



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 23
Tuesday 9 March 2021



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WALKER OF THE WEEK

My walker of the week this time around is 17 year old **Charlotte Hay**. Competing in the AVSL 5000m walk at Casey Fields last Saturday, she recorded a PB of **24:28.8**. It was only a week previously that she recorded a big PB of 24:42.22 in the Victorian Open 5000m walk and she has now taken a further 14 seconds off that time.



Charlotte competing in the Victorian Open 5000m walk a week ago (photo Simon Baker)

Charlotte has been walking since 2013, when she started in the U9 age group! 8 years later, she continues to go from strength to strength. Her major medal count reads as follows (with an impressive 4 golds in the annual LAVIC T&F Champs, from 2016 to 2019). Well done Charlotte! Lots more to come.

2015 Vic All Schools	U14 3000m	3 rd	16:18
2016 Vic T&F Champs	U14 3000m	2 nd	16:08
2016 LAVIC T&F Champs	U12 1500m	1 st	7:28
2016 LBG Carnival	U14 2km	3 rd	9:59
2016 AV Schools Roadwalks	U14 3km	2 nd	17:24
2016 Vic Roadwalk Champs	U14 3km	2 nd	16:41
2017 LAVIC T&F Champs	U13 1500m	1 st	7:07
2017 Vic All Schools	U16 3000m	2 nd	15:23
2018 LAVIC T&F Champs	U14 1500m	1 st	7:04
2018 LBG Carnival	U18 5km	3 rd	26:44
2018 Vic Roadwalk Champs	U16 5km	2 nd	26:58
2019 LAVIC T&F Champs	U15 1500m	1 st	7:02
2019 LBG Carnival	U20 10km	2 nd	54:57
2019 Oceania Champs	U18 5000m	2 nd	26:06
2019 Vic Roadwalk Champs	U18 5km	2 nd	26:12
2019 Aust Roadwalk Champs	U18 5km	3 rd	25:31
2019 Vic All-Schools	U18 5000m	1 st	26:18
2020 Vic T&F Champs	U18 5000m	2 nd	25:26
2021 Vic T&F Champs	U20 5000m	2 nd	26:58

WHAT'S COMING UP

- This coming Saturday 13th March, we have Round 9 of the Athletics Victoria Shield Competition. Alas, this particular round does not include walks.
- A day later, on Sunday 14th March, we have our next VRWC track carnival at Clifton Hill. This meet will include the Victorian **5000m Teams Race Championships** for men and women. All entries for the Teams Race must be made via the AV Member's Portal. You enter as an individual. Once 3 male or female walkers from your club enter, you have a team. Entries close at 11:59PM on Wednesday evening. Entries for the VRWC events are taken via the VRWC website at <http://vrwc.org.au/wp1/race-entries/race-entry-sun-14-mar-21-clifton-hill/>. Entries for VRWC events also close at 11:59PM on Wednesday. No entries are allowed on the day.

Sun 14th March 2021: AV 5000m Teams Race, Clifton Hill

Venue: George Knott Athletics Track, Clifton Hill

9:00am	VRWC 1500m Walk
9:10am	VRWC 3000m Walk
9:35am	AV 5000m Walk Teams Race
11:30am	VRWC AGM

- The rest of the summer season looks like this for Victorian walkers

Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Clifton Hill
Mar 27 (Sat), 2021	Australian 50km Championship (Men) and 20km (Men and Women)	Fawkner Park, VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-21, 2021	Australian Athletics Championships	Sydney, NSW
Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

- After some confusing information on the Fawkner Park Championship meet, Athletics Australia has confirmed that the carnival is indeed to be held on the morning of **Saturday 27th March** and that the rescheduled Australian 20km Championships will be held on this day also. The events on offer are confirmed as

50km Open Men	Australian Championship
20km Open Men and Open Women	Australian Championships
10km U20 Men and Women	A.A. Invitational Events
10km U18 Boys	A.A. Invitational Event
5km U18 Girls	A.A. Invitational Event

AA has not yet published a timetable but, if it follows previous years, we can expect the 50km to be at 7AM, the 20km to be at 8AM, the 10km to be at 9AM and the 5km to be at 9:40AM. But this is still subject to confirmation.

Entry is via Athletics Australia (see <https://www.athletics.com.au/events/83627/>). **Entries close on Monday 15th March.** I believe that walkers who had entered the 20km meet in Adelaide will be contacted by AA this week to confirm if they want their entry rolled over. But if you haven't heard from them by later this week, then ring the AA office. As they say, the clock is ticking!

- Athletics Australia has also confirmed that a further 20km race will be held at Middle Park in Melbourne on **Sunday 2nd May**. This has been scheduled to help walkers meet qualifying standards for 2021 international championships. All are welcome to enter. Further details will follow via Athletics Australia and VRWC.

AVSL ROUND 8, VARIOUS VENUES, SATURDAY 6 MARCH 2021

The 2020/2021 Athletics Victoria Shield competition continued last Saturday afternoon, with round 8 contested across a variety of venues. Numbers were down overall, with only 45 walkers in action. This is what we typically see when the 5000m walks are scheduled for the higher age groups. Club walkers vote with their feet and bypass the distance, which they perceive to be too far. I had been intending to walk in the 3000m walk at Casey Fields but lost my way and missed the race (how embarrassing!)

AVSL Round 8, Yarra Valley Athletics Track, Casey Fields, Saturday 6 March 2021

Charlotte Hay led the walkers home in the 5000m at Casey Fields, with an impressive PB of 24:28.8 while **Mark Blackwood** led them home in the 3000m with an equally impressive 8:43.1. **Jamie Mayhew-Sharp** showed how much he is improving at the moment with his big PB of 9:22.8, while **Ariana Pashutina** (still U14) continues to improve each week, recording a time of 9:49.1 on this occasion. And of course, our super Masters walkers **Andrew Jamieson** (M74 111:17.2) and **Heather Carr** (W71 12:00.3) impressed, as always!

5000m Walk

1.	Charlotte Hay	KNA	F18	24:28.8	522	PB 0:14
2.	Grace Louey	KNA	F18	30:06.0	396	
3.	Jade Chitty	WES	F18	30:53.7	372	
4.	Adam McCann	ANW	M40	35:02.8		
5.	Rupert Van Dongen	MEN	M45	36:31.0		

3000m Walk

1.	Mark Blackwood	KNA	M40	8:43.1	515	
2.	Jamie Mayhew-Sharp	MPA	M40	9:22.8	476	PB 0:34
3.	Ariana Pashutina	KNA	F14	9:49.1	537	PB 0:07
4.	Emily Smith	KNA	F16	10:48.8	470	
5.	Andrew Jamieson	OSC	M65	11:17.2	496	
6.	Heather Carr	GHY	F65	12:00.3	529	
7.	Dee Holohan	SAN	F55	12:07.0	469	
8.	Ross Reid	COL	M65	13:31.0	399	
9.	Geza Benke	OLM	M60	13:46.7	343	
10.	Gwen Steed	GHY	F65	13:57.1	445	
11.	Anthony Doran	GHY	M65	14:06.1	366	
12.	Colleen Anderson	YRA	F45	14:29.0	264	
13.	Jill Jeanes	DSA	F40	14:54.3	216	
14.	Kim Peak	DAC	F50	15:39.2	239	
	Anthony Holohan	SAN	M55	DQ		

AVSL Round 8, Tom Kelly Athletics Track, Doncaster, Saturday 6 March 2021

Marcus Wakim led them home in the 3000m walk at Doncaster, with a PB 9:25.9. He is another young walker on the improve. Further down, **Laura McLennan** PB'd with her time of 11:49.0. And M84 **Bob Gardiner** finished with 14:26.6. Bob turns 85 this month. I can't believe it!

5000m Walk

Liam McLennan	DAC	M16	DNF		
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3000m Walk

1.	Marcus Wakim	COL	M16	9:25.9		PB 0:14
2.	Zachary Matters	BOH	M16	10:34.6		PB 0:09
3.	Kylie Irshad	VMA	F45	10:42.0	493	
4.	Simon Evans	BOH	M60	10:52.5	489	
5.	Laura McLennan	DAC	F40	11:49.0	405	PB 0:06
6.	Imogen Cochrane	UNA	F14	11:49.4		
7.	Donna-Marie Elms	PTN	F55	11:53.8	481	
8.	Duncan Knox	ESS	M60	12:42.0	405	
9.	Tracy Colbert	COB	F50	12:49.3	405	
10.	Janet Holmes	VMA	F65	13:27.1	467	
11.	Hamish McLennan	DAC	M14	14:02.5	251	
12.	Anthony Barrett	STK	M65	14:15.9		
13.	Robert Gardiner	COL	M65	14:26.6	347	
14.	Debbie Voogd	RWD	F55	14:56.0	300	
15.	Jenny-Rose Szuhai-Andrews	BWK	F55	15:41.0	267	
16.	Jo Moxon	DIV	F55	15:53.6	258	
17.	Brenda Cashin	WES	F55	16:34.9	229	
18.	Anne-Marie Ebbels	YRA	F45	17:48.3	150	

AVSL Round 8, Llanberris Athletics Track, Ballarat, Saturday 6 March 2021

Fraser Saunder continued his good form from the Vic Champs, winning in Ballarat with 13:33.1.

3000m Walk

1.	Fraser Saunder	BYC	M18	13:33.1	500	
2.	Sarah Brennan	BYC	F40	15:50.8	473	
3.	Geoffrey Barrow	MEN	M65	21:41.1	358	

AVSL Round 8, La Trobe University Track, Bendigo, Saturday 6 March 2021

And finally to Bendigo where **Tiffany Bussem Jorgensen** was fastest with 18:09.0.

3000m Walk

1.	Tiffany Bussem Jorgensen	BGO	F20	18:09.0	341	
2.	Jennifer Payne	SBE	F60	19:21.2	459	
3.	Leigh Browell	SBE	M45	22:13.8	207	

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, STADIUM, WEDNESDAY 3 MARCH

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide.

1000m Walk

1.	KIM MOTTROM	04:05	M36	83.92%
2.	MARK WORTHING	05:05	M58	80.91%
3.	MARIE MAXTED	05:28	W60	82.49%
4.	JACK RUSSELL	05:42	M68	80.14%
5.	GEORGE WHITE	05:55	M75	84.25%
6.	LIZ DOWNS	06:54	W65	68.79%
7.	JAMES HOARE	07:56	M74	62.00%
8.	DAVID ROBERTSON	08:43	M87	68.75%

3000m Walk

1.	JACK RUSSELL	18:13	M68	78.90%
2.	GEORGE WHITE	18:46	M75	83.65%
3.	MARIE MAXTED	20:22	W60	70.57%
4.	HELEN SURIDGE	23:17	W70	69.89%
5.	JAMES HOARE	24:19	M74	63.69%
6.	BILL STARR	24:40	M78	66.39%

3000m Club Walk

1.	DAVE FALLON	22:53	M68	62.81%
2.	ROGER LOWE	25:53	M77	62.36%
3.	EDNA BATES	26:56	W68	58.79%
4.	DAVID ROBERTSON	27:00	M87	70.23%

ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 4 MARCH 2021

Thanks to Val Chesterton for this week's results from the ACT Walkers Club in Canberra. Impressive walks by **Tim Fraser** (PB 20:28) and **Mitchell Baker** (PB 21:15).

5000m Race Walk Championship

1.	Tim Fraser	20:28	PB 1:01
2.	Mitchell Baker	21:15	PB 0:24
3.	Ann Staunton-Jugovic	27:57	
4.	Val Chesterton	42:46	

5000m Fitness Walk (Non Championship)

1.	Geoff Barker	41:23
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1000m Walk

1.	Julia Grocott	5:59
2.	Caroline Campbell	8:07

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 6 MARCH 2021

Thanks to Kim Mottrom for this week's results from Adelaide, where the walkers contested 3000m and 1500m walks.

Open 3000m

1.	Mathew Bruniges	13:59.61
2.	Alix Harlington	15:21.62
3.	Nellie Langford	15:23.96
4.	Anthony Tana	16:57.94
5.	Greg Metha	17:28.23
6.	Peter Crump	17:50.79
7.	Jordan McKenna	18:19.96
8.	Tarique Kamish	21:45.83
9.	James Hoare	24:16.20

Open 1500m

1.	Daisy Braithwaite	7:33.27
2.	Marie Maxted	8:06.35
3.	Liz Downs	10:36.62
4.	Ross Hill-Brown	11:34.76

QMA TRACK & FIELD CHAMPIONSHIPS, SAF, BRISBANE, 6-7 MARCH 2021

The Queensland Masters Walkers participated in the QMA T&F Championships in Brisbane, with everyone in on the medal count. **Iggy Jimenez** was the standout.

1500m Walk

W30	1	Kirwin, Roslyn	W32	9:24.52	59.70%
W45	1	Gannon, Brenda	W46	7:43.12	78.67%
W50	1	Woodward, Erika	W54	8:28.57	74.66%
W55	1	Stuckey, Jennifer	W56	9:38.70	68.51%
W75	1	McKinven, Noela	W78	12:22.26	67.37%
M55	1	Jimenez, Ignatio	M55	6:44.67	91.50%
M65	1	Bennett, Peter	M65	8:21.22	81.58%

5000m Walk

W30	1	Kirwin, Roslyn	W32	38:11.81	51.79%
W45	1	Gannon, Brenda	W46	29:02.01	73.66%
W50	1	Woodward, Erika	W54	31:12.34	71.51%
W55	1	Stuckey, Jennifer	W56	34:15.73	68.32%
M55	1	Jimenez, Ignatio	M55	24:50.41	86.18%
M65	1	Bennett, Peter	M65	30:12.35	78.23%
W75	1	McKinven, Noela	W78	42:39.79	71.54%

NSW ATHLETICS CHAMPIONSHIPS, SOPAC, SYDNEY, 6-8 MARCH 2021

Last weekend saw the NSW Athletics Championships in Sydney, with the Open 5000m walks contested on Saturday. Wins to **Dylan Richardson** (21:46.72) and **Elizabeth McMillen** (24:33.41).

5000m Walk Men

1.	Richardson, Dylan	21	Mingara Athl	21:46.72
2.	McGinniskin, Jack	19	Mingara Athl	23:33.45
3.	Bonham, Ryan	15	Wallsend Rsl	23:41.68
4.	Beacroft, Isaac	14	Blacktown Ci	24:06.42
5.	Dundon, Harry	16	Balmain Athl	24:45.24
6.	Barendregt, Travis	21	Nepean Distr	27:33.26
7.	Allabush, Dylan	13	Asics Wests	27:50.86
8.	Ashby, Myles	14	Gosford Litt	28:17.46

5000m Walk Women

1.	McMillen, Elizabeth	17	Manly Warrin	24:33.41
2.	Fagan, Nicole	32	Asics Wests	24:56.16
3.	Bolton, Hannah	18	Mingara Athl	25:37.24
4.	Pitcher, Sienna	14	Mingara Athl	25:37.35
5.	Laytham, Tara	16	Manly Warrin	26:48.89
6.	O'Neill, Molly	21	Mingara Athl	26:52.15
7.	Beck, Grace	13	Asics Wests	27:00.61
8.	Pengilley, Teegan	20	Bankstown Sp	27:01.97
9.	Bell, Bridget	19	Asics Wests	27:11.86
10.	Woods, Zoe	14	Asics Wests	27:16.19
11.	Lamb, Chloe	14	Manly Warrin	28:06.99
12.	Benzenati, Eleya Kenza	24	Athletics Qu	29:41.24
13.	Barendregt, Amanda	25	Nepean Distr	30:11.34
14.	Hickson, Alannah	16	Asics Wests	30:11.57
	Pitcher, Allanah	18	Mingara Athl	DNF
	Boughton, Milly	15	Randwick Bot	DQ

ATHLETICS WALES ELITE WINTER 10,000 MEET, NEWPORT, WALES, SATURDAY 6 MARCH 2021

Last Saturday's Elite Only Winter 10km meet in Newport, Wales, featured 10,000m runs and walks to allow the top Welsh athletes to test themselves ahead of the upcoming summer season. **Callum Wilkinson** scored a dominant solo victory in the men's 10,000m track walk, breaking his own national record by nearly 50 seconds with a PB time of 39:05.85. Second place went to **Cameron Corbishley** with 42: 05.34, after 1 minute stop in the penalty area. **Heather Lewis** was unlucky to miss her Commonwealth Games qualification target of 46:00 because of a 60 second time penalty, but her time of 46:44.77 was still a PB. **Bethan Davies** may have been expected to challenge Heather but was disqualified.

Good meet report at <https://athleticsweekly.com/event-reports/partridge-and-cairess-impress-at-10000m-as-wilkinson-breaks-uk-walks-record-1039941650/>.

10,000m Walk

1.	Callum Wilkinson	M	ENFH	39:05.85	UK Rec
2.	Cameron Corbishley	M	MEDM	42:05.23	
3.	Heather Lewis	W	PEMB	46:44.77	PB
4.	Abigail Jennings	W	AFD	52:24.40	PB
5.	Pagen Spooner	W	HPH	55:30.03	
	Bethan Davies	W	CARD	DQ	

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has 8 press releases for us this week and includes lots of overseas results.

- Mon 8 Mar - Ostia and Grottaglie (ITA): the wind takes, the wind returns
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4012
- Mon 8 Mar - Yankton, South Dakota, USA: NAIA Indoor Championships 2021
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4011
- Sun 7 Mar - Grottaglie (ITA): Federico Tontodonati and Eleonora Anna Giorgi win Italian 20km championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4010
- Sun 7 Mar - Newport, UK (GBR): Callum Wilkinson wins with new UK record (39: 05.85)
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4009
- Sat 6 Mar - Antalya (TUR): Turkish National Championships - national records for Meryem Bekmez and Salih Korkmaz
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4008
- Thu 4 Mar - Bermejo (BOL): Results from the Bolivian National Walking Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4007
- Wed 3 Mar - Grottaglie (ITA): Preview of Sunday's Italian 20km Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4006
- Tue 2 Mar - San Jeronimo (GUA): Erick Barrondo and María Fernanda Peinado win Guatemalan Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4005

while Omarchador was busy with 13 press releases, including even more overseas results.

- Mon 8 Mar - Results of Portuguese University Indoor Championship walks
<https://omarchador.blogspot.com/2021/03/a-marcha-nos-universitarios-indoor-2021.html>
- Mon 8 Mar - Tontodonati and Giorgi stand out in the Italian 20km Championships in Grottaglie
<https://omarchador.blogspot.com/2021/03/tontodonati-e-giorgi-destacaram-se-nos.html>
- Sun 7 Mar - Maryan Zakalnytsky (Ukraine) wins 50km walk in Antalya (Turkey)
<https://omarchador.blogspot.com/2021/03/maryan-zakalnytsky-ucrania-venceu-os.html>
- Sun 7 Mar - Interviews with English walkers at the British Library
<https://omarchador.blogspot.com/2021/03/entrevistas-com-marchadores-ingleses-na.html>
- Sun 7 Mar - Mariia Sakharuk (Ukraine) wins women's 20km march in Turkey with 1:28:47
<https://omarchador.blogspot.com/2021/03/mariia-sakharuk-ucrania-vence-20-km.html>
- Sat 6 Mar - Salih Korkmaz wins the 20km walk with 1:18:42, Turkish record
<https://omarchador.blogspot.com/2021/03/salih-korkmaz-venceu-os-20-km-marcha.html>
- Fri 5 Mar - Gathimba and Ngii win in Nairobi, Kenya
<https://omarchador.blogspot.com/2021/03/gathimba-e-ngii-vencem-em-nairobi-quenia.html>
- Thu 4 Mar - Results of the Lithuanian U18 Indoor Championships in Kaunas
<https://omarchador.blogspot.com/2021/03/campeonatos-da-lituania-sub-18-em-pista.html>
- Thu 4 Mar - Jacqueline Wilson breaks W75 world records in Inglewood, New Zealand
<https://omarchador.blogspot.com/2021/03/jacqueline-wilson-bate-recordes.html>
- Wed 3 Mar - Colombians dominate 10,000m track walk in Leiria
<https://omarchador.blogspot.com/2021/03/colombianos-dominam-10000-m-marcha-na.html>
- Wed 3 Mar - Papamichail and Drisbioti win Greek 35km Championships

<https://omarchador.blogspot.com/2021/03/papamichail-e-drisbioti-venceram-os.html>

- Tue 2 Mar - Results of Bolivian Walking Championships in Bermejo
<https://omarchador.blogspot.com/2021/03/campeonatos-nacionais-de-marcha-da.html>
- Tue 2 Mar - Érick Barrondo and Julio Salazar win Guatemalan National Championships
<https://omarchador.blogspot.com/2021/03/erick-barrondo-e-julio-salazar-em-maior.html>

OUT AND ABOUT

- Marciadalmondo reports (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4008) on last weekend's Turkish walk Championships which produced new men's and women's records. I'm sorry but I can't take any Turkish results seriously after seeing this video from 2020: <https://www.facebook.com/testwalk/videos/10219619257499425/>. It reminds me of the video published from the Indian roadwalk championships of a few years ago. Such blatant cheating as we see in this video only serves to make our sport a laughing stock.

FROM THE VAULT



The above photo shows Australia's **Kerry Saxby-Junna** racing in the women's 10km walk at the 1987 IAAF World Athletics Championships in Rome. Kerry was the 10km walk world record holder at the time, with 42:52, and was expected to be in the medals. And she certainly was, taking silver. This was the first time that a women's 10km had been contested in the World Championships. This was also Kerry's first major international medal and, from then on, she was rarely out of the major placings in an international career that extended until 2001. She remains Australia's greatest ever female walker and still holds a number of our Australian records.

1987 IAAF World Championship 10km Walk

1.	Irina Strakhova	URS	44:12	
2.	Kerry Saxby-Junna	AUS	44:23	
3.	Yan Hong	CHN	44:42	
4.	Mari Cruz Díaz	ESP	44:48	NR
5.	Yelena Nikolayeva	URS	44:54	
6.	Monica Gunnarsson	SWE	45:09	NR
7.	Jin Bingjie	CHN	45:24	
8.	Ann Peel	CAN	45:27	
9.	Maria Reyes Sobrino	ESP	45:37	
10.	Dana Vavracová	TCH	46:10	
11.	Ann Jansson	SWE	46:15	
12.	Susan Cook	AUS	46:20	
13.	Lisa Langford	GBR	46:23	
14.	Janice McCaffrey	CAN	46:41	
15.	Lynn Weik	USA	46:51	
16.	Beate Gummelt	GDR	47:00	
17.	María Colín	MEX	47:23	
18.	Giuliana Salce	ITA	47:28	
19.	Sari Essayah	FIN	47:30	
20.	Debbi Lawrence	USA	47:31	
21.	Alison Baker	CAN	47:48	
22.	Suzanne Griesbach	FRA	48:06	

23.	Sirkka Oikarinen	FIN	48:25	
24.	Maryanne Torrellas	USA	48:27	
25.	Beverley Allen	GBR	48:50	
26.	Solvi Furnes	NOR	49:18	
27.	Graciela Mendoza	MEX	49:46	
28.	Hideko Hirayama	JPN	49:50	NR
29.	Emilia Cano	ESP	50:11	
30.	Mirva Hämäläinen	FIN	52:03	
	Guan Ping	CHN	DQ	
	Olga Krishtop	URS	DQ	
	Lorraine Jachno	AUS	DNF	
	Maria Grazia Orsani	ITA	DNF	
	Barbara Kollorz	FRG	DNF	

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.

For VRWC race details, see <http://www.vrwc.org.au/vrwc21.shtml>

For Ballarat Race Walkers Club race details, see <https://www.ballaratracewalkers.com/wp/>

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxh.pdf>

Victorian Key Dates – Summer 2020/2021

Mar 13 (Sat), 2021	AVSL Round 9 (no walks)	Various venues
Mar 14 (Sun), 2021	AV 5000m Teams Race Championships , VRWC track walks	Clifton Hill
Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Clifton Hill
Mar 27 (Sat), 2021	Australian 50km Championship (Men) Australian Summer 20km Championships	Fawkner Park, VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-21, 2021	Australian Athletics Championships	Sydney, NSW
Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

2021 World Athletics Race Walk Challenge

Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR (now postponed, date TBA)
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

Mar 20 (Sat), 2021	Dudince 50km Meet, Dudince, Slovak Republic
May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
July, 2021	23rd World Masters T&F Championships , Tampere, Finland (NOW POSTPONED TILL 2022)
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)
Jan 2022	Oceania Masters Championships , Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
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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