



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 43
Tuesday 23 July 2019



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WALKER OF THE WEEK

Our Under 10 walkers all had great walk efforts last Saturday at Middle Park and they take the award as **Walkers of the Week**.

- 9 year old **Mietta Morgan** walked 3 intervals in our annual Intervals Race, recording 2km splits of 11:54, 12:42 and 13:40, for a grand total of 38:16.
- 8 year old **Ela Uzun** walked in the 2km scratch race, recording an 11 second PB of 11:13 and bettering her own U9 Club Record for the distance.
- Not to be outdone, 7 year old **Havana Ali**, also walking in the 2km scratch race, recorded a 40 second PB of 12:53.

The 3 girls have all had a great season with us, highlighted by their Team Gold in the LBG Carnival U10 1km walk in Canberra in June. It's wonderful to see such young athletes enjoying themselves each week.



Mietta Morgan, Ela Uzun and Havana Ali in action on Saturday (photos Tim Erickson)

WHAT'S COMING UP

- Next Sunday is another of our big Victorian State carnivals, namely the Victorian Roadwalk Championships. Remember that you must pre-enter the AV Championship events via the Members Portal on the AV website (<http://athsvic.org.au>). You must also be a current AV member to compete. VRWC events can be entered on the day.

Sunday 28th July 2019, Middle Park		
AV & VRWC CHAMPIONSHIPS & Events: Entries close for all VRWC events 30 minutes before the event.		
8.30am	30km	AV Championship
		Open *
	3 Hour Non championship event	Open

8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	U20 Men
9.00am	10km	AV Championship	U20 Women
9.00am	10km	AV Championship	U18 Men
9.00am	10km	Non championship event	Open
10.00am	3km	AV Championship	U14 Boys/Girls
10.20am	5km	AV Championship	U16 Boys/Girls
11.00am	5km	AV Championship	U18 Women
11.15am	5km	Non championship event	Open
11.15am	2km	Non championship event	Open
11.20am	2km	VRWC Championship	U10 Boys/Girls
11.20am	2km	VRWC Championship	U12 Boys/Girls
11:50am		Medal presentations at the conclusion of the events.	
* The Victorian 30km is an Open event, meaning it is open to both men and women.			

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 20 JULY

We had a good turnout of 47 walkers for our annual VRWC Intervals Day at Middle Park. Conditions were tough, with a very strong and buffeting wind, but everyone seemed to handle it well. The main events were our 5x2km, 4x2km and 3x2km intervals races, with intervals starting every 17 minutes. Now that might sound a fairly generous recover time but the hurt soon sets in big time. It was great to see 18 walkers complete all 5 intervals. Special mentions to 11 year old **Liam Hutchins** and 13 year old **Emily Smith** who were amongst them. Further down, 9 year old **Mietta Morgan** and 12 year olds **Luke Epps**, **Riannah Tatlock** and **Ariana Pashutina** completed 3 intervals, more top efforts.

5x2km		Interval 1	Interval 2	Interval 3	Interval 4	Interval 5	Total
1.	Kyle Swan	08:52	08:51	08:43	08:34	08:29	43:29
2.	Corey Dickson	09:09	08:59	09:05	09:05	08:57	45:15
3.	Mark Blackwood	09:20	09:16	09:15	09:08	08:59	45:58
4.	Alanna Peart	09:29	09:30	09:31	09:33	09:33	47:36
5.	Heath Beveridge	09:28	09:40	09:42	09:55	09:59	48:44
6.	Rebecca Henderson	09:27	09:31	09:31	09:57	10:33	48:59
7.	Tracey Feiner	10:12	10:09	10:09	10:05	10:05	50:40
8.	Charlotte Hay	10:37	10:29	10:50	10:08	10:31	52:35
9.	Kevin Cassidy	10:11	10:51	11:13	11:09	10:57	54:21
10.	Andrew Jamieson	11:13	11:13	11:18	11:17	11:09	56:10
11.	Liam Hutchins	11:37	12:11	12:07	11:53	11:47	59:35
12.	Emily Smith	11:54	12:08	11:59	11:49	11:51	59:41
13.	Angus Hay	11:39	11:42	12:08	11:59	12:14	59:42
14.	Mark Donahoo	11:43	11:49	12:01	12:26	12:25	1:00:44
15.	Grace Louey	11:54	12:13	12:27	11:51	12:20	1:00:45
16.	Alison Thompson	11:59	12:24	12:52	12:47	12:55	1:02:57
17.	Terry O'Neill	13:27	12:58	13:07	13:29	14:03	1:07:04
18.	Karyn O'Neill	13:56	13:51	14:02	14:02	14:03	1:09:54

4x2km		Interval	Interval 2	Interval 3	Interval 4	Total
1.	Kathleen O'Mahony	12:07	12:50	13:51	14:03	52:51

3x2km		Interval 1	Interval 2	Interval 3	Total
1.	Fraser Saunders	09:26	10:28	09:39	29:33
2.	Holly Cocking	10:58	10:55	10:57	32:50
3.	Luke Epps	11:30	11:34	11:10	34:14
4.	Eden Morgan	11:42	11:59	11:02	34:43
5.	Ariana Pashutina	11:43	11:44	11:25	34:52
6.	Hamish Blackwood	11:48	11:47	11:28	35:03
7.	Paul Kennedy	11:53	11:58	12:05	35:56
8.	Riannah Tatlock	11:54	12:32	13:32	37:58
9.	Mietta Morgan	11:54	12:42	13:40	38:16
10.	Marnie Grace	12:55	13:12	13:15	39:22
11.	Geoff Barrow	14:27	14:50	15:30	44:47
12.	Kaylah Heikkila-Dubowik	11:54	12:23		24:17
13.	Heather Carr	12:42	12:40		25:22
14.	Donna-Marie Elms	12:20	12:56		25:16
15.	Gwen Steed	14:00	14:24		28:24
16.	Merilyn Thompson	13:50			13:50

We also had 4km and 2km scratch races for those who wanted a simpler hitout on the day. There were lots of PBs, with **Madeleine Feain** and **Riley Coughlan** leading the way. And special congrats to 8 year old **Ela Uzun** who broke her U9 2km Club Record by 11 secs.

4km Open

- 1. Gerard Feain 24:49
- 1. Dee Holohan 25:46

2km Open

- 1. Madeleine Feain 10:43 PB 0:41
 - 2. Ela Uzun 11:13 PB 0:11, VRWC U9 Club Record
 - 3. Maddison Nash 11:55 PB 0:02
 - 4. Alannah Dingli 12:28
 - 5. Havana Ali 12:53 PB 0:40
 - 6. Zahlia Heikkila-Dubowik 12:55
 - 7. Ian Beaumont 19:05
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- 1. Riley Coughlan 11:41 PB 0:52
 - 2. Ethan Nash 11:48 PB 0:06
 - 3. Margaret Beaumont 19:13



Kyle Swan, Corey Dickson, Liam Hutchins, Luke Epps and Madeleine Feain



Rebecca Henderson, Alannah Peart, Emily Smith, Riley Coughlan and Riannah Tatlock (all photos Tim Erickson)

Thanks as always to our many officials, helpers and judges. Apologies for anyone I have missed.

Officials/Helpers: Mark Donahoo, Ralph Bennett, Bill Carr, Tim Erickson, Donna Elms, Cheryl Beveridge, Kylie Hutchins
Mark O'Mahony, Eija Heikkila-Dubowik, Donna-Marie Elms
Judges: Peter Vysma (Chief), David Cash, Michael Bodey, Charlotte Holmes, Shane Dickson, Kathleen Marsh
Stuart Cooper
Canteen: Kate Suich, Wendy Cooper
Photos: Tim Erickson (see <http://www.vrwc.org.au/piwigo/index.php?category/524>)

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 20 JULY

Thanks to Kim Mottrom for the results of the SARWC Postal Challenge in Adelaide last weekend. Kim advises it was very windy so times were effected.

10km Walk

1.	Kim Mottrom	45:51
2.	Mathew Bruniges	51:15
3.	Alix Harlington	52:16
4.	Richard Everson	53:31
5.	Darren Bown	57:49
6.	Yvette Becker	59:54
7.	Royrie Upton	1:02:51
8.	Peter Crump	1:03:51

8km Walk

1.	Olivia Sandery	42:23
2.	Adrian Upton	59:58
	Victoria Upton	DNF
	Chloe Upton	DNF

5km Walk

1.	Toby Wilks	24:11
2.	Kiera Ross	27:17
3.	Danielle Walsh	28:47
4.	Kitarni Upton	30:09
	Liz Downs	DNF
	Jim Hoare	DNF

3km Walk

1.	Zayden Kamish	16:52
2.	Hannah Wilks	17:12
3.	Elli Pusonjic	19:33
4.	Seth Upton	19:48
5.	Cooper Rech	20:41

2km Walk

1.	Sebastian Richards	10:59
2.	Zahra Kamish	14:48
3.	Edward Upton	16:22
4.	Tarique Kamish	16:22

1.5km Walk

1.	Sam Wilks	8:05
2.	Xavier Upton	12:00
3.	Matilda Rech	12:04
4.	Maliha Kamish	12:33

SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE, SATURDAY 20 JULY

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He comments: Cold, sunny day with strong winds at times. Nice to see Jack Russell out again.

8km Walk

1.	MARIE MAXTED	57:30	W59	70.11%
2.	ROSS HILL-BROWN	1:09:43	M64	54.68%

8km Club Walk

1.	JACK RUSSELL	53:13	M67	74.07%
2.	BRIAN WITTY	1:03:44	M68	62.58%
3.	RAELENE SCHILD	1:04:29	W54	59.13%
4.	RODGER BARBER	1:04:44	M81	73.88%
5.	DAVID ROBERTSON	1:10:51	M86	73.71%

4km Walk

1.	JAN LAYNG	31:52	W70	69.62%
2.	HELEN SURIDGE	32:06	W68	67.19%
3.	CATHIE HORE	35:39	W68	60.50%

4km Club Walk

1.	DAVE FALLON	31:08	M66	60.96%
2.	ROGER LOWE	31:44	M76	67.81%
3.	EDNA BATES	35:34	W66	59.04%

QRWC AND QMA TRACK WALKS, UQ TRACK, ST LUCIA, BRISBANE, SUNDAY 21 JULY

Thanks to Noela McKinven for this week's results from Queensland, which were held on the University of Queensland track at St Lucia. The QRWC meet included Queensland Masters 10,000m Club Championships, with 3 walkers in attendance.

5000m Walk

1.	Anika Clarke	F	27.52
2.	Charlotte Hamann	F	28.26
3.	Jasmine Rose McRoberts	F	33.44

3000m Walk.

1.	Tamika Gee	F	16.02
2.	Anika Clarke	F	17.36
3.	Jack Bannister	M	17.38
4.	Charlotte Hamann	F	17.40
5.	Korey Brady	F	18.03
6.	Sophie Porter	F	18.14
7.	Alex Bradley	M	18.43
8.	Torryn Fisher	F	20.30
9.	Phoebe Chadwick	F	22.51

1500m Walk

1.	Makenna Clarke	F	8.57
2.	Olivia Hingst	F	9.08
3.	Caterina Davey	F	9.14
4.	Charlotte Brady	F	10.06
5.	Zoe Davey	F	10.07
6.	Isabella Gee	F	10.30

1000m Walk

1.	Blake Gee	M	7.50
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QMA 10 000m Track Championship

1.	M50	Ignacio Jimenez	48.46
1.	M60	Peter Bennett	57.30
1.	W75	Noela McKinven	1.24.33

ACTRWC CATCHUP

Here are the results from the last 3 weeks of racing in Canberra, thanks to Val Chesterton.

Carillon, 20/7/2019

8km Handicap

1.	Kate Black	48:27
2.	Val Chesterton	65:09
3.	Miriam McCarthy	50:44
4.	Bryan Thomas	56:54
5.	Geoff Barker	64:51
6.	Mitchell Baker	34:37
7.	Robin Whyte	53:50
8.	Greg Durr	51:17
9.	Hannah Manning	46:18

4km Walk

1.	Jack Thackray	34:01
2.	Jennifer Gilchrist	29:43

2km Walk

1.	Harry Baker	10:54
2.	Georgia Frew	11:19
3.	Ella Baker	11:39

Lennox Gardens, 13/7/2019

20km Walk

1.	Mitchell Baker	1:39:33
2.	Michael Smith	1:58:29
3.	Ann Staunton-Jugovic	2:09:28
4.	Bryan Thomas	2:34:40

10km Walk

1.	Tim Fraser	49:46
2.	Miriam McCarthy	1:10:29
3.	Geoff Barker	DNF

5km Walk

1.	Hannah Manning	30:08
2.	Kate Black	34:38

3km Walk

1.	Owen Toyne	15:11
2.	Sebastian Young	18:12
3.	Lilah Norden	21:58
4.	Casey Norden	24:54

1.5km Walk

1.	Kodi Clarkson	07:20
2.	Matilda Webb (NSW)	08:16
3.	Ella Baker	09:54
4.	Reo Norden	11:09
5.	Essie Norden	13:26

Jerrabomberra Wetlands, 6/7/2019

8km Walk

1.	Kate Black	53:33
2.	Bryan Thomas	62:05
3.	Michael Smith	45:37
4.	Geoff Barker	DNF

4km Walk

1.	Raine Thompson	38:38
2.	Jack Thackray	36:22
3.	3 Casey Norden	34:08

2km Walk

1.	Lilah Norden	15:30
2.	Reo Norden	15:50
3.	Sebastian Young	12:45

1km Walk

1.	Eloise Smith	05:43
2.	Essie Norden	09:35

TWRC ROADWALKS, DOMAIN LOOP, HOBART, SATURDAY 20 JULY

Thanks to Dave Moore for this week's results from Tasmania. He reports:

Fine and still conditions were just the right mix for some good performances at the Domain Loop today and our Walkers didn't disappoint. **Oliver Morgan** took some very big strides of improvement with a 53 second PB over 3km (and PBs also for his 1k and 2k splits). Joining Oliver in a PB performance was **Gabby Hay**, breaking the 14 minute barrier over 2km, with her sister **Sheridan Hay** also picking up a PB by a few seconds in the 1km event. Evergreen **Ron Foster** did his fastest 5km of the winter season so far and we also welcomed back from a short break Oceania U/20 Champ **Anna Blackwell**.

1km Walk

1. Sheridan Hay 9.04 PB

2km Walk

1. Gabby Hay 13.57 PB

3km Walk

1. Oliver Morgan 17.34 PB

4km Walk

1. Wayne Fletcher 30.33

5km Walk1. Anna Blackwell 28.34
2. Eugene Gerlach 34.35
3. Ron Foster 36.04

Gabby Hay in action in Hobart last Saturday (photo Wayne Fletcher)

WESTERN AUSTRALIAN CATCHUP

Thanks to Mick Reid for the last 3 week's of results from Perth, Western Australia.

**RWA Challenge, Wilson
Sunday 21 July**
10km Walk

1. Declan Tingay	46.49
2. Ben Reid	51.59
3. Karyn Tolardo	61.55
Brad Mann	DNF

6km Walk

1. Wendy Farrow	41.04
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5km Walk

1. Emily Bogaers	41.25
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3km Walk

1. John Ronan	15.33
2. Xavier Bernard	17.02
3. Ashlyn Spence	17.30
4. Layla Dabala	21.05
5. Glenys Duncan	27.49

2km Walk

1. Katee Bogaers	11.25
2. Gracie Dabala	14.55

**WARWC Roadwalks, Wilson
Sunday 14 July**
WA Masters 10km Championship

1. Wayne Byram	M45	68.45
1. John McDonagh	M70	74.11
1. Karyn Tolardo	W55	61.17

10km Walk

1. Ben Reid	52.53
2. Brad Mann	54.22

3km Walk

1. Glenys Duncan	29.04
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1.5km Walk

1. John Ronan	7.40
2. Xavier Bernard	7.58
3. Katee Bogaers	8.06

**WARWC Roadwalks, Shelley
Sunday 7 July**
10km Walk

1. Andrew Duncan	51.02
2. Karyn Tolardo	63.06
Ben Reid	DNF

3km Walk

1. John Ronan	16.29
2. Xavier Bernard	17.15
3. Casey Mortimore	18.20
4. Glenys Duncan	29.18

NSW CATCHUP

NSWRWC has now posted their results from the last few weeks. Unfortunately no one passes them onto me so I will simply point to the link and you can check them out yourself if interested.

- **NSWRWC Roadwalks, Saturday 13th July**
Club Event & Racewalking Australia Challenge at Tempe
<http://58.107.252.199:8183/newsletter/2019/NSWRWC19-10.pdf>
- **NSWRWC Roadwalks, Saturday 6th July**
Parramatta Little Athletics Open at Jamisontown
<http://58.107.252.199:8183/newsletter/2019/NSWRWC19-9.pdf>
- **2019 ANSW Short Walks + LANSW Road Walking Championships, Sunday 23rd June**
Chipping Norton
<http://nswathletics.org.au/Portals/18/Competition/Winter/Winter%20202019/Short%20Walks/short%20walks%20and%20road%20walks%20results.pdf>

2019 NCCWMA CHAMPIONSHIPS, TORONTO, CANADA, 18-21 JULY

The North, Central America and Caribbean Regional Championships of the World Masters Athletics Assn has just wound up after 4 days of competition in Toronto, Canada. There were lots of walkers in attendance, with 10km roadwalks on Thursday 18th July and 5000m track walks on Sunday 21st July. Some of the top masters in the world compete in this region and the results in the walks very impressive. You can check out the full results at <https://athleticsontario.ca/statistics/results/live/2019/outdoor-0615-ocsm2/index.htm>.

10km Road Walk Masters Women, Thursday 18th July

W40	1	McGranahan, Lydia	W42	USA	52:50
	2	Taylor-Talcott, Erin	W41	USA	53:53
W45	1	Gruttadauro, Sharon	W48	USA	1:20:45
W50	1	Alfaro De Anda, Blanca E	W53	MEXICO	1:22:42
W55	1	Esparza Cornejo, Yolanda	W56	MEXICO	1:07:10
	2	Cashman, Katharine	W58	CANADA	1:07:50
	3	Slovitt, Nicky	W59	CANADA	1:09:01
	4	Calleros Ramos, María En	W59	MEXICO	1:10:44
W60	1	Flipsen, Johanna	W64	CANADA	1:00:44
	2	Bégin, Nicole	W60	CANADA	1:04:29
	3	López Serna, Josefina	W64	MEXICO	1:06:08
	4	Mendoza Haro, Bertha	W61	MEXICO	1:12:12
	5	Good, Katherine	W61	USA	1:15:08
	6	Moreno Chavez, Gloria Vi	W63	MEXICO	1:20:08
	7	Campos Bernal, Esperanza	W62	MEXICO	1:25:05
	8	Garcia Morales, Ma De Je	W64	MEXICO	1:26:46
W65	1	Kozell, Kris	W66	CANADA	1:01:58
	2	Martino, Marianne	W69	USA	1:06:12
W70	1	Rodriguez Gonzalez, Glor	W71	MEXICO	1:28:45
W75	1	Peña Vazquez, Rita	W76	MEXICO	1:36:52
W85	1	Horne, Jean	W86	CANADA	1:29:27

10km Road Walk Masters Men, Thursday 18th July

M30	1	Mannozi, Michael	M33	USA	51:13
M35	1	Bartholomew, Michael	M38	USA	1:11:14
M40	1	O Domhnaill, Brian	M41	IRELAND	51:33
	2	Diaz Alicea, Joseph Juli	M42	PUERTO RICO	54:57
M45	1	Babenko, Dmitry	M46	CANADA	48:25
	2	Soto Maldonado, Etiel	M46	MEXICO	51:06
	3	Nash, Omar	M45	USA	1:00:22
M50	1	Swarts, David	M54	USA	51:14
	2	Xu, Jianping	M53	CANADA	53:09
	3	O'Brien, Daniel	M54	USA	56:12
	4	Hernandez Vega, Ivan	M54	PUERTO RICO	58:37
	5	Logan, Bruce	M54	USA	1:24:29
	6	Geohagen, Nigel	M51	JAMAICA	1:28:35
M55	1	Talcott, Dave	M59	USA	57:06
	2	Polo, Marco Antonio	M58	MEXICO	1:07:29
	3	Blanchard, Michael	M58	USA	1:07:39
M60	1	Méndez, Adan	M61	MEXICO	55:55

	2	Chelius, Timothy	M63	USA	1:12:00
M65	1	Lopez Camarena, Jose Lui	M69	MEXICO	54:28
	2	Laflamme, Denis	M65	CANADA	56:14
	3	Peters, Vincent	M65	USA	1:10:39
M70	1	Dooley, Tom	M73	USA	1:02:33
	2	Edwards, Chuck	M73	CANADA	1:17:49
M75	1	Jobin, Marcel	M77	CANADA	1:08:28

5000m Track Walk Masters Women, Sunday 21st July

W40	1	McGranahan, Lydia	W42	USA	24:52.98
	2	Taylor-Talcott, Erin	W41	USA	26:46.27
W45	1	Smetana, Blanka	W45	CANADA	31:07.48
	2	Gruttadauro, Sharon	W48	USA	35:33.90
W50	1	Alfaro De Anda, Blanca E	W53	MEXICO	37:40.53
W55	1	Rodríguez Vallejo, Crist	W58	DOMINICAN REP	30:43.82
	2	Falcon, Line	W55	CANADA	31:06.47
	3	Esparza Cornejo, Yolanda	W56	MEXICO	31:57.01
	4	Cashman, Katharine	W58	CANADA	32:19.13
	5	Slovitt, Nicky	W59	CANADA	32:58.84
	6	Calleros Ramos, María En	W59	MEXICO	34:39.11
	-	Amparo, Paulino	W57	PUERTO RICO	DQ
W60	1	Flipsen, Johanna	W64	CANADA	29:39.46
	2	Patten, Nancy	W64	CANADA	30:48.91
	3	Bégin, Nicole	W60	CANADA	31:41.93
	4	López Serna, Josefina	W64	MEXICO	32:09.01
	5	Mendoza Haro, Bertha	W61	MEXICO	35:32.40
	6	Good, Katherine	W61	USA	36:00.75
	-	Campos Bernal, Esperanza	W62	MEXICO	DQ
	-	Daniel, Maryanne	W60	USA	DQ
W65	1	Kozell, Kris	W66	CANADA	30:55.24
	2	Martino, Marianne	W69	USA	31:54.05
	3	Wright, Sharon M.	W69	CANADA	37:12.00
W70	-	Rodríguez Gonzalez, Glor	W71	MEXICO	DQ
W75	1	Peña Vazquez, Rita	W76	MEXICO	45:39.11
	-	Iglecias, Rosario M.	W79	PUERTO RICO	DQ

5000m Track Walk Masters Men, Sunday 21st July

M30	1	Mannozi, Michael	M33	USA	24:30.32
M35	1	Bartholomew, Michael	M38	USA	33:36.17
M40	1	Diaz Alicea, Joseph Juli	M42	PUERTO RICO	27:32.99
M45	1	Babenko, Dmitry	M46	CANADA	23:36.60
	2	Soto Maldonado, Etiel	M46	MEXICO	24:25.58
	3	Nash, Omar	M45	USA	31:14.31
M50	1	Swarts, David	M54	USA	25:34.70
	2	Xu, Jianping	M53	CANADA	25:42.04
	3	O'Brien, Daniel	M54	USA	27:28.30
	4	Hernandez Vega, Ivan	M54	PUERTO RICO	28:45.14
	-	Geohagen, Nigel	M51	JAMAICA	DQ
M55	1	Talcott, Dave	M59	USA	27:29.61
	2	Blanchard, Michael	M58	USA	33:00.77
	-	Polo, Marco Antonio	M58	MEXICO	DQ
M60	1	Méndez, Adan	M61	MEXICO	27:45.98
	2	Blake, Barry	M64	USA	33:33.12
	3	Chelius, Timothy	M63	USA	34:37.15
M65	1	Lopez Camarena, Jose Lui	M69	MEXICO	26:47.36
	2	Peters, Vincent	M65	USA	31:43.92
M70	1	Valentin, Angel	M71	PUERTO RICO	36:31.98
	-	Chiaravanont, Charnvit	M70	THAILAND	DQ

EUROPEAN ATHLETICS U20 CHAMPIONSHIPS, BORÅS, SWEDEN, 18-21 JULY

Borås, Sweden, played host to the European Athletics U20 Championships last week, with over 1,500 athletes and officials from 51 countries taking part in the four-day event from 18-21 July at Ryavallen Athletics Stadium.

The 10,000m Track Walks were held on Sunday and are well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3540. The temperature was reported to be around 17C so good walking conditions.

10,000m Walk U20 Women

The women's walk saw a dominant win to **Meryem Bekmez** of Turkey. She took the lead immediately, followed by **Evin Demir** (TUR), **Kader Dost** (TUR) and **Olga Fiaska** (GRE). From then on, it was just a case of how big Bekmez's winning margin would be. She passed the 5000m mark in 22:44.82 but came home in just on 22:00 to cross the finish line with 44:44.50 (last 1,000m in 4:11.54). Demir held on well to take second place for Turkey with 46: 38.68 and Spanish walker **Mariona Garcia** came up through the field to take the bronze with a PB 46: 50.50.

1.	BEKMEZ Meryem	TUR	31 JUL 2000	44:44.50
2.	DEMIR Evin	TUR	16 FEB 2001	46:38.68
3.	GARCIA Mariona	ESP	13 MAR 2000	46:50.50
4.	STEY Pauline	FRA	9 SEP 2001	47:09.85
5.	FILTISÁKOU Kiriakí	GRE	14 AUG 2000	47:13.92
6.	URRUTIA Mireia	ESP	4 MAR 2000	47:48.93
7.	DOST Kader	TUR	1 JAN 2000	48:06.09
8.	FIÁSKA Ólga	GRE	9 OCT 2001	48:08.07
9.	MOUTARD Camille	FRA	11 JUL 2001	48:31.01
10.	GIORDANI Vittoria	ITA	14 MAR 2000	48:51.01
11.	PONTES Joana	POR	22 MAR 2000	49:23.37
12.	PULGARIN Ana	ESP	6 MAY 2001	49:56.14
13.	CSÖRGŐ Dóra	HUN	7 OCT 2001	50:23.00
14.	KAVALIAUSKAITE Austeja	LTU	25 MAY 2000	50:38.31
15.	BURZALOVÁ Hana	SVK	3 NOV 2000	50:43.83
16.	BERTINI Simona	ITA	4 MAY 2001	50:45.11
17.	KASYAN Daryna	UKR	1 APR 2002	51:09.61
18.	ZUBKOVA Hanna	BLR	4 JUL 2001	DNF
	O'CONNOR Niamh	IRL	19 FEB 2000	DQ

10,000m Walk U20 Men

Heavy rain marked the men's race which saw another comprehensive winning performance, but not from Turkey this time. The first 1000m saw the favourites in front - **Mikita Kaliada** (BLR), **Riccardo Orsoni** (ITA) and **Lukasz Niedzialek** (POL). This was as close as they got to Makiada, as he very quickly broke away, extending his lead as the race progressed. He passed the 5000m mark in 20:48.75 and then sped up, taking gold with a time of 41:10.03. Orsoni took silver with a PB 41:51.71, ahead of Niedzialek (42:20.66).

1.	KALIADA Mikita	BLR	15 JUL 2000	41:10.03
2.	ORSONI Riccardo	ITA	20 JAN 2000	41:51.71
3.	NIEDZIALEK Lukasz	POL	15 MAR 2000	42:20.66
4.	COSI Andrea	ITA	30 APR 2001	42:39.91
5.	OLKHOVIK Pavel	BLR	8 JUL 2000	42:54.25
6.	SCHMIDT Jakob Johannes	GER	14 NOV 2001	43:00.73
7.	HORNERO Eloy	ESP	14 MAR 2000	43:24.60
8.	ILHAN Selman	TUR	7 JAN 2000	43:38.88
9.	GÜNGÖR Serhat	TUR	1 MAR 2002	43:42.60
10.	KOVÁČ Daniel	SVK	1 JUL 2001	43:54.26
11.	DUC Mattéo	FRA	25 MAR 2001	43:59.05
12.	KUBIŠ Lubomír	SVK	19 APR 2001	44:09.64
13.	KORETSKY Taras	UKR	3 APR 2002	44:31.60
14.	CONESA Pedro	ESP	11 MAY 2001	44:36.73
15.	RUSHCHAK Mykola	UKR	30 OCT 2003	44:37.87
16.	SANTOS Ruben	POR	5 JUN 2000	44:43.62
17.	ANDREI Aldo	ITA	15 JUL 2001	45:03.23
18.	TÓTH Norbert	HUN	7 OCT 2001	45:05.75
19.	TOPSAKAL Özgür	TUR	26 AUG 2001	45:23.63
20.	VARGA Máté Ferenc	HUN	6 MAR 2002	48:53.55
21.	ROŽNOVSKÝ Rostislav	CZE	22 MAR 2000	51:36.57
	HONCHARENKO Ihor	UKR	19 JUL 2000	DQ

EUROPEAN YOUTH OLYMPIC FESTIVAL, BAKU, AZERBAIJAN, 21-27 JULY

The first edition of the European Youth Olympic Festival was held in 1991 in Brussels, Belgium, and was known at that time as the European Youth Olympic Games. In 2003, the name changed to the European Youth Olympic Festival and the meet has been known by that name since. Held every second year, this year is the 15th edition and is currently taking place in Baku, Azerbaijan. It is a huge meet with 10 sports (including athletics), some 3,600 athletes, aged from 14 to 18, and officials from 48 European countries. The athletics program started on Monday 22nd July, with walks included for the first time.

10,000m Walk U18 Boys, Monday 22 July, 7:15PM

The inaugural 10,000m track walk for boys was held on Monday evening in temperatures around 27C. The race is well reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3542).

The small field of 10 competitors was bunched early with the lead swapping frequently. After a relatively slow first 5000m (22:57.54), **Paul McGrath** (ESP) started to force the pace and the lead pack was quickly reduced to four, with **Gabriele Gamba** (ITA), **Mustafa Tekdal** (TUR) and **Oisin Lane** (IRL) the only others still in contention. When Lane was put in the Penalty Lane for 60 seconds with 5 laps to go, the final three were sorted and for Gamba the gold medal became a reality. He lead them home in 45:15.68, after a 22:18 second half. McGrath took second with 45:51.64, while Tekdal took the bronze with 46:06.57.

1.	GAMBA Gabriele	ITA	22 JAN 2002	45:15.74
2.	MCGRATH Paul	ESP	07 MAR 2002	45:51.64
3.	TEKDAL Mustafa	TUR	08 AUG 2002	46:06.57
4.	LANE Oisin	IRL	12 JUN 2002	46:19.37
5.	JOKINEN Jerry	FIN	18 MAR 2002	46:45.11
6.	MORTZAKIS Alexandros	GRE	11 JUN 2003	46:52.88
7.	DIAS Pedro	POR	21 FEB 2003	47:08.26
8.	SHMIDT Dzmity	BLR	02 FEB 2003	47:30.44
9.	DURAND Dimitri	FRA	03 JUN 2002	47:40.31
10.	NEMCOK Patrik	SVK	13 JUN 2003	49:07.59

The inaugural girls' 5000m track walk will be held on Friday evening. The 2021 edition will be held in Banska Bystrica, Slovakia.

PORTUGUESE ATHLETICS CHAMPIONSHIPS, LISBON, PORTUGAL, 20-21 JULY

The Portuguese T&F Championships took place in Lisbon, Portugal, last weekend, with the track walks on Saturday evening at 8:20PM, the men in lanes 1-4 and the women in lanes 5-8. As always, the walks were well reported by marciadalmondo: http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3539 and by omarchador (see <http://omarchador.blogspot.com/2019/07/titulos-de-campeoes-de-portugal-2019.html>).

Some stats from omarchador (see <http://omarchador.blogspot.com/2019/07/lisboa-acolhe-os-campeonatos-de.html>). This was the 104th edition of the Portuguese Athletics Championships and the 82nd edition to include women. The big 3 were in attendance - **João Vieira**, **Ana Cabecinha** and **Inês Henriques**. João Vieira and Inês Henriques were the defending champions. Vieira had won the last 4 editions and had won 17 of the last 20 stagings. Last year, Henriques broke the the dominance of Ana Cabecinha who had won in the previous four editions and who has been champion 8 times in the last 20 years. In the same period Susana Feitor climbed to the top of the podium 7 times and Inês Henriques 5 times. Who would win in 2019?

10,000m Walk Men

As expected, **Joao Vieira** won yet again, with a time of 40:29.72. Aged 43, he has not slowed as yet, and his winning time compares well with previous years. He was a long way ahead of second placed **Rui Coelho** (PB42:21.90) and third placed **Pedro Santos** (44:44.01). Six of the 10 walkers finished, with 4 DNFs.

1.	Joao Vieira	SCP	40:29.72
2.	Rui Coelho	CAS	42:21.90
3.	Pedro Santos	JV	44:44.01
4.	Amaro Teixeira	CAS	45:25.09
5.	Cristiano António	CAS	46:08.36
6.	Tiago Fonseca	GCAD	49:01.09
	Paulo Martins	SCP	DNF
	Miguel Carvalho	SLB	DNF
	Manuel Marques	CFOD	DNF
	Vitor Cabral	CFOD	DNF

10,000m Walk Women

The women's race was a closer affair, with **Ana Cabechina** (44:08.53) winning by 16 seconds from **Ines Henriques** (44:34.99), with **Edna Barros** (46:03.69) in third. Five of the 7 women finished, with 2 DNFs.

Five athletes finished the race and 2 DNFs

1.	Ana Cabecinha	COP	44:08.53
2.	Inês Henriques	CNRM	44:34.99
3.	Edna Barros	COP	46:03.69
4.	Vitória Oliveira	SCP	46:24.90
5.	Alexandra Lamas	ACRS	53:26.28
	Andreia Sousa	CAS	DNF
	Mara Ribeiro	SLB	DNF



Portugal's 2019 track champions (Photos: Portuguese Athletics Federation, Editing: O Marchador)

SOME HISTORY FOR US ALL

Emmanuel Tardi emailed me last week with a scan of a very interesting 1929 French racewalking book, written by Francis Guilleux and titled *le Sporte de la Marche en France et a travers le Monde* (the sport of walking in France and around the World).

It is very comprehensive, including lots of very old results and ranking lists from the late 1800's up to the year of publication. It additionally provides profiles of many walkers, from France and wider afield. It might be in French but don't let that challenge you – it is an eminently easy read.

Marciadalmondo has picked up on the section discussing the judging controversies of the 1924 Olympic track walk and has translated it to English for us anglophiles – see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3537.

Check the book out at http://www.marciadalmondo.com/admin/pdf/tecnica/pubblicazioni/16072019100Le_sport_de_la_Marche.pdf.

MARCIADALMONDO ROUNDUP

marciadalmondo has 7 press releases for us this week.

- Baku (AZE): Gabriele Gamba wins 10.000m track walk in 2019 European Youth Olympic Festival http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3542
- Sun 21 Jul - European Youth Olympic Festival in Baku - Preview of men's walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3541
- Sat 20 Jul - Boras (SWE): Meryem Bekmez (TUR) and Mikita Kaliada (BLR) new European U20 champions http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3540
- Sat 20 Jul - Lisbon (POR): Joao Vieira and Ana Cabecinha win the Portuguese Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3539
- Fri 19 Jul - Profile of Turkish walks coach Mustafa Akyavas http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3538
- Thu 18 Jul - Extract from 1929 walks book on the controversies of the 1924 Olympic track walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3537

FROM THE VAULT – THE EARLY AUSTRALIAN 10,000M WALK CHAMPIONSHIPS

A few weeks ago, I published an article on the early Australian 7 Mile Walking Championships which were contested between 1923 and 1937 (see <http://www.vrwc.org.au/RWA-Results/1923-1937%20Australasian%207%20Mile%20Championships.pdf>).

Last week I published an article on the early Australian 50km Championships, from the first one in 1930 up to the 1970 edition (see <http://www.vrwc.org.au/RWA-Results/1930-1970%20Australian%20and%20Alexander%20Cup%2050km%20Championships.pdf>).

This week I have been busy researching the early Australian 10,000m Track Walk Championships, held from 1939 to 1962 (see <http://www.vrwc.org.au/RWA-Results/1939-1962%20Glover%20Shield%20and%20Australian%2010,000m%20Walks.pdf>).

Here's a bit of an overview, along with details of our very first 10,000m Track Walk Australian championship, held in 1939.

Overview

1937 saw the final 7 Miles Championship of the Race Walking Clubs of Australia. It had been announced by the IOC in May 1938 that the 1940 Olympic Games would have two racewalks, the current 50km roadwalk and a new 10,000m track walk. It was duly decided by the Australian Race Walking Clubs that the *Glover Shield* competition distance would be altered from 7 Miles to 10,000m.

The new distance was still refused Australian Championship status and its inaugural scheduling in August 1939 had the status of a *Glover Shield Interstate Carnival*, promoted by the NSW, Victorian and SA walking clubs. It also hosted the official Australian 1940 Olympic trial and was won by Athol Stubbs.

1939 Athol STUBBS (NSW) 46:01 George KNOTT (VIC) 46:06 Alan REID (VIC) 57:22

After only one scheduling, the carnival was curtailed due to WWII and did not resurface until after hostilities had ceased. Further Glover Shield carnivals were eventually held in 1946 and again in 1947, with wins to Victorias Alan Reid and George Knott.

1946 Alan REID (VIC) 48:40 Ted ALLSOPP (VIC) 53:35 Alex PHILPOTTS (VIC) 54:08
1947 George KNOTT (VIC) 49:48 Sydney SHEEDY (NSW) 51:16 Ted ALLSOPP (VIC) 52:53

In 1948, the AAU of A finally decided to schedule its own Australian 10,000m Track Walk Championship. Eight Australian 10,000m track walk championships were held over the subsequent years until, in 1962, the distance was increased to 20km and the format changed from track to road. This championship proved almost exclusively the property of Victorian Ted Allsopp who won 7 of the 8.

1948	Ted ALLSOPP (VIC) 49:09.0	Ray GOULDING (VIC) 49:29.0	Frank MCGUIRE (VIC) 50:34.0
1950	Ted ALLSOPP (VIC) 47:48.6	Donald KEANE (WA) 48:19.4	Athol STUBBS (NSW) 48:38.0
1952	Ted ALLSOPP (VIC) 46:08.0	Ernie RYALL (VIC) 48:34.0	George NEVITT (VIC) 48:49.0
1953	Ted ALLSOPP (VIC) 46:40.0	George NEVITT (VIC) 47:23.0	Keith GUYOT (VIC) 48:08.0
1955	Ted ALLSOPP (VIC) 47:10.0	Edward FOLLAND (SA) 49:02.0	Harry SUMMERS (VIC) 49:21.0
1957	Ted ALLSOPP (VIC) 46:12.0	Noel FREEMAN (VIC) 46:51.8	Ronald CRAWFORD (NSW) 47:19.8
1959	Ted ALLSOPP (VIC) 47:07.8	Noel FREEMAN (VIC) 47:58.8	Donald KEANE (WA) 50:37.6
1961	Ron CRAWFORD (NSW) 48:20.4	Bob GARDINER (VIC) 49:05.0	Logan IRWIN (NSW) 49:37.6

The Glover Shield continued to be held in non-championship years, ensuring that a major interstate 10,000m walking championship was on offer each calendar year.

1949, Glover Shield 10,000m Walk, Sydney, 28th May
1951, Glover Shield 10,000m Walk, Melbourne, 26th May
1954, Glover Shield 10,000m Walk, Adelaide, 15th May
1956, Glover Shield 10,000m Walk, Sydney, 28th April
1958, Glover Shield 10,000m Walk, Brisbane, 10th May

After 1958, major changes were made by the newly formed Australian Federation of Amateur Walking Clubs. The *Glover Shield* became a purely senior event under the auspices of AFAWC and a separate Federation Shield (the *Robinson Shield*) was contested for juniors, also over 10 km. The Glover Shield was now alternated bi-annually with the *Alexander Cup* which was contested over the 50 km distance.

1960, Glover Shield 10,000m Walk, Melbourne, 18th June
1962, Glover Shield 10,000m Walk, Sydney, 26th May, etc

Glover Shield 10,000m Walk, Sydney, Saturday 19th August 1939

The 1940 Olympics had been awarded to Tokyo but, when Japan and China went to war in 1938, the city withdrew as host. Then began an incredible period in which the IOC became the ostrich of the sports world and refused to believe what it was seeing. Feeling it should stay out of world politics, it moved the Games to Helsinki, Finland. Even when the Russians invaded Finland, the

IOC still continued with their planning. It was not until the Finnish Olympic Committee formally withdrew as host in April 1940 that the IOC finally shelved plans for any Games that year. In the midst of this shuffling, the IOC awarded the 1944 Games to London. With World War Two still raging, these Games were also eventually called off.

It was during this period of uncertainty that Australian walkers challenged for selection in the 1940 Olympic walks, with official trials to be held over 10,000m track and 50 km road. Victoria and NSW were the two walking powerhouses of the period and they were expected to fight out the official Australian Olympic 10,000m track trial, to be held on Saturday August 19th 1939 at Petersham Oval in Sydney. This 1939 Olympic trial was held in conjunction with the Glover Shield, a regularly scheduled interstate walking match, which was to be held on the **Petersham Oval in Sydney** on Saturday 19th August 1929. On this occasion, it had been changed from 7 Miles to 10,000m and it continued over that new distance from that year forward.

The Victorians were led by **George Knott**¹ and **Alan Reid**, who was the defending champion, having won the last Glover Shield 7 Mile Championship in Melbourne in 1937. They had fought out the various Victorian titles for the past couple of years with Knott faster over the shorter distances and Reid stronger over the longer distances. The final Victorian championship before the trial was the Victorian 5 Mile walk championship at the Royal Melbourne Showground track. There Knott and Reid walked side by side throughout the event with the win going to Knott whose time of 37:15.0 saw him 0.4 secs ahead of Reid. Victorian hopes were high for their two star walkers.

The main NSW hope was **Athol Stubbs**², holder of the world 1 mile walk record (6:18.2), and the holder of all NSW State titles from 1 Mile to 10 Miles.

And what a race it turned out to be, with Stubbs and Knott both breaking the Australian 10,000m record. The newspapers of the time recorded the race as follows:

Stubbs moved off in front of the Victorians Knott and Reid, followed by Stephenson and Gosling. At the end of the first mile, Stubbs' time was 7 minutes and he had already overlapped some of the other competitors. By 3 miles, covered in 21m 45s, he had increased the margin to over a minute, with Knott and Reid together at 22m 54s. Knott then moved away from Reid and by the 4 mile mark, had reduced the lead to 35 secs with Reid 11 secs further back.

Knott was closing the gap between Stubbs and, at 5 miles, had reduced the margin to 12 secs. Stubbs' time was 37m 6s. Reid in third place was 38 secs behind Knott. To 6 miles, Stubbs led in 44m 34s and Knott was then 3 secs behind and 1m 10s in advance of Reid. Stubbs finished 5 secs ahead of Knott and Reid was 26 secs behind in third place.

Stubbs' final time of 46m 1s broke George Parker's Australian record of 46m 32s. Knott also broke the record.

It is fair to say that both walkers would have been selected in the Australian team if the 1940 Olympics had gone ahead.

George Knott had age on his side and was able to make the Australian team for the 1948 Olympics, contesting the 10,000m walk in London. Athol Stubbs was not so lucky – this was his one big chance and the Second World War had put paid to it.

As this event illustrated, he was the dominant Australian track walker in the late 1930's. He twice created World Best Track performances for 1 mile (6:18.2 in Sydney on 25 February 1939 and 6:15.4 in Sydney on 17 February 1940) and was the reigning Australian 1 mile track, 3 mile track and 10,000m road champion at the outbreak of war. When championships were finally restarted in 1947, he resumed his walking career but, although he remained competitive on the national arena until the early 1950s, he never fully regained his pre-war form.

Interestingly, Victoria and NSW were the only two States which produced contenders. There were no entries from SA or QLD.

For the record, the results were

1939 Glover Shield 10,000m Walk, Petersham Oval, Sydney, 19th August

1.	Athol Stubbs	NSW	46:01
2.	George Knott	VIC	46:06
3.	Alan Reid	VIC	47:22
4.	Keith McClusky	VIC	49:22
5.	Arthur Stephenson	NSW	50:00
6.	Alex Philpotts	VIC	50:09
7.	George Gosling	NSW	50:31
8.	Sydney Sheedy	NSW	50:39
9.	Jack Cummings	VIC	50:47
10.	Ian McDougall	VIC	51:03
11.	Mervyn Ray	NSW	51:21
12.	Sydney Rudman	NSW	52:09
13.	Laurence Mack *	VIC	53:15
14.	Eric Wilson *	NSW	53:56
15.	William Hall	NSW	54:07
16.	E. Harvey	NSW	55:00

1 See <http://www.vrwc.org.au/tim-archive/articles/wv-george-knott.pdf>

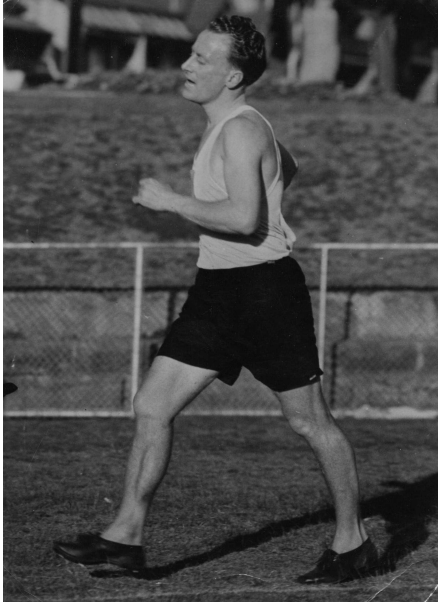
2 See <http://www.vrwc.org.au/tim-archive/articles/wa-athol-stubbs.pdf>

17. Claude Lowe	VIC	55:50
18. Harry Sweet *	NSW	55:57
19. Alick Priest *	VIC	56:09
20. Gordon Stanley *	VIC	56:19
21. Benjamin Blakey	VIC	56:23
22. Kevin Mead *	VIC	56:24
23. Michael Stannett	NSW	58:04
24. J. Nolan	NSW	58:52

* Junior

As this Olympic trial was also the 1939 Glover Shield, NSW and Victoria contested Senior and Junior Teams races, with results as follows

Senior Teams	VIC	34	NSW	44
Junior Teams	VIC	16	NSW	20

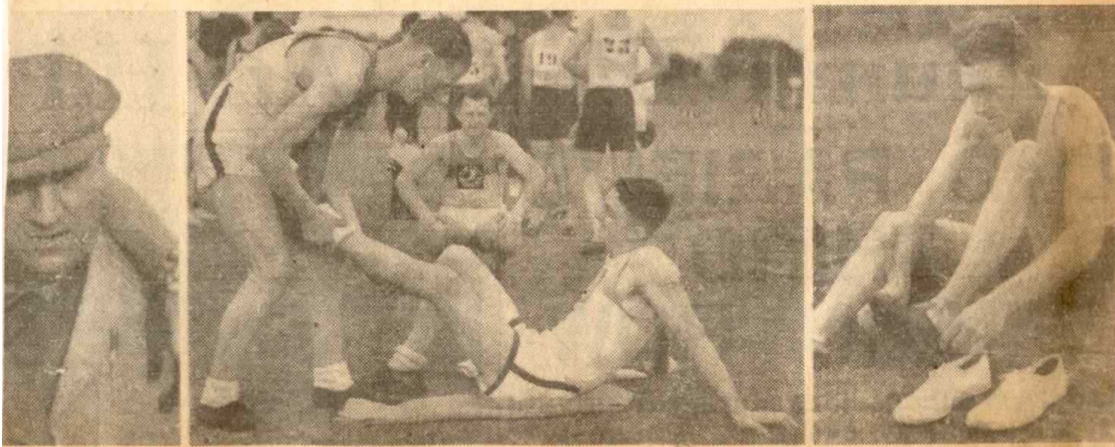


Athol Stubbs, Alan Reid and George Knott – top Australian walkers of the late 1930's

And now onto the newspaper cuttings. The first is a two page spread that focuses on winner Athol Stubbs

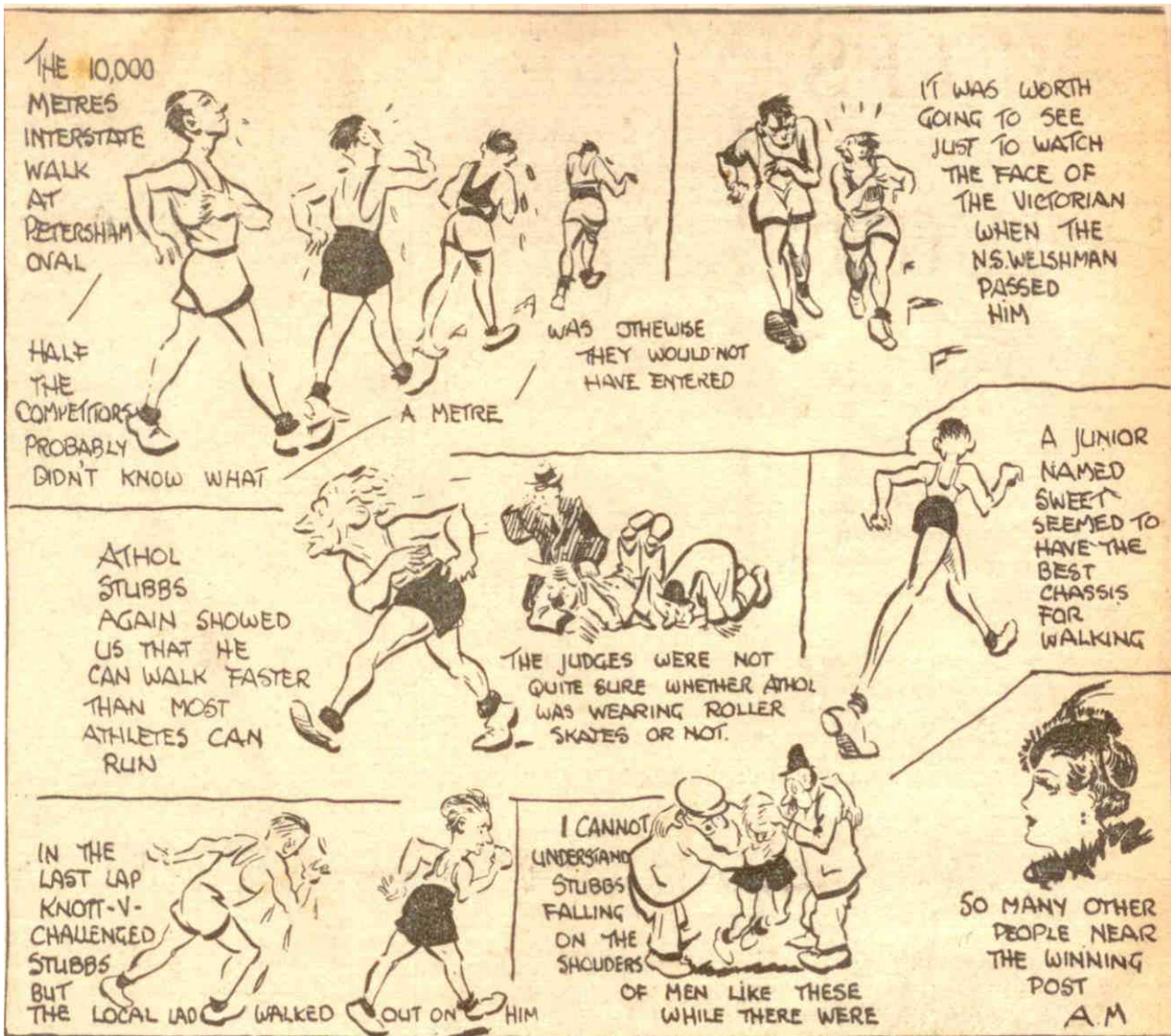


FEELING IN THE BIG WALK



interstate 10,000 metres walk at Petersham Oval, kicks his legs to limber up before the start. That's the first picture, shows Stubbs burnt up after setting new Olympic and Australian records. Looks as though he's saying "I think I'll take a taxi to the start. In the fifth picture, S. SHEEDY (N.S.W.) is changing into his spiked shoes, getting ready for the start.

And the second is a great cartoon published in the Sydney paper the next day



Now wouldn't it be great to still have that sort of publicity today! Oh well, times change.

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.

Australian/Victorian Key Dates – 2019/2020

Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA See http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA
Dec 1 (Sun), 2019	Australian 50km Championship meet, Fawkner Park Melbourne (TBC)
Dec 6-8, 2019	Australian All Schools Championships, WA Athletics Stadium, Perth
Mar 22-29, 2020	Australian Athletics Championships, SOPAC, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See http://www.brisbane2020nationals.com.au/

2019 IAAF Race Walking Challenge Series (remaining race meets)

Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Jul 26-Aug 11, 2019	Pan American Games, Lima, PER (50km and 20km)
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sep 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Mar 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2021 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)