to consider trying their hand at this essential race day job. It may sound like a lot but, with practice, much of it will become automatic. Many hands make light work, so if more than one person is interested, the job can be rostered over the season. Mark and Stu will be happy to assist whenever help is needed.

VICTORIA - METRO & REGIONAL



A.V. NEWS

The AVSL season resumes this weekend with Round 4 of competition. Good luck to all entrants!

***AVSL Round 4 – Saturday 9 November**

All races open to Male and Female competitors

Metro – Murrumbeena	1.00pm	1500m, 3000m walk (all ages)
Ballarat region – Llanberris Stadium	2.15pm	2000m, 5000m walk (<i>age limits not specified. Go to entry portal for information</i>)
Bendigo region – Lar Birpa Athletics Complex <i>(formerly Latrobe Uni Athletics Complex)</i>	1:45pm	1500m walk (U14, U16) 3000m walk (U18 and older)

ENTRIES

Metro & Ballarat – enter via AV Members Portal at
<https://members.athsvic.org.au/events/list/>

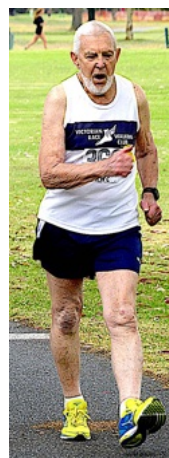
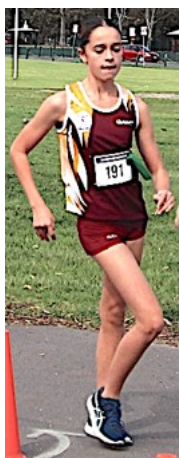
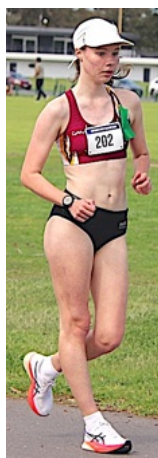
Bendigo – enter via <https://eventplus.net/ABF24>

Entries close at 12.00 noon on Wednesday 6 November



AROUND THE COUNTRY

** WALKER OF THE WEEK **



All Schools championship action was on view coast to coast at the weekend, namely, in Perth, Melbourne, Hobart and Brisbane. The QLD walkers did it tougher, thanks to brutal heat on the day, so it's noteworthy that **Milly Sharpe** and **Olivia Boulton (QLD)** both set new championship records, a fact we acknowledge here by awarding both girls this issue's WOTW alongside Australian walking legend, **Bob Gardiner (VIC)**.

Olivia, contesting the U16 3000m title in a mixed-age field, won in **15:53.14**, a time she would no doubt have smashed in more favourable conditions considering her PB of 15:12 at the recent QRSS championships. **Milly**, starting the 5000m later with the temperature soaring, took nearly a full minute longer to win the U17 title than she had in her corresponding QRSS race, clocking **25:57.43** against her PB of 24:58 back then. Slower as they might have been, however, both girls were good enough to set new benchmarks for their state's school-age walkers. In addition, both showed the impressive level of their progress into the mid-teen ranks in that they could still produce strong results in the debilitating Brisbane heat.

Bob's award is a retrospective one. As mentioned in VRWC *Member News* above, I found out a couple of weeks ago about Bob's great 2000m result in AVSL Round 3, where he set new Australian and Victorian M85 records with his time of **15:11.6**. However, things get missed if you don't jot them down, so it's another case of 'better late than never'. Sorry, mate.

At age 88, Bob, who represented his country at both the 1964 and 1968 Olympics and won silver at the 1970 Commonwealth Games, is still motivated to pull on his beloved Collingwood Harriers vest and compete in summer track competition when time and health permit. He has maintained his fitness level admirably and his signature technique is still working well for him, if the stride has shortened somewhat. And you will still see him in an official capacity, assisting with VRWC events at Middle Park on most racing weekends.

Well done, Olivia, Milly and Bob. We wish you all a productive summer of racing!

*Honourable mentions

- **John Ronan (WA)** – continued his welcome return to top form with a powerful performance in the WA All Schools U18 5000m, winning in 20:28.02 which is only 13secs slower than the 20:15 PB he set in February.
- **Bethany Moore-Kirkland, Noah Cooke and Isabella Welch (QLD)** – three more who withstood the heat at the QLD All Schools for strong wins, in times not a million miles slower than their PBs.

A.C.T. ACTRWFC results, 31 October – Woden

Thanks to **Ann Staunton-Jugovic** for these results.

1500m race walk:

1. Hana Jugovic	7:17
2. Jillian Ryan.	7:27
3. Michael Smith.	7:58
4. Sebastian Ryan	8:38
5. Zac Anderson-Rule.	9:59
6. Ewen Thompson	11:30

1500m fitness walk:

1. Carol Baird	10:50
2. Jim White	10:55
3. Caroline Campbell	11:48
4. Bryan Thomas	11:50
5. Yin Shan	12:14
6. Shondy Anderson-Rule	12:28
7. Douglas Barrett	12:35
8. Bilal Berjaoui	12:57
9. Maureen Rossiter	13:59
10. Sherryl Greathead	14:18
11. Robert Kennelly	14:45
12. Geoff Barker	14:46

QUEENSLAND QA All Schools T&F c'ships, 3 November – QSAC, Brisbane

Robyn Wales reports that conditions were brutal and that the walkers had to compete in the hottest part of the day, hence the slower times. One of those days you have to just get through!

For those keen on track sprinting, there actually was a highlight with 17 yr old Gout Gout running a 200m heat in 20.2 ... spectacular to say the least!

Girls U14 3000m walk

1 Isabella Welch	John Paul Col	16:16.84
2 Elspeth Hooper	All Saints AS	16:24.81
3 Zoe Renton	St Peters LS	17:22.78
4 Mackenzie Bandidt	St Peters LS	17:47.67
5 Kiara Waterman	Northpine CC	18:15.86
6 Savannah Dunleavy	Jimbara SS	20:44.29
7 Mackenzie Wormald	Kings Christian C	21:47.23

Boys U14 3000m walk

.. Corey Lockwood	Marymount C	DQ TR54.7.1
.. Lachlan Moore	Ormiston C	DQ TR54.7.1
.. Leo Ramsay	St Mary McK	DQ TR54.7.1

Girls U15 3000m walk

1 Bethany Moore-Kirkland	Scot's PGC	16:12.64
2 Ella Cosgrave	Trinity Luth.	16:48.12
3 Eliza Kelly	Burpengary SSC	17:22.11

Boys U15 3000m walk

1 Noah Cooke	Northside CC	14:33.22
2 Eli Melinz	Peregian Bea.	17:47.63

Girls U16 3000m walk

1 Olivia Boulton	Marymount C	15:53.14
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Women U17 5000m walk

1 Milly Sharpe	Toolooa SHS	25:57.43
2 Katie Bray	QACI	32:46.88*

Men U17 5000m walk

1 Kai Dale	Pimpana SHS	27:16.79
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Women U18 5000m walk

1 Brooke Newberry	St Ursula's C	29:54.53
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Men U18 5000m walk

1 Bailey Housden	Mt Maria C	24:06.07
.. Roel Wheeley	Faith Redlands	DQ TR54:7.5

(*PZ30 TR54.7.4)

SOUTH AUSTRALIA ASA Interclub results, 2 November – Mile End stadium

Kim Mottrom reports that Adelaide had 32c on Saturday, so some much slower times across the board. Undaunted by the conditions, **Angelina** and himself also ran the 1500m 30 mins later in 5:32 and 5:31 respectively.

Open 3000m

Kim Mottrom	13:05.39
Sebastian Richards	14:10.99
Cooper Rech	14:49.42
Angelina Legrand	15:31.14
Liam Freundt	17:47.70
Peter Crump	19:58.36
Orlando Grantham	20:17.18
Liliana Templer	20:38.28
Zachery Freundt	21:43.51
Emily Colville	24:22.45
Leo Iannella	DQ

Time

TASMANIA Tasmanian All Schools T&F c'ships, 2 November – Domain AC

More All Schools results, this time from the Apple Isle. **David Moore** reports:

The fields for the Walk events on Day one of the 2024 Tasmanian All Schools T&F Championships may have been small but there was some very fine walking on display with PB's and 'All Clear' observations from the Walk Judging panel.

Calm conditions enabled **Eva Parker** to slice some 50 seconds off her previous best for 3000m and some 3 minutes from her performance in last year's All Schools Championships – Well done Eva!

Also chipping in for a PB was **Adele Woodward** who bettered her previous best for the 3000m by 13 seconds

Whilst **Sam Lindsay** didn't PB, his effort in the 5000m was a polished, smoothly walked performance.

U/14 3km Girls

1. Adele Woodward St Aloysius 19:35.60 PB

U/16 3km Women

1. Eva Parker Reece High 15:59.08 PB

U/18 5km Men

1. Samuel Lindsay St Patricks 21:51.71



The All Schools podium at the Domain ... winners and judges. (Photo: Dave Moore)

**** Tas Masters T&F, October 30 2024– Domain AC, Hobart**

A real struggle for **Wayne Fletcher** in bitterly cold conditions for a Mid-week walk at Masters.

Result 3000m Walk

1. Wayne Fletcher M77 29:35.0

WESTERN AUSTRALIA AW All Schools T&F c'ships, 2 November – WAAS, Perth

According to **Terry Jones**, weather conditions at the WA Athletics Stadium were excellent for good times in the AW All Schools titles, as **John Ronan's** result showed.

Girls 3000m U14

1 Tory D'Alessio 16:21.84
2 Darcy Bramwell-Keys 16:39.29
3 Savannah Carnaby 17:53.82

Girls 3000m U15

1 Trinity Doulis 16:24.42

Boys 3000m U14

1 Liam Domoney 14:25.82
2 Orlando Follington 16:38.08
3 Riley Cunnold 16:41.11
4 Tom Murphy 19:04.77
5 Nathaniel Khaira 20:28.35

2 Liliana Martin	20:11.98	Boys 3000m U15	
Girls 3000m U16		1 Noah Janes	14:56.41
1 Katica Borsic	17:39.40	Boys 3000m U16	
2 Chelsey Ireland	18:06.92	1 Ali Znad	14:59.46
Girls 5000m U17		2 Trent D'Alessio	16:21.56
1 Kaytee Bogaers	27:26.92	Boys 5000m U18	
		1 John Ronan	20:28.02



INTERNATIONAL NEWS

GERMANY: Lusatian International Race Walk meeting, 26 October – Zittau

The 3rd Lusatian International Race walk Festival (World Athletics Bronze) saw over 200 entrants across a wide range of distances and age groups converge on the city of Zittau. The feature event was the 35km, with at least two countries (Great Britain and Czechia) using the event as their national championships. It was a double strike for Poland, with **Maher Ben Hlima** and **Katarzyna Zdziebło** scoring good wins ahead of **Cameron Corbishley (GBR)** and **Sandra Lorena Arenas (COL)** respectively.

For results of all races, visit <https://my.raceresult.com/274850/results> .

Men 35 kilometres

1.	Maher BEN HLIMA	24 JUL 1989	POL	2:28:44
2.	Cameron CORBISHLEY	31 MAR 1997	GBR	2:31:34
3.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	2:33:31
4.	Michal MORVAY	19 AUG 1996	SVK	2:33:54
5.	Arnis RUMBENIEKS	04 APR 1988	LAT	2:34:49
6.	Nick CHRISTIE	29 SEP 1991	USA	2:36:47
7.	Jassam ABU EL Wafa	03 JUL 2004	GER	2:39:50
8.	Hugo ANDRIEU	16 OCT 1992	FRA	2:43:19
9.	Dávid TOKODI	03 MAY 1991	HUN	2:53:26
10.	Andreas PASTERGIOU	29 JUN 2003	GRE	2:54:34
11.	Jaromír HLOCH	04 APR 1992	CZE	2:58:44
12.	Dmitry BABENKO	04 JAN 1973	CAN	3:00:33
13.	Martin NEDVÍDEK	25 JAN 1975	CZE	3:04:18
14.	Alexandr MALYSA	10 NOV 1997	CZE	3:15:41
15.	Steffen BORSCH	16 FEB 1973	GER	3:22:07
16.	Ferenc PAPP	29 JUN 1981	HUN	3:41:53
	Johannes FRENZL	22 SEP 2001	GER	DNF
	Nathaniel SEILER	06 APR 1996	GER	DNF
	Aurélien QUINION	27 JAN 1993	FRA	DNF
	Jakub PŠENIČKA	02 SEP 1991	CZE	DNF
	Cumali ARSLAN	15 MAR 2000	TUR	DNF
	Killian LEBRETON	23 AUG 2000	FRA	DNF
	Aymeric HUE	15 AUG 2001	FRA	DNF
	Mattéo DUC	25 MAR 2001	FRA	DNF
	Dominik ČERNÝ	01 NOV 1997	SVK	DNF
	Martin MADELINE-DEGY	07 MAR 2001	FRA	DQ

Women 35 kilometres

1.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	2:45:55
2.	Lorena ARENAS	17 SEP 1993	COL	2:46:44
3.	Nicole COLOMBI	29 DEC 1995	ITA	2:47:29
4.	Mária KATERINKA CZAKOVÁ	02 OCT 1988	SVK	2:49:50
5.	Viktória MADARÁSZ	12 MAY 1985	HUN	2:55:30
6.	Hana BURZALOVÁ	03 NOV 2000	SVK	2:56:41
7.	Nelly BUGÁROVÁ	09 APR 2001	CZE	3:21:29
8.	Bianca SCHENKER	1974	GER	3:29:13
9.	Štěpánka POHLOVÁ KUČEROVÁ	08 JAN 1987	CZE	3:33:30
10.	Anett TORMA	02 APR 1984	HUN	3:34:17
11.	Klára HLAVÁČOVÁ	01 APR 2003	CZE	3:44:16
12.	Annelies SARRAZIN	21 JUN 1981	BEL	3:56:22
	Michaela BAKLIKOVÁ	12 OCT 2001	CZE	DNF

MARCIADALMONDO & O MARCHADOR ROUNDUP

- 03/11/2024 - **The Asahi Kasei corporate team of Ikeda issued a statement denying the allegations of doping regulation violations**
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4551&fbclid=IwY2xjawGU9v9leHRuA2FlbQIxMQABHR9CZT3GPH-Vp2BPbYzdXhGTLA8BmMfdnX7s9ZSCJusYdUDyjX6PvGog_aem_rD0JHBhtsc-ZEAT0oqgrdg
(Source: *Dal sito web Japan Running News – JPN*)
- 02/11/2024 - **Olympic medallist race walker Koki Ikeda of Japan suspended in doping investigation**
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4550&fbclid=IwY2xjawGSoNlleHRuA2FlbQIxMQABHat52oeS6u-pP4HcKg9QSxKv5fcAOiRFQdNxT0cwOvPdp-5ylwTPBmPV1w_aem_X9L8eDb2Er5pv7bj9-m4Vw
Olympic silver medallist race walker **Koki Ikeda** of Japan has been provisionally banned for suspected blood doping, track and field's Athletics Integrity Unit said on Friday.

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

- Monday, November 4, 2024 - **Amaro Teixeira and Vera Santos with victories in the Grand Prix of the Chicken Walk (2024)** <https://omarchador.blogspot.com/2024/11/amaro-teixeira-e-vera-santos-com.html>
- Sunday, November 3, 2024 - **Domingos Castro is the new president of the FPA**
<https://omarchador.blogspot.com/2024/11/domingos-castro-e-o-novo-presidente-da.html>
Portuguese athletics has a new man at the helm – hopefully, well disposed towards race walking.
- Saturday, November 2, 2024 - **Koki Ikeda preventively suspended (doping)**
<https://omarchador.blogspot.com/2024/11/koki-ikeda-suspenso-preventivamente.html>
- Wednesday, October 30, 2024 - **João Vieira and Noelia Vargas victorious in the 20 km walk in Zittau**
<https://omarchador.blogspot.com/2024/10/joao-vieira-e-noelia-vargas-vitoriosos.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.

FURTHERMORE ...



Kawano's 35km WR. – This brief Facebook clip shows snippets from the All Japan 35km in Takahara last week. Masatora Kawano provided one of the more entertaining finishes as he realised he was in the zone for a new world record.

<https://www.facebook.com/reel/90275224725587>

** H&T Online - NOTICE BOARD **

VICTORIAN RACE WALKING CLUB ANNUAL GENERAL MEETING

Sunday 10 November 2024, 11.00am

at

Club HQ, Middle Park Bowling Club

All Executive and Committee positions* will be declared open:

EXECUTIVE

President

Senior Vice-president

Secretary

Treasurer

Club Captain – Men

Club Captain – Women

AV Delegate

Judging Coordinator

Club Coach/Coaching Coordinator

GENERAL COMMITTEE

Assistant Secretary/Treasurer
Race Secretary/Meet Director
Publicity Officer
Handicapper
Uniforms Steward

Prizes/Awards Secretary
RWA Liaison Officer
Club Records Officer
First Aid Officer
General members (up to 2)

(* The position of Club Junior captain will remain occupied and not declared open.)

Anyone wishing to nominate should do so via the **nomination form** which will be issued to all members via email.

Nominations or proxy voting forms must be forwarded to Club secretary Terry Swan by **Sunday 3rd November**.

All members are entitled to attend the AGM and **new committee members are welcome**. However, voting is restricted to those who have been **financial members** in the year immediately preceding the Annual General Meeting (i.e. from April 1 2024), or those who are Life members.

Stu Cooper
President

Racewalking Coaches Wanted

Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: Neerims8@gmail.com



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sun 10 Nov 2024
Fri-Sun 6-8 Dec 2024
Sun 15 Dec 2024
Sun 12 Jan 2025
Sat-Sun 25-26 Jan 2025
Fri-Sun 14-16 Feb 2025
Fri-Sun 21-23 Feb 2025
Fri-Sun 4-13 Apr 2025

VRWC Summer championships, Annual General Meeting – Middle Park
AA All Schools T&F c'ships – QSAC, Brisbane, QLD
Australian 35km Race Walk Championships – Middle Park
VRWC Summer program races #3 – Middle Park
Supernova: World Athletics Race Walking Tour (Silver) – Canberra, ACT
AV T&F championships Week 1 (U17-U20, 40+ & 60+) – Lakeside Stadium
AV T&F championships Week 2 (Open, U13-U16) – Lakeside Stadium
Athletics Australia T&F c'ships – Perth, WA

International Dates

1-10 Nov 2024	Pan Pacific Masters Games – Gold Coast, AUS
15 Dec 2024	Irish National Senior Outdoor Race Walking Championships – Dublin, IRL
21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
4 May 2025	4th Korzeniowski Warsaw Race Walking Cup (WA Gold) – Warsaw, POL
18 May 2025	European Race Walking Team Championships – Podebrady, CZE
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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