



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 13  
30 December 2014



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### TIM'S TOP TEN MEN FOR 2014

It's that time of the year again so off we go with my Top Ten Men for 2014. As usual, our top international walkers top the bill but there are some new faces further down the list. These are very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. As usual, it was a very tough task. Of course, your picks might differ. Anyway, read on.

My women's list will be in next week's newsletter.



#### 1. Jared Tallent (SA)

With a bronze medal in the 2014 IAAF World Cup 50km in May (3:42:48), 30 year old Jared Tallent deservedly takes top billing in my yearly list. This, combined with his second place in the 2014 IAAF Race Walking Challenge Series, continues his many years of ongoing excellence. A record breaking 8<sup>th</sup> win in the annual LBG 20 Miler in June (2:27:27) added additional icing to the cake. But it was not all good news with a DQ in the Australian Summer 20km championship and a DNF in the Australian 50km championship.



#### 2. Dane Bird-Smith (QLD)

22 year old Dane Bird-Smith continues to improve quickly and is now ranked amongst the top 20km walkers in the world. How's this for a list of major performances - a win in the Australian Summer 20km championship (1:22:39), a win in the Australian 10,000m championship (38:57), a win in the Queensland Track Classic 5000m (18:59), 14<sup>th</sup> in the IAAF World Cup 20km in a PB 1:21:42, a great overseas tour mid year which included a fantastic 10:56 in winning the Cork City 3000m in Ireland, a win in the Australian Winter 20km roadwalk championship (1:27:38) and a huge second place in the 4 Day Lake Taihu Tour in China in October (only a 1 minute penalty in the final stage cost him the win). Without doubt the next great hope for Australian walking and a definite medal possibility for the next Olympics.



### 3. Chris Erickson (VIC)

33 year old Chris Erickson had his best year ever with PBs in both 20km and 50km and his highest ever international finish (apart from Comm Games which are pretty small fare nowadays). Starting the year with second in the Australian Summer 20km championship (1:25:23), he followed up with a PB 12<sup>th</sup> place in the IAAF Challenge event in Nomi, Japan, in March (1:22:19), 2<sup>nd</sup> in the Australian 10,000m championship that same month in Melbourne (40:51), 10<sup>th</sup> in the IAAF World Cup 50km in May (a PB 3:49:33), second to Jared in the LBG 20 Mile in June (2:31:50) and finishing off with a win in the Australian 50km championship (3:56:38) in December. Nicely positioned with his third Olympics now in site for Rio.



### 4. Nathan Brill (VIC)

18 year old Nathan had a huge battle early on with fellow junior walker Jesse Osborne but it was Nathan who had the better year overall after injury sidelined Jesse. Nathan was second in the World Cup 10km trial in Hobart (PB 42:46), won the Australian U20 10000m in March (43:12), was 7<sup>th</sup> in the World Cup U20 10km in May ((PB 41:07), was second in the LBG 10 Miler in June (1:13:20) and finished 17<sup>th</sup> in the IAAF World Junior 10,000m walk in USA in July (42:54). He has now shifted to Canberra to live and, with the facilities and training partners available there, he should continue his improvement next year.



### 5. Tyler Jones (NSW)

Although overshadowed by older juniors Nathan Brill and Jesse Osborne, 16 year old Tyler had a superb year, being untouchable in his age group and chasing the older duo whenever the opportunity arose. He started the year with 3<sup>rd</sup> in the World Cup U20 10km trial in Hobart in Feb (PB 45:39), won the U17 5000m (22:20) and took third in the U20 10,000m (46:08) at the Australian Junior T&F Champs in March, suffered his only setback for the year when disqualified in the World Cup in May, bounced back with a good double in the LBG carnival in June (3<sup>rd</sup> in the Open 10 Mile with 1:13:53 and 1<sup>st</sup> in the U18 5km (22:45). Won the Australian All-Schools U18 5000m in December with a PB 21:03 and then followed it up a week later with a PB 44:13 win in the U20 10km at Fawkner Park. Currently leading the pack towards the 2015 World Youth Champs, a young walker with a big future.



### 6. Jesse Osborne (VIC)

19 year old Jesse Osborne looked unbeatable in the first 4 months of the year, recording PB times of 5:19 (1500m), 7:38 (2000m), 11:19 (3000m), 19:46 (5km) and 41:27 (10km). His combination of speed and endurance and his ability to push himself to the absolute limit marked him out as a special walker. Yet his 12<sup>th</sup> place at the World Cup in May (42:13) showed that all was not well as a niggling hamstring issue refused to go away. Even with ongoing treatment and drastically reduced training, it refused to heal and his 33<sup>rd</sup> place in the IAAF World Junior champs (49:53) was walked in obvious pain. Back home, he was under doctor's orders to take 6-12 months off completely to allow what was now a major tear time to heal. We are now waiting to see the outcome of that enforced layoff.



### 7. Rhydian Cowley (VIC)

23 year old Rhydian Cowley continued to chop away at his PBs this year. He started the year with 3<sup>rd</sup> in the Australian Summer 20km championship in February (1:26:49), came 3<sup>rd</sup> again in the Australian 10,000m walk in March (41:17), came 57<sup>th</sup> in the IAAF World Cup 20km in May (PB 1:23:58), won the Open 10 Mile at the LBG carnival in June (1:12:20) and finished his year with a solid 4 days of racing in the Lake Taihu Rally in China in October.



### 8. Adam Rutter (NSW)

Having not been seen since the London Olympics, 28 year old Adam Rutter dipped his feet back into competitive racewalking in February with 4<sup>th</sup> place in the Australian Summer 20km roadwalk championship (1:27:31), improved to 1:25:11 in Nomi, Japan, in March and improved further in the World Cup in May, finishing 64<sup>th</sup> with 1:24:44. A solid third place in the LBG 20 Mile classic in June (2:32:53), a win in the NSW 30km championship in July (2:21:31) and some solid racing in the Lake Taihu 4 Day race in China in October (with 9<sup>th</sup> on Day 4) capped off a good comeback year. Hopefully 2015 will see further improvement as he works his way back towards his form of old.



### E9. Corey Dickson (VIC)

12 year old Corey Dickson seems untouchable at the moment in the U14 age group and is putting together some excellent times and performances. Started the year with a win in the U14 3000m at the Australian T&F Champs in March (15:16), he followed up with wins in both the U12 2km (9:47) and the U14 2km (an even faster 9:27) at the LBG Carnival in June, and knocked out PBs of 14:28 (3km), 25:35 (5km) and 53:56 (10km) during the year. Not bad for someone who was 11 at the time! Did not contest the other major championships but did enough to justify his place on this list.



### E9. Declan Tingay (WA)

15 year old Declan Tingay was the best in his U16 age group, Australia wide. He won the U16 3000m (13:05) and took 2<sup>nd</sup> in the U18 5000m (22:51) at the Australian Junior T&F Champs in March, won the U16 5km at the Australian Roadwalks champs in August (25:02) and medalled in a good double at the Australian All-Schools T&F Champs in December (1<sup>st</sup> in the U16 3000m with 13:19 and 2<sup>nd</sup> in the U18 5000m with 23:16).



### 10. Adam Garganis (VIC)

17 year old Adam Garganis is another very talented junior male walker. He signalled his intentions with 4<sup>th</sup> in the World Cup trail in Hobart in Feb (46:19), won the U18 5000m (22:32) and was 4<sup>th</sup> again in the U20 10,000m (46:04) at the Australian Junior T&F Champs in March, had a huge triple at the LBG Carnival in June (4<sup>th</sup> in the Open 10 Mile with 1:13:56, 2<sup>nd</sup> in the U20 10km with 49:57 and 4<sup>th</sup> in the U18 5km with 23:28) and finally took 2<sup>nd</sup> in the U18 5000m at the Australian All Schools in Dec (22:54).

## WHAT'S COMING UP

The **Athletics Victoria Shield competition** continues in 2015 with the next two further rounds in mid January. Key dates read as follows

Sat Jan 10, 2015	AV Shield – Round 9 - Zone v Zone
Sat Jan 17, 2015	AV Shield - Round 10 - Zone v Zone

Although our **Falls Creek Camp** is now underway, **we have room for 2 more girls or a couple in Week 2 (Sun 4 Jan – Sat 10 Jan) so if interested, contact me asap and start chatting.**

Our next **VRWC Road Races** are on Sunday 18 January 2015 at Middle Park. This meet also includes the **AV 5km Teams Walks**. Registrations for the AV Teams Championship are now open – go to <http://athsvic.org.au/events/calendar/> and click on the registration button for this event. Get busy and get your team organized. This event is often quite open and you never know your chances of scoring a place and being in the medals! The timetable for the day reads as follows:

<b>Sun 18 January 2015, VRWC Road Races (and AV 5km Teams Walks), Middle Park</b>		
8.30am	20km, 15km, 10km	Open
<b>9:30am</b>	<b>AV 5km Teams Championship</b>	<b>Open Men / Women</b>
	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

The rules for the AV Teams Championships read as follows:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed via the proper entry method as advised by Athletics Victoria.

The AV 5km Teams Championships are one of a number of key dates for which you must pre-enter. Others coming up soon include

Jan 23-25, 2015 **Victorian Country T&F Championships, Bendigo.** Entries close Sunday 11 January.  
Enter at <http://athsvic.org.au/event/2015-victorian-country-championships/>

Sat Feb 7, 2015 **Canberra Track Classic (5000m Walks).** Entries close Friday 9 January.  
Enter at <http://www.athletics.com.au/Compete/Online-Entries>

Sun Feb 22, 2015 **Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA.**  
Entries close on Friday 30 January. Enter at <http://www.athletics.com.au/Compete/Online-Entries>

Alas, no local races to report this week so straight to overseas news.

**UKRAINIAN CUP 'VLADIMIR GOLUBNICHY', SUMY, UKRAINE, WEDNESDAY 24 DECEMBER**

151 walkers from 9 districts participated in the annual Ukrainian Cup indoor racewalks on Christmas Eve in the city of Sumy, with 5000m and 10,000m on offer for the men and 3000m and 5000m on offer for the women. Overall, Zhytomyr district won the teams category with 292 points ahead of Sumy with 228 and Kiev with 176. The main events were won by Ihor Hlvaan (39:06.1) and Lyudmila Olyanovska 21:21.1 while the shorter distances were won by Tatiana Kryvohyzha (11.13,30) and Petro Garnik (8.34,12). The meet was well reported by <http://omarchador.blogspot.pt/2014/12/olyanovska-e-glavan-vencem-taca-da.html>.

**Men 5000m Race Walk indoor - 24.12.2014**

1.	Anton RADKO	UKR	95	21:24.9
2.	Volodymyr MYTSYK	UKR	97	22:15.1
3.	Dmytro HARNYK	UKR	98	22:37.3
	Serhiy KLYMENCHUK	UKR	95	DNF
	Volodymyr YUKHYMCHUK	UKR	96	DNF

**Men 10,000m Race Walk indoor - 24.12.2014**

1.	Ihor HLAVAN	UKR	90	39:06.1
2.	Ivan BANZERUK	UKR	90	41:13.9
3.	Oleksandr VENHLOVSKIY	UKR	85	41:22.4
4.	Serhiy SVITLYCHNIY	UKR	94	42:06.1
5.	Oleksiy BILORUS	UKR	92	43:52.1
6.	Nazariy STEPANYUK	UKR	94	51:18.5
	Volodymyr HONTZOVSKIY	UKR	91	DNF

**Women 3000m Race Walk indoor - 24.12.2014**

1.	Ksenia BYELOVA	UKR	98	14:33.1
2.	Yuliya BALYM	UKR	97	14:43.2
3.	Oksana KULAHINA	UKR	97	15:20.0
4.	Iryna CHERNUKHA	UKR	98	15:21.5
5.	Yuliya SOLOHUB	UKR	97	15:57.5
6.	Diana DANILYUK	UKR	98	16:22.7

**Women 5000m Race Walk indoor - 24.12.2014**

1.	Lyudmila OLYANOVSKA	UKR	93	21:21.1
2.	Halina YAKOVCHUK	UKR	92	22:50.6
3.	Valentyna MYRONCHUK	UKR	94	23:19.7
4.	Nataliya KONTSEVICH	UKR	84	23:35.2
5.	Yelena SHEVCHUK	UKR	86	23:46.3
6.	Kseniya RADKO	UKR	94	23:58.0
7.	Viktoriya FERENTS	UKR	93	24:00.9
8.	Alina TSVILIIY	UKR	94	25:39.2
9.	Olha HARNYK	UKR	96	26:01.6
10.	Yevgeniya LYUBCHENKO	UKR	96	29:58.8

**STUDENT STARS COMPETITION, MOSCOW, RUSSIA, 21-22 DECEMBER**

A few days before, the Russians were in action with their own 5000m indoor comps, wins going to Viktor Kanyshev 20:21.2 and Natalya Serezhkina 23:17.9.

**Men 5000m Race Walk Indoor**

1.	Viktor KANYSHEV	RUS	91	20:21.2
2.	Zakhar SLIVA	RUS	98	20:43.7
3.	Nikolay IVANOV	RUS	93	20:55.1
4.	Aleksandr NIKITIN	RUS	88	21:20.3
5.	Vladimir NIKITIN	RUS	88	21:29.3
6.	Mikhail LYUBAVIN	RUS	98	21:48.2
7.	Mikhail IVANOV	RUS	98	22:57.7

**Women 5000m Race Walk Indoor**

1.	Natalya SEREZHKINA	RUS	92	23:17.9
2.	Anastasiya SHCHYOGOLEVA	RUS	93	26:10.0
3.	Tatyana TITOVA	RUS	93	26:36.4
4.	Anastasiya PLEVAKO	RUS	94	26:43.2
5.	Irina SHUSHINA	RUS	86	23:30.8
6.	Anna KOKAREVA	RUS	97	24:51.8
7.	Kristina SEMINIKHINA	RUS	97	27:34.4

## USA 5000M INDOOR CHAMPIONSHIP, ROCHESTER, NY, SUNDAY 28 DECEMBER

The USA national 5,000m Indoor Champs, held last weekend at the Rochester Institute of Technology, Rochester, NY, saw wins to Michael Mannozi 22:07.88 and Miranda Melville 22:54.83. There were quite a few National records set as shown below.

### USA 5000m Championship

1.	Michael Mannozi		Shore AC	22:07.88	
2.	Jonathan Hallman		Shore AC	22:15.07	
3.	Zbigniew Sadlej	M50	Pegasus	22:26.35	
4.	Miranda Melville (F)		NYAC	22:54.83	
5.	Steven Washburn			23:31.94	
	Allen James (Guest)			23:37.76	
6.	David Swartz	M45	Pegasus AC	24:08.96	
	Emmerson Hernandez (Guest)		Shore AC (El Salvador)	24:10.88	
7.	Katie Burnett (F)		Unattached	24:37.21	
8.	Erin Taylor Talcott (F)	W 35	Shore AC	25:07.12	
9.	Dave Talcott	M 50	Shore AC	25:07.45	
10.	Meaghan Podlaski (F)		Unattached	25:48.24	
11.	Chelsea Conway (F)		Shore AC	26:20.88	
12.	Rachael Tylock (F)		Mansfield University	26:49.58	
13.	Dan O'Brien	M45	Pegasus AC	26:52.91	
14.	Rasheeda Moncada (F)	W35	Park Racewalkers	28:57.52	
	Vyacheslav Troshkin (Guest)	M65	Park Racewalkers (Russia)	29:00.02	
15.	Don Lawrence	M55	Fleet Feet Albany	29:30.65	
	Kris Kozell (Guest) (F)	W60	Ontario Race Walkers (Canada)	29:41.24	M60 Canada record
16.	Carol Bendall (F)	W55	Fleet Feet Albany	29:46.19	W55 record
17.	Debbie Topham (F)	W60	Pegasus AC	29:50.33	W60 record
18.	Rebecca Benjamin (F)	W45	Pegasus AC	29:52.04	W45 record
19.	John Fredericks	M65		30:49.09	
20.	James Miner	M65	Syracuse TC	30:50.36	
21.	Leon Jasionowski	M70	Pegasus AC	30:58.07	M70 record
22.	Cheryl Armstrong (F)		Raleigh Walkers	31:10.84	
	Anne De Thy Guest) (F)	W60	Ontario Race Walkers (Canada)	32:02.09	
23.	Ron Salvio	M 65	Mansfield University	33:20.01	
24.	James Carmines	M70	So Cal Track Club	34:42.67	
25.	Mary Anne Taylor (F)	W65	So Cal Track Club	37:40.93	
26.	Kay Carmines (F)	W65	So Cal Track Club	37:42.19	

A 10,000m walk was also contested on the track in the first heat. The finishers of that distance were:

### Invitational 10,000m Walk

1.	Jon Hallman	45:36.17	
2.	Zbigniew Sadleg	46:46.92	
3.	David Swartz	48:56.74	M45 record
4.	Erin Taylor-Talcott	51:11.87	W35 and Open Record
5.	Meaghan Podlaski	53:48.93	

Lapsplits are at <http://results.yentiming.com/2015/indoor/12-27-2014-holiday-classic-racewalk-5K.html>

## BITS AND PIECES

Omarchador and marciadalmondo have continued to push out the walking related articles over the Christmas break

- 2014 World list Women - 5000m. track walk - [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1965](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1965)
- 2014 World list Men - 5000m. track walk [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1964](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1964)
- oMarchador selects Yohann Diniz as their world walker of the year - <http://omarchador.blogspot.pt/2014/12/yohann-diniz-figura-internacional-de.html>
- Ana Cabecinha is named as Portuguese Walker of the Year - <http://omarchador.blogspot.pt/2014/12/ana-cabecinha-figura-nacional-de-2014.html>
- Ukrainian Cup results and article - <http://omarchador.blogspot.pt/2014/12/olyanovska-e-glavan-vencem-taca-da.html>
- 1984 a year to remember in Portuguese racewalking history - <http://omarchador.blogspot.pt/2014/12/momentos-historicos-da-marcha-atletica.html>

- The National 50km championship returns to the Portuguese calendar - <http://omarchador.blogspot.pt/2014/12/campeonato-nacional-de-50-km-de-volta.html>
- Guy Thomas wins Tonbridge 5000m in England - <http://omarchador.blogspot.pt/2014/12/taca-de-natal-de-marcha-em-tonbridge.html>

And one final link to complete this section.

- As an endurance athlete, I have been a believer for many years in the use of light weights or body weight exercises rather than heaving heavy weights at the gym. The following article might be slightly controversial but it does have a lot of good points to make about the exercises with heavy weights that you should avoid at the gym if you want a long career as a walker. - <http://www.philly.com/philly/health/sportsmedicine/5-moves-you-should-avoid-at-the-gym.html>

### THE STRENGTH OF RACEWALKING WORLDWIDE

With the various speculative articles published recently concerning a possible culling of events from future Olympics, 1978 Commonwealth Games gold medallist Oliver Flynn of GBR has written the following open letter to IAAF Racewalking Committee President Maurizio Damilano, to put a very compelling case for the retention of the current 3 racewalks in the Olympic program. Well done Olly – great letter!



**2012 Olympics – Olly talks to Australian representative Chris Erickson**

Dear Maurizio

May I take this opportunity in wishing you, and all those copied in, a very healthy and prosperous New Year.

Over the Christmas period I have done further research on racewalking's place in the Olympic Program.

The Men's 20km had 63 participants with 34 nations taking part.

The Women's 20km had 61 participants with 33 nations taking part.

The Men's 50km had 64 participants (1 athlete later being removed from the results) with 35 nations taking part.

In the field events all events have substantially less competitors than the men's racewalking events, albeit only a very few had a similar number of nations participating.

The only individual track events who had either comparable or greater statistics were the men's 100 meters and Marathons. The Men's 200 metres had substantially less competitors but more nations participating. It was the same for the mens Men's 400m and 400m hurdles. The men's 1500m, 5000m and 10000m races were smaller on both counts.

In the Women's events, the difference is even more marked. There are only 2 events which had more competitors and they were the Women's 100m and the Marathon with only a few having a similar number of nations competing. Most had fewer competitors than the Women's racewalk.

When you incorporate the Global Olympic footprint of racewalking, there is no valid reason for even contemplating the removal of any racewalking event from the Olympics. Ours is one of the few Olympic events which has expanded its

global footprint over the last 2 Olympics. It is only ignorance of the facts that has yet again left us having to fight for our rightful place within the Olympic family

Race Walking too with its low cost footprint in entering the sport the case is, I believe, beyond compelling that Race Walking continues to remain firmly entrenched in the Olympic Program.

Yours in sport

Oliver

### FALLS CREEK CAMP GETS UNDERWAY

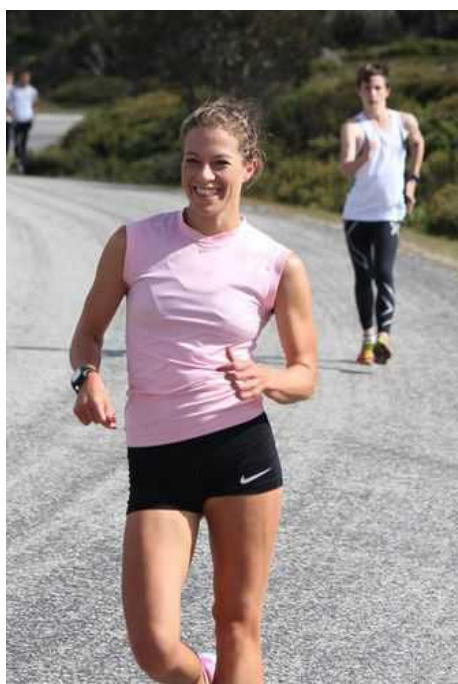
We are now into Day 3 of our annual Falls Creek camp and I am pleased to report that all is going well, with our large group of young walkers (and not so young!) ticking off the training sessions and adjusting well to the 1600m altitude. It has been very cold and windy here so far (in fact this morning was as cold as it gets for training – air temperature 4C and a bitter strong wind) but the forecast is for improving weather from now on. Camp chef Sabby George is keeping us suitably satiated with her fantastic evening fare and entertainment engagement manager Brad Simpson has had us up and about with the first of his many camp activities. And we had our first burst of excitement last night, having to vacate the building after the fire alarm went off just before 11pm. It turned out to be a false alarm but it meant a slightly later night than normal for us.

The camp team reads as follows:

Staff : Simon, Alison and Elliot Baker, Terry and Darlene Swan, Graham and Sabrian George, Jim Leppik and Tim Erickson

Athletes: Adam Garganis (VIC), Alana Barber (NZ), Ally Durr (ACT), Anna Cross (SA), Brad Simpson (VIC), Courtney Rusk (NZ), Danny Hawksworth (VIC), Hayley George (VIC), Heather Lewis (UK). Jared Free (NZ), Jasmine Dighton (NSW), Jayde Hill (NSW), Jonathon Lord (NZ), Kirsty Klein (NSW), Kyle Swan (VIC), Lucas Taylor (VIC), Morgan Mitchell (VIC), Ross Darlow (VIC), Samantha Parkinson (NZ), Steph George (VIC) and Zoe Hunt (ACT)

We are here until Saturday 10 January so more in next week's newsletter. Some initial camp photos, compliments of Simon Baker.



**Alana, Jayde and Steph out for a morning walk**





**Kirsty leads the group**



**The walkers are excited to be heading off training**



**Brrr..why is it always cold in the reservoir**



**Courtney, Ross and Jared**



**Training is such hard work!**



Ahhh . dinner at last

**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.

**2014/2015 Australian/Victorian Summer Season Key Dates**

- Sun 18 Jan, 2015 AV 5km Teams Roadwalk Champs and VRWC races, Middle Park, VIC
- Jan 23-25, 2015 Victorian Country T&F Championships, Bendigo. Entries close Sunday 11 January.  
Enter at <http://athsvic.org.au/event/2015-victorian-country-championships/>
- Sun Feb 1, 2015 VRWC Roadwalks, Middle Park, VIC
- Sat Feb 7, 2015 Canberra Track Classic (5000m Walks). Entries close Friday 9 January.  
Enter at <http://www.athletics.com.au/Compete/Online-Entries>
- Sun Feb 8, 2015 VMA 5000m Walk Champs and VRWC track races, Mentone Athletics Track, Mentone, VIC
- Sun Feb 22, 2015 Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA.  
Entries close on Fri 30 January. Enter at <http://www.athletics.com.au/Compete/Online-Entries>
- Mar 11-15, 2015 Australian Junior T&F Championships, Sydney, NSW
- Mar 14-15, 2015 2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
- Mar 26-29, 2015 Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

**2015 IAAF Race Walking Challenge Dates**

- |                 |  |                          |
|-----------------|--|--------------------------|
| Feb 22, 2015    | Oceania Race Walk Championships  | Adelaide, AUSTRALIA      |
| May 7, 2015     | Circuito Internacional de Marcha Chihuahua 2015                              | Chihuahua, MEXICO        |
| Mar 15, 2015    | Asian 20km Race Walking Championships  | Nomi, JAPAN              |
| Mar 21, 2015    | Dudinska Paldesjatka (D-50-km)   | Dudince, SLOVAK REPUBLIC |
| Apr 11-12, 2015 | African Race Walking Championships   | Maurice, MAURITIUS       |
| Apr 18, 2015    | 24 <sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética | Rio Maior, PORTUGAL      |
| May 1, 2015     | 2015 IAAF Race Walking Challenge   | Taicang, CHINA           |
| May 9-10, 2015  | Pan American Race Walking Cup  | Arica, CHILE             |
| May 17, 2015    | 11th European Cup Race Walking   | Ivano-Frankivsk, UKRAINE |
| Jun 6, 2015     | XXIX Gran Premio Cantones de La Coruña                                       | La Coruña, SPAIN         |
| Aug 22-30, 2015 | 15 <sup>th</sup> IAAF World Championships                                    | Beijing, CHINA           |

**Looking further forward**

- July 3-14, 2015 28<sup>th</sup> Summer Universiade, Gwanju, South Korea
- July 15-19, 2015 9<sup>th</sup> World Youth T&F Championships, Cali, Colombia
- Aug 22-30, 2015 15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China. See <http://www.iaafbeijing2015.com>
- July/Aug 2015 20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France
- Aug 15-16, 2015 **104<sup>th</sup> Centurions 100 Miles qualifying walk**, Castletown, Isle of Man  
See <http://www.isleofman100milewalk.co.uk/index.html>
- Oct 3-10, 2015 Australian Masters Games, Adelaide, SA
- Nov 21-29, 2015 Pacific Schools Games, Adelaide, SA
- May 2016 27<sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
- July 19-24, 2016 16<sup>th</sup> World Junior T&F Championships, Kazan, Russia
- Oct 26 -Nov 6, 2016 21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>

Aug 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
July 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo

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