



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKERS OF THE WEEK

My walker of the week this time around is shared between two talented young ladies, both of whom walked 10km last weekend, one in South Australia and one in Victoria.

22 year old South Australian **Kristie Goznik** won the South Australian 10,000m track walk championship on Sunday in Adelaide in a huge PB time of **47:51.98**. Kristie, whose previous PB was 49:55 (set in December 2011), represented Australia in the 2012 World Cup U20 10km roadwalk in Saransk, Russia, coming 30th in 51:26. Since then, she has backed off her walking to work on her post-school career but came back onto the scene in 2014 and has been steadily regaining form since then. At the national roadwalk championships in Melbourne in August, she came 2nd in the Open Women's 20km with a PB 1:42:11 but has really raised the ante with her walk on Sunday. I think she is going to give that 20km time a real nudge downwards pretty soon.

17 year old Victorian **Jemima Montag**, walking in our VRWC road races at Middle Park on Saturday, won the women's 10km with an excellent **48:01**, a time that beats the Athletics Australia qualifying standard for the 2016 World Junior Championships. Jemima represented Australia in the 2014 World Cup U20 10km (12th in 47:34) and in the 2015 World Youth Championships 5000m walk (11th in 23:46). She has just finished her school year and her walk on Sunday shows that she is well positioned to bounce back into top form once again as the summer progresses.



Jemima and Kristie pictured last weekend

WHAT'S COMING UP

This weekend sees the **Australian All-Schools Championships** at Lakeside Stadium in Melbourne with the walks spread over 3 days

- Fri 4 Dec 8:15PM 5000m Walk Under 18 Girls/Boys
- Sat 5 Dec 3:20PM 3000m Walk Under 14 Boys/Girls
- Sun 6 Dec 11:00AM 3000m Walk Under 16 Boys/Girls

Competitor listings are found at <http://athletics.com.au/Portals/56/Competition/Documents/2016/All%20Schools%20Entries%20-%20Full%20List7.11.15.pdf>. Good luck everyone!

Looking one week further ahead, the **2015 Australian 50km Roadwalk** Championship will be held as usual at Fawkner Park (rated by Jared Tallent as his favourite course) on **Sunday 13 December**. This is a chance for walkers to get a qualifying time on the board for the 2016 World Race Walking Teams Championships or 2016 World Junior Championships (even though we don't know as yet what times AA is expecting) so anyone who is seriously chasing a berth should consider competing.

Entries for all events can now be submitted via the AA website - https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1542&OrgID=887. The timetable for the day is

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km non-championship Walk: Men and Women	Cut-off: Men 2 hours, Women 2 hours 15 mins
9.00am	10km non-championship Walk: U20 Men and Women	Cut-off: Men 56 mins, Women 60 mins
10.00am	5km non-championship Walk: U18 Men and Women	Cut-off: Men 28 mins, Women 30 mins

The field for the Australian 50km looks like being a strong one with the current entries as shown below. Chris Erickson and Evan Dunfee are expected to fight out the major placings like last year but you can't discount Canadians Inaki Gomez and Ben Thorne who are both contesting their inaugural 50km. Coming off a month's hard training at the AIS in Canberra and with superb 20km PBs, anything is possible with these two world class walkers. Olympic and World Cup spots are up for grabs so expect some great racing in all the events.

Dunfee, Evan	Canada	3:49:46	Beijing, 2015
Erickson, Chris	Victoria, Australia	3:49:33	Taicang, 2014
Gomez, Inaki	Canada	N/A	(20km PB 1:20:18, Taicang, 2014)
Hawksworth, Danny	Victoria, Australia	N/A	(20km PB 1:46:37, 2013)
Jamieson, Andrew	Victoria, Australia	4:23:16	Melbourne, 2008
Mundel, Marc	South Africa	3:55:31	London, 2012
Rayson, Ian	A.C.T, Australia	3:57:55	Melbourne, 2011
Reading, Brendon	A.C.T, Australia	4:19:30	Melbourne, 2014
Thorne, Benjamin	Canada	NA	(20km PB 1:19:57, Beijing, 2015)

2016 WORLD RACE WALKING CUP SELECTION POLICY NEEDS TO BE PUBLISHED NOW

I commented in last week's newsletter that it seemed strange to me that the official 2016 World Race Walking Teams Championship trial was less than 3 weeks away and we were still waiting for Athletics Australia to publish their selection policy. The next day (last Wednesday), AA put out an announcement on their website (see <http://www.athletics.com.au/News/race-walking-1>) to clarify. It read as follows

On 13 November 2015, the IAAF Council announced their decision to relocate the IAAF World Race Walking Team Championships, or IAAF World Race Walking Cup, from the previously announced host city of Cheboksary (RUS). This followed the provisional suspension of the All-Russian Athletics Federation from international athletics.

As a consequence of this decision, Athletics Australia has delayed the issuing of its Selection Policy for the Championships to ensure that the information published is as correct as possible.

We will publish the Selection Policy for the IAAF World Race Walking Team Championships as soon as it is appropriate, and will provide regular updates on its progress as they come to hand.

Now I am confused here. That implies that they were not planning to release it until some date after 13th November and then had a change of plans when the Russia was suspended. This flies in the face of past World Walking Cup announcements. I checked my files and can confirm that AA released their World Cup selection criteria for the last 3 editions in August in every case

2010 World Cup	August 2009
2012 World Cup	August 2011
2014 World Cup	August 2013

So we should have expected the selection criteria for the 2016 World Cup to be announced in August 2015, well before all the current doping related confusion muddied the waters. There are 5 other major events to which AA will send teams in 2016 and the selection criteria for all of those were released well before November 13th. Here is how they read

2016 World Indoor Championships	March 2016	Document dated 10/10/15
2016 World Half Marathon Championships	March 2016	Document dated 09/09/15
World University Cross Country Championships	March 2016	Document dated 09/09/15
World Race Walking Teams Championships	May 2016	Still waiting – should have been out on Aug/Sept
2016 World Junior Championships	July 2016	Document released 19/10/15
2016 Olympic Games	August 2016	Document released 09/10/15

I'm sorry Athletics Australia but your press release doesn't stack up to scrutiny. What difference does it make that we are unsure of the venue as yet. That is also the case for the World Juniors but the selection criteria for those champs has been out since mid October. Let's have some common sense here – publish the selection criteria now and stop failing in your duty of care to your athletes.

VRWC SUMMER CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 29 NOVEMBER 2015

Our VRWC summer championships were held last Sunday at our headquarters in Melbourne in perfect spring weather – sunny but cool with a slight breeze. The numbers were a bit disappointing (only 29 walkers) but there are so many conflicting racing opportunities for our Victorian walkers and we do struggle a bit in the summer to gain the same sort of critical mass which we see in our winter races.

Our 20km races got underway first at 8:30AM, with **Chris Erickson** and **Quentin Rew** arriving just before the start time, midway through a long 40km training session, to toe the line and walk the second half of their designated training session as part of the race. And they walked pretty impressively and finished seemingly fresh after their big day's workout. We were wondering who would cross the finish line first and hence win the club championship but we left it with the boys to decide for themselves. With Quentin crossing a tad behind Chris (both with the same time of 1:35:42), the overall club championship title went to Chris (his third win after previous victories in 2008 and 2012). **Alana Barber** was the other standout in the 20km, her time of 1:37:13 even more impressive when you realise that she walked it as an intervals training session with 2km hard / 1km float for the full 20km. Bad luck to Sydney walker **Nicole Fagan** who was on track for a good time when she stopped at the 14km mark.

20km Open Men Club Championship - Gus Theobald Memorial Trophy

1.	Erickson, Chris	1:35:42
2.	Rew, Quentin	1:35:42
3.	Kozica, Jason	1:47:28
4.	Jamieson, Andrew	1:49:44
5.	Christmass, James	1:56:14

20km Open

1.	Barber, Alana	1:37:13
2.	Howorth, Sandra	2:32:19
	Fagan, Nicole (NSW)	DNF

The 10km walks, which started at 9:30AM, saw a huge walk by 17 year old **Jemima Montag**, her time of 48:01 well under the AA standard for the 2016 World Juniors Championships. I think that will be the first of a number of qualifiers for her. Kyle Swan also walked fast but easily for his 47:12. Further down the field, **Carolyn Rosenbrock** won our Masters Women 10km championship with 1:01:38, finishing just over a minute ahead of **Heather Carr** (1:02:54), after whom the perpetual trophy is named. And finally, we were very pleased to welcome French walker and Heel & Toe newsletter correspondent **Emmanuel Tardi** (1:13:19) who was in Victoria for a few days on his way home from New Zealand.

10km Masters Women Club Championship - Heather Carr Trophy

1.	Rosenbrock, Carolyn	1:01:39
2.	Carr, Heather	1:02:54

10km Open

1.	Swan, Kyle	47:12	
2.	Montag, Jemima	48:01	2016 World Junior Qualifying Time
3.	Smyth, David	56:16	
4.	Tardi, Emanuel	1:13:19	
	Dickenson, Russ	DNF	

Our shorter distance races kicked off at 10:30AM, with club championship wins going to Tayla-Paige Billington (24:40), Reese Walmsley (24:45), Ruby Paten (17:40), Hayden Walmsley (15:13), Angus Hay (9:19) and Charlotte Hay (8:17).

5km U20 Club Championships

1.	Paige-Billington, Tayla	24:40
1.	Walmsley, Reese	24:45

5km Open

1.	Dickson, Corey	26:04
2.	Erickson, Tim	29:16

3km U15 Club Championships

1.	Paten, Ruby	17:40
1.	Walmsley, Hayden	15:13

3km Open

1.	Elms, Donna-Marie	18:26
2.	Doran, Anthony	21:15
3.	Johnson, Celia	21:56
4.	Beaumont, Ian	25:18
5.	Beaumont, Margaret	25:38
	Mews, Pam	DQ

1.5km U12 Club Championships

1.	Hay, Angus	09:19
1.	Hay, Charlotte	08:17

Thanks as always to our officials, canteen helpers and judges, without whom we couldn't function.

Officials: Tim Erickson, Mark Donahoo, Harry Summers, Damien Elms, Ralph Bennett, Terry Swan

Judges: Peter Vysma (chief), Gordon Loughnan, Lloyd Nichols, Diane Lowden, Stuart Cooper

Canteen: Kate Suich, Wendy Cooper

Photos: Terry Swan (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=61>).



20km walkers Quentin Rew, Chris Erickson, Alana Barber, Sandra Howorth, James Christmass and Andrew Jamieson



10km walkers Carolyn Rosenbrock, Kyle Swan, Jemima Montag, Emmanuel Tardi and Ruby Paten



Reese Walmsley, Hayden Walmsley, Tayla-Paige Billington, Charlotte Hay and Angus Hay (photos Terry Swan)

VRWC AGM

Last Sunday saw our annual VRWC AGM and it saw a number of items worthy of comment.

- Our new committee was voted in and reads as follows:

VRWC OFFICERS

President	Stuart Cooper
Vice President	Mark Donahoo
Treasurer	Ralph Bennett
Secretary	Terry Swan

VRWC GENERAL COMMITTEE

Assistant Secretary/Treasurer	Michael Bodey
Race Secretary / Meet Director	Mark Donahoo
Property and Requisites Steward	Heather Carr
Prizes and Awards Secretary	Stuart Cooper
Judging Coordinator	Peter Vysma
Uniforms Steward	TBA
Delegate to Athletics Victoria	Peter Vysma
Coaching Coordinator	Mark Donahoo
Handicapper / Points Coordinator	Mark Donahoo
Canteen Coordinator	Marlaine Stanway
Publicity Officer	Stuart Cooper
Club Captain - Women	Heather Carr
Club Captain – Men	Terry O'Neill
Club Captain – Junior Women	Stephanie George
Club Captain – Junior Men	Reese Walmsley
Racewalking Australia Liason Officer	Mark Donahoo
Club Records Officer	Terry Swan
Ordinary Members on Committee	Harry Summers, Bob Gardiner, David Smyth

One big change is that I have stepped down from the position of Secretary after 15 years. I will still continue with my work on the weekly newsletter and websites and raceday activities but I felt it was time to pass the baton to someone else in terms of the day to day workings of the club. I am very pleased that **Terry Swan** has agreed to take over the secretarial duties. He now joins **Stuart Cooper, Ralph Bennett** and **Mark Donahoo** on the Executive.

- We welcomed **Diane Lowden** as an Honorary Life Member of the Club. Diane has been a huge contributor to the club for many years now, both as a racewalking judge and as an administrator. I have updated our website life member section to add in some details of her many contributions – see <http://www.vrwc.org.au/vrwcclifedlowden.shtml>. Well done Diane and well deserved!

- We presented our Runners World Winter Season awards to the 4 winners – **Ralph Bennett, Heather Carr, Kyle Swan** and **Jemima Montag**. Once again we thank **Neil Ryan of Runners World Kew** for his ongoing support and urge all members and supports to use Neil for all their sporting goods purchases.
- We presented the 4 Athletics Victoria Winter Season Perpetual Shields on behalf of AV – and we had a number of the award winners on hand to receive their awards:

NORM GOBLE TROPHY	Most points in Mens AV Champs	Chris Erickson, ESS
BETTY NEWMAN TROPHY	Womens Walking Team Champions	Eaglehawk YMCA (Heather Carr, Barb Bryant)
AVIS REDMAN TROPHY	Best Under 16 Girl Walker	Zahra Hayes, SBE and Jemma Peart, BYC
TOM DAINTRY TROPHY	Best Under 14 Girl Walker	Alanna Peart, BYC



New Life Member Diane Lowden with son Kevin (1991 World Cup) and Tim Erickson



Runners World Kew Award winners Kyle Swan, Jemima Montag, Heather Carr and Ralph Bennett (photo Emmanuel)



Athletics Victoria Perpetual Trophy winners Heather Carr, Jemma Peart and Alana Peart with Junior Club Captain Stephanie George (left) and Tim Erickson (right)

SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 25 NOVEMBER

And now onto details of other recent Australian races. Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented that it was cooler this week for a change. As usual, most walkers contested both races with **George White** the fastest in the 1500m and **Rhiannon Lovegrove** the fastest in the 3000m.

1500m Handicap Walk

1.	Gil McIntosh	09:36	M65	70.99%
2.	Doug Smart	10:55	M72	67.78%
3.	Rodger Barber	10:39	M77	74.26%
4.	George White	08:27	M70	85.43%
5.	Peter Crump	08:06	M55	76.19%
6.	Jill Rogers	12:32	W71	62.84%
7.	Marie Maxted	09:37	W55	68.71%
8.	Edna Bates	13:10	W63	54.31%
9.	Gloria Holliday	09:11	W55	71.95%
10.	Roger Lowe	11:49	M72	62.62%

3000m Handicap Walk

1.	Rhiannon Lovegrove	14:29		
2.	Doug Smart	21:23	M72	70.57%
3.	Roger Lowe	22:44	M72	66.38%
4.	Edna Bates	25:39	W63	57.97%
5.	Bill Starr	21:10	M73	72.21%
6.	Rodger Barber	21:35	M77	74.78%
7.	Colin Hainsworth	23:57	M85	76.40%
8.	Peter Crump	16:40	M55	75.49%
9.	Geoff Byham	19:31	M69	74.52%
10.	Jill Rogers	25:57	W71	63.60%
11.	George White	16:57	M70	86.83%
12.	Helen Suridge	21:58	W64	68.51%
13.	Valmai Padget	24:00	W71	68.77%
14.	Gloria Holliday	18:57	W55	72.07%

ACT WALKERS TRACK ROADWALKS, WODEN, ACT, THURSDAY 26 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. 15 year old walkers **Tim Fraser** and **Tom Hunt** were fastest with 6:37, a PB for each boy.

1500m Handicap Walk

1.	Laura Burns	07:29
2.	Spencer Burns	07:29
3.	Gwyllym Young	07:27
4.	Connor Frew	06:37
5.	Tim Fraser	06:37
6.	Tom Hunt	07:30
7.	Mitchell Baker	06:57
8.	Gabby Hunt	06:52
9.	Ann Staunton-Jugovic	07:37
10.	Katie Alley	08:33
11.	Peter Baker	07:50
12.	Rod Gilchrist	10:18
13.	Doug Fitzgerald	11:03
14.	Jennifer Gilchrist	10:46
15.	Ruth Baussmann	10:28
16.	Roger Pilkington	10:21
17.	Jennifer Alley	09:05
18.	Robin Whyte	09:14
19.	Kate Black	08:33
20.	Bryan Thomas	10:11
21.	Margaret McSpadden	12:12

AACT SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, ACT, FRIDAY 27 NOVEMBER

Spencer Burns was the sole walker in the Athletics ACT Summer Series walk on Friday night. It certainly seems that Canberra walkers are choosing the ACTRWC weekly Thursday offering rather than this Friday night based competition.

3000m Walk

1.	Spencer Burns	NCG	15:46.5
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ELITE 10,000M TRACK WALK, AIS ATHLETICS TRACK, BRUCE, THURSDAY 26 NOVEMBER

Of course, the above two results were not the only ones to come from Canberra this week. Readers will be aware that the AIS has been running a month long study into *Sports Nutrition Diet Periodisation for Elite Endurance Athletes*. It wound up over the weekend after 4 weeks of training and testing, with the participating walkers on different diets. One of the final activities was a 10,000m track walk last Thursday morning and I am grateful for AIS walks coach Daniel Coleman for forwarding the results to me. He tells me that the race was conducted on a very windy morning and came at the end of a tough month but there were some great results by the guys who are all in heavy training for the 20km and 50km races in Melbourne in 2 weeks. Personal bests were recorded by **Rhydian Cowley**, **Brendon Reading**, **Tanya Holliday** and **Zoe Hunt**.

10,000m Track Walk

1.	Inaki Gomez	CAN	40:34.99	
2.	Rhydian Cowley	AUS	41:07.35	PB
3.	Evan Dunfee	CAN	41:25.89	
4.	Brendon Reading	AUS	41:31.94	PB
5.	Ian Rayson	AUS	42:53.56	
6.	Rafal Augustyn	POL	43:48.04	
7.	Isamu Fujisawa	JAP	44:32.84	
8.	Tanya Holliday	AUS	44:40.37	PB
9.	Marc Mundell	SAF	45:48.67	
10.	Zoe Hunt	AUS	49:45.72	PB
11.	Ben Thorne	CAN	53:16.50	
	Adam Garganis	AUS	DQ	

A big thank you to all the participants of the study for all their hard work and dedication to the requirements of the study. The study was a big success with lots of data collected from the men throughout the camp. We look forward to welcoming even more walkers back to Canberra in January for the second stage of the camp.

With regard to the 10,000m race, Daniel tells me that the I's were dotted and T's crossed. It was a ratified race with 6 qualified judges, was published on ACT athletics in advance and had Athletics Australia approval.

Finally, a few photos from the camp now that it has finished.



Rafal, Adam, Brendon, Inaki, Isamu, Rhydian, Ian, Evan and Marc training around the lake in Canberra last week



Left: Evan on the treadmill



Right: Is that lunch!

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 28 NOVEMBER

15 year old **Alice Randall** continued her good form in Hobart with a 10 sec PB of 6:55.10 for the 1500m walk.

1500m Walk

1.	Alice Randall	OVA	6:55.10	PB 0:10
2.	Bayley Campbell	OVA	8:24.29	
3.	Anna Blackwell	OVA	8:27.85	
4.	Elizabeth Leitch	ES	8:38.22	
5.	Ron Foster	NS	8:54.00	
6.	David Moore	NS	10:53.37	

ASA 10,000M TRACK CHAMPIONSHIPS, SA STADIUM, MILE END, ADELAIDE, SUNDAY 29 NOVEMBER

Sunday morning saw the South Australian 10,000m Walks Championships at the SA Stadium in Adelaide. While the overall numbers were small, it was great to see **Kristie Goznik** win the women's walk with such a big PB time of 47:51.98. Masters walker **Peter Crump** won the men's title with 1:00:50.39 while **Rhiannon Lovegrove** and **Alix Harlington** won the U20 titles.

Open Women

1. Kristie Goznik PA 47:51:98 PB 2:04

Open Men

1. Peter Crump SAIN 1.00:50:39

Over 35 Women

1. Gloria Holliday FLIN 1.07:00:96

U20 Women

1. Rhiannon Lovegrove PA 55:09:94
2. Danielle Walsh PA 1.01:45:11

U20 Men

1. Alix Harlington SAL 58:04:39



Port Adelaide competitors Danielle Walsh Rhiannon Lovegrove and Kristie Goznik (photo Gary Lovegrove)

QLD MASTERS ATHLETICS, SAF, BRISBANE, SATURDAY 28 NOVEMBER
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Only one walk to report from Queensland this week, with **Peter Bennett** and **Erika Woodward** the fastest male and female walkers in the Queensland Masters 5000m walks in Brisbane.

5000m Walk

1.	Peter Bennett	M60	25:45.54	87.09%
2.	Argenis Guevara	M47	28:27.67	69.13%
3.	Erika Woodward	W49	28:59.51	73.77%
4.	Patrick Sela	M76	38:39.12	69.17%
5.	Noela McKinven	W73	39:48.80	70.78%

GEELONG WALKERS CLUB ROUNDUP

And to complete the local results roundup, the last couple of results from the Geelong Walkers Club in country Victoria.

Geelong Walkers Club Track Walks, Landy Field, Geelong, Thursday 12 November

On this occasion, the Geelong walkers contested two 1100m walks, with final positions being decided on who could produce the two closest times.

2x1100m		Age	1 st Time	2 nd Time	Difference
1.	Barbara Fairbrother	VET F	12.30	12.29	1 sec
2.	Michelle de Graaf	VET F	7.52	7.53	1 sec
3.	Colin Silcock Delainey	VET M	10.23	10.26	3 secs
4.	Mark Wiffen	VET F	8.28	8.20	8 secs
5.	Dirk Stobbe	VET M	8.29	8.21	8 secs
6.	Angela Curran	VET F	8.52	9.04	12 secs

7.	Carla de Graaf	VET F	11.00	11.20	20 secs
8.	Tara Robinson	U/12 G	7.26	7.02	24 secs

Geelong Walkers Club Track Walks, Landy Field, Geelong, Thursday 19 November

4000m Walk

1.	James Christmass	VET M	20.16
2.	Colin Silcock-Delainey	VET M	32.24
3.	Dianne Drinkwater	VET F	33.09
4.	Wayne Carmichael	VET M	36.01
5.	Carla de Graaf	VET F	41.16

2000m Walk

1.	Harold Boddy	VET M	14.21
2.	Jennie Van Dreumel	VET F	16.54
3.	Jenny Larkins	VET F	19.14
4.	Rinie Van Dreumel	VET M	19.28
5.	Barbara Fairbrother	VET F	23.06

NEW ZEALAND NORTH ISLAND MASTERS CHAMPIONSHIPS, SATURDAY 28 NOVEMBER

And now onto our international results. First to New Zealand where **Mike Parker** and **Corrine Smith** were the standout walkers in the North Island Masters Championships 3000m walks last weekend.

3000m Walk

1.	Mike Parker	M60	14:53.56
2.	Corinne Smith	W45	14:58.18
3.	Mark Gray	M55	18:49.75
4.	Larissa Wildsmith	W45	19:07.54
5.	Terri Grimmitt	W55	19:17.15
6.	Theresa Large	W55	20:01.58
7.	Shirley Barber	W65	23:25.58

ESSEX RACEWALKING LEAGUE RACES, MINET PARK, HILLINGDON, SATURDAY 28 NOVEMBER

Thanks to Ron Wallwork for the latest results from SRWC in London. Ron reported:

In bitterly cold conditions, thirty-three walkers ranging in age from 12 to 83 came under Starter's Orders for the final race of the 2015 Enfield Race Walking League. GB's leading veteran Fransisco Reis, despite carrying an injury had a comfortable win in the 10km and the leading lady was the ever improving Penelope Cummings, who was well clear of Maureen Noel who hauled back Helen Middleton's early lead with less than 2km to go. The youngster's seemed less affected by the cold; Chris Snook walked immaculately and there were huge pb's for Abigail Jennings and Jack Childs.

Open Men 10km

1.	Fransisco Reis	SVAC	M55	50.57
2.	Malc Martin	Surrey WC	M55	55.49
3.	Graham Chapman	Headington	M60	57.39
4.	Steve Uttley	Ilford AC	M55	58.05
5.	Carlos Corrales	Surrey WC	M35	58.56
6.	Mark Culshaw	Belgrave H	M45	59.24
7.	Kevin Pedley	Aldershot FD	M60	62.21
8.	Rob Batcheler	WW Runners	M40	64.39
9.	David Kates ©	Ilford AC	M65	64.49
10.	Arthur Thomson	Enfield HAC	M75	64.53
11.	Ken Bobbett	Hillingdon AC	M70	65.10
12.	Paul King ©	Belgrave H	M60	65.31
13.	John Borgars	Loughton AC	M65	66.23
14.	Dan Maskell	Surrey WC	M65	66.58
15.	Peter Hannell	Surrey WC	M70	67.00
16.	Sean Pender ©	Enfield HAC	M60	67.58
17.	Michael Harran	Surrey WC	M75	69.54
18.	David Hoben	Surrey WC	M60	73.22
19.	Stephen Cartwright	Colchester & T	M55	73.28
20.	Jon May	Enfield HAC	M60	82.27
21.	Dave Ainsworth©	Ilford AC	M65	85.59

Open Women 10km

1.	Penelope Cummings	Aldershot FD	W35	58.42
2.	Maureen Noel	Belgrave H	W50	61.41
3.	Helen Middleton	Enfield HAC	W50	62.04
4.	Anne Jones	Steyning AC	W60	66.13
5.	Fiona Bishop	Woking AC	W55	67.39
6.	Jo Miles	Hillingdon AC	W60	69.16
7.	Jenny Middleton	Hillingdon AC	W40	75.11

Open 3km

1.	Jack Childs	Medway/Maidstone	MU13	16.58
2.	Hannah Child	Surrey WC	W40	23.03

Open 5km

1.	Chris Snook	Aldershot FD	MU17	23.24
2.	Abigail Jennings	Aldershot FD	WU17	30.26
3.	Ken Livermore ©	Enfield HAC	M80	44.20

Thanks to Mark Easton for the following photos. Lots more at <http://markeaston.zenfolio.com/p551337742>.



The start of the Hillingdon 10km (photo Mark Easton)



Chris Snook, Francisco Reis and Abigail Jennings (photos Mark Easton)

2015 MIDLAND AREA WINTER LEAGUE SERIES, WARWICK UNIVERSITY, COVENTRY, SUNDAY 22 NOVEMBER

And finally, back a week to the Midland walks at Warwick University, compliments of Mark Wall

10km Walk

1.	Mark Williams	Tamworth A.C.	54.35
2.	Dwayne Butterly	Leicester W.C.	56.36
3.	Peter Boszko	Birchfield Harriers	58.16
4.	Kate Donaldson	Leicester W.C.	58.21
5.	Graham Chapman	Headington A.C.	58.45
6.	Chris Berwick	Leicester W.C.	63.54
7.	George Smolinski	Leicester W.C.	65.54
8.	Hardeep Minhas	Leicester W.C.	66.22
9.	Colin Vesty	Leicester W.C.	66.32
10.	Sean Pender	Enfield & Haringey A.C.	67.28
11.	Julian Barnett	Birchfield Harriers	70.58
12.	John Constandinou	Birchfield Harriers	72.35
13.	David Fall	Birchfield Harriers	76.14

5km Walk

1.	Mark Williams	Tamworth A.C.	24.48
2.	Ana Garcia (U/17)	City of Sheffield & Dearne	26.12
3.	Kate Donaldson	Leicester W.C.	26.23
4.	Jordan Price (U/17)	Brecon A.C.	28.13
5.	Ben Allen (U/17)	Leicester W.C.	28.17
6.	Colin Turner	Nuneaton Harriers	28.38
7.	Colin Vesty	Leicester W.C.	28.42
8.	Carolyn Derbyshire	Nuneaton Harriers	29.22
9.	Alana Zedler (U/17)	City of Sheffield & Dearne	29.34
10.	Amy Phipps (U/17)	Neath Harriers	29.55
11.	Roger Michel	M.M.A.C.	30.01
12.	Sarah Lightman	Leicester W.C.	30.16
13.	Matthew Phipps (U/17)	Neath Harriers	30.53
14.	Dan Maskell	Surrey W.C.	30.57
15.	Hardeep Minhas	Leicester W.C.	31.01
16.	Ann Wheeler	Leicester W.C.	31.48
17.	Daniel McKerlich (U/17)	Cardiff A.C.	32.04
18.	Julie Bellfield	Halesowen A.C.	32.21
19.	Hilary Mann	Sparkhill Harriers	32.37
20.	Sarah Trundley	Nuneaton Harriers	33.50
21.	John Constandinou	Birchfield Harriers	34.07
22.	Stuart Edgar	D.A.S.H.	34.20
23.	Lin Farrow	Harborough A.C.	34.31
24.	Lynn Bellfield	Halesowen A.C.	34.35
25.	Tracey Mills	Birchfield Harriers	35.34
26.	David Fall	Birchfield Harriers	36.25
27.	Lesley Pymm	Bournville A.C.	36.40
28.	Terry Morris	Nuneaton Harriers	36.56
29.	Jill Langford	Wolv.& Bilston A.C.	37.19

U15 Girls 3km

1.	Kara Lane	Birchfield Harriers	17.06
2.	Jessica Finney	Birchfield Harriers	17.44
3.	Molly Dainton	Llanelli A.C.	18.00
4.	Molly Meleady-Hanley	City of Sheffield	18.20

U15 Boys 3km

1.	Hisham Alkhamesi	Nuneaton Harriers	17.43
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U13 Boys 2km

1.	Faris Alkamesi	Nuneaton Harriers	12.29
2.	Kyle Smith	Nuneaton Harriers	13.47

U13 Girls 2km

1.	Maddie Draycott	Swansea Harriers	13.48
2.	Hannah Gadd	D.A.S.H.	14.20
3.	Molly McKerlich	Cardiff A.C.	15.55

U11 Girls 1km

1. Elizabeth Papp	Nuneaton Harriers	6:15
2. Emily Powell	Nuneaton Harriers	6:25
3. Jasmine Galloway	D.A.S.H.	7:02

HONG KONG 20KM CHAMPIONSHIP, HK, SUNDAY 29 NOVEMBER

I had hoped to bring you the results of Sunday's Hong Kong 20km championships but the results have not yet been posted. Check out <http://www.hkaaa.com/page.php?pid=1840&mid=147&type=gameevent> later in the week.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 6 press releases this week

- Tue 1 Dec - 2015 world list - 20km road walk women
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2278
- Mon 30 Nov - world list - 20km road walk men
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2277
- Fri 27 Nov - Chinese coach Sandro Damilano's Beijing Conference report on the 2015 seasons of Wang Zhen and Zhang Lin
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2276
- Thu 26 Nov - Chinese coach Sandro Damilano's Beijing Conference report on the 2015 season of Liu Hong
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2275
- Thu 26 Nov - Chinese coach Sandro Damilano's Beijing Conference report on walk training
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2274
- Tue 25 Nov - CAS hearings into selective bans given to Russian walkers to take place next week
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2273

The omarchador blog was also active with 7 news releases

- Mon 30 Nov - Central American U16 and U14 Championship results
<http://omarchador.blogspot.com.au/2015/11/campeonatos-centro-americanos-de-sub-16.html>
- Sun 29 Nov - Matej Tóth joins the IAAF Athletes' Commission
<http://omarchador.blogspot.com.au/2015/11/matej-toth-integra-comissao-de-atletas.html>
- Sat 28 Nov - Results of Downs Syndrome World Athletics Championships in Bloemfontein, South Africa
<http://omarchador.blogspot.com.au/2015/11/mundial-de-atletismo-s-down-em.html>
- Fri 27 Nov - What might happen now re the city to host the 2016 World Race Walking Teams Championships
<http://omarchador.blogspot.com.au/2015/11/cidade-para-o-mundial-de-marcha-de.html>
- Thu 26 Nov - Quentin Rew and Alana Barber win in Athletics Victoria competition at Wyndham
<http://omarchador.blogspot.com.au/2015/11/quentin-rew-e-alana-barber-vencem-em.html>
- Wed 25 Nov - Results of the 28th Toledo Grand Prix of Racewalking
<http://omarchador.blogspot.com.au/2015/11/marcha-no-espada-toledana-resultou-num.html>
- Tue 24 Nov - Results of USA 50km Championships
<http://omarchador.blogspot.com.au/2015/11/campeonatos-dos-eua-de-50-km-com-minimo.html>

OUT AND ABOUT

Student athletes and sport management professionals from across Australia were recognized in the 2015 Australian University Sport Awards, for excellence in various categories./ Congratulations to University of Queensland walker **Dane Bird-Smith** who won the award as Male Athlete of the Year for his win in the World University Games 20km in Gwanju earlier this year.

- Race walker **Erin Taylor-Talcott** earned last week's USATF Athlete of the Week after setting American and World records at the USATF Race Walk Championships, hosted by the Steamy Santee Sees 50K Walk on Sunday in Santee, California. Talcott (Owego, New York), a long-time advocate for allowing women to compete at the traditionally male 50 km distance, completed the 50km in 5:03:34 in scorching 90-degree conditions to finish first among women and eighth overall. She earns the new records after the International Association of Athletics Federations, on Nov. 1, adopted new rules to recognize women's 50 km marks eligible for both World and American records. Prior to the rule change, Talcott completed the same course in 4:33:23 at 2012 U.S. Olympic Trials - Race Walk. See <http://www.usatf.org/News/Race-Walker-Erin-Taylor-Talcott-named-USATF-Athlet.aspx?feed=news>
- Athletics Weekly journalist Ruth Jones interviews former Welsh cross-country international **Bethan Davies** and learns how breaking the British 20km walk record on the track has spurred her on to aim for Olympic selection Read more at <http://www.athleticsweekly.com/featured/athlete-insight-bethan-davies-36392/>
- **Mark Arbib**, the former Australian Senator who served as the Minister for Sport from 2010-2012, has been appointed as the new President of Athletics Australia. Mr Arbib was one of three new Directors of Athletics Australia confirmed at their Annual General Meeting, held in Melbourne last Friday. See <http://www.athletics.com.au/News/the-hon-mark-arbib>.
- **Murray Lambden** advises that entries for the 2016 Manx Telecom Parish Walk are now open on the revamped event website www.parishwalk.com.
- Great article by Canadian walker **Evan Dunfee**
<http://www.cbc.ca/sportslongform/entry/evan-dunfee-canadian-race-walker-proud-impact-in-sport>
- South African walker **Marc Mundell** writes of his month in Australia at the AIS. A great read as Marc gives a really good breakdown on the Study and what has been required by the participants. Lots of great photos as well.
<http://www.walkingthedream.com/marc-mundell-talks-nutrition-race-walking-australia/>

REALLOCATION OF 2016 COMPETITIONS

With the 26th November IAAF Council Meeting in Monaco suspending Russia, their press release confirms that two IAAF World Athletics Series competitions – the **2016 World Race Walking Team Championships (Cheboksary, RUS)** and the **2016 World Junior Championships (Kazan, RUS)** - have been removed from Russia. The press release then confirms that a number of countries have already expressed interest in staging these events and that an accelerated bidding process will open this week with a decision to be announced in early January. See <http://www.iaaf.org/news/press-release/araf-accepts-full-suspension>.

I think the next step will be for the IAAF to officially announce a bidding process and release the necessary documents so that prospective bidders can prepare their submissions. Fingers crossed – we certainly want both these competitions to be held next year.

#KIRDYAPKIN.

Wow, I could put out a whole newsletter each week just on the one topic of drugs in sport. Some of the many threads this week are as follows

- More damning anecdotal evidence of the blatant drugs cheating undertaken by the Russians during the Sochi Winter Olympics in 2014. See https://translate.google.com/translate?depth=1&hl=en&nv=1&rurl=translate.google.com&sl=no&tl=en&u=http://www.nrk.no/sport/dopingkontrollen-i-sotsji_-_russerne-gikk-inn-i-en-dor.-alle-andre-en-annen-1.12667551
- The Russian anti-doping system will go on trial at the Court of Arbitration for Sport this week with two Olympic medals at stake. CAS will hear appeals from the IAAF on Dec. 2-3 against six Russian athletes, the country's T&F Federation and their national anti-doping agency RUSADA. The IAAF is challenging the selective timing of bans imposed by RUSADA in January after blood doping was proved. The cases could mean disqualification for two Olympic medalists from the 2012 London Games, men's 50-kilometer race walk champion **Sergei Kirdyapkin** and women's 20-kilometer walk silver medalist **Olga Kaniskina**. RUSADA banned Kirdyapkin and Kaniskina for three years and two months but applied the

suspensions from late 2012. That excluded the London Olympics from the sanction. The case at CAS also involves race walkers **Sergei Bakulin**, **Valery Borchin** and **Vladimir Kanaykin**, plus Olympic steeplechase champion **Yulia Zaripova** who were also given selective bans which allowed major medal wins to be retained.

See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11550703&ref=rss

Note we may have to wait up to 4-5 months for a final court ruling.

Seb Coe has had a very bad week with controversies on several fronts and further embarrassing revelations coming to light this week

- First, IAAF president Lord Coe was faced with conflict of interest allegations last Tuesday after emails emerged suggesting he lobbied his predecessor over the hosting of the 2021 World Championships. Eugene, USA, was given the event without a bidding process, despite interest from the Swedish city of Gothenburg. A BBC investigation has uncovered emails which claim Coe - an ambassador for sports giant Nike and then vice-president of world athletics - "reached out" to Lamine Diack with his support for Eugene's bid. The Oregon city, which lost out to Doha with a 2019 bid, is closely associated with Nike. See <http://www.bbc.com/sport/athletics/34908237> and http://www.iol.co.za/sport/athletics/coe-denies-conflict-of-interest-1.1950736#.VIYmD_krLIU and http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11551112&ref=rss.

I like David Walsh's tweet as he is normally spot on

The BBC revelation that Seb Coe "reached out" to Lamine Diack seeking support for Eugene's 2021 World C'Ships bid is serious problem for Coe.

- Walsh was not alone in his condemnation of Coe. Sebastian Coe's presidency of the IAAF will forever be tainted by his failure to sever ties with Nike, according to the coach of Olympic and world heptathlon champion Jessica Ennis-Hill. Toni Minichiello called on Coe to stop taking his annual salary of £100,000 as a Nike ambassador in the wake of an email exchange with company officials which heightened accusations of a conflict of interest as IAAF president. See <http://www.independent.co.uk/sport/general/athletics/lord-coe-reign-has-been-tainted-by-nike-tie-claims-toni-minichiello-a6748686.html>
- And talking of Coe's Nike Ambassadorship, Nike sure can pick them - they have sponsored or, in some cases, currently sponsor the Russian track team, the Kenyan track team, Lance Armstrong, Justin Gatlin and Marion Jones. Sports journalist David Walsh put it quite succinctly in this tweet last Wednesday

Be interesting to ask Seb Coe why his friends at Nike have not commented on Russia doping, considering Nike sponsor Russia's track team?

- Next, UK Sport, a government-funded public body which also receives cash from Britain's National Lottery, confirmed that they contributed 63,000 pounds (\$95,000) to a British public relations company for its work on Coe's campaign. The payment to Vero Communications was disclosed by the BBC. Coe said on the IAAF website that the other "two thirds of the campaign was privately funded." UK Sport defended paying Vero Communications for Coe's campaign, saying it helps to ensure Britain "is in an influential position to drive good governance, leadership and development in international sport." See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11551408&ref=rss

Will time show that they put their money on the wrong man?

- The intense pressure must have worked as Coe announced on Thursday that he was stepping down from his ambassadorial role with Nike. Coe also announced he would also be stepping down as British Olympic Association chairman after the Rio Olympics and that his sports marketing company CSM would not tender any IAAF work.

See <http://www.supersport.com/athletics/article.aspx?Id=3297794>.

- But Coe can't seem to take a trick at the moment. Ian Herbert, Chief Sports Writer for the Independent, followed up this news with a scathing article. In particular, he takes exception to the fact that Coe still does not seem to see any issues with these revelations and talks of the media scrutiny as "noise". See <http://www.independent.co.uk/sport/general/athletics/lord-coe-mr-president-offers-good-grounds-to-laugh-in-his-face-a6750776.html>. Here is what Coe had to say:

"The current noise level about this ambassadorial role is not good for the IAAF and it is not good for Nike," he said. "Frankly, it is a distraction to the 18-hour days that I and our teams are working to steady the ship."

David Walsh's tweet sums up his view on Coe's response

Reading what Seb Coe said in his climb down on Nike role he still doesn't get it. Complaints were referred to "noise". Staggering arrogance.

- And there is more. Coe, already at the centre of controversy over his links to Nike, has now admitted that the process by which the 2021 world championships had been awarded to Eugene in America was wrong. The Times newspaper reported on Thursday. Bjorn Eriksson, who led a rival bid by Gothenburg for the 2021 championships, said Coe telephoned him on Wednesday to say it had been wrong to give the event to Eugene without a formal bid process. Eriksson also said Coe had indicated that the Eugene award was being investigated by French police as part of a corruption inquiry into the IAAF leadership of Lamine Diack, who stood down in August. See <http://www.supersport.com/athletics/article.aspx?Id=3297354>

The IAAF is also coping criticism for its handling of these issues.

- The IAAF has sent a detailed response to the allegations that it has "idly sat by" and tolerated rampant blood doping in athletics, ahead of next week's appearance by the IAAF before the UK Parliament's Culture Media and Sport Select Committee's inquiry into 'Blood Doping in Athletics' (see <http://www.iaaf.org/news/press-release/iaaf-response-blood-testing>). However, rather than placate critics, it has only fueled the fires further. with Michael Ashenden, one of two experts enlisted by the Sunday Times to analyse leaked data belonging to the IAAF, who commented

"I have argued previously that there is a place for prudence when launching legal actions based on suspicious blood results. But the blood values were so extreme, over such an extended period, that they should have tried to do something, anything. The IAAF were legally timid when they should have been morally strong."

See <http://www.bbc.co.uk/sport/athletics/34953362> and <http://www.insidethegames.biz/articles/1032076/iaaf-accused-of-trying-to-muddy-the-waters-by-anti-doping-experts-following-defence-of-testing-regime>.

And now some general news on other related threads

- The Greek Athletics Federation (SEGAS) on Wednesday said Olympic medal-winning triple jumper Hrysopiya Devetzi faces punishment for testing positive in 2007 to a doping test. In 2007 Devetzi won the bronze medal at the World Championships in Osaka. She won two Olympic medals – silver in the Athens 2004 Games and bronze in Beijing in 2008. The big question - why has it taken 8 years for this to come to light? See <http://www.supersport.com/athletics/article.aspx?Id=3296214>
- Dick Pound, the man behind the report that revealed the incredible levels of doping in Russian athletics, warned in an exclusive interview in last Wednesday's Independent that the second round of revelations will be even more explosive. The second part of the World Anti-Doping Agency independent commission report is looking into possible corruption within the IAAF and the results of the 15,000 blood samples which were leaked from within the organisation in August. "When we release this information to the world, there will be a wow factor," the report's chairman and former Wada president says. "People will say: 'How on earth could this happen?' It's a complete betrayal of what the people in charge of the sport should be doing." See <http://www.independent.co.uk/sport/general/athletics/athletics-doping-crisis-dick-pound-wada-report-part-ii-iaaf-a6747846.html>
- The All-Russia Athletic Federation confirms it will not contest its suspension as an IAAF Member and promises active cooperation Read more at <http://www.athleticsweekly.com/featured/russia-accepts-full-suspension-from-iaaf-36375/#jR8BTZX1yYpwdVEG.99>
- To be reinstated, Russia will now have to clear numerous hurdles, not only sanctioning athletes and others who doped or were complicit in cheating and cover-ups but also carrying out a series of reforms. It will have to satisfy an IAAF inspection commission that it has ticked all the boxes required to be allowed back into the fold. An IAAF council meeting on Thursday in Monaco was fleshing out the exact details of what those boxes will be. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11551958&ref=rss
- Two Russian weightlifters, two professional cyclists and a sport dancer have been banned for doping, the country's anti-doping agency has confirmed. The cyclists are Ivan Lutsenko and Andrei Lukonin, who represented Itera-Katusha in European tour events this season, with Lutsenko also winning the silver medal at this year's Russian national under-23 championships. The weightlifters include Russian junior silver medallist Azamat Dzhioev, who received a four-year ban. He was previously banned from 2012 until last year for another doping offence. Also suspended is Russian Cup bronze medal-winning weightlifter Sergei Zhuromsky, who received a four-year ban, and sport dancer Andrei Gusev, banned for a year. Is Russia clean yet – I don't think so! See <http://www.sbs.com.au/news/article/2015/11/27/five-russians-banned-doping>
- Two-time cross-country world champion Emily Chebet was among seven Kenyan athletes banned for doping Friday, another indication that the country has a serious problem of cheating among its famed distance runners. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11552700&ref=rss

- The IAAF Ethics Commission has suspended three Athletics Kenya officials for their alleged involvement in graft and subversion of the anti-doping control in Kenya. The commission indicated that a prima facie case has been established against outgoing AK President Isaiah Kiplagat, Vice President David Okeyo and former AK Treasurer Joseph Kinyua. Consequently, the officials have been suspended for six months (180 days) to allow investigations into the allegations. See <http://www.nation.co.ke/sports/athletics/IAAF-suspends-Athletics-Kenya-top-three-officials-over-graft/-/1100/2978846/-/v97w53/-/index.html>
- And if you really want to know the long term consequences of illegal sports related drug usage, you need look no further than the excesses of the East German sports machine of the 1980s.
Great article at http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11552647&ref=rss

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.

2015/2016 Australian/Victorian Key Dates

Dec 4-7, 2015	Australian All-Schools Championships, Melbourne, VIC
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Mar 5, 2016	Melbourne Track Classic 5000m Walk, Albert Park, VIC
Apr 16-19, 2016	Australian Masters T&F Championships, Adelaide, SA

2015 International Key Dates

Dec 12-13, 2015	MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my
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2016 International Key Dates

May 7-8, 2016	27 th IAAF World Race Walking Team Championships, TBA
July 19-24, 2016	16 th World Junior T&F Championships, TBA
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en

2016 IAAF Challenge Series (so far)

Sat March 12, 2016	Chihuahua, Mexico
Sat March 19, 2016	Dudince, Slovakia
Sat April 9, 2016	Rio Maior, Portugal
Sat April 23, 2016	Taicang, China
May 7-8, 2016	World Cup, TBA
Sat May 28, 2016	La Coruna, Spain
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

2016 EAA Permit meets

Sat Apr 9, 2016	Podebrady Walking 2016, Podebrady, CZE
Sat June 10, 2016	42 nd International Race Walking Festival, LTU
Sun June 18, 2016	19 th Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016	Voronovo Cup, Voronovo, RUS

Looking Further Forward

Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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