



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

14 year old Melbourne walker **Kyle Swan** is my pick for Walker of the Week. Kyle, on holidays in America, made the most of the opportunity and competed in the USA Indoors 5000m Walk Championships in Rochester, NY. Here in Australia, we have no indoor meets and so this was a unique chance for Kyle to experience a very different sort of racing on a short 200m track. And he produced the goods, being fifth over the finishing line in 24:57.88. As his dad Terry explained on their family blog

There were two races. Kyle was entered in the fast section. At 14yrs, he was the youngest by far. He didn't do his fastest time but given we've been on the road for 4 weeks, covered 6000kms with limited training and no track work, he did exceptionally well, coming in fifth overall in a 24.47 5k. They made quite a fuss over him, photos with the Aussie and even presented him with a medal. Fantastic people and very welcoming.



Kyle Swan competes in the USA 5000m championship last weekend
Photo: <https://twitter.com/USATFNiagara/status/416933584264773633/photo/1>

USA INDOOR OPEN AND MASTERS CHAMPIONSHIPS, ROCHESTER, NY, SATURDAY 29 DECEMBER 2013

The USA National 5000m Indoor walk champs were held at the Rochester Institute of Technology in Rochester, NY, last weekend. As discussed above, young Melbourne walker **Kyle Swan** made the most of a unique opportunity and tested himself out in his first ever indoor race, finishing fifth overall in 24:57.88 with a great walk. His dad Terry Swan also joined in as part of the judging panel. Overall, **Michael Mannozi** won the men's championship with 22:04.04 and **Miranda Melville** won the women's championship with 22:40.03.

1.	Michael Mannozi	27	Shore AC	12:40.36	22:04.04
2.	Miranda Melville	24	NYAC	13:16.20	22:40.03

3.	Dave Swarts	48	Pegasus AC	14:06.73	23:38.55
4.	Dave Talcott	53	Shore AC	14:42.75	24:41.36
5.	Kyle Swan	14	Athletics Nu - Australia	14:58.88	24:57.88
6.	Katie Burnett	25	Unattached	14:30.45	25:44.62
7.	Chelsea Conway	24	Shore AC	16:52.23	27:57.95
8.	Meaghan Podlaski	16	Unattached	16:55.14	28:23.35
9.	Bailey Kem	17	Penfield AC	16:51.99	28:52.36
10.	Don Lawrence	53	Fleet Feet Albany	17:19.27	29:35.31
11.	James Miner	65	Syracuse Track Club	17:40.78	29:42.74
12.	Irene Fletemeyer	18	Racewalk Maryland	17:52.10	30:18.04
13.	Carol Bendall	55	Fleet Feet Albany	18:02.45	30:40.29
14.	John Fredericks	65	Freehold Area Runners Club	18:06.72	30:54.55
15.	Debbie Topham	60	Pegasus AC	18:34.28	30:59.10
16.	Rebecca Benjamin	47	Pegasus AC	18:54.63	31:26.75
17.	Sandy Archibald	54	Bytown Walkers Club - Canada	19:21.91	32:18.63
18.	Byron Kaelin	54	World Class Racewalking	20:07.05	33:57.34
19.	James Carmines	70	Unattached	20:25.56	34:08.45
20.	Ron Salvio	65	Freehold Area Runners Club	21:48.85	36:59.15
21.	S. Kay Carmines	67	Unattached	28:21.50	37:06.98
	Charles Boyle	90	Potomac Valley TC		DNF
	Terry Copeland	76	Potomac Valley TC		DQ



USA 5000m competitors – Kyle on left hand end (photo www.detak.com.au)

USATF SOUTH TEXAS RACEWALKING CAMP, PSJA STADIUM, PHARR, TEXAS, SUNDAY 29 DECEMBER

Also in USA, a series of track walks were held as part of the 4 day USATF South Texas Racewalking Camp in Pharr, Texas, last weekend. The camp was for underage walkers and the 3000m walk, held at PSJA stadium, one of the largest high school stadiums in Texas, saw 44 racewalkers in action. An additional 9 walkers competed in a 10,000m walk held during the interlude between sections of the 3,000m and the youngsters witnessed two new national records. The first was by **Rachel Seaman** of Canada whose time of 44:25 broke Allison Baker's Canadian record that had stood since 1993. The second was by **(Jessica) Siu Nga Ching** from Hong Kong who produced a new Hong Kong national record of 48:45. Rachel's husband **Tim Seaman** won the men's 10,000m in 44:24 which was a pretty impressive M40 walk.

Molly Josephs was the top finisher in the women's 3,000m walk with a time of 14:37 while in the men's 3,000m race walk it was a 15 year old from Chihuahua, Mexico, who dominated. Taking the lead at the gun **Federico Gonzalas** sped through the first mile in

7:01 to win the title in 13:05. Closing rapidly at the end was Elgin, Illinois, senior Anthony Peters with a time of 13:18.

Some great photos by Vince Peters from the second day of Race Walk camp and the 3,000m/10,000m races are posted on-line at https://www.facebook.com/vince.peters.391/media_set?set=a.10152173468182953&type=1.



Rachel Seaman on her way to her new Canadian Record – photo Vince Peters

3,000m Walk Male

1.	Frederico Gonzalez	M15	Mexico	13:05
2.	Anthony Peters	M17	Elgin Sharks Ill	13:18
3.	Cameron Haught	M15	Miami Valley TC Oh	14:30
4.	Geraldo Bebe Flores	M17	South Texas WC TX	14:38
5.	Steve Berry	M14	unattached Utah	14:52
6.	Ricky Rosa	M20-24	Puerto Rico	14:55
7.	Jack Lazor	M17	Madison CT	15:13
8.	Matias Serna	M15	San Juan TX	16:09
9.	Nehemiah Cionelo	M13	Cougar TC NM	16:16
10.	Michael Belovich	M14	Miami Valley TC OH	16:26
11.	Jonathan Aguilar	M13	Alamo TX	16:36
12.	Christian Rios	M12	LBJ MS, Pharr TX	17:58
13.	Emilo Mancha	M17	Elgin Sharks Ill	18:34
14.	Abisai Aguilar	M16	Alamo TX	20:28

3,000m Walk Female

1.	Molly Josephs	F19	Missouri Baptist U Mo	14:37
2.	Diana Miranda	F16	Mexico	14:42
3.	Laisha Antillon	F14	Mexico	15:07
4.	Katie Michta	F17	Walk USA NY	15:46
5.	Katherine Newhoff	F16	Walk USA NY	16:02
6.	Jennifer Lopez	F17	Elgin Sharks Ill	16:15
7.	Anali Cisneros	F16	Elgin Sharks Ill	16:19
8.	Fiona Dunleavy	F17	LC HS, Rowlett, TX	16:22
9.	Charlotte Walkey	F15	Miami Valley TC OH	16:25
10.	Emily Belovich	F16	Miami Valley TC OH	16:26
11.	Miriam Andablo	F20-24	Monton College Ill	16:27
12.	Saura Pasillas	F17	Mexico	16:56
13.	Camilia Vicens	F11	Track Houston TX	16:57
14.	Caitlin Palacio	F15	unattached CA	17:04
15.	Sagan Leggett	F16	Ichabod Crane HS NY	17:08
16.	Valia Vaitones	F17	Tinkerton Academy NH	17:13
17.	Kaitlyn Loeffler	F21	Central Methodist U. MO	17:16
18.	Gisela Flores	F13	Liberty MS, Pharr Tx	17:34
19.	Melissa Endy	F14	Westfield HS NJ	17:34
20.	Rithika Valturi	F11	Palo Alto CA	18:20
21.	Nayeli Cisneros	F15	Elgin Sharks Ill	18:20

22.	Lily Stoneman	F11	Houston TX	18:35
23.	Denise Aguilar	F16	Houston TX	19:05
24.	Jesi Heisner-Whatley	F14	Greenville SC	19:51
25.	Itzel Gonzalez	F13	San Juan TX	19:53
26.	Tori Heaisner-Whatley	F14	Greenville SC	19:57
27.	Gina Bentley	F14	Valencia CA	21:02
28.	Rebecca Snachez	F12	San Juan TX	21:13
29.	Carolina Hernandez	F9	Alamo TX	22:51
	Ellery Lagerhausen	F20	Ashford U IA	DNF

10,000m Walk Women

1.	Rachel Seaman	F25-29	Canada	44:25 NR Canada
2.	(Jessica) Siu Nga Ching	F25-29	Hong Kong	48:45 NR Hong Kong
3.	Natalia Alfonso	F19	Missouri Baptist U	55:56

10,000m Walk Men

1.	Tim Seaman	M40-44	NYAC	44:24
2.	Nick Christia	M20-24	Missouri Baptist U	44:25
3.	Alex Chavas	M20-24	Missouri Baptist U	45:15
4.	Emmanuel Coruera	M20-24	Cuyamaca Community College	45:16
5.	Jonathan Hallman	M20-24	Shore AC	50:00
6.	Ian Whatley	M50-54	World Class RWers	52:52

2013 WORLD RANKING LISTS – JUNIOR AND U18

The Marcialtaliana website reports on the All-Athletics 2013 World ranking lists for U20 and U18 men and women. It makes for great reading and there are lots of Australian walkers in the mix.

U18 Girls 5000m	http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1649
U18 Boys 10,000m	http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1647
U20 Girls 10,000m	http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1646
U20 Boys 10,000m	http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1644

NEW JAPANESE JUNIOR 10,000M TRACK WALK RECORD

On Saturday December 14, 18 year old Japanese walker **Daisuke Matsunaga** (Toyo University), who was 2nd in the 2012 Junior Asian Championships, bettered the current Japanese U20 10,000m record with a time of **39:08.23** in an athletics meet in Tama near Tokyo. The previous record was 40:11.71, set by Takumi Saito (Toyo University) at Gifu in 2012. The feat is well documented by Marcialtaliana in http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1645.

A week before Matsunaga's walk, another "rising star" Eiki Takahashi (Iwate University), born in 1992, bettered the current Open record with a time of 39:06.87 (the previous record was 39:07.84 and belonged to Koichiro Morioka).

The top 6 places from Matsunaga's walk read as follows:

1.	Matsunaga, Daisuke	(Toyo University, 95)	39:08.23
2.	Matsizaki, Takaki	(Toyo University, 92)	39:42.38
3.	Kota Yamada	(Juntendo University, 94)	41:03.62
4.	Kanno Tomofumi	(Toyo University, 93)	41:28.70
5.	Yasuda Takaki	(Iwate University, 94)	42:52.69
6.	Try Kawashima	(Josai University, 95)	43:00.36

TIM'S TOP TEN WOMEN FOR 2013

This week I focus on our women and select my Top Ten Australians for the year. Like my selections for the men in last week's newsletter, it is very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As usual, it was a very tough task.



1. Tanya Holliday

25 year old Tanya started off the year with some very fast track times in Adelaide (12:27 for 3000m and 21:37 for 5000m in January) before winning the Australian 20km championship in Hobart in February with 1:34:22. She showed her fitness again in June with a double win at the LBG Canberra - 10 Miles in 1:14:03 and 5km in 23:07 - before another strong walk to win the Victorian 20km championship (1:36:03). She finished as the top Australian at the IAAF World Champs in Moscow in August, coming 45th with 1:35:18 to round off a strong year.



2. Kelly Ruddick

40 year old Kelly had her finest year thus far in 2013, steadily improving her times over all distances race after race and setting a whole swag of new W40 Masters World Records. But it was her walking in the Open division which really showed out and her win in the Australian Open 20km championship in Launceston in September in 1:33:15 actually gave her the top national ranking for that distance for the year. Her PBs have all been set this year - 2000m in 8:22, 3000m in 13:02, 5000m in 21:50, 10km in 45:26 and 20km in 1:33:15.



3. Jemima Montag

15 year old Jemima had another great year, albeit interrupted by a winter away preparing for and competing as a runner at the Maccabi Games in Israel. Her early year form was excellent (6:31 for 1500m, 9:04 for 2000m and 23:57 for 5000m) in the January/February period. That marked the end of her competitive walking until September when she bounced back with times of 23:42 (5000m), 13:13 (3000m), 22:55 (5000m), 8:37 (2000m) and 49:22 (her inaugural 10km road at Fawkner Park in December). Along the way, she convincingly won the Australian All-Schools U16 3000m (13:20) in Townsville in warm conditions. All in all, untouchable in her age group and one of our best juniors at only 15 years of age.



4. Rachel Tallent

This year 20 year old Rachel faced up to the tough transition to senior ranks. She started off with a good 3rd place in the Australian 20km champs in Hobart in February (1:36:50) and then followed up with a further PB in China in March (1:34:53). She walked well in Canberra in June (2nd in the 10 Mile event in 1:16:45) but was an unfortunate DNF in the Summer Universiade in Russia in July. She bounced back in September with 2nd in the Australian 20km winter roadwalk championship in Launceston with 1:38:06 but was then a DNF in Fawkner Park in December. So a slightly inconsistent year but a great first senior year overall.



5. Tayla-Paige Billington

16 year old Tayla-Paige started her year well with third in the Australian Youth Olympics 5000m in Sydney in January (25:26). She then won the Australian U18 5000m walk at the annual T&F Champs in Perth in March in 24:40. It was then a long break from national competition until her second place in the Australian U18 5km road championship in Launceston in September in 25:02. Travelling to NZ in November, she walked her first 10km in an excellent 50:41, then won the Australian All-Schools T&F Champs U18 5000m in a PB 24:01 in December and finally to Fawkner Park that same month for a superb 49:08 for the 10km road to top our junior ranking list and achieve an all important 2014 World Junior ranking performance.



6. Jessica Pickles

19 year old Jess is another one of our young walkers who has had a good year. She won the AA Invitational U20 10km roadwalk in Hobart in February with 49:34 before winning the Australian Junior T&F U20 10,000m walk in Perth in March with 49:14. She was 2nd in the invitational 5000m walk at the Australian Open T&F Champs in Sydney in April with 38:18. We then had to wait for her next national outing when she won the Australian U20 10km roadwalk in Launceston in September in 49:55. She was then selected for the Hong Kong 10km in October and won in 51:29. The only blip in her year was a DQ in her first 20km at Fawkner Park in December. But overall, an excellent year in which she recorded Pbs for 1500m (6:17). 3000m (13:12) and 5000m (23:17).



7. Stephanie Stigwood

23 year old Steph had a very good year which started with a PB time of 48:35 to win the Tasmanian 10,000m Track Championship. She then PB'd again in Hobart in the Australian 20km championship (1:38:33) in February before walking another PB (23:24) in the 5000m invitational walk at the Australian T&F Champs in Sydney in April. She was selected for the Summer Universiade Games in Russia in July and came 16th in 1:45:05. She won the RWA 10km championship in Launceston in September in another good time of 48:36. Her only blip was a DNF at Fawkner Park in December but overall a breakthrough year.



8. Lauren Bourke

23 year old Lauren was another to show big improvement during 2013. She started the year with a PB in the Hobart 20km (1:46:52) in February before good 5000m track walks in the Sydney track classic (23:42) and the Australian T&F Champs (24:10). She did the double in Canberra in June – 3rd in the 10 Mile with 1:23:08 and 2nd in the 5km with 24:52. She improved her 20km PB in Launceston in September for 3rd with 1:43:40 and improved again at Fawkner Park in December for 2nd with 1:42:25. Lots of PBs for the year – 3000m (14:10), 5000m (23:42), 10km (48:09) and 20km (1:42:25).



9. Clara Smith

15 year old Clara is in my yearly list as usual but a quieter year for her with a lot less racing than in past years. She won the U16 3000m at the Australian T&F Champs in Perth in March (13:55), won the Australian U16 5km at the Australian roadwalk champs in Launceston in September (25:21) and was 2nd in the U16 3000m walk at the Australian All-Schools T&F Champs in December (14:03). And a couple of very good PBs to report – 1500m in 6:36 and 5000m in 23:08.



E10. Heather Carr

64 year old Heather Carr had another wonderful year, not only dominating her W60 age group world wide but also competing successfully against her many younger rivals on the local Australian scene. She won 3 golds at the Australian Masters T&F Championships in Canberra in March (1500m 7:39, 5000m 27:35 and 10km 57:13), she was 10th in the Open 10 Mile in Canberra in June (1:37:39), she won 3 golds in the Australian Masters Games in Geelong in October (1500m 7:46, 3000m 16:05, 5000m 27:31) and she won 3 golds in the World Masters Championships in Brazil a couple of weeks later (5000m 28:26, 10km 1:00:19 and 20km 2:08:01). She also recorded a very good 20km time of 2:02:36 in Melbourne in August.



E10. Michelle Thompson

45 year old Michelle continues to dominate the ultra walking scene in Australia. She was the first walker to finish in the Injini 12 Hour Endurance event in Canberra in February (100.986km), she won the Coburg 6 Hour Track Championship in March in Melbourne with a new Australian best of 55.865km, she won the Coburg 24 Hour Track Championship with 184.724km, breaking a whole swathe of Australian records along the way, and finally she walked a wonderful time of 11:58:54 in the Ned Kelly Chase 100km in Wangaratta in October. She also recorded a couple of pretty impressive 20km times in local VRWC competitions - 1:56:41 in June and 1:59:50 in December.



E10. Regan Lamble

22 year old Regan would be the first to admit that she had a patchy year but when she did walk well, it was worth watching. She was a DNF in the 20km in Hobart in February but bounced back with a fine 1:34:03 in China in March and then 3rd in the Sydney Track Classic 5000m with 22:32. She failed to finish the LBG 20 miler in June but again bounced back with 4th in the Dublin RW Grand Prix with 1:35:33. Unfortunately she became sick and was not able to compete in the World Championship 20km in August in Russia and has not made any walk appearances since. She has now relocated from Canberra back to Melbourne to live and hopefully this will provide the necessary boost to ensure that 2014 sees her back to her best.



E10. Jess Rothwell

We were excited to see 24 year old Jess come back after a few years out with injury issues. She started the year well with some great 5000m track walks – 21:28 in the Sydney Track Classic and 21:37 in the Australian T&F invitational walk. She produced a good 20km time of 1:34:13 in the Sesto San Giovanni meet in Italy in May but did not pull up well and consequently fell back a little in the World Champs in Moscow where she finished with 1:38:03. We hope to see her continue her comeback in 2014.

OUT AND ABOUT

- We read from the Irish Independent web site that Alex Wright is in the process of changing his international allegiance to Ireland. Though we are sorry to see Alex leaving these shores we all wish him well in his future endeavours.
<http://www.independent.ie/sport/other-sports/athletics-wright-eyes-irish-switch-after-dublin-success-29860699.html>
- IAAF Racewalking Committee chairman Maurizio Damilano interviewed about 2013 and what will be ahead on 2014. See http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1654

VRWC FALLS CREEK CAMP KICKS OFF

Our annual VRWC walks camp kicked off last Saturday in the Victorian alpine village of Falls Creek. At an altitude of just under 1600m, the camp is high enough to provide some altitude training effect and the walkers and staff are now into day 4 of the action. So far we have 16 attendees here with another 6 to arrive over the next few days. When everyone arrives, it will be a great group which includes

Simon and Alison Baker (and Elliott), Tim Erickson, Sabrina and Graham George
Katya Martin (QLD)

Jasmine Dighton, Kirsty Klein, Shae Southern and Tabitha Porley (QLD)

Adam Garganis, Brad Simpson, Hayley and Stephanie George, Jason Kozica, Jesse Osborne, Lucas Taylor, Reese Walmsley, Ross Darlow and Danny Hawksworth (VIC)

Peter Ryan (UK)

It's been great weather so far and the training has been solid. A selection of photos follows, just to give some idea of what we are up to. Things are shaping up for a great camp.



Training – Graham, Peter, Tim, Steph, Brad, Jasmine, Katya, Adam, Hayley, Reese, Ross, Lucas, Jesse and Simon



Left: Getting ready to training



Right: Brad steps out



Left: Adam leads out the group early



Right: Jasmine strides out



Hungry after another big day

WHAT'S COMING UP

It's time for a well earned break for our walkers. Once we return, racewalking opportunities will come thick and fast for Victorians. The first month of 2014 is very busy

Jan 4-12, 2014	Oceania Masters Championships, Bendigo (5 Jan 10km walk, 8 Jan 3000m, 10 Jan 5000m)
Sat Jan 11, 2014	AV Shield Round 6 (3000m/1500m)
Sat Jan 18, 2014	AV Shield Round 7 (2000m)
Sun Jan 19, 2014	AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park
Jan 19-22, 2014	LAVic JDS Camp
Jan 24-26, 2014	Victorian Country T&F Championships, Ballarat
Sat Feb 1, 2014	AV Shield Round 8 (3000m/1500m)
Sun Feb 2, 2014	Australian 20km Road Walk Championships & Oceania Race Walking Trophy, Hobart

We kick off with our **VRWC Camp at Falls Creek** on Saturday 28 December with 22 confirmed participants, including walkers from as far away as QLD and NSW. I will be going and I certainly look forward to what has now become an annual fixture. Still a couple of spots left but get in quick and email Simon Baker (Simon.Baker@depi.vic.gov.au) or me (terick@melbpc.org.au).

The **Oceania Masters Championships** kick off in Bendigo on Saturday 4 January with lots of our Masters walkers in action, contesting 10km roadwalks, 3000m track walks and 5000m track walks. See <https://www.omabendigo2014.com.au/> for full details. Alas, entries have now closed.

The **Victorian 5km Roadwalk Teams Championships** will be held at Middle Park on Sunday 19 January. This annual event is open to any currently registered AV walker and club teams of 3 men and 3 women will vie for the title of the top walking club. You must pre-enter this event via AV - entry panel at <http://www.athsvic.org.au/events/detail/2014-av-walks-series-5km-team-walk>. You enter as an individual. Once 3 male or 3 female walkers from your club have entered, you have a team. If more than 3 enter, the first 3 across the line count towards the team performance.

The **Victorian Country T&F Championships** are in Ballarat over the Australia Day long weekend, 24-26 January. Again, entries are via AV - see <http://www.athsvic.org.au/events/detail/2014-victorian-country-championships>. Entries close on 14th January so don't delay. Remember that metropolitan athletes can also compete by invitation by filling in the entry form.

The **Australian Roadwalk Championships** will be held in Hobart on Sunday 2 February. This meet will also include the 2014 World Walking Cup U20 10km trial so our top junior walkers will also be in action. You must enter this via Athletics Australia - see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1068&OrgID=887. Entries are now open and will close on Mon 17 January. This event also hosts the Oceania Racewalking Cup in which Australian U23 and U20 teams compete against New Zealand Open and U23 teams. The Australian team will be selected from those walkers who enter and who have bettered the team qualifying standards - see <http://www.rwa.org.au/aevents-2.shtml> for further details.

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.

2013/2014 Australian/Victorian Summer Season Key Dates

Dec 28 - Jan 10	VRWC Camp, Falls Creek
Jan 4-12, 2014	Oceania Masters Championships, Bendigo - see http://www.omabendigo2014.com.au
Sun Jan 12, 2014	Regal Racewalkers Racewalking Seminar, SOPAC, Sydney
Sun Jan 19, 2014	AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park
Jan 24-26, 2014	Victorian Country T&F Championships, Ballarat
Feb 2, 2014	Australian 20km Race Walking Championships, Hobart (TAS)
	Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
May 3-4, 2014	26th IAAF World Race Walking Cup, Taicang, China
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA

2014 European Athletics Permit Meets

Mar 16, 2014	Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
Mar 22, 2014	Dudinska 50, Dudince, Slovakia
Apr 5, 2014	Grand Prix of Rio Maior, Rio Maior, Portugal
Apr 12, 2014	Podebrady, Podebrady, Czech Republic
Jun 8, 2014	British Grand Prix of Racewalking, York, England
Jun 13, 2014	International Festival of Alytus, Lithuania
Aug 31, 2014	Voronovo Cup, Moscow, Russia

2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 24, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

Looking even further forward

2015	28th Summer Universiade, Gwanju, Korea
2015	9th World Youth T&F Championships, Cali, Colombia
August 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
May 2016	27th IAAF World Race Walking Cup, Cheboksary, Russia
2016	21st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com/
Aug 2016	31st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
2017	29th Summer Universiade, Taipei
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
May 2018	28th IAAF World Race Walking Cup, Cheboksary, Russia
2018	Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)
July 2020	32nd Olympic Games, Tokyo

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