



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 12  
22 December 2015



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### TIM'S TOP TEN MEN FOR 2015

It's that time of the year again so off we go with my Top Ten Aussie Men for 2015 and, as always, I find it impossible to stop at 10! As usual, our top international walkers top the bill but there are a few 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. Of course, your picks might differ. Anyway, read on. As usual, it was a very tough task.



#### 1. Jared Tallent (SA)

With a silver medal in the 2015 IAAF World Championship 50km in August (3:42:17), 31 year old Jared Tallent deservedly takes top billing in my yearly list. This, combined with his 6<sup>th</sup> place in the 2014 IAAF Race Walking Challenge Series, continues his many years of ongoing excellence. Although his year was a relatively quiet one by his standards, he did race locally on a couple of occasions, winning the Australian Summer 20km Roadwalk Championship in Adelaide in February (1:24:05) and being the first Australian to finish in the LBG 20 Mile championship in Canberra in June (2:23:02). A consummate athlete who is able to peak at the right time for the major races each and every year.



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

23 year old Dane Bird-Smith consolidated his place amongst the top 20km walkers in the world this year. The main highlight had to be his win in the World University Games in Sth Korea in July (1:21:30) but it was one of many highlights. He won the Australian 10,000m track walk championship in March in 39:53, was 5<sup>th</sup> in the IAAF Challenge Series race in Taicang in May (1:22:10), 5<sup>th</sup> again in La Coruna in June (a PB 1:20:05), and came a career best 8<sup>th</sup> in the IAAF World Championship 20km in August in Beijing (1:21:37). He finished off his year with a superb series of races in the annual 4 Day Lake Taihu Tour in China in October, finishing a close second overall after placings of 4<sup>th</sup>, 1<sup>st</sup>, 3<sup>rd</sup> and 1<sup>st</sup>. Definitely a medal chance for Rio next year and the obvious successor to Jared Tallent as the top Aussie walker.



### 3. Chris Erickson (VIC)

34 year old Chris Erickson had an excellent year with PBs over 5000m (19:23.72) and 20km (1:22:08) and his highest ever World Championship finish with 13<sup>th</sup> in the 50km (3:51:26). Was in good form early with 2<sup>nd</sup> in the Australian Summer 20km in Adelaide (1:25:42), won the Victorian 5000m (19:23), came 10<sup>th</sup> in Nomi, Japan, in March (1:22:08), cleaned up locally with most of the Victorian roadwalk championships, all in good times, then did the double at the IAAF World Championships (32<sup>nd</sup> in the 20km in 1:25:15 and 13<sup>th</sup> in the 50km in 3:51:26). Finished the year with a win in the Australian 50km championship at Fawkner Park in December (3:54:10), thus confirming his third successive Olympic walks berth. A walker who just gets better with age.



### E4. Tyler Jones (NSW)

17 year old Tyler Jones and 16 year old Kyle Swan have dominated the U20 division and had a wonderful year of shared battles. Being a year older, Tyler had the edge on most occasions but I rate them alongside each other overall. Tyler started the year superbly with a win in the Adelaide 10km in Feb (44:08), followed by wins in the Australian T&F U18 5000m (21:44.26) and U20 10000m (43:24.55) in March. He then won the LBG U18 5km in June (21:58) and looked set for a great World Youths competition, only to suffer the disappointment of a DNF in Cali in July. Bypassing major comps for the next few months, he bounced back with a win in the U20 10km at Fawkner Park a week ago in a PB 42:48.



### E4. Kyle Swan (VIC)

16 year old Kyle Swan and 17 year old Tyler Jones have dominated the U20 division and had a wonderful year of shared battles. Being a year older, Tyler had the edge on most occasions but I rate them alongside each other overall. Kyle started his year with 2<sup>nd</sup> in the Adelaide U20 10km in February (21:10) and 2<sup>nd</sup>s in the Australian T&F U18 5000m (22:07.15) and U20 10,000m (43:50.85) in March. He doubled well in the LBG Carnival in June, winning the U20 10km (43:38) and coming 2<sup>nd</sup> in the U18 5km (23:56). Like Tyler, he was disappointed in the World Youths in Cali, suffering an early Pit Lane outage and then never really recovering, eventually finishing 33<sup>rd</sup> in 50:42. He bounced back well, winning the Australian U18 10km in August (45:10) and the Australian All-Schools U18 5000m in December (2:-59.59). His final walk for the year was last week at Fawkner Park when he finished just behind Tyler in the U20 10km with a PB 43:01. A superb year by any measure.



#### **E6. Rhydian Cowley (VIC)**

24 year old Rhydian Cowley had a very solid year, starting with a bronze in the Australian Summer 20km championship in Adelaide in February (1:28:06). He backed up a month later with 2<sup>nd</sup> in the Australian 10,000m track championship (42:29), followed by a couple of IAAF Challenge Series races (Taicang 20km - 12<sup>th</sup> in 1:26:24, La Coruna 20km – PB 1:23:27). A World University Games 12<sup>th</sup> place (1:28:12) in July in Sth Korea and then second in the Australian 20km road championship in August (1:27:16) set him up nicely fitness wise for a month at the AIS in November. He came off that with a 10,000m track walk of 41:07, followed by a fine 20km time of 1:24:35 at Fawkner Park last week. Looks set for a big 2016.



#### **E6. Brendon Reading (ACT)**

26 year old Brendon Reading started the year slowly and did not hit his straps until the LBG 20 miler in June (4<sup>th</sup> in 2:33:30). But his year all came together with a couple of great walks after a month training at the AIS in November – a PB 41:31 for 10,000m track followed by a 29 minute PB of 3:55:03 to take silver in the Australian 50km championship in December at Fawkner Park, thus catapulting himself into a very good position re Olympic selection next year.



#### **8. Ian Rayson (NSW)**

25 year old Ian Rayson did not race until the LBG Carnival in June (3<sup>rd</sup> in the 20 mile championship in 2:27:49). But from then on, his racing was impressive. He won the Australian 20km roadwalk championship in August (1:25:46) and recorded a 2 minute PB in the Australian 50km in December (3:55:17) in finishing as the third Australian. With a solid Olympic 50km qualifier under his belt, he is well positioned for 2016.





#### **9. Adam Garganis (VIC)**

18 year old Adam Garganis had an amazing 36 races during 2015 and quite a lot of them resulted in PBs. Such is the depth of our U20 boys division that a time of 44:50.23 could only manage 5<sup>th</sup> in the Australian T&F Champs U20 10,000m walk in March but it was the start of a great year for him. He won the LBG 10 Mile championship in 1:12:52 in June, won the Victorian 20km Open Championship a couple of weeks later in a PB 1:31:08, took second in the Victorian 10km and 15km championships, was 2<sup>nd</sup> in the U20 10km at the Australian roadwalks championships in August (45:39) and just a week ago improved his 10km to 44:03 with a great walk at Fawkner Park in Melbourne. Adam has a big engine and the longer distances do not phase him. A great year!



#### **E10. Dylan Richardson (NSW)**

15 year old Dylan Richardson has been consistently our top U16 walker in Australia. He won the Australian T&F Champs U16 3000m in March (13:54.17), won the U16 3km at the LBG Carnival in June (14:02) and was 2<sup>nd</sup> in the U16 5km at the Australian Roadwalk Champs in August (24:27). He also knocked out his first 10,000m track race, recording 49:44.34 as a 14 year old.



#### **E10. Declan Tingay (WA)**

16 year old Declan Tingay has done it on his own in Western Australia but that has not stopped him taking it right up to his east coast rivals. In the Australian T&F championships in March, he won the U17 5000m (21:35.85) and was 3<sup>rd</sup> in the U20 10,000m (44:19.89). His only other national races saw him take 2<sup>nd</sup> in the Australian All-Schools U18 5000m in Dec (21:08.81) and 4<sup>th</sup> in the U20 10km at Fawkner Park a week later in 44.14. He has done PBs throughout the year but his opportunities to race nationally have been few, given the geographic isolation of Perth. Definitely an exciting young prospect.



### E10. Corey Dickson (VIC)

13 year old Corey Dickson has had some major battles with SA walker Joe Cross in the U14 division but I give the nod to Corey overall, although little separates the two boys. Although suffering a DQ at the Australian T&F Champs U14 3000m in March, his LBG Carnival in June saw him 1<sup>st</sup> in the U14 2km (9:12), 3<sup>rd</sup> in the U16 3km (14:48) and 5<sup>th</sup> in the U18 5km (26:09). This was followed by 2<sup>nd</sup> in the Australian Roadwalk champs U14 3km (14:25) in August. Finally, he wrapped up his year with a win in an exciting contest in the Australian All-Schools U14 3000m in December (14:04.21).



### E10. George White (SA)

70 year old George White has been amongst our top masters walkers for many years now but this has been perhaps his finest ever year. A regular competitor with the South Australian Masters in Adelaide who never ceases to amaze me with his superb times (always in the 90+% age graded area), he celebrated entering the M70 division in June with 2 golds and a silver in the World Masters Championships in Lyon (2<sup>nd</sup> 5000m 29:03.06, 1<sup>st</sup> 10km 59:16 and 1<sup>st</sup> 20km 2:08:02).

## GEELONG WALKERS CLUB TRACK RACES, LANDY FIELD, GEELONG, THURSDAY 10 DECEMBER

Thanks to Michelle de Graaf for the latest results from the Geelong Walkers.

### Geelong Walkers – Track 1500m & 800m Handicap

Name	Age	1500m	Handicap	Diff	800m	H'cap	Diff	Total	Place
Mark Wiffen	VET M	12.06	12.10	4	5.55	6.10	15	19	1
Michelle de Graaf	VET F	10.59	11.01	2	5.34	5.35	1	3	2
Barbara Fairbrother	VET F	16.04	16.07	3	8.13	8.10	-3	0	3
Jenny Larkins	VET F	13.49	13.59	10	7.25	7.05	-20	-10	4
Harold Boddy	VET M	10.38	10.32	-6	5.25	5.20	-5	-11	5
Tara Robinson	U/12 G	8.35	8.33	-2	4.32	4.20	-12	-14	6
Carla de Graaf	VET F	15.13	15.08	-7	8.10	7.40	-30	-35	7
Colin Silcock Delaney	VET M	12.24	11.51	-33	6.11	6.05	-6	-39	8
Angela Curran	VET F	12.38	12.01	-37	6.33	6.05	-28	-65	9
Mackayla Davison	U/15 G	8.17	8.23	6	5.34	4.15	-79	-73	10
Jennie Van Dreumel	VET F	13.27	12.30	-57	6.56	6.20	-36	-93	11
Gayle Jepson	VET F	13.28	12.30	-58	6.56	6.20	-36	-94	12
James Christmass	VET M	12.04	7.04	-336	4.11	3.35	-36	-372	13
Mackenzie Mielczarek	INV	8.20			4.12				
Adasha Boxer	INV	9.52							
Corey Leamer	INV	11.47			5.33				
Jordyn Leamer	INV	9.31			5.34				

**WARWC TRACK RACES, COKER PARK, PERTH, SUNDAY 13 DECEMBER**

The Western Australian Race Walking Club were in action a week ago at Coker Park in Perth, with results as shown below.

**10,000m Walk**  
1. Emily Pivac 58.31

**5000m Walk**  
Hayley Jackson DNF

**3000m Walk**  
1. Ben Reid 14.57  
2. John Back 23.19  
3. John Smith 24.14

**1500m Walk**  
1. Declan Power 10.26  
2. Emily Bogaers 10.27  
3. Kaytee Bogaers 14.12  
4. Lucas Andrews 15.46

**AACT SUMMER SERIES T&F, AIS TRACK, CANBERRA, MONDAY 14 DECEMBER**

The final ACT Athletics meet for the year saw only 1 walker in action. Most seem to prefer the ACTRWC races.

**3000m Walk**  
1. Callum Burns NCG 15:59.5h

**GEELONG WALKERS CLUB TRACK RACES, LANDY FIELD, GEELONG, THURSDAY 17 DECEMBER**

Thanks to Michelle de Graff for this week's results from Geelong where James Christmass and Colin Silcock-Delaney shared first place for their efforts.

<b>4 Laps Even Pace</b>	Age	1st Lap	2nd Lap	3rd Lap	4th Lap	o/a Time	Diff	Place
James Christmass	VET M	2.06	2.08	2.07	2.04	8.25	13	1
Colin Silcock-Delaney	VET M	3.30	3.29	3.26	3.30	13.52	13	1
Angela Curran	VET F	3.31	3.28	3.26	3.30	13.52	16	3
Rinie Van Dreumel	VET M	3.48	3.50	3.51	3.56	15.25	25	4
Barbara Fairbrother	VET F	4.45	4.41	4.44	4.36	18.46	30	5
Jenny Larkins	VET F	3.47	3.50	3.51	3.57	15.25	31	6
Harold Boddy	VET M	2.44	2.51	2.55	2.51	11.21	33	7
Mark Wiffen	VET M	3.10	3.20	3.22	3.22	13.14	38	8
Tara Robinson	U/12 G	2.46	2.51	2.58	2.55	11.30	40	9
Gayle Jepson	VET F	3.32	3.36	3.42	3.55	14.45	75	10
Jennie Van Dreumel	VET F	3.31	3.37	3.42	3.55	14.45	77	11

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, THURSDAY 17 DECEMBER**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Forecast 39c, actual 41c saw numbers down somewhat. Last competition walk for 2015. Recommencing 5th January 2016. Season's Greetings and good competition next year to all. Colin.

**1500m Walk**

1. George White	08:39	M70	83.46%
2. Geoff Byham	09:32	M69	74.82%
3. Gil McIntosh	09:57	M65	68.49%
4. Rodger Barber	10:48	M77	73.23%
5. Des Mulqueen	10:56	M69	65.24%
6. Doug Smart	11:37	M72	63.70%
7. Valmai Padget	12:16	W71	64.21%
8. Roger Lowe	12:36	M72	58.73%

**2000m Walk**

1.	Gil McIntosh	14:22	M65
2.	Bill Starr	14:23	M73
3.	Rodger Barber	14:33	M77
4.	Des Mulqueen	14:57	M69
5.	Doug Smart	14:58	M72
6.	Graham Harrison	15:28	M72
7.	George White	16:54	M70
8.	Roger Lowe	16:54	M72

**ACT WALKERS CLUB TRACK WALKS, WODEN, CANBERRA, THURSDAY 17 DECEMBER**

Thanks to Robin Whyte for this week's results from the ACT Race Walkers Club in Canberra.

**2000m Walk**

1.	Tim Fraser	09:27
2.	Gabby Hunt	09:29
3.	Mitchell Baker	09:41
4.	Connor Frew	09:49
5.	Callum Burns	09:52
6.	Laura Burns	09:56
7.	Spencer Burns	10:10
8.	Matt Griggs	10:39
9.	Tom Hunt	11:22
10.	Katie Alley	12:02
11.	Robin Whyte	12:33
12.	Caroline Campbell	15:59
13.	Val Chesterton	16:27
14.	Margaret McSpadden	16:29
15.	Terri Jones	17:48

**WA STRIVE COMPETITION, WA ATHLETICS STADIUM, PERTH, THURSDAY 17 DECEMBER**

Declan Tingay was the winner as usual in Perth last week.

**5000m Walk**

1.	Tingay, Declan	M99	Athletics WA	21:49.40
2.	Mann, Bradley	M99	Ridgewood At	27:57.60
3.	Pivac, Emily	W00	Athletics WA	DQ
4.	Reid, Benjamin	M01	Athletics WA	DNF

**ATHLETICS VICTORIA SHIELD, SATURDAY 19 DECEMBER**

With a horrendously hot weekend in Victoria, the Shield competition was cancelled across the State, in line with nearly every other sporting activity.

**TRELOAR SHIELD, SOPAC, SYDNEY, SATURDAY 19 DECEMBER**

The final round of Shield competition in Sydney for the year saw Tyler Jones, Dylan Richardson and Renee Hardy winners.

**5000m Walk**

1.	Jones, Tyler	17	Mingara Athl	21:20.06
2.	Gibbons, Carl	19	Westlakes At	22:32.41
3.	Millican, Hayden	15	Sydney Pacif	28:53.42
	Barendregt, Amanda	19	Nepean Distr	DNF

**3000m Walk**

1.	Richardson, Dylan	15	Mingara Athl	14:26.94
2.	Pitcher, Allanah	12	Mingara Athl	14:52.68
3.	Vesper, Danielle	12	Mingara Athl	17:09.46
4.	Parker, Hannah	13	Randwick Bot	17:41.99
5.	McKay, Sybella	12	Mingara Athl	17:46.26
6.	Henry, Amy	15	St. George D	17:30.03
7.	Blaskett, Hayden	13	Sydney Strid	15:47.17

8. Davis, George 12 Ryde Athleti 17:58.49

**1500m Walk**

1. Hardy, Renee 12 Asics Wests 7:56.58  
 2. Brown, Ainslie 13 U.T.S. North 8:58.98  
 3. Guthrie, William 13 Nsw Officials 9:38.66  
 4. Hardy, Aiden 10 Asics Wests 12:15.43

**ATHS TASMANIA REUNION DAY MEET, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 19 DECEMBER**

And the final interclub meet for the year in Hobart saw Anna Blackwell win with 17:44.64.

**3000m Walk**

1. Anna Blackwell Old Virgilians 17:44.64  
 2. Elizabeth Leitch Eastern Subu 18:18.02  
 3. Lawrence Marsh Tasmanian Masters 19:06.55  
 4. David Moore Tasmanian Masters 24:03.08  
 Ron Foster Northern Sub DQ  
 Alice Randall Old Virgilians DNF

**QUEENSLAND MASTERS T&F MEET, SAF, BRISBANE, SATURDAY 19 DECEMBER**

The Queensland Masters walks in Brisbane last Saturday saw Peter Bennett in top form with 25:06.90.

**5000m Walk**

1. Peter Bennett M60 Brisbane 25:06.90 89.32%  
 2. Ignacio Jimenez M50 Brisbane 25:10.68 81.44%  
 3. Dean Nipperess M44 GC & Sthrn 27:05.01 69.82%  
 4. Argenis Guevara M47 Brisbane 28:15.24 69.64%  
 5. Erika Woodward W49 Brisbane 28:50.43 74.16%

**MKH KAJANG 12HR INTERNATIONAL WALK 2015, KAJANG, MALAYSIA, 12-13 DECEMBER**

The Malaysia 12 Hour had its normal December scheduling again this year but was held in a different venue, moving from Seramban to Kajang, just outside Kuala Lumpur. It is held overnight which makes sense when you consider that KL is on the equator and hence hot all year round. The race was held over a 1km road loop and saw its usual huge number of walkers (over 300 in the 12H). The concept is a bit different to other walking races in that each time you receive a red card, you are docked a lap. That gives you plenty of incentive to walk well – losing a kilometre off your total distance is a pretty tough penalty!

This year, the walkers had to battle rain at times and hence the total distances were a little down on previous years – the winning distances were 90km (men) and 79 km (women). Full results at <http://www.racewalkermalaysia.com/> and photos at [https://photos.google.com/share/AF1QipOxnLhpdPk8TEzmADr-hxFuZDoip6-V-q5A\\_0avsLLbFRnyE0yrx9YLWQ\\_A8-rzYw?key=ZUZTX3A2dFhGUW9FUW9ITmdNNFVhM182T2Q5Qktn](https://photos.google.com/share/AF1QipOxnLhpdPk8TEzmADr-hxFuZDoip6-V-q5A_0avsLLbFRnyE0yrx9YLWQ_A8-rzYw?key=ZUZTX3A2dFhGUW9FUW9ITmdNNFVhM182T2Q5Qktn).

Excellent article at <http://www.thestar.com.my/metro/scoreboard/2015/12/21/hattrick-of-wins-for-norliana-armed-forces-lass-wins-in-three-categories-at-12hour-walk-in-kajang/>.

<b>12 Hour Women (first 20 of 153)</b>		<b>Laps</b>	<b>Cards</b>	<b>Final</b>	<b>Time</b>
1.	NORLIANA BINTI MOHD RUSNI	80	1	79 km	11:53:35
2.	CHANG I-YIN	75	0	75 km	11:53:08
3.	TAN BOON GAIK	74	0	74 km	12:00:10
4.	ANN CHUA	71	1	70 km	11:51:16
5.	YEN YI CHOY	70	0	70 km	11:52:56
6.	ANNETTE CHOONG CHEW LEE	69	0	69 km	11:52:49
7.	WONG CHOI YUEN	68	0	68 km	11:53:08
8.	SIOW YUN MEE	65	2	63 km	12:00:10
9.	CHOI KAM HAR	62	1	61 km	09:25:40
10.	CHAN CHOON MUI	61	0	61 km	11:53:09
11.	T.YOKESWARI A/P S.THURASINGAM	58	0	58 km	11:51:54
12.	WAI KUAN GOH	55	0	55 km	09:13:30
13.	YAP LEE YEEN	55	0	55 km	10:50:57
14.	CHEUNG HANG PING FIONA	54	0	54 km	12:00:09
15.	CH'NG TENG TENG	53	0	53 km	10:35:06
16.	CHOOI FERN LOH (PENNY)	52	0	52 km	06:34:09
17.	MAYBEL CHUNG	52	0	52 km	11:47:24



18.	LEE SIEW WUI	51	0	51 km	10:52:30
19.	SIM SOO FONG	51	0	51 km	10:52:30
20.	CHOO YUEN LENG	51	0	51 km	10:58:15

#### 12 Hour Men (first 20 of 171)

		Laps	Cards	Final	Time
1.	MOHD NOR AZUAN BIN MD NOR	92	2	90 km	11:54:49
2.	FRANCISCUS LEIJTENS	90	0	90 km	12:00:15
3.	PETER JAMES BACK	90	2	88 km	11:52:03
4.	MICHAEL CHARLES CAMPANIELLO	88	0	88 km	11:59:20
5.	ENG HUP BOH	82	1	81 km	11:49:55
6.	LO YAU WING	81	0	81 km	12:00:12
7.	SIVA SUBRAMANIAM A/L V.GURWANAI DU	77	0	77 km	12:00:11
8.	FOONG FATT HENG	74	0	74 km	12:00:10
9.	CHUA ENG SIONG	76	3	73 km	11:52:50
10.	SURESH KUMAR GOOBINNAAN	74	1	73 km	12:00:14
11.	OLIVER KER	72	0	72 km	11:53:09
12.	KRISHNAN A/L RENGASAMY	72	0	72 km	12:00:10
13.	ABD WAHID BIN KASSIM	71	0	71 km	12:00:18
14.	HANSEN CHUA CHIN SHEN	70	0	70 km	11:36:41
15.	DR DEVINDER SINGH	70	0	70 km	12:00:17
16.	GUANDASAMY A/L SINNASAMY	69	0	69 km	12:00:11
17.	PARAMESWARAN A/L GOVINDASAMY	69	0	69 km	12:00:16
18.	LIEW KAT SEONG	68	0	68 km	12:00:10
19.	AZMAN BIN ABDULLAH	67	0	67 km	11:50:35
20.	YEOW KOCK CHENG	67	0	67 km	12:00:15



Walkers in action in Kajang

#### INDOOR T&F MEET, KAUNAS, LITHUANIA, WEDNESDAY 16 DECEMBER

Only one indoor meet result from Lithuania to report this week, with wins to Marius Savelskis (20:50.21) and Živile Vaiciukeviciute (13:55.04).

##### Men 5000m Walk Indoor

1.	Marius SAVELSKIS	LTU	94	20:50.21
2.	Artur MASTIANICA	LTU	92	21:00.12
3.	Genadiy KOZLOVSKIY	LTU	91	21:24.15
4.	Daumantas LIUTINSKIS	LTU	99	21:53.45

##### Women 3000m Walk Indoor

1.	Živile VAICIUKEVICIUTE	LTU	96	13:55.04
2.	Monika VAICIUKEVICIUTE	LTU	96	13:55.30
3.	Inga MASTIANICA	LTU	89	14:06.25
4.	Austeja KAVALIAUSKAITE	LTU	00	14:47.26
5.	Aušrine KUZMICKAITE	LTU	98	16:34.97

**ALF PALMER MEMORIAL, BROADBRIDGE HEATH TRACK, HORSHAM, ENGLAND, SATURDAY 19 DEC**

Ron Penfold Reported on the Alf Barnett Memorial Handicap walks last weekend in Horsham, England: *Unbelievable turnout, the best we have had in years, even the weather was kind for a change. Well done to all those that raced. Great to see so many youngsters racing, bodes well the sport in the future. A very, very big thank you to all those that helped, especially those that travelled a long way, we could not put this race on without you all.*

**5km Men**

1.	Luc Legon	U20	Cambridge H	24:11.5
2.	Tim Snook	U20	Aldershott F&D	24:11.5
3.	Francisco Reis	M55	SCVAC	24:39.2
4.	Ian Richards	M65	Steyning AC	25:43.5
5.	Chris Hobbs	M60	Ashford AC	26:10.2
6.	Jimmy Ball	M50	Steyning AC	27:23.1
7.	Malcolm Martin	M60	Surrey WC	27:41.9
8.	Marshall Smith	U17	Ashford AC	28:11.0
9.	Ollie Hopkins	U17	Lewis AC	29:43.2
10.	Richard Emsley	M60	Unattached	29:59.0
11.	Robert Batchlor	M40	Unattached	30:56.2
12.	Paul Gaston	M65	Surrey WC	31:21.9
13.	Dan Marshall	M65	Surrey WC	31:43.5
14.	Mickey Harran	M65	Surrey WC	32:07.3
15.	Ron Penfold	M70	Steyning AC	32:11.8
16.	Peter Hannell	M70	Surrey WC	32:29.0
17.	John Killick	M70	Steyning AC	32:31.2
18.	Brian Kirkdale	M55	Hastings Runners	33:12.6
19.	Arthur Thomson	M75	Enfield H	34:13.7
20.	Dave Hoben	M60	Surrey WC	35:30.0
21.	Martin Ford-Dunn	M70	Steyning AC	37:40.9

**5km Women**

1.	Eve Butcher	U17	Cambridge H	28:39.2
2.	Penelope Cummings	W35	Aldershott F&D	29:15.2
3.	Abigal Jennings	U17	Aldershott F&D	30:02.0
4.	Fiona Bishop	W55	Woking AC	31:55.6
5.	Angela Martin	W50	Surrey WC	31:58.3
6.	Anne Jones	W60	Steyning AC	32:48.3
7.	Geraldine Legon	W55	Bexley	33:16.0
8.	Jacqueline Benson	U17	Ashford AC	34:09.1
9.	Carol Killick	W70	Steyning AC	36:32.1

**3km**

1.	MenSuki Ly	U15G	Cambridge H	16:36.2
2.	Jack Childs	U15B	Medway AC	16:40.9
3.	Lucy Lewis Ward	U15G	Cambridge H	17:09.7
4.	Beatrice Fury	U15G	Medway AC	18:17.4
5.	Katie Elliot	U17W	Aldershott F&D	18:28.3
6.	Andrea Ingram	SW	Lewes AC	19:17.9
7.	Ethan Kitteridge	U15B	Blackheath & B	19:47.7
8.	Michael Kitteridge	SM	Blackheath & B	20:33.5
9.	Nicholas Hart	U15B	Aldershott F&D	21:08.7
10.	Hannah Childs	W40	Medway AC	22:16.4
11.	Dave Stevens	M75	Steyning AC	22:31.0

**2km**

1.	Megan Packet	U11G	Aldershott F & D	13:08.8
2.	Charlotte Wallis	U13G	Aldershott F & D	13:55.0
3.	Afra Hussain	U13G	Lewes AC	14:47.4
4.	Maia Hussain	U13G	Lewes AC	14:48.9

**1km**

1.	Katie Stringer	U11G	Medway AC	6:43.2
2.	Finn Kitteridge	U11B	Blackheath & B	7:16.5
3.	Adam Childs	U11B	Medway	7:44.2
4.	Theresa Kitteridge	SW	Blackheath & B	7:48.9

## WORLD CLASS RACEWALKING 50KM CHAMPIONSHIP, VALLEY COTTAGE, NY, SUNDAY 20 DECEMBER

Only small fields in the WCR Championships last weekend in Rockland Lake State Park, Valley Cottage, NY

### WCR 50km Championship

1.	Dave McGovern	World Class Racewalking	5:14:35	
	Loretta McGovern	World Class Racewalking	DNF	41.667k in 4:21:15
	Donna Habig	World Class Racewalking	DNF	20k in 2:36:09
	Walt Neubauer	Unattached	DQ	

### WCR 20km Championship

1.	Vyacheslav Troshkin	Park Racewalkers, USA	2:09:12
2.	Bruce Logan	Park Racewalkers, USA	2:16:00

### WCR 10km

1.	Robert Campbell	World Class Racewalking	1:13:40
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## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 1 press release this week

- Sat 19 Dec - Race walker Takayuki Tanii, who captured a bronze medal in the men's 50-km competition at this summer's IAAF World Championships in Beijing, was named the athlete of the year at the annual Athletic Awards of the Japan Association of Athletics Federations in Tokyo on Wednesday. It was a great year for Japanese racewalking as Yusuke Suzuki set a 20km world record in March while Tanii and Hirooki Arai finished third and fourth at worlds in August.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2296](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2296)

The omarchador blog was also active with 7 news releases

- Mon 21 Dec - Inês Henriques 22.14,24 Miguel Rodrigues 21.12,45 win Portuguese indoor races at Pombal  
<http://omarchador.blogspot.com.au/2015/12/nda-pombal-organizou-2-gp-em-pista.html>
- Sun 20 Dec - Portuguese officials for Rio Olympics  
<http://omarchador.blogspot.com.au/2015/12/quatro-oficiais-vao-estar-no-rio-2016.html>
- Sat 19 Dec - seminar held in Porto, Portugal, for The National Association of Sports for Intellectual Disability (ANDDI) and the Portuguese Sports Federation for Persons with Disabilities (FPDD)  
<http://omarchador.blogspot.com.au/2015/12/anddi-e-fpdd-organizaram-seminario-no.html>
- Fri 18 Dec - Japanese walker Takayuki Tanii named Japanese athlete of the year  
<http://omarchador.blogspot.com.au/2015/12/takayuki-tanii-atleta-do-ano-no-japao.html>
- Thu 17 Dec - Álvaro Martín 40:08 and Maria Jose Poves 46:06 win in Getafe  
<http://omarchador.blogspot.com.au/2015/12/alvaro-martin-e-maria-jose-poves.html>
- Wed 16 Dec - Results of Christmas Cup in Yverdon-les-Bains, Switzerland  
<http://omarchador.blogspot.com.au/2015/12/taca-de-natal-em-yverdon-les-bains.html>
- Tue 15 Dec - Results of Australian 50km Championship meet at Fawkner Park, Melbourne  
<http://omarchador.blogspot.com.au/2015/12/recordes-nos-campeonatos-australianos.html>

## AUSTRALIAN WORLD RACE WALKING REAMS CHAMPIONSHIPS QUALIFIERS

In last week's newsletter, I listed those Australian walkers who had Olympic qualifiers already. This time around, it is time to look at those already qualified for the 2016 IAAF Race Walking Teams Championships. First a quick summary of the required standards and qualifying periods

The qualifying standards are	50km men	No standard published	1 January 2015 till 13 December 2015
	20km men	<b>1:28:00</b>	1 August 2015 till 21 February 2016
	20km women	<b>1:36:00</b>	1 August 2015 till 21 February 2016
	10km Junior men	<b>46:30</b>	1 August 2015 till 21 February 2016
	10km Junior women	<b>50:00</b>	1 August 2015 till 21 February 2016

And now to the qualifiers thus far (apologies if I have missed anyone)

<b>20km Men (1:28:00)</b>	Dane Bird-Smith	Q	1:21:37	Beijing, China	23-Aug
	Jared Tallent	S	1:24:18	Beijing, China	23-Aug
	Rhydian Cowley	V	1:24:35	Melbourne	13-Dec
			<i>1:27:16</i>	<i>Melbourne</i>	<i>30-Aug</i>
	Chris Erickson	V	1:25:15	Beijing, China	23-Aug
	Ian Rayson	V	1:25:46	Melbourne	30-Aug
	Michael Hosking	V	1:26:16	Melbourne	13-Dec
<b>20km Women (1:36:00)</b>	Regan Lamble	V	1:30:45	Melbourne	13-Dec
			<i>1:32:26</i>	<i>Takahata, Japan</i>	<i>25-Oct</i>
			<i>1:32:51</i>	<i>Melbourne</i>	<i>30-Aug</i>
	Stephanie Stigwood	T	1:32:22	Melbourne	13-Dec
	Tanya Holliday	S	1:34:56	Melbourne	13-Dec
	Rachel Tallent	V	1:34:16	Melbourne	13-Dec
	Nicole Fagan	N	1:37:54	Melbourne	13-Dec
<b>50km Men</b>	Jared Tallent	S	3:42:17	Beijing, China	29-Aug
	Chris Erickson	V	3:51:26	Beijing, China	29-Aug
			<i>3:54:10</i>	<i>Melbourne</i>	<i>13-Dec</i>
	Brendon Reading	A	3:55:03	Melbourne	13-Dec
	Ian Rayson	N	3:55:17	Melbourne	13-Dec
<b>10km Junior Men (46:30)</b>	Tyler Jones	N	42:48	Melbourne	13-Dec
	Kyle Swan	V	43:01	Melbourne	13-Dec
			<i>45:30</i>	<i>Melbourne</i>	<i>30-Aug</i>
	Adam Garganis	V	43:03	Melbourne	13-Dec
			<i>45:39</i>	<i>Melbourne</i>	<i>30-Aug</i>
	Declan Tingay	W	44:14	Melbourne	13-Dec
	Emmet Brasier	V	44:48	Melbourne	13-Dec
<b>10km Junior Women (50:00)</b>	Zoe Hunt	A	47:41	Melbourne	13-Dec
			<i>49:45.72</i>	<i>Canberra</i>	<i>26-Nov</i>
	Jemima Montag	V	48:01	Melbourne	29-Nov
	Tayla-Paige Billington	V	49:32	Melbourne	30-Aug

#### OUT AND ABOUT

- Great article on SA walker **Marc Mundel**, currently training "down under".  
<http://www.sascoc.co.za/2015/12/12/olympian-mundell-on-the-move-down-under>.

From the latest AA High Performance newsletter: **Our initial nominations for 10,000m and 50km walk will be published on the Athletics Australia website week commencing Monday 4 January 2016**. We also expect the IAAF to announce the venues for the IAAF World Junior Championships and IAAF World Race Walking Team Championships in that same week.

- **Evan Dunfee** reflects on his 50km result at Fawkner Park just over a week ago.  
<http://www.richmond-news.com/sports/road-to-rio-the-kind-of-race-i-d-only-ever-read-about-1.2136348>
- This last October marks the ninth anniversary of **Peter Norman's** passing. Most people don't know Norman who is perhaps "the third hero of that night in 1968," writes Italian writer Riccardo Gazzaniga. See <http://sfglobe.com/2015/12/07/white-man-in-the-photo-is-the-third-hero-that-night-in-1968>.
- The Tokyo 2020 Olympics will cost £9.98bn (1.8 trillion yen), six times more than the original estimate, the Japanese public broadcaster NHK reported the overspend on its website. It said the huge rise had been caused by unexpected payments for building lanes on highways, as well as rising material costs and personnel expenses. Next year's Olympics in Rio has a budget of £2.38bn while London 2012 cost £8.77bn in total. However, if the cost of the Tokyo Olympics was to reach £9.98bn, it would still be considerably less than the 2014 Winter Olympics in Sochi, Russia, which was estimated to have cost £31bn (\$51bn). see <http://www.bbc.com/sport/olympics/35140865>
- Paul Warburton reviews the racewalking year. See <http://www.iaaf.org/news/news/2015-review-athletics-race-walking>  
European Athletics President Svein Arne Hansen and Peter Pellegrini, chairman of the Slovak parliament, were at the special gala awards evening in Bratislava as **Matej Toth** was named Slovak Athlete of the Year for a fourth time after making history for his country this summer. Toth, 32, became the first Slovakian to win a gold medal at the IAAF World Championships when he triumphed in the 50km walk amid the Beijing heat in August. "I am delighted to present this award to this wonderful athlete who brought his country a historic gold medal in Beijing. It's also meaningful that a race

walker be named Athlete of the Year,” said President Hansen. See <http://www.european-athletics.org/news/article=president-hansen-sees-toth-crowned-again/index.html>.



**Matej Toth is crowned Slovakian Athlete of the Year (photo <http://www.european-athletics.org/>)**

#### #KIRDYAPKIN.

The press releases keep on coming.

- The son of ex-world athletics chief Lamine Diack is one of four officials facing an IAAF disciplinary hearing over an alleged doping cover-up. Papa Massata Diack, a former consultant for the IAAF, and ex-IAAF anti-doping director Gabriel Dolle are charged with breaches of the IAAF's code of ethics. Former All-Russia Athletic Federation chief Valentin Balakhnichev and coach Alexei Melnikov are also in the dock. None are expected at the three-day hearing, which started last Wednesday. See <http://www.bbc.com/sport/athletics/35109768>.
- An International Olympic Committee plan to hand over all drug testing to the World Anti-Doping Agency will have the support of the United States Olympic Committee, chairman Larry Probst said last Tuesday. Following a report by the independent commission of WADA that uncovered systematic, state-sponsored doping inside Russian athletics and with the sporting world bracing for another explosive report early next year, the IOC is looking at new approaches in the fight against the use of performance-enhancing drugs. IOC president Thomas Bach has been pushing a plan that would see testing and results management taken away from sports organisations and handed over to WADA while bans and appeals would be handled by the Court of Arbitration for Sport. See <http://www.iol.co.za/sport/athletics/us-officials-back-wada-testing-takeover-1.1960911#.VnHJNP197IU>.
- The heads of the Russian Anti-Doping Agency (RUSADA) have stepped down, R-Sport news agency said on Thursday, in the latest steps to clean up Russian athletics to avoid missing next year's Olympics. See <http://www.sbs.com.au/news/article/2015/12/18/heads-russian-anti-doping-agency-step-down>.
- Vitaliy and Yuliya Stepanova: their first TV interview following the publication of the WADA report about doping in Russia. See <http://www.sportschau.de/doping/doping-scandal-whistleblowers-stepanov-interview-100.html>
- The Russian doping scandal took a new twist when the French newspaper Le Monde reported a few days ago that Lamine Diack, a former president of the International Association of Athletics Federations, had asked the leader of the Russian track federation for more than \$1 million to finance the political opposition in his native Senegal. See [http://www.nytimes.com/2015/12/19/sports/russian-scandal-widens.html?partner=rssnyt&emc=rss&\\_r=0](http://www.nytimes.com/2015/12/19/sports/russian-scandal-widens.html?partner=rssnyt&emc=rss&_r=0)
- This was followed very quickly by a further Le Monde report which alleged that Diack has confessed that he sought approximately 1.5 million Euros from former All-Russia Athletic Federation (ARAF) president Valentin Balakhnichev in late 2011, which Diack said he wanted to use to fund opposition to the Senegalese government during the country's 2012 elections. Le Monde says Diack made the confession to French police on November 2, one day after he was arrested on charges of corruption and money laundering. See <http://www.letsrun.com/news/2015/12/report-lamine-diack-confessed-seeking-1-5-million-euros-russian-athletics-federation-admitted-iaaf-intentionally-slowed-doping-cases-involving-russian-athletes/>.



- The administration of President Macky Sall of Senegal, has started arresting journalists, who are reporting this latest corruption and bribery development. The first casualty of Macky's latest attempts to stifle free press and expression in the country, is Journalist Massamba Mbaye. Mr. Mbaye is the Managing Director of Zik FM and SEN TV. He was arrested by the personnel of Senegal's Department of Criminal Investigation (DIC). Mbaye was picked up in the presence of his family and whisked away to the DIC headquarters for interrogation. His perceived crime was for merely quoting and reporting on the Le Monde Newspaper story alleging that President Sall received Russian Dope money bribery funds from Lamin Diack. See <http://www.freedomnewspaper.com/6146-2/>.
- The Le Monde reports have been followed up by French investigators who on Monday hit former IAAF president Lamine Diack with new corruption charges linked to doping cover-ups in world athletics. The Senegalese is suspected of turning a blind eye to doping cases, notably involving Russian athletes, in exchange for money. Investigators also suspect him of making cash payments totalling €140 000 to Gabriel Dolle, a doctor for the IAAF until last year who has also been charged with corruption, the source said. See <http://www.supersport.com/athletics/article.aspx?Id=3328694>

#### FROM THE ARCHIVES – THE 1975 BRITISH NATIONAL 50KM CHAMPIONSHIP

The August 1975 edition of the Race Walking Record magazine reported on what was an amazing race – the 40<sup>th</sup> British National 50km Championship which was held in Whetstone in Leicester on 19<sup>th</sup> July 1975. What makes this such a special race is the fact that there were an astonishing 101 finishers! Here is the scan from the mag – excuse any character recognition typos. The report reads as follows:

**Bob Dobson** finishing only 6<sup>th</sup> and therefore missing from Britain's Lugano Cup 50km squad. Yet credit should not be taken from **Jake Warhurst** with his usual reliable walk that gave him a clear victory from the year's most improved walker, John Lees. John came through in the last 10km and is obviously using his head this year. **Roy Thorpe** shared the lead with his Sheffield clubmate throughout much of the race, only wilting at the finish where he was almost caught by **Alec Banyard's** late effort. Indeed, Alec did catch Roy by the official finish but as the leaders had walked 392 yards off course, it was officially decided that the leaders would be timed at the exact 50 kms and they were accordingly placed there, giving the correct distance for all. Sheffield, despite missing John Eddershaw, (walking elsewhere for Wales) won the team title from Southend with **Peter Marlow** completing their four with a useful 50km debut, while Belgrave just inched out rivals Brighton and Have by the almost usual point difference.

#### 1975 British 50km Championship

1.	J. Warhurst	Sheffield UH	4.20.32
2.	J. Lees	Brighton & Have	4.26.13
3.	C. Fogg	Enfield H	4.27.44
4.	R. Thorpe	Sheffield UH	4.28.34
5.	A. Banyard	Southend AC	4.28.41
6.	R. Dobson	Southend AC	4.30.31
7.	R. Middleton	Belgrave H	4.34.43
8.	R. McConn	Yorkshire WC	4.38.45
9.	S. Maidment	Yeovil Olympiads	4.39.56
10.	C. Lawton	Belgrove H	4.40.15
11.	B. Ingarfield	Metro WC	4.40.20
12.	K. Harding	Royal Sutton WC	4.40.35
13.	D. Boxall	Brighton & Have	4.41.32
14.	P. Ryan	Sheffield UH	4.42.16
15.	T. Toehill	Yorkshire WC	4.42.28
16.	A. Ardley	Tonbridge AC	4.43.15
17.	P. Markham	Leicester WC 'A'	4.45.10
18.	C. Fisher	Enfield H	4.46.09
19.	S. Elms	Brighton & Have	4.46.33
20.	I. Brooks	Southend AC	4.47.17
21.	P. Selby	Surrey WC	4.47.45
22.	L. Ruddock	liford AC	4.47.46
23.	N. Simmons	Surrey WC	4.48.53
24.	G. Tranter	Royal Sutton WC	4.48.58
25.	C. Young	Essex Beagles	4.49.06
26.	P. Marlow	S'end	4.49.38
27.	G. Hunwicks	Ilf	4.51.02
28.	J. Heywood	Leic'A'	4.51.11
29.	D. Harrison	Bound	4.53.18
30.	J. Dunsford	Bel	4.54.45
31.	S. Ashton	SUH	4.55.17
32.	A. James	Enf	4.57.17
33.	C. Berwick	Leic'A'	4.57.55
34.	P. Worth	Ver	4.59.28

35.	D. King	Bel	5.01.33
36.	K. French	SUH	5.03.41
37.	D. Picton	YWC	5.04.44
38.	W. Smith	Leic'A'	5.05.11
39.	G. Scott	Enf	5.06.11
40.	C. Weston	HH	5.06.39
41.	H. Stewart	Enf	5.10.58
42.	D. Slater	Enf	5.11.31
43.	B. Gomersal	YWC	5.12.03
44.	D. Read	Stey	5.12.11
45.	D. Vale	SWC	5.12.21
46.	P. Emery	Enf	5.14.21
47.	M. Daly	Nom	5.15.00
48.	D. Sharp	New	5.15.49
49.	M. Oliver	Enf	5.15.51
50.	R. Emslie	Stey	5.17.12
51.	J. Crook	B&H	5.18.26
52.	M. Barnbrook	Com	5.18.57
53.	O. Palfreman	Leic'B'	5.19.13
54.	E. Shillabeer	LV	5.20.08
55.	B. Imber	SWC	5.20.39
56.	A. Gee	Stey	5.20.55
57.	T. Mayer	Enf	5.21.28
58.	J. Keawn	Bel	5.21.38
59.	B. Sounders	B&H	5.22.26
60.	L. Holton	Leic'A'	5.22.52
61.	R. Gutteridge	Met	5.23.01
62.	I. Turnbull	Bound	5.23.35
63.	S. Lewis	Leic'A'	5.23.56
64.	J. Morris	Bel	5.26.56
65.	D. Jones	Leic'A'	5.27.17
66.	M. Looch	Leic'A'	5.27.17
67.	A. Normon	SUH	5.29.57
68.	A. Eddleston	Cam	5.30.12
69.	K. Read	SWC	5.30.12
70.	E. Warner	Leic'B'	5.31.40
71.	W. Maxwell	Leyl	5.31.40
72.	P. Briggs	YWC	5.32.12
73.	S. Tyas	YWC	5.32.31
74.	R. Vlotman	B&H	5.32.41
75.	W. Grice	YWC	5.33.28
76.	F. Moule	SWC	5.33.59
77.	R. Denny	Cam	5.34.40
78.	R. Gunnett	Ver	5.35.59
79.	C. Beon	Stey	5.36.55
80.	J. Nutt	Leic'B'	5.37.39
81.	P. Husbands	lIf	5.40.50
82.	F. Baker	HH	5.41.10
83.	E. Murray	Leyl	5.41.19
84.	D. Breen	Lane	5.41.19
85.	D. Withers	RSC	5.45.48
86.	C. Wormleighton	Grey	5.46.18
87.	T. P. Williams	Ver	5.47.00
88.	M. Turner	B&H	5.49.08
89.	T. Tidy	Stey	5.49.47
90.	W. Roe	Leic'B'	5.52.30
91.	D. Watts	Cam	5.53.01
92.	B. Scrivens	RSC	5.53.10
93.	J. Charity	YP	5.57.04
94.	H. Taggart	YP	5.57.12
95.	J. Roost	Ver	5.57.45
96.	W. Cowley	Lone	5.58.15
97.	F. Nickolis	SWC	5.58.32
98.	A. Williams	Enf	6.04.22
99.	F. Gerrish	HH	6.07.05
100.	R. House	Cam	6.09.22
101.	H. Neilson	WG	6.24.09

## Teams

1.	Sheffield UH	43 pts
2.	Southend AC	50 pts
3.	Belgrave H	71 pts
4.	Brighton & Hove AC	72 pts
5.	Enfield H 'A'	79 pts
6.	Yorkshire RWC	90 pts
7.	Leicester WC 'A'	99 pts
8.	Surrey WC	123 pts
9.	Royal Sutton Coldfield WC	180 pts
10.	Steyning AC	194 pts
11.	Cambridge H	243 pts
12.	VerleaAC	247 pts
13.	Leicester WC 'B'	248 pts

## 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

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

### 2016 International Key Dates

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

### 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 <sup>nd</sup> International Race Walking Festival, LTU
Sun June 18, 2016	19 <sup>th</sup> Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016	Voronovo Cup, Voronovo, RUS (I assume this depends on whether Russia is back in the IAAF fold by then)

### 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 <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</a>
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Nairobi, Kenya
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
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, ?
TBA, 2018	22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain
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
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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