



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 41
Monday 12 July 2021



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TIM'S WALKER OF THE WEEK

My Walker of the Week this time around is 15 year old Melbourne based walker **Marcus Wakim**. Marcus has been producing a steady stream of PBs of late and last weekend was no exception, as he walked to a new best time of 23:20 in the VRWC U16 5km walk at Middle Park.

Marcus started racewalking in January 2018 and has improved steadily over the last 3+ years. Alas, like all Victorians, he lost the entire winter season in 2020 as we went into an extended covid lockdown, but he hit the ground running once restrictions were lifted, and now has an impressive set of PBs: 2000m (9:03), 3000m (13:36) and 5km (23:27). In April, he took silver in the U16 3000m walk at the Australian T&F Championships in Sydney, an indication of his high status within his age group Australia wide. The sky's the limit for this talented young walker.



Marcus competing at Middle Park on Saturday

WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for our annual VRWC Intervals Race Day. It's an exciting and tough day's work if you decide to go for multiple intervals. Here is the timetable:

Saturday 17th July 2021, Middle Park

If entering online, entries close Wednesday 11.59pm.

If entering in person, entries close for all events at 1.40pm sharp

2.15pm	Intervals Race – 6km, 8km or 10km	Open
2.30pm	4km	Open
2.30pm	2km	Open

In the Intervals Race, walkers choose to walk either 6km, 8km or 10km in 2km intervals. To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

Start time	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1
2.32pm	2	2	2
2.49pm	3	3	3
3.06pm		4	4
3.23pm			5

VMA/RWA/VRWC ROADWALKS, MIDDLE PARK, SATURDAY 10 JULY 2021

Saturday afternoon saw one of our biggest meets for the winter, with the Victorian Masters 10km Championships held alongside the Victorian leg of the annual Racewalking Australia State Challenge and our own VRWC races. We had a number of entrants who did not make it to Middle Park but we still had 51 competitors, our biggest number of the winter. The other great news is that we had finishers in EVERY RWA Challenge division, so big thanks to all our walkers who came along and supported the club.

The 10km and 8km walkers were the first to head off. **Heather Carr** (1:07:43, W71) and **Andrew Jamieson** (1:00:26, M75) took maximum age graded points in the RWA Challenge. They were amongst the 15 walkers who contested the annual VMA Roadwalk Championship. Fastest masters times went to **Mark Blackwood** (46:22, M44) and **Carolyn Rosenbrock** (W59 1:01:23). 2021 Olympic walker **Kyle Swan** was fastest overall with a very comfortable 44:18. **Fraser Saunder** excelled in the U18 8km (a huge PB of 37:15). I can hardly wait to see him take on his first 10km in a few weeks time. And special mention to 83 year old **Gunther Ilgoutz**, the oldest competitor, who completed his 10km in 1:22:14.

10km VMA Roadwalk Championships and Masters RWA Challenge

1.	Mark Blackwood	40-44	44	46:22
1.	Pramesh Prasad	45-49	47	53:35
1.	David Smyth	50-54	51	1:03:41
1.	Kevin Cassidy	60-64	60	53:37
-	Paul Moritz	60-64	62	DNF
1.	Terry O'Neill	65-69	65	1:02:02
1.	Geoff Barrow	70-74	72	1:15:48
1.	Andrew Jamieson	75-79	75	1:00:26
1.	Gunther Ilgoutz	80-84	83	1:22:14
1.	Kylie Irshad	45-49	49	1:04:45
1.	Carolyn Rosenbrock	55-59	59	1:01:23
1.	Donna-Marie Elms	60-64	60	1:07:02
1.	Alison Thompson	65-69	68	1:05:02
2.	Karyn O'Neill	65-69	66	1:15:02
1.	Heather Carr	70-74	71	1:07:43

Open 10km RWA Challenge

1.	Kyle Swan	OP	44:18
2.	Jason Kozica	OP	49:31
1.	Madeleine Feain	OP	56:47

U20 10km RWA Challenge

1.	Heath Beveridge	U20	49:31
	Corey Dickson	U20	DNF
1.	Char Hay	U20	56:23

U18 8km RWA Challenge

1.	Emily Smith	U18	47:21	
2.	Grace Louey	U18	49:20	
3.	Jade Chitty	U18	49:52	Longest walk yet
1.	Fraser Saunder	U18	37:15	Big PB

The 5km and 3km walkers were next off, with 15 year old **Marcus Wakim** leading the way with a very quick 23:20 for the 5km.

U16 5km RWA Challenge

1.	Ariana Pashutina	U16	26:09	
2.	Maddison Nash	U16	28:00	
1.	Marcus Wakim	U16	23:20	PB 0:07
2.	Riley Coughlan	U16	25:27	PB 2:23
3.	Eden Morgan	U16	28:00	PB 0:33

U14 3km RWA Challenge

1.	Mietta Morgan	U14	18:36	
2.	Charlotte MacDonell	U14	20:18	
1.	Daniel Pashutin	U14	15:46	PB 0:07

VRWC Open 5km

1.	Wendy Muldoon	VRWC	29:59	
2.	Kate Sanford	VRWC	30:39	
3.	Gwen Steed	VRWC	36:52	

The 2km and 1.5km walkers were the last to head off, with 10 year old **Ela Uzun** a long way out in front and recording an equal PB of 9:45 in the 2km. Other excellent walks from **Damian Baldy** (11:03) and **Havana Ali** (8:08).

U12 2km RWA Challenge

1.	Ela Uzun	U12	9:45	Eq PB
2.	Lula Parrott	U12	13:44	
3.	Matilda Read	U12	14:33	First one
4.	Amelia Hill	U12	17:10	
1.	Damian Baldy	U12	11:03	PB 2:58
2.	Levi Robertson	U12	12:28	First one
3.	Lewis McLennan	U12	13:24	First one
4.	Hamish McLennan	U12	13:38	PB 0:24
5.	Lachlan Hill	U12	14:10	

U10 1.5km RWA Challenge

1.	Havana Ali	U10	8:08	PB 0:05
1.	Jackson Hartley	U10	9:51	PB 0:08
2.	Haris Ali	U10	11:02	
	Lachlan MacDonell	U10	DQ	
	Aydin Uzun	U10	DQ	

VRWC Open 2km

1.	Dee Holohan	VRWC	12:10	
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Carolyn Rosenbrock, Andrew Jamieson, Heather Carr and Gunther Ilgoutz



Fraser Saunter, Mark Blackwood, Kyle Swan and Marcus Wakim



Damian Baldy, Havana Ali, Ela Uzun and Matilda Read (all photos Terry Swan)

Thanks as always to our many judges, officials and helpers. We couldn't do it without them.

Officials: Terry Swan, Mark Donahoo, Donna Dickson, Cheryl Beveridge, Darlene Swan, Tim Erickson, Michael Bodey, Bill Carr, Albin Hess, Ralph Bennett

Judges: Shane Dickson (Chief) Stuart Cooper, Di Lowden, Gordon Loughnan, Kathleen Marsh, Brenda Felton, Peter Price.

Photos: Terry Swan (see <https://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F585>)

The meet was followed by our annual Twilight Trivia and what a great bit of fun it was. Club president **Stuart Cooper** excelled with his wide range of interesting and testing questions, and five tables of keen trivia experts vied for supremacy.

Finally, a couple of shots of our Masters walkers from the presentations, compliments of Albin Hess.



BRWC MERV LOCKYER 3KM HANDICAP, BALLARAT, SUNDAY 11 JULY 2021

Thanks to Kerrie Peart for the latest results from Ballarat, in country Victoria.

At last we managed to start our season without the dreaded Covid striking again and cancelling our race. Fantastic sun & clear skies greeted our walkers, with most of our walker backing up from competing yesterday in Melbourne at VRWC. Our youngest juniors **Lachy MacDonell** and **Tara Deb** keenly walking the shorter 1km distance. After a quick 8km in 37:15 yesterday at VRWC, **Fraser Saunder** backed up with a slick 13:40 to take handicap honours and the fastest time for the day. Following closely behind on handicap was **Jemma and Scott Peart**, in second and third respectively. And well done to young **Lachy Hill** who walked his first 3km race, which was a great achievement considering he competed in the VRWC 2km yesterday in Melbourne.



Merv Lockyer 3km Handicap winner Fraser Saunder with club legend Daryl Biggin (photo Kerrie Peart)

3km Merv Lockyer 3km Handicap

- | | | |
|----|---------------------|-------------------|
| 1. | Fraser Saunder | 13:40 |
| 2. | Jemma Peart | 15:34 |
| 3. | Scott Peart | 16:13 |
| 4. | Charolotte MaDonell | 20:41 |
| 5. | Lachy Hill | 23:58 (First one) |

1km Walk

- | | | |
|----|-----------------|-------|
| 1. | Lachy MacDonell | 9:19 |
| 2. | Tara Deb | 11:53 |

Next week we are back at North Gardens Lake Wendouree for our Mary Lorensini 3km Handicap, with everyone welcome to join us in Ballarat. We will try to keep the sun shining.

TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 10 JULY 2021

Thanks to Dave Moore for this week's results from Tasmania. He reports: Brilliant winter sunshine was the order of the day for our Walk at Wentworth Park today. **Samuel Lindsay's** performance was the highlight of the day, Samuel took advantage of the conditions to improve his 5km PB by over 2 minutes.

5km Walk				3km Walk			
1.	Samuel Lindsay	N'stead	26:39	1.	Dave Moore	TMA	31:11
2.	Ron Foster	TMA	38:11				
3.	Wayne Fletcher	NS	41:57	2km Walk			
4km Walk				1.	Teresa Hatten	TMA	13:53
1.	Elizabeth Leitch	TMA	28:32	2.	Milah Hatten	LA	17:22

SAMA ROADWALKS, RIVER TORRENS, ADELAIDE, SATURDAY 10 JULY 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. Handicap walks along the River Torrens Linear Path. Weather cold and partly cloudy.

8km Walk			
1.	MARIE MAXTED	55:16	W60 72.64%
8km Club Walk			
1.	DAVID ROBERTSON	1:14:07	M85 65.55%
4km Walk			
1.	HELEN SURIDGE	31:52	W70 67.57%
4km Club Walk			
1.	TREVOR BROWN	29:41	M70 65.74%
2.	DAVE FALLON	30:13	M65 61.77%
3.	BRIAN WITTY	30:15	M70 63.06%
4.	JAN LAYNG	32:44	W70 67.41%
5.	LIZ NEUBAUER	32:53	W70 65.48%
6.	KRISTINE FREEMAN	33:38	W60 58.01%
7.	VALMAI PADGET	33:50	W75 69.67%
8.	RODGER BARBER	34:21	M80 65.47%
9.	HELEN BOWEN	35:45	W65 59.51%
10.	ROGER LOWE	35:56	M75 58.45%
11.	CATHIE HORE	36:39	W70 58.75%
12.	EDNA BATES	37:55	W65 55.46%
13.	COLIN HAINSWORTH	46:41	M90 54.61%
2km Club Walk			
1.	LINDA WHITELAW	21:19	W65 48.65%
2.	JEFFREY KENNETT	21:29	M70 43.26%

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 10 JULY 2021

Kim Mottrom reports from Adelaide:

Today SARWC hosted the SA Little Athletics winter championships before our regular races. Highlights were **Sebastian Richards** doing 9:44 for 2km, **Orlando Grantham** doing 1km in 4:53, **Ananpreet Singh** doing 1km in 5:13, **Cooper Rech** doing 11:08 for 2km and **Daisy Braithwaite** doing 2km in 10:03. We then had our intervals day - up to 8x1km off 9:00. I will also note that myself, Zayden Kamish, Tarique Kamish, Zahra Kamish, Shadya Kamish, Maliha Kamish and Sebastian Richards ALSO ran park run this morning before this afternoon's races.

Over 1km I think official PB's were done by **Sebastian Richards, Maliha Kamish, Shadya Kamish, Olivia Sandery** and **Matilda Rech. Bill Starr, Kim Mottrom, Di Camillieri, Olivia Sandery** and **Cooper Rech** (only 13 years old after also doing a 2km race) were the only ones to do all 8.

SARWC Intervals Race

1.	Kim Mottrom	4:23	4:15	4:13	4:16	4:17	4:16	4:14	4:05
2.	Olivia Sandery	4:23	4:15	4:16	4:18	4:20	4:19	4:18	4:11
3.	Cooper Rech	5:48	6:06	6:11	6:16	6:25	6:24	6:28	6:30
4.	Di Camilleri	8:43	8:46	8:42	7:32	7:08	7:27	7:24	7:37
5.	Bill Starr	7:52	7:45	7:47	7:46	7:39	7:41	7:39	7:34
6.	Tristan Camilleri	4:25	4:15	4:14	4:26	4:27	4:33		
7.	Sebastian Richards	4:45	4:40	4:44	4:34	5:17			
8.	Liliana Templer	7:01	7:25	7:28	7:36	7:22	7:38		
9.	Nellie Langford	5:06	5:18	5:28	5:38	5:30			
10.	Zayden Kamish	5:06	5:18	5:28	5:38	5:29			
11.	Ananpreet Singh	5:40	5:54	6:05	7:07				
12.	Matilda Rech	6:16	6:03	6:02	7:18				
13.	Zahra Kamish	6:57	7:20	7:17					
14.	Shadya Kamish	8:42	8:42	9:30					
15.	Orlando Grantham	5:30	5:34						
16.	Elizabeth Rieger	6:45	7:01						
17.	Tarique Kamish	6:44	7:38						
18.	Alexander Richards	6:44	7:40						
19.	Maverick Grantham	7:01	8:46						

QRWC AND QMA ROADWALKS, LOGAN RIVER PARKLANDS, BEENLEIGH, SUNDAY 11 JULY 2021

Thanks to Robyn Wales for this week's results from Brisbane, when QRWC ran its RWA Postal Challenge and hosted the annual QMA Short Course Roadwalk Championships.



Walkers get underway in the 5km/3km races in Brisbane on Sunday

QMA Short Course Championships

Men 10km

1.	M50-54	Argenis Guevara	58.41
1.	M55-59	Ignacio Jimenez	48.11
1.	M65-69	Peter Bennett	1.11.37

Women 5km

1.	W50-54	Nyle Sunderland	30.00
1.	W55-59	Erika Woodward	30.13
2.	W55-59	Jennifer Stuckey	32.07
1.	W75-79	Noela McKinven	41.57

QRWC Open 10km

1.	Ignacio Jimenez	M	48.11
2.	Argenis Guevara	M	58.41
3.	Peter Bennett	M	1.11.37

QRWC U16 5km

1.	Anika Clarke	F	29.23
2.	Lily Housden	F	35.46

QRWC U14 3km

1.	Bailey Housden	M	13.59
2.	Kai Dale	M	16.51
3.	Lyla Williams	F	14.51
4.	Makenna Clarke	F	17.03
5.	Natasha Flahey	F	17.14
6.	Katie Bray	F	19.08
7.	Lily Goulding	F	20.49

QRWC Open 3km

1.	Roel Wheeley	M	18.48
2.	Aleksia Thomasson	T	21.54

4.	Brenda Gannon	F	58.38
5.	Nyle Sunderland	F	1.01.08
6.	Jennifer Stuckey	F	1.06.05
7.	Kirstin Shaw	F	1.07.39
8.	Noela McKinven	F	1.24.05

QRWC U20 10km

1.	Jasmine Rose McRoberts	F	1.05.41
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QRWC U18 8km

1.	Summer Millard	F	49.39
2.	Korey Brady	F	55.06

QRWC U12 2km

1.	Hunter Sibenaler	M	13.47
2.	Noah Wheeley	M	14.03
3.	Maya Barron	F	12.10
4.	Siaan Fisher	F	13.05
5.	Kiara Waterman	F	13.49

QRWC U10 1.5km

1.	Freya Williams	F	11.05
2.	Tully Fisher	F	11.50

WARWC ROADWALKS, SHELLEY, SUNDAY 11 JULY 2021

Thanks to Terry Jones for this week's results from Western Australia.

10km Handicap and 10km Masters State Championship

1.	Ben Reid	57:35	
2.	Karyn Tolardo	1:03:34	W 55
3.	Victor Munoz	1:04:32	M 65
4.	Wendy Farrow	1:07:08	W 50
5.	John McDonagh	1:11:30	M 70
6.	Marcela Ruiz	1:14:40	W 60
7.	Shandel Coleman	1:18:49	W 40
8.	Glenys Duncan	1:33:58	W 80

5km Handicap

1.	Kaytee Bogaers	29.34
2.	Hannah Ireland	29.14
3.	Ashlyn Spence	28.41
4.	Xavier Bernard	27.30
5.	John Ronan	23.34
6.	Brad Mann	27.29
7.	Emily Bogaers	46.00

4km Handicap

1.	Luke Lawrence	23.39
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2km Handicap

1.	Linkin Lawrence	13.06
2.	Keaton Bailey	11.41

GREEK U20 TRACK CHAMPIONSHIPS, TESALONIKI, GREECE, 3-4 JULY 2021

Thanks to Zoe Gkini for her report and photos from the Greek U20 walk champs. It came just too late for last week's newsletter so doing a catchup this week.

The Greek National U20 Championships were held in Thessaloniki, the capital city of northern Greece, on the weekend of 3-4 July. The 10,000m walks were held on the Saturday morning at 8AM and opened the meet. Men's winner **Andreas Eleftherios Mpachos** won his first ever Greek title, his time of 45:33.72 earning him a trip to Talin next weekend for the European U20 Championships. Second placed **Alexandros Mortzakis** (45:34.11) also bettered the standard for Talin. Both athletes walked side by side during the race, a strategy which ensured they both achieved the required time. The unluckiest walker was the female winner **Zafiria Papadimitriou** who missed the Talin standard of 46:00 by only 26 secs, in an event which she walked almost alone out in front.

10,000m Men

1.	Bachos Andreas Eleftherios	2003	Athinodoros o Aegefs	45:33.72
2.	Mortzakis Alexandros	2003	AE Olympias Patras	45:34.11
3.	Papastergiou Andreas	2003	Pelasgos Larisas	47:58.11
4.	Kelepouris Michael	2003	OKA Vikelas Veriaa	49:58.62
5.	Magalos Periklis	2003	AE OlympiaS Patras	59:59.45

10,000m Women

1.	Papadimitriou Zafiria	2003	G.S.Pindaros Thivas	52:26.26
2.	Gati Maria Filippa	2002	Fokianos Karditsas	53:23.11
3.	Arvanitakou Chrisanthi.	2004	Fokianos Karditsas	53:51.11
4.	Valianti Sofia Ioanna	2004	Athlokinisi Mytilinis	54:55.26
5.	Mparouni Eugenia	2002	AE Olympias Patras	60:54.44
6.	Pali Despina	2004	AGES Kamiros Rhodos	73:54.43



*Left: Walkers wait for the gun in the Greek U20 Track Championships
Right: Bachos Andreas Elefterios and Mortzakis Alexandros finishing (photos Zoe Gkini)*

OUT AND ABOUT

- Melbourne based New Zealand race walker **Quentin Rew** is heading to his third Olympic Games this month. He joined Adam Cooper from Australia for a 16 minute radio interview, updating his preparation, and discussing his role in speaking out against the International Olympic Committee over equality. See <https://www.newstalkzb.co.nz/on-air/wellington/all-sport-breakfast-wellington/quentin-rew-olympic-race-walker-on-games-prep-speaking-out-against-international-olympic-committee/>.
- On Sunday 18 July, in the Channel 7 6PM TV news bulletin, **Rhydian Cowley** will be the subject of a 3-minute segment preceding the sport section. The item is expected to show footage of him racing as well as interviews with him, his coach **Brent Vallance** and others involved in his career. Lock it in.
- Olympics Minister Tamayo Marukawa has confirmed that fans will be banned from all Olympic venues in Japanese capital Tokyo in response to the new coronavirus state of emergency. Tokyo's state of emergency is provisionally set to end on August 22 - two weeks after the conclusion of the Olympics and two days before the Opening Ceremony of the Paralympics. See <https://www.insidethegames.biz/articles/1109917/tokyo-2020-no-fans>.
- Olympic organisers have also asked the public not to line the route of marathon and race walk event at the Tokyo Games over fears that crowds could spread coronavirus infections. The two events take place in Sapporo, which still has emergency Covid measures in place. see <https://www.bbc.com/sport/olympics/57733232>.
- A superb article on British champion walker Tom Bosworth. Tom opens up about his highs and his lows. A must read for all walk enthusiasts. See <https://www.esquire.com/uk/culture/a36966238/race-walker-tom-bosworth/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 5 press releases this week

- Sun 11 July - A historical review of the European Men's U23 race walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4136
- Sat 10 Jul - European U23 Championships - Victory for José Manuel Perez (ESP) and Meryem Bekmez (TUR) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4135
- Fri 9 Jul - Rieti (ITA): U18 national championships - Winners are Diego Giampaolo and Giada Traina http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4134
- Mon 5 Jul - Thessaloniki (GRE): Results of the Greek National U20 Walk Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4133
- Sun 4 Jul - Kütahya (TUR): Results of the Turkish U18 National Walk Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4132

while Omarchador has 14 press releases from around the world.

- Sun 11 Jul - Lima (PER): Gabriela Muniz (Brazil) wins the gold medal at the U20 South American women's 10,000m Walk <https://omarchador.blogspot.com/2021/07/gabriela-muniz-brasil-com-medalha-de.html>
- Sun 11 Jul - Lima (PER): Christian Rojas (Colombia) wins gold in the U20 South American men's 10,000m Walk <https://omarchador.blogspot.com/2021/07/christian-rojas-colombia-sagra-se.html>
- Sat 10 Jul - RIP Natalia Marcenco (1954-2021) <https://omarchador.blogspot.com/2021/07/natalia-marcenco-1954-2021.html>
- Fri 9 Jul - Meryem Bekmez (Turkey) dominates at women's walk at European U23 Championships in Tallinn <https://omarchador.blogspot.com/2021/07/meryem-bekmez-turquia-dominadora-no.html>
- Fri 9 Jul - José Manuel Pérez (Spain) wins men's walk at the European U23 Championships in Tallinn <https://omarchador.blogspot.com/2021/07/jose-manuel-perez-espanha-vence-europeu.html>
- Fri 9 Jul - Results of the Polish Master Athletics Championships 2021 in Olsztyn <https://omarchador.blogspot.com/2021/07/campeonatos-de-atletismo-master-2021-da.html>
- Thu 8 Jul - Results of the walks at the CONADE 2021 National Games (Mexico) <https://omarchador.blogspot.com/2021/07/jogos-nacionais-conade-2021-mexico.html>
- Wed 7 Jul - Results of the Spanish U20 Track Championships in Monzón <https://omarchador.blogspot.com/2021/07/campeonatos-de-espanha-de-sub-20-pista.html>
- Tue 6 Jul - Results of the Greek U20 Track Championships in Thessaloniki <https://omarchador.blogspot.com/2021/07/campeonatos-da-grecia-de-sub-20-pista.html>
- Mon 5 Jul - Results of the Portuguese National Club Championships Division 1 walks <https://omarchador.blogspot.com/2021/07/naturais-triunfos-dos-marchadores-do.html>
- Mon 6 Jul - Results of the walks at the XXXIII Encuentro Diputación de Cáceres in Spain <https://omarchador.blogspot.com/2021/07/a-marcha-no-xxxiii-encuentro-diputacion.html>

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

Jul 17 (Sat), 2021	Next round of VRWC Roadwalks	Middle Park, VIC
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

July 23 – Aug 8, 2021	32 nd 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 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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