



HEEL AND TOE ONLINE

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

My walker off the week this time around goes to Queensland waker **Jess Pickles** whose 5000m time of **22:11.76** on Saturday in the Garry Brown Shield competition in Brisbane was a 66 second PB. Coincidentally, today is Jess's 22nd birthday and I am sure that the walk on Saturday was an early and very special present! A very talented junior walker, she is now transitioning into a very promising senior walker. With a 10km PB of 46:55, she has good credentials already and I am sure that she will make her presence felt in the National Summer 20km Championship in Adelaide in 2 weeks time. Well done Jess!



2012 AA U19 Talent Squad Camp – Jess with fellow U19 walkers Jesse Osborne and Brad Aiton along with AIS high performance walks coach Brent Vallance – it's a tough transition from promising junior to high performing senior!

WHAT'S COMING UP

- Next weekend sees the **Victorian Junior Track & Field Championships** at Lakeside Stadium in Melbourne. Good luck to all our young Victorian walkers. The draft timetable on the AV website has the walks as follows

Fri 12 Feb, 5:30PM	5000m U17, U18, U20
Sat 13 Feb, 10:00AM	3000m U14
Sat 13 Feb, 10:30AM	3000m U15, U16

- Looking further forward, entries have now closed for the **Australian 20km Summer Roadwalk Championships** which will be held in **Adelaide** on **Sunday 21st February**. Start list on next page.
- **The Victorian Open T&F Championships** will be held at Lakeside Stadium on the weekend of 26-28 February. Entries close with AV this Sunday evening so don't delay if you intend to enter.
- If you are interested in competing in the Melbourne Track Classic 5000m walk on Saturday 6 March and you want to apply for a travel subsidy, Athletics International may be able to help if you meet their performance grid. I have uploaded the

appropriate document to <http://www.vrwc.org.au/documents/Domestic%20travel%20funding%20grants%20applications%202015-16.docx>.

VALE VICTOR HARLEY, 1926 - 2006

It is my sad duty to inform older VRWC club members that former masters and VRWC walker **Victor Harley** died over the weekend. Vic was a regular at the Caulfield Masters venue and in the various Masters championships from the early 1980s (M55) onwards until forced to retire around 2007 (M80) as his health deteriorated. After he retired from active competition, he continued to maintain his VRWC membership and always enjoyed reading our newsletter every week - I chatted with him on a few occasions and he said that it allowed him to keep up his association with the sport. Born in January 1926, he celebrated his 90th birthday only weeks ago but had been unwell for a while now. The funeral service is to be held at the Bentleigh Uniting Church, 497 Centre Rd, Bentleigh this Thursday at 11am. Refreshments will be served in the Church Hall afterwards and will be followed by a Private Burial.. Our thoughts are with his widow Jean, daughters Anne and Jeanette and their extended family.

PREVIEWING THE AUSTRALIAN 20KM SUMMER CHAMPIONSHIP MEET, ADELAIDE, SUNDAY 21 FEBRUARY

With 13 women and 23 men entered in the Australian 20km Summer Championships in Adelaide on Sunday 21st February, we look set for some fantastic racing. For the Australians, it is the official Olympic and World Race Walking Teams Championship trial. For the many other international walkers (3 women and 12 men), it is a chance to get an Olympic or World Teams Championship qualifier on the boards in a suitably ratified competition.

The men's 20km looks set to produce some real fireworks with Jared Tallent (PB 1:19:15), Ben Thorne (PB 1:19:57), Dane Bird-Smith (PB 1:20:05), Evan Dunfee (PB 1:20:13), Inaki Gomez (1:20:18), Yerko Cortes (PB 1:20:47) and Rafal Augustyn (PB 1:20:53) shearheading the field. But you can't discount Quentin Rew, Lebogang Shange or Wayne Snyman who are also in awesome form and well capable to getting into the medal mix. And I haven't even mentioned walkers like Chris Erickson or Rhydian Cowley! Well over half the field have PBs well under the 2016 Olympic qualifying standard of 1:24:00 and all are walking well.

The women's field is a real nail biter with Alana Barber (PB 1:32:50), Tanya Holliday (PB 1:31:28), Regan Lamble (PB 1:30:03), Kelly Ruddick (PB 1:33:15), Beki Smith (PB 1:30:25), Stephanie Stigwood (PB 1:32:22) and Rachel Tallent (PB 1:34:16) all capable of medalling and all with PBs well under the 2016 Olympic qualifying standard of 1:36:00. A top 3 has to come out of this select list for Olympic purposes. How exciting!

20km Open Men

Adams, Luke	1976	NSW
Araya Cortes, Yerko	1986	CHILE
Bird-Smith, Dane	1992	QLD
Brill, Nathan	1996	VIC
Cowley, Rhydian	1991	VIC/VIS
Dunfee, Evan	1990	CANADA
Erickson, Chris	1981	VIC/VIS
Felton, Jay	1995	NSW
Free, Jared	1997	NEW ZEALAND
Gibbons, Carl	1996	NSW
Gomez, Inaki	1988	CANADA
Hosking, Michael	1985	VIC
Ibanez, Ato	1985	SWEDEN
Jelonek, Jakub	1985	POLAND
Karlström, Perseus	1990	SWEDEN
Mundell, Marc	1983	STH AFRICA
Rayson, Ian	1988	NSW
Reading, Brendon	1989	ACT
Rew, Quentin	1984	NEW ZEALAND
Renó, Giovanni	1991	ITALY
Shange, Lebogang	1990	STH AFRICA
Snyman, Wayne	1985	STH AFRICA
Tallent, Jared	1984	SA
Thorne, Benjamin	1993	CANADA

20km Open Women

Barber, Alana	1987	NEW ZEALAND
Ching, Siu	1987	HONG KONG
Fagan, Nicole	1989	NSW
Goznik, Kristie	1993	SA
Holliday, Tanya	1988	SA
Langley, Laura	1997	NEW ZEALAND
Lamble, Regan	1991	VIC
Pickles, Jessica	1994	QLD
Ruddick, Kelly	1973	VIC
Smith, Beki	1986	NSW
Stigwood, Stephanie	1990	TAS
Tallent, Rachel	1993	VIC
Walsh, Danielle	1996	SA

The U20 10km is the official World Race Walking Teams Championship trial and the fields see just about all our top U20 walkers in attendance. Tyler Jones must go into the men's race as a slight favourite ahead of the others but it is potentially a blanket finish! The women's race is harder to pick and I'm not even going to try to pick a name out at this stage. You will have to come over and watch like me!

10km U20 Men

Brasier, Emmet	1998	VIC
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10km U20 Women

Billington, Tayla-paige	1997	VIC
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Garganis, Adam	1997	VIC	Findlay, Samantha	1997	SA
Jones, Tyler	1998	NSW	Hunt, Zoe	1997	ACT
Swan, Kyle	1999	VIC	Lovegrove, Rhiannon	2000	SA
Tingay, Declan	1999	WA	Martin, Katya	1997	QLD
			Montag, Jemima	1998	VIC
			Smith, clara	1998	QLD

Finally we have an U18 5km event with two local South Australian boys taking the opportunity.

5km U18 Men

Harlington, Alix	1999	SA
Vidler, Jake	2000	SA

SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 3 FEBRUARY

Thanks to Colin Hainsworth for the latest South Australian Masters walks in Adelaide. Boy, that's a fast 800m walk time by 16 year old Jake Vidler.

800m walk

1. Jake Vidler	3:16	
2. Rhiannon Lovegrove	3:47	
3. Gloria Holliday	4:36	W55
4. Marie Maxted	4:42	W55
5. Aleesha Vidler	4:45	
6. Rodger Barber	5:28	M77
7. Kerry Goode	5:30	W41
8. Helen Suridge	5:31	W64
9. James Hoare	5:37	M69
10. Mary Abrey	5:39	W65
11. Graham Harrison	5:48	M72
12. Leigh Smith	5:50	M80
13. Jan Layng	5:52	W67
14. Roger Lowe	5:53	M72
15. Harry Hayford	6:17	M63
16. Margaret McIntosh	6:21	W63
17. Jill Rogers	6:29	W71
18. David Robertson	6:42	M82
19. Fleur Woodhouse	6:59	W38

5000m Walk

1. Gloria Holliday	30:52	W55	75.84%
2. Marie Maxted	33:25	W55	70.05%
3. Cherie Rothery	33:55	W46	63.57%
4. Rodger Barber	36:40	M77	75.00%
5. Bill Starr	36:49	M73	70.68%
6. Doug Smart	37:01	M72	69.39%
7. Graham Harrison	37:27	M72	68.59%
8. Leigh Smith	39:18	M80	73.19%
9. Colin Hainsworth	41:33	M86	76.59%

3000m Walk

1. James Hoare	0:21:01	M69	69.20%
2. Helen Suridge	0:21:28	W64	70.10%
3. Jan Layng	0:23:00	W67	67.93%
4. Roger Lowe	0:24:02	M72	62.79%
5. Margaret McIntosh	0:24:14	W63	61.36%
6. Jill Rogers	0:25:30	W71	64.73%
7. David Robertson	0:25:53	M82	67.26%

INTERNATIONAL 10,000M RACE WALK, AIS TRACK, BRUCE, CANBERRA, THURSDAY 4 FEBRUARY

The large group of elite Australian and International walkers at the AIS wound up their second one month stint in Canberra last weekend with one of their last study activities involving a second 10,000m track race at the AIS track in Bruce. Thanks to Phil Reading for forwarding the results to me from both 10,000m races – the one at the start of the month long study camp on 12th January and the one which rounded things out on 4th February. Times in the second race were considerably faster for just about all the study participants and indicate just what a superb month's training opportunity it was. You can even see a video of Thursday's race at <https://www.facebook.com/ato.ibanez/videos/10153292968891722/>.

Canadian Ben Thorne, bronze medallist in the 2015 IAAF World Championship 20km, won in an impressive 39:46.5 and he was some 8 secs ahead of South African walker Lebogang Shange who walked a massive PB, storming home in the second half, after being well back early. Great article on Lebo at <http://www.sascoc.co.za/2016/02/04/track-best-as-shange-notches-up-another-walking-milestone-down-under/>. I am sure there were quite a few PBs on Thursday. Here are the results of the pre and post races.

Race 1: Jan 12 2016: 28 degrees, 55% r.h., wind speed: 0

Race 2: Feb 4 2016: 18 degrees, 65% r.h., wind speed: 06-1.5 m/s with gusts to 3 m/s

Name	Race 2 – 4 Feb		Race 1 – 12 Jan		20km PB
	Place	Time	Place	Time	
Ben Thorne	1	39:46.5	1	40:25.8	79:57
Lebogang Shange	2	39:54.2	3	41:02.9	81:43
Evan Dunfee	3	40:24.3	8	43:17.7	80:13
Inaki Gomez	4	40:33.4	2	40:57.9	80:18
Rhydian Cowley	5	41:02.0	6	42:28.3	83:27

Persy Karlstrom	6	41:43.2	5	42:01.0	81:54
Jakub Jelonek	7	41:50.0	9	43:43.0	81:05
Rafal Augustyn	8	41:59.0	7	43:06.3	80:53
Yerko Cortes	9	42:39.1	4	41:06.4	80:47
Yuzuro Nakao	10	42:49.0	15	47:51.7	85:36
Marc Mundell	11	43:03.3	13	46:41.6	86:19
Giovanni Reno	12	43:15.0	16	47:34.2	88:32
Brendon Reading	13	43:51.9	11	43:56.1	84:51
Ian Rayson	14	44:17.0	14	47:26.3	84:25
Toru Yamamoto	15	44:19.4	19	53:55.1	87:55
Yuki Kobayashi	16	44:28.0	18	51:06.9	86:53
Nathan Brill	17	44:53.5	17	50:48.3	91:36
Ato Ibanez		DNS	10	43:47.2	82:36
Jared Tallent		DNS	12	45:01.5	79:15

ACT WALKERS CLUB TRACK WALKS, WODEN, THURSDAY 4 FEBRUARY

Thanks to Robin Whyte for the latest walks results from Canberra. Only small fields this week.

3000m Walk

1.	Matt Griggs	15:54
2.	Ann Staunton-Jugovic	16:04
3.	Bryan Thomas	21:14
4.	Rod Gilchrist	21:28
5.	Ruth Baussmann	22:05
6.	Jennifer Gilchrist	23:15
7.	Sheryl Greathead	24:19
8.	Val Chesterton	24:24
9.	Terri Jones	26:25

1000m Walk

1.	Thalita Allen	08:21
2.	Jack Thackray	08:34
3.	Lorna England	10:06

NSW JUNIOR T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 5-7 FEBRUARY

The NSW Junior T&F Championships were contested last weekend in Sydney. The first walks to get underway were the U14-U16 3000m which were held on Friday afternoon. Best efforts by Alannah Pitcher (U14 3000m 15:06.50) and Oscar Tebbutt (U16 3000m 14:30.59).

Women 3000m Track Walk U14

1.	Allannah Pitcher	13	Mingara Athl	15:06.50
2.	Emma Blanch	13	St. George D	15:47.90
3.	Sophia Dagher	13	Westfields A	16:02.40
4.	Haley Mills	13	Parramatta C	16:08.21
5.	Renee Hardy	13	Asics Wests	16:08.61
6.	Hannah Bolton	13	Mingara Athl	16:28.21
7.	Casey Stanley	12	St. George D	17:01.89
8.	Olivia Thomson	12	Randwick Bot	17:33.59
9.	Danielle Vesper	13	Mingara Athl	17:41.96
10.	Jada Thomson	12	Nepean Distr	17:53.00
11.	Eleanor Partridge	13	Ryde Athleti	19:24.91
12.	Sybella McKay	13	Mingara Athl	DQ

Women 3000m Track Walk U15

1.	Hannah Parker	14	Randwick Bot	16:43.90
2.	Brittany Robertson	14	Illawong and	17:11.83
3.	Elise Brennan	14	U.T.S. North	18:24.19
4.	Lily Johnston	11	Sydney Unive	18:44.40
5.	Alexandra Sutherland	14	South Sydney	19:11.87

Women 3000m Track Walk U16

1.	Samantha Brown	15	C 14:44.14	
2.	Rose Jennings	15	South Sydney	16:57.01
3.	anaya Lee	15	Nepean Distr	17:16.28
4.	Teegan Pengilley	15	Bankstown Sp	17:31.50

Men 3000m Track Walk U14

1.	Tom Jessep	12	St. George D	15:47.41
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2.	Archie Tebbutt	12	Gosford Athl	15:59.17
3.	Dion Carrothers	13	Sydney Pacif	16:17.00
4.	Martin Leerberg	13	U.T.S. North	16:25.17
5.	George Davis	13	Ryde Athleti	17:03.91
	Dylan Daly	12	Wyong Athlet	DQ
	James Walter	13	Sydney Pacif	DQ

Men 3000m Track Walk U15

1.	Hayden Blaskett	14	Sydney Strid	15:07.25
2.	Jack McGinniskin	14	Edgeworth an	16:35.73
3.	Corey McConville	14	Nowra Athlet	20:07.47
	Lachlan Becroft	14	Nepean Distr	DQ

Men 3000m Track Walk U16

1.	Oscar Tebbutt	15	Gosford Athl	14:30.59
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The 5000m races were contested on Sunday, with Tyler Jones the standout (U20 5000m 20:59.35). It was also good to see Dylan Richardson back into full walking mode (U17 5000m 24:32.31).

Men 5000m Track Walk U17

1.	Dylan Richardson	16	Mingara Athl	24:32.31
2.	Kyle Bedford	16	Nepean Distr	26:05.85
3.	Ryan Thomson	16	Nepean Distr	27:16.56
4.	Travis Barendregt	16	Nepean Distr	29:07.62
5.	Hayden Millican	16	Sydney Pacif	29:42.24

Men 5000m Track Walk U18

1.	Jordan Glover	17	Hills Distri	26:14.73
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Men 5000m Track Walk U20

1.	Tyler Jones	18	Mingara Athl	20:59.35	PB 0:04
2.	Aidan Kerr	18	Sydney Pacif	25:20.43	
3.	Adam Mylonas	19	Sydney Unive	28:51.76	

Women 5000m Track Walk U17

1.	Molly O'Neill	16	Adamstown Ne	27:22.75
2.	Amy Henry	16	St. George D	32:00.41

Women 5000m Track Walk U18

1.	Shanae Norton	17	Bankstown Sp	26:22.16
2.	Chelsea Goodhew	17	Westlakes At	27:26.23
3.	Jasmyn McDonald	17	Parramatta C	27:48.14
4.	Lucy Francis	17	Sydney Pacif	28:35.67

Women 5000m Track Walk U20

1.	Ally Grujoski	17	South Sydney	30:43.14
2.	Bryony Beasley	19	Nepean Distr	31:47.08
3.	Rhiannon Minett	18	Bankstown Sp	32:13.20
4.	Stephanie Grujoski	19	South Sydney	33:40.84
5.	Sarah Kelland	18	Ryde Athleti	34:42.50

ATHLETICS ACT T&F CHAMPIONSHIPS, AIS TRACK, BRUCE, 5-7 FEBRUARY

The ACT also held their Junior T&F Championships last weekend, with good performances from Zoe Hunt (U20 5000m 23:48.92), Mitchell Baker (U16 3000m 14:10.58) Gabby Hunt (U18 5000m 25:16.95), Connor Frew (U18 5000m 24:46.07) and Laura Burns (U14 3000m 15:35.27).

Girls 11-13 3000m Track Walk

1.	Burns, Laura	North Canber	15:35.27
2.	Vahey, Ellen	North Canber	18:18.28

Women 14-15 3000m Track Walk

1.	Alley, Katherine	Athletics Act	17:51.10
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Women 14-15 5000m Track Walk

1.	Henderson, Elizabeth	Athletics Act	27:43.92
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Women 16-17 5000m Track Walk

1.	Hunt, Gabby	North Canber	25:16.95
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Women 18-19 5000m Track Walk

1.	Hunt, Zoe	North Canber	23:48.92
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Men 14-15 3000m Track Walk

1.	Baker, Mitchell	North Canber	14:10.58
2.	Young, Gwyllym	South Canber	14:53.92
3.	Burns, Spencer	North Canber	16:06.64

Men 16-17 5000m Track Walk

1.	Frew, Connor	South Canber	24:46.07
2.	Fraser, Timothy	South Canber	24:57.64
3.	Burns, Callum	North Canber	26:20.91

Men 20-99 5000m Track Walk

1.	Griggs, Matthew	Weston Creek	28:27.43
2.	Whyte, Robin	North Canber	31:36.21

AV SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 6 FEBRUARY

The Athletics Victoria Shield competition completed last Saturday with the Shield Final contested at Lakeside Stadium. It was a huge day of competition which went the entire day, eventually finishing late into the evening. Overall, 100 competitors contested the walks (and that was just from the clubs which made the final, many more could not compete as their clubs did not make it through).

The 1500m was up first, with Eliza Clarke 7:04.47 and her younger sister Georgia 7:10.67 taking line honours.

1500m Walk

1.	Clarke, Eliza	W15	DIAMOND VALLEY	7:04.47
2.	Clarke, Georgia	W13	DIAMOND VALLEY	7:10.67
3.	Collis, Hugh	M15	DIAMOND VALLEY	7:58.84
4.	Noonan, Emily	W15	COLLINGWOOD	8:04.33
5.	Noonan, Claire	W11	COLLINGWOOD	8:22.36
6.	Robinson, Tara	W12	GEELONG REGION	8:27.96
7.	Beveridge, Heath	M12	WESTERN ATHL	8:28.54
8.	Glover, Jackson	M14	WESTERN ATHL	9:02.94
9.	Wright, Ethan	M14	COLLINGWOOD	9:04.01
10.	Wright, Leah	W15	COLLINGWOOD	9:17.80
11.	Walker, Charli	W12	GEELONG REGION	9:41.89
12.	Glover, Thomas	M12	WESTERN ATHL	9:44.38
13.	Camilleri, Brent	M14	DIAMOND VALLEY	10:31.47
14.	Camilleri, Rhianyn	W10	DIAMOND VALLEY	11:15.17
15.	Sheedy, Evan	M12	DIAMOND VALLEY	11:30.89
16.	Taylor, Yara	W12	WESTERN ATHL	11:46.46
17.	Imbriano, Joel	M9	ST KEVINS AC	11:47.32
18.	Yeung, Stephanie	W15	ATHLETICS ESSENDON	13:57.57
19.	Healy, Kevin	M10	ATHLETICS ESSENDON	13:58.09
20.	Cripps, Jarryd	M13	DIAMOND VALLEY	18:43.35
	Knox, Christian	M12	ATHLETICS ESSENDON	DQ

There were so many walkers in the 3000m that 3 heats were needed. Since the split was based on divisions rather than times, the good walkers were spared across the heats rather than concentrated into one race. The fastest men were Emmet Brasier (13:05.63), Shae Wellington (13:27.44), Reese Walmsley (14:04.72), James Christmass (14:15.37) and Danny Hawksworth (14:27.61) while the fastest women were Simone McInnes (14:56.01) and Pam Tindal (16:15.51).

3000m Walk Heat 1

1.	Hawksworth, Danny	M36	ATHLETICS ESSENDON	14:27.61
2.	McInnes, Simone	W24	GLENHUNTLY AC	14:56.01
3.	Evans, Simon	M55	BOX HILL AC	16:10.45
4.	Muldoon, Wendy	W44	ATHLETICS NU	16:58.30
5.	Rosenbrock, Carolyn	W53	ATHLETICS NU	17:03.36
6.	Galbraith, Jordan	M18	DIAMOND VALLEY	17:26.49
7.	Bennett, Ralph	M74	GLENHUNTLY AC	17:33.64
8.	Buckley, Georgie	W23	DONCASTER AC	19:31.87
9.	McCann, Adam	M39	ATHLETICS NU	19:43.76
10.	Wright, Jacob	M21	ATHLETICS NU	20:06.90

11.	Beaumont, Hamish	M39	MELBOURNE UN	20:14.56
12.	Higham, Cassie	W31	GLENHUNTLY AC	20:23.70
13.	Doran, Anthony	M63	GLENHUNTLY AC	20:31.81
14.	Tonti-Filippini, Justi	W40	ATHLETICS ESSENDON	20:39.70
15.	Lewis, Leandar	M18	WYNDHAM	21:29.54
16.	Carre, Simone	W33	BOX HILL AC	21:42.14
17.	Tunnecliffe, Maree	W21	DONCASTER AC	23:23.35
18.	Papadopoulos, Sarah	W28	DIAMOND VALLEY	24:29.82
19.	Tsichrintzis, Theo	M45	MELBOURNE UN	24:41.88
20.	Okpala, Nneka	W27	ATHLETICS ESSENDON	25:37.32
21.	Margiolis, Joanna	W19	ATHLETICS ESSENDON	28:12.74
	Thomas, Timothy	M51	MELBOURNE UN	DQ
	O'Connor, Christopher	M55	BOX HILL AC	DQ
	Quach, Han	M40	GLENHUNTLY AC	DQ
	Simpson, Bradley	M22	ATHLETICS NU	DQ

3000m Walk Heat 2

1.	Brasier, Emmet	M17	DIAMOND VALLEY	13:05.63
2.	Walmsley, Reese	M17	KNOX AC	14:04.72
3.	Smyth, David	M46	COLLINGWOOD	16:25.67
4.	Reid, Ross	M61	COLLINGWOOD	16:53.78
5.	Olden, Graeme	M51	BOX HILL AC	16:55.99
6.	Clarke, Patrick	M47	DIAMOND VALLEY	16:58.83
7.	Egginton, Andrew	M54	BOX HILL AC	17:22.51
8.	Collis, Lauren	W17	DIAMOND VALLEY	17:31.39
9.	Keirl, Bernie	M52	DIAMOND VALLEY	17:38.15
10.	Keighery, Peter	M49	KEILOR ST BE	17:39.31
11.	Kondogonis, John	M54	KEILOR ST BE	17:40.07
12.	Knox, Duncan	M56	ATHLETICS ESSENDON	18:08.00
13.	Riddoch, Clyde	M62	ATHLETICS WAVERLEY	18:20.78
14.	Lillie, Jessica	W16	KNOX AC	18:27.00
15.	Baker, Simon	M57	OAKLEIGH AC	18:47.79
16.	Feain, Madeleine	W17	KEILOR ST BE	19:33.66
17.	Schwerkolt, Zoe	W17	BOX HILL AC	20:12.21
18.	Crook, Madison	W17	ATHLETICS ESSENDON	20:33.62
19.	O'Keefe, Jessica	W17	DONCASTER AC	20:38.72
20.	Walburg, Kirsten	W17	DONCASTER AC	21:41.83
21.	Anderson, Brian	M57	ATHLETICS ESSENDON	22:14.46
22.	Heathcote, Hannah	W17	BOX HILL AC	30:02.58
	Fairburn, Noel	M55	KNOX AC	DQ

3000m Walk Heat 3

1.	Wellington, Shea	M18	KEILOR ST BE	13:27.44	PB 0:27
2.	Christmass, James	M48	GEELONG REGION	14:15.37	
3.	McDonough, Aaron	M43	PRESTON AC	15:09.12	
4.	Tindal, Pam	W56	VICTORIAN MA	16:15.51	
5.	Hawkins, Trenton	M36	PRESTON AC	16:38.96	
6.	Osmand, Kym	M33	OAKLEIGH AC	16:49.73	
7.	Bryant, Barbara	W61	BENDIGO REGION	17:34.47	
8.	Carr, Heather	W66	GLENHUNTLY AC	17:36.75	
9.	Walshe, Kerry	W53	DIAMOND VALLEY	18:12.12	
10.	Taylor, Lucas	M19	YARRA RANGES	18:34.04	
11.	Elms, Donna-Marie	W54	PRESTON AC	18:57.88	
12.	Hunter, Pia	W49	BOX HILL AC	19:01.25	
13.	Abfalter, Maria	W47	KEILOR ST BE	20:39.23	
14.	Steed, Gwen	W73	GLENHUNTLY AC	20:43.35	
15.	Quinn, Karen	W51	DIAMOND VALLEY	21:07.68	
16.	Van Dongen, Rupert	M41	CASEY CARDIN	21:21.20	
17.	Hodgart, Janice	W52	WESTERN ATHL	21:32.33	
18.	Shaw, Robyn	W54	WESTERN ATHL	21:40.27	
19.	McGoughan, Tracy	W50	KEILOR ST BE	21:52.01	
20.	Bowden, Kuniko	W49	MENTONE AC	21:56.77	
21.	Spiteri, Kelly	W42	COBURG HARRIERS	23:05.65	
22.	Davey, Louise	W49	COBURG HARRIERS	24:27.67	
23.	Langelaan, Kara	W36	CASEY CARDIN	26:14.46	
24.	Rickard, Tess	W22	BRUNSWICK AC	26:26.27	
25.	Meager, Sharron	W56	BOX HILL AC	26:48.79	
26.	Campbell, Donna	W45	PRESTON AC	27:10.25	

27. Bryan, Jeanne	W73	MENTONE AC	27:40.65
Kennedy, Paul	M58	KEILOR ST BE	DQ
Ireland, Olive	W55	BRUNSWICK AC	DQ
Bedyn, Erika	W53	YARRA RANGES	DQ
Schlicht, Kate	W56	GEELONG REGION	DQ

GARRY BROWN SHIELD, SAF, BRISBANE, SATURDAY 6 FEBRUARY

Although the walk fields were small in the Garry Brown Shield in Brisbane last Saturday, the quality was superb. The 5000m saw Dane Bird-Smith storm through to an 8 sec PB of 18:46.47, only 6 secs outside Jared Tallent's Australian record time of 18:41. Jessica Pickles was the only other 5000m walker and she was also in great form, her time of 22:11.76 a 66 second PB. In the 3000m, South African walker Wayne Snyman walked a huge race with a PB time of 11:10.03. It was also great to see Katya Martin back in action and equaling her PB with 14:13.33.

5000m Walk

1. Bird-Smith, Dane	24	UNQ	18:46.47	PB 0:08
2. Pickles, Jessica	22	UNQ	22:11.76	PB 1:06

3000m Walk

1. Snyman, Wayne	31	South Africa	11:10.03	PB
2. Martin, Katya	19	Gold Coast Victory	14:13.33	Eq PB
3. Clarke, Ethan	15	QRW	17:14.67	
4. Jeffrey, Ben	14	Qeii Track Club	DNF	

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 6 FEBRUARY

15 year old Jake Vidler was the best over 3000m in Adelaide with 14:13.67.

3000m Walk

1. Jake Vidler	M	SOUTHERN	14:13.67
2. Joe Cross	M	PEMBROKE	14:48.98
3. Rhiannon Lovegrove	F	PORT ADELAIDE	15:08.69
4. Danielle Walsh	F	UNA	15:14.31
5. Tristan Camilleri	M	COASTAL DISTRICTS	15:24.18
6. Samantha Findlay	F	SOUTHERN	16:40.78
7. Mathew Bruniges	M	SOUTHERN	17:47.28
8. James Hoare	M	PORT ADELAIDE	21:36.93

1500m Walk

1. Elly Read	F	PORT ADELAIDE	10:33.03
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VRWC AND AV RACES, MIDDLE PARK, SUNDAY 7 FEBRUARY 2016

We saw a good turnout for the annual Athletics Victoria 5km Roadwalk Teams Championships at Middle Park last Sunday morning with 41 walkers in action. The sun was out early and conditions were trying but times were still good. Given that many of the walkers had competed in the 3000m walk on the Saturday afternoon at the AV Shield Final, it made for a tough weekend of racing.

Overall wins went to juniors **Emmet Brasier** (22:11) and **Rebecca Henderson** (26:00) while the teams titles went to Collingwood (**Adam Garganis, Stuart Kollmorgen and David Smyth**) and Ballarat YCW (**Jemma Peart, Alanna Peart and Sarah Brennan**).

AV 5km Teams Championship, Men

1. Emmet Brasier	Diamond Valley AC	22:11
2. Adam Garganis	Collingwood HAC	22:21
3. Stuart Kollmorgen	Collingwood HAC	23:41
4. Kyle Bird	Mornington Peninsula	24:21
5. Reese Walmsley	Knox AC	24:37
6. Corey Dickson	Knox AC	25:53
7. Aaron McDonough	Preston AC	26:14
8. Hayden Walmsley	Knox AC	26:46
9. David Smyth	Collingwood HAC	27:38
10. Jordan Galbraith	Diamond Valley AC	28:09
11. Patrick Clarke	Diamond Valley AC	30:04
12. Bernie Keirl	Diamond Valley AC	31:52
13. Bob Gardiner	Collingwood HAC	33:52

Teams Results

1. Collingwood HAC	18	Adam Garganis, Stuart Kollmorgen, David Smyth
2. Knox AC	15	Reese Walmsley, Corey Dickson, Hayden Walmsley
3. Diamond Valley AC	13	Emmet Brasier, Jordan Galbraith, Patrick Clark

AV 5km Teams Championship, Women

1. Rebecca Henderson	Casey Cardinia Aths	26:00
2. Jemma Peart	Ballarat YCW HAC	27:04
3. Amanda Heard	Eaglehawk AC	27:25
4. Alanna Peart	Ballarat YCW	27:44
5. Sarah Brennan	Ballarat YCW	28:00
6. Heather Carr	Glenhuntly AC	30:29
7. Gwen Steed	Glenhuntly AC	34:27
8. Samantha Miller	Glenhuntly AC	35:18
9. Sandra Howorth	Glenhuntly AC	35:58
Mackayla Davison	Corio AC	DNS

Teams Results

1. Ballarat YCW	16	Jemma Peart, Alanna Peart, Sarah Brennan
2. Glenhuntly AC	6	Heather Carr, Gwen Steed, Samantha Miller



Adam Garganis, Stuart Kollmorgen, Emmet Brasier, Rebecca Henderson and Jemma Peart in action on Sunday

A number of VRWC races were on offer to round out the morning and it was NZ internationals **Quentin Rew** and **Alana Barber** who showed their class out front. Quentin walked through the 20km in 1:30:57 as part of a 30km training walk (done in 2:16:10) while Alana was doing a 2km hard / 1km recovery session but still managed a very respectable 1:40:12. **Emmet Brasier** continued on after his 5km AV win and recorded a good 45:59 for the 10km. We also welcomed Qld walker **Luke McCutcheon** who recorded a 44 sec PB of 47:48. It was also great to see **Natalie Laurie** back on the road and looking serious (57:28). **Kyle Swan** (22:41) and **Jemima Montag** (24:08) were the best of the 5km walkers while we welcomed back **Nick Mirarchi** (18:35 for 3km) for his first walk with us for a number of years.

20km Open Walk

1. Quentin Rew	1:30:57	30km in 2:16:10
2. Alana Barber	1:40:12	

10km Open Walk

1. Emmet Brasier	45:59	
2. Luke McCutcheon	47:48	PB 0:44
3. Natalie Laurie	57:28	
4. Donna-Marie Elms	70:10	
Megan Szirom	DNF	

5km Open Walk

1. Kyle Swan	22:41
2. Jemima Montag	24:08

3.	Philippa Huse	27:19
4.	Will Thompson	28:55
5.	Tim Erickson	30:18
6.	Robyn Shaw	35:32
7.	David Moore	41:04

3km Open Walk

1.	Ralph Bennett	18:02
2.	Kirstin Shaw	18:33
3.	Nicholas Mirarchi	18:35

2km Open Walk

1.	Merilyn Thompson	15:15
2.	Pam Mews	21:50



Quentin Rew, Natalie Laurie, Luke McCutcheon and Alana Barber in action on Sunday

Individual lap splits are available at http://vrwc.org.au/wp1/?page_id=8, thanks to Ralph Bennett.

And a note from Club President Stuart Cooper who puts the results in each week to the papers.

If you see the results in the Herald Sun Monday you'll notice some glaring omissions in the open 5k (Jemima, Pip, Will, Tim, Robyn). My fault entirely. I tried to weigh up fastest finishers in both the teams and the Open and somehow missed a slab of 5k results. My apologies. Tim, if you could put an apology on my behalf in the next H&T I'd appreciate it.

Thanks as always to the many officials, helpers and judges who keep the show on the road every week Apologies if I have missed anyone.

Officials: Mark Donahoo, Ralph Bennett, Damien Elms, Tim Erickson, Ian Laurie, Marlaine Stanway
Judges: Suzanne Callaway (Chief), Peter Vysma, Stuart Cooper, Gordon Loughnan, Diane Lowden, Kathleen Marsh, Terry Swan, Michael Bodey (DQ Board)
Canteen: Kate Suich, Wendy Cooper
Photos: Simon Baker (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=64>).

QMA T&F MEET, QSAC, BRISBANE, SATURDAY 6 FEBRUARY

And now back to Queensland again for a couple of Queensland Masters races. First to Brisbane on Saturday for the rarely contested 1 Mile walk in which 3 State Masters records were broken – Peter Bennett (M60), Argenis Guevara (M45) and Iggy Jimenez (M50). The walkers followed this effort with 3000m walks. Pretty impressive walks in particular by Iggy Jimenez and Peter Bennett with 80%+ age gradings in both events.

1 Mile Walk

1.	Ignacio Jimenez	M50 Brisbane	7:28.50	85.01%
2.	Dean Nipperess	M44 GC & Sthrn	7:36.56	76.96%

3.	Peter Bennett	M60 Brisbane	7:55.53	87.79%
4.	Argenis Guevara	M47 Brisbane	8:14.76	73.92%
5.	John Harris	M66 Brisbane	10:30.39	69.76%
6.	Patrick Sela	M76 GC & Sthrn	11:48.91	70.04%
7.	Noela McKinven	W73 Brisbane	12:48.04	65.32%

3000m Walk

1.	Ignacio Jimenez	M50 Brisbane	14:29.12	83.17%
2.	Dean Nipperess	M44 GC & Sthrn	14:36.01	76.07%
3.	Peter Bennett	M60 Brisbane	15:08.87	87.06%
4.	Argenis Guevara	M47 Brisbane	15:40.78	73.71%
5.	John Harris	M66 Brisbane	19:17.08	72.04%
6.	John Musters	M63 Brisbane	20:41.01	63.76%
7.	Patrick Sela	M76 GC & Sthrn	22:09.22	70.86%
8.	Noela McKinven	W73 Brisbane	24:13.46	67.18%

QMA T&F MEET, GRIFFITH UNIVERSITY, SOUTHPORT, GOLD COAST, SUNDAY 7 FEBRUARY

Then to the Gold Coast the next morning for more walks.

5000m Walk

1.	Dean Nipperess	M44 GC & Sthrn	27:57.23	67.65%
2.	Nyle Sunderland	W48 GC & Sthrn	31:11.62	68.56%
3.	Paul Lindenberg	M53 GC & Sthrn	32:56.44	62.25%
4.	Kay Shaw	W56 GC & Sthrn	32:59.96	70.94%
5.	Patrick Sela	M76 GC & Sthrn	38:22.45	69.67%

3000m Walk

1.	Debbie Lindenberg	W54 GC & Sthrn	24:09.96	54.01%
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BOTNIA GAMES, MUSTASAARI, FINLAND, SATURDAY 6 FEBRUARY

To Finland for the Botnia Games which included 5000m and 3000m indoor walks.

Men 5000m Race Walk Indoor

1.	Rasmus LANG	FIN	97	23:17.06
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Women 3000m Race Walk Indoor

1.	Vera RAUHALA	FIN	97	15:12.69
2.	Hanna WESTERLUND	FIN	97	15:57.29
3.	Jenni LAHTINEN	FIN	81	16:29.81
4.	Sanna RAJALA	FIN	88	16:51.89

19TH 8 HEURES DE CHARLY-SUR-MARNE, CHARLY-SUR-MARNE, FRANCE, SUNDAY 7 FEBRUARY

Thanks to our intrepid European correspondent Emmanuel Tardi who reports from Charly-sur-Marne, about 100km east of Paris, where the first ultra walk classic for the year was held. With the temperature around 10°C for the 8am start, conditions were good for the 80 walkers who negotiated their way through an opening lap of 1.075km, followed by laps of 2.575km. In the men's event, Pascal Bunel led the race the first 20km before Florian Letourneau took over, passing the 50km mark in 5:05:55, 10 minutes in front of 8 times winner David Regy at 5:15:15 and Philippe Gilles 5:16:41. The last hours were hard for the leader due to very strong winds but he hung on to win by 2 minutes from Philippe Gilles and David Regy with a distance of 73.175km. In the women's race 3 women finished with 63.875km, Sylvie Maison getting the nod ahead of Benedicte Salomez and Florence Pierre. Good French article at <http://www.aisnenouvelle.fr/sport-region/marche8-heures-de-charly-sur-marne-letourneau-succede-ia0b0n326886>.

Les 8 heures de Charly sur Marne (all those above 60km)

1.	LETOURNEAU Florian	Ac Chateau Thierry	SEH 1	73.175km	7:45:33
2.	GILLES Philippe	Usm Montargis	VEH 1	73.175km	7:47:05
3.	REGY David	Spn Vernon*	VEH 2	73.175km	7:53:36
4.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	VEH 3	70.600km	7:50:51
5.	BUNEL Pascal	Neuilly Sur Marne Athletisme	VEH 4	70.600km	7:57:58
6.	LABORIE Christophe	Essonne Athletic*	VEH 5	70.600km	8:03:59
7.	RAULET Christophe	Ga Meusien	VEH 6	70.600km	8:04:02
8.	VANDENDAUL Daniel	Cabw	VEH 7	68.025km	7:46:30
9.	VARAIN Cedric	Ac Chateau Thierry	SEH 2	68.025km	7:54:31
10.	VANDERCOILDEN David	Cm Roubaix	VEH 8	68.025km	7:57:29

11.	ROUAULT Jean-marie	As Culturelle Francophone	VEH 9	68.025km	7:58:52
12.	BIEBUYCK Pascal	Ath	VEH 10	68.025km	7:59:43
13.	KERLAU Yves-michel	Cm Roubaix	VEH 11	68.025km	7:59:59
14.	CHATILLON Nicolas	A Marcheurs St Thibault Des Vi	SEH 3	68.025km	8:00:39
15.	TILL Jacques	Waco	VEH 12	68.025km	8:05:45
16.	THIRIOT Louis	Asm Bar-le-duc	VEH 13	65.450km	7:47:11
17.	DIEN Daniel	Neuilly Sur Marne Athletisme	VEH 14	65.450km	7:52:34
18.	LABARRE Bertrand	Cs Provins Athletisme	VEH 15	65.450km	7:52:36
19.	LEIJTENS Frans	Rotterdam Wv	VEH 16	65.450km	7:53:56
20.	LOUGRADA Saadi	Cm Roubaix	VEH 17	65.450km	7:58:07
21.	TOUTAIN Eric	As Culturelle Francophone	VEH 18	65.450km	7:58:52
22.	EORGELIN Serge	Bruz Athletisme	VEH 19	65.450km	7:58:53
23.	MICHELOT Remi	Es Thaon	VEH 20	65.450km	8:03:19
24.	THEVENIN Pascal	Marne Et Gondoire Athletisme	VEH 21	62.875km	7:45:23
25.	MAISON Sylvie (F)	Strasbourg Agglomeration Athle	VEF 1	62.875km	7:46:04
26.	MARECHAL Pascal	Ac Chateau Thierry	VEH 22	62.875km	7:53:16
27.	MASSON Pascal	Cm Roubaix	VEH 23	62.875km	7:54:57
28.	CHATILLON Dominique	Nl Fublaines	VEH 24	62.875km	7:55:43
29.	SALOMEZ Benedicte (F)	Neuilly Sur Marne Athletisme	VEF 2	62.875km	7:56:46
30.	CHABIN Frederic	Essonne Athletic*	VEH 25	62.875km	7:59:06
31.	HARTMANN Emmanuel	Athle 55 *	VEH 26	62.875km	8:00:29
32.	PIERRE Florence (F)	Athle 55 *	VEF 3	62.875km	8:01:49
33.	BUISSON Dominique	Saint-brice Athletisme	VEH 27	62.875km	8:02:53
34.	LETESSIER Gilles	Plm Conflans	VEH 28	60.300km	7:49:44
35.	PELLERIN Alain	Rc Epernay	VEH 29	60.300km	7:50:29
36.	BIZARD PLANCHOT Emilie (F)	Thiais Ac	SEF 1	60.300km	7:54:56
37.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	VEH 30	60.300km	7:55:46
38.	CASELLI Pierre	Nl Fontenay Sous Bois	VEH 31	60.300km	7:55:58
39.	BIZARD Claudie (F)	Thiais Ac	VEF 4	60.300km	7:56:46
40.	GRADOS Stephane	Cm Roubaix	VEH 32	60.300km	7:57:00
41.	SEYNAEVE Serge	Cm Roubaix	VEH 33	60.300km	7:57:50
42.	PANNIER Josiane (F)	Havre Ac	VEF 5	60.300km	7:58:56
43.	BOUFFLERT Eric	Ga Basse-seine Bolbec*	VEH 34	60.300km	7:59:55
44.	SONNOIS Martine (F)	Racing Club Haut-jura Morez	VEF 6	60.300km	8:02:02
45.	LAGABE Corinne (F)	Athle 55 *	VEF 7	60.300km	8:02:56
46.	ARNAULT Francoise (F)	Neuilly Sur Marne Athletisme	VEF 8	60.300km	8:04:12
47.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	VEH 35	60.300km	8:04:12

The classic also featured an additional 10km walk which started at 10AM. For the record, it was won by Thomas Da Silva Carvelho with 49:57 and for the record, Emmanuel finished 7th with 1:10:11.



Florian Letourneau, Philippe Gilles and David Regy



Sylvie Maison, Benedicte Salomez and Florence Pierre (photos Emmanuel Tardi)

HUNGARIAN U16 & U14 INDOOR CHAMPIONSHIPS, BUDAPEST, HUNGARY, 6-7 FEBRUARY

David Varga was the fastest of the walkers in the Hungarian U14/U16 Indoor Champs in Budapest last weekend.

Men U16 3000m Race Walk Indoor

1.	Dávid VARGA	HUN	01	14:41.44
2.	Máté VARGA	HUN	02	15:19.38
3.	Norbert TÓTH	HUN	01	15:35.55
4.	Vencel GÁL	HUN	01	15:40.43
5.	Barnabás VERES	HUN	02	18:23.99
6.	Szabolcs GALAMBOS	HUN	02	19:03.64

Women U14 3000m Race Walk Indoor

1.	Dorottya TAMÁS	HUN	03	19:10.69
2.	Boglárka MOLNÁR	HUN	03	19:25.47
3.	Kinga TUNKEL	HUN	03	20:11.26
4.	Katalin LÁZÁR	HUN	03	21:20.54
5.	Tímea CSER	HUN	03	21:26.34
6.	Szilvia BODOR	HUN	03	22:50.34
7.	Tiziana SPILLER	HUN	03	23:33.42
8.	Adriana VARHA	UKR	03	19:47.89

Women U16 3000m Race Walk Indoor

1.	Petra ZAHORÁN	HUN	02	16:04.39
2.	Kata SZÉKELY	HUN	02	16:58.20
3.	Margaréta GRÁFIK	HUN	02	17:35.83
4.	Bernadett RÉPÁSI	HUN	02	17:47.86
5.	Katalin TÓTH	HUN	02	18:31.85
6.	Viktória DOMBI	HUN	02	19:07.60
7.	Demetria BENKE	HUN	02	19:29.20
8.	Míra ALVÁRI	HUN	02	20:06.87
9.	Anna JEZSOVICZKI	HUN	02	20:20.02
10.	Orsolya EGYED	HUN	02	21:24.05
11.	Eniko JÓNÁS	HUN	02	21:57.54
12.	Amanda RAJNA	HUN	01	24:08.05
	Fanni CSONKA	HUN	01	DQ

LITHUANIAN INDOOR UNIVERSITY CHAMPS, KLAIPEDA, LITHUANIA, SATURDAY 6 FEBRUARY

Good fast winning walk times in the Lithuanian Indoor University Champs last Saturday

Men 5000m Race Walk Indoor

1.	Marius SVELSKIS	LTU	94	20:20.64
2.	Artur MASTIANICA	LTU	92	20:46.33
3.	Tomas PAGIRYS	LTU	96	23:00.13

Women 3000m Race Walk Indoor

1.	Živile VAICIUKEVICIUTE	LTU	96	13:07.25
2.	Monika VAICIUKEVICIUTE	LTU	96	13:14.24
3.	Agne KLEBAUSKAITE	LTU	92	15:07.29
4.	Rita ANDREJEVA	LTU	91	17:38.30

PORTUGUESE CLUB CHAMPIONSHIPS, PORTUGAL, 6-7 FEBRUARY

Pombal and Braga were the two cities chosen for the qualifying rounds of the Portuguese Club Championships last weekend. It was a big weekend with 51 men's clubs and 44 women's club, representing 16 district associations, and 5000m (men) and 3000m (women) walks on offer. The top eight clubs go through to the Division I final while the clubs ranked the 9th to 16th go through to the Division 2 final, both to be contested in Pombal on the weekend of 5-6 March. Well reported by omarchador in press release <http://omarchador.blogspot.pt/2016/02/vitoria-oliveira-scp-e-sergio-vieira.html>. The top performers from the weekend were as follows

5000m Men (first 10)

1.	Sérgio Vieira	1976	SL Benfica	19.43.92	Pombal 7 Feb
2.	João Vieira	1976	Sporting CP	19.58.10	Pombal 6 Feb
3.	Miguel Rodrigues	1996	CN Rio Maior	20.56.84	Pombal 6 Feb
4.	Rui Coelho	1994	CA Seia	21.53.69	Pombal 7 Feb
5.	Augusto Cardoso	1970	ACRS Desterro	21.59.12	Pombal 7 Feb
6.	Hélder Santos	1996	Gira Sol	22.13.14	Pombal 7 Feb
7.	António Pereira	1975	SC Braga	22.15.55	Braga 6 Feb
8.	Cristiano António	1988	AC Vermoil	22.16.26	Pombal 7 Feb
9.	Xavier Sousa	1996	A Jardim da Serra	22.17.45	Braga 6 Feb
10.	Rodrigo Marques	1999	CO Pechão	22.45.38	Pombal 6 Feb

3000m Women (first 10)

1.	Vitória Oliveira	1992	Sporting CP	13.11.29	Pombal 6 Feb
2.	Mara Ribeiro	1995	SL Benfica	13.43.74	Pombal 7 Feb
3.	Sandra Silva	1975	GRECAS	14.18.30	Pombal 6 Feb
4.	Carolina Costa	1998	CO Pechão	15.04.40	Pombal 6 Feb
5.	Ana Raquel Marques	1983	ACRS Desterro	15.05.78	Pombal 7 Feb
6.	Nádia Cancela	1993	J Vidigalense	15.22.26	Pombal 7 Feb
7.	Elisabete Pinho	1995	C Spiridon Gaia	15.46.67	Braga 6 Feb
8.	Sofia Avoila	1976	JOMA	15.47.47	Pombal 6 Feb
9.	Marisa Pereira	1980	SC Braga	16.11.93	Braga 6 Feb
10.	Sandra Leitão	1975	ADRE Palhaça	16.22.15	Pombal 6 Feb

ITALIAN U23 AND U20 INDOOR CHAMPIONSHIPS, ANCONA, ITALY, 6-7 FEBRUARY

Omarchador reports with results and photos from the Italian U23 and U20 Indoor T&F Championships at Ancona last weekend – see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2339. Also lots of videos, including some good footage of the walks, at <https://www.facebook.com/groups/67272857932/>.

Men U20 5000m Race Walk indoor

1.	Giacomo BRANDI	ITA	98	21:15.73
2.	Niccolo' COPPINI	ITA	97	21:44.64
3.	Marco MOROTTI	ITA	97	22:11.63
4.	Stefano CICALO'	ITA	98	22:31.04
5.	Cesare COZZA	ITA	97	22:58.72
6.	Giacomo VITANGELI	ITA	98	23:21.04
7.	Matteo DOLFI	ITA	98	23:40.70
8.	Alessandro RIGAMONTI	ITA	97	23:49.73
9.	Michele MINTO	ITA	98	24:03.88
10.	Elia MACCARI	ITA	98	24:10.20

11.	Lorenzo GROSSI	ITA	98	25:43.23
	Ettore GRILLO	ITA	97	DQ

Women U20 3000m Race Walk indoor

1.	Giada Francesca CIABINI	ITA	97	14:05.18
2.	Giulia PANCONI	ITA	97	14:18.25
3.	Lidia BARCELLA	ITA	97	14:23.74
4.	Annalisa RUSSO	ITA	98	14:55.98
5.	Alice ROTA	ITA	98	15:10.11
6.	Linda TERZI	ITA	98	15:19.61
7.	Beatrice FORESTI	ITA	98	15:22.78
8.	Fabiana BUCCI	ITA	98	15:36.35
9.	Giulia CIPPITELLI	ITA	98	15:42.53
10.	Costanza MANNELLI	ITA	98	15:43.34
11.	Annachiara PATERNICO'	ITA	98	15:56.41
12.	Elisabetta BRAY	ITA	98	15:58.39
13.	Arianna PISANO	ITA	98	16:16.33
14.	Katty PERIZZOLO	ITA	98	16:29.84
15.	Beatrice ANDREOSE	ITA	98	16:36.81

Men U23 5000m Race Walk indoor

1.	Gianluca PICCHIOTTINO	ITA	96	20:52.70
2.	Alberto ZAUPA	ITA	95	22:03.34
3.	Massimiliano CORTINOVIS	ITA	95	22:13.88
4.	Giuliano BOSCHETTI	ITA	94	24:18.40
5.	Anthony PATIERNO	ITA	95	24:21.87
	Gregorio ANGELINI	ITA	96	DQ
	Michele ANTONELLI	ITA	94	DQ
	Daniele TODISCO	ITA	95	DQ

Women 3000m Race Walk indoor

1.	Nicole COLOMBI	ITA	95	13:12.19
2.	Eleonora DOMINICI	ITA	96	13:18.22
3.	Giulia IMBESI	ITA	96	14:34.16
4.	Sara VITIELLO	ITA	96	14:44.98
5.	Lisa CANI	ITA	96	14:58.08
6.	Martina ANSALDI	ITA	96	15:21.19
7.	Maria Teresa CORTESI	ITA	96	15:48.64
8.	Gina Ionela PASCAL	ITA	96	16:17.70
9.	Giulia SPEZIANI	ITA	96	16:29.84
10.	Claudia COLOMBO	ITA	96	16:30.50
	Mariavittoria BECCHETTI	ITA	94	DQ
	Sara SCIPIONI	ITA	95	DQ

METZ CHAMPIONNATS NATIONAUX, METZ, FRANCE, 6-7 FEBRUARY

I'm guessing that these results were regional championships at Metz in France. Good standard overall.

Men Open 5000m Race Walk indoor

1.	Mael BOULCH	FRA	90	21:45.23
2.	John BAUMERT	FRA	80	21:48.74
3.	Dorian RICHARD	FRA	91	22:05.54
4.	Ludovic HADULA	FRA	87	22:09.31
5.	Thomas DA SILVA	FRA	83	22:40.12
6.	Nicolas POTIER	FRA	89	22:49.83
7.	Benoit BERCHEBRU	FRA	84	22:52.77

Women Open 3000m Race Walk indoor

1.	Aurelie MACABEY	FRA	81	14:07.00
2.	Lucia BARRITAUULT	FRA	90	14:18.31
3.	Virginia SAOU	FRA	82	14:22.29
4.	Elisabeth BRUNET	FRA	86	14:25.17
5.	Caroline GUILLARD	FRA	71	14:28.76
6.	Maud RUHARD	FRA	83	14:43.95
7.	Servane UDIN	FRA	88	14:45.19
8.	Severine LANOUE	FRA	85	14:56.93
9.	Sylvie SEVELLEC	FRA	64	15:00.16

Men U23 5000m Race Walk indoor

1.	Jean BLANCHETEAU	FRA	96	20:47.58
2.	Fabian BERNABE	FRA	95	20:57.22
3.	Fabian FESSELIER	FRA	94	21:38.04
4.	Florian MAYER	FRA	96	21:39.80
5.	Florian DESJARDINS	FRA	94	21:41.81
6.	Yanis SOUABER	FRA	96	22:01.35
7.	Amaury LAMIAUX	FRA	96	22:01.40
8.	Come MARTIN	FRA	95	22:27.51

Women U23 3000m Race Walk indoor

1.	Enora TREBAUL	FRA	94	14:04.91
2.	Jeanne BILLA	FRA	96	14:34.98
3.	Cecile NAZE	FRA	95	14:38.38
4.	Chloe BOUCHET-LIOU	FRA	94	14:49.51
5.	Roseline LE NAY	FRA	96	14:51.90
6.	Cecile DELEUZE	FRA	96	14:51.97

Men U20 5000m Race Walk indoor

1.	Gabriel BORDIER	FRA	97	21:22.76
2.	Thibault HYPOLITE	FRA	97	21:54.25
3.	Dorian ADAM	FRA	97	22:51.20

Women 3000m Race Walk indoor

1.	Axelle HAM	FRA	97	14:24.14
2.	Camille AURRIERE	FRA	98	14:32.45

ESTONIAN U16 & U18 INDOOR CHAMPIONSHIPS, TALLIN, ESTONIA, 6-7 FEBRUARY

I've only got the first places from the Estonian U16 and U18 Indoor champs in Tallin. Not sure how many walked overall.

Men U18 5000m Race Walk indoor

1.	Ruslan SERGATŠJOV	EST	00	24:55.42
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Women U16 3000m Race Walk indoor

1.	Anastasija SKATŠKO	EST	01	16:52.35
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UP AND RUNNING WINTER WALKING LEAGUE, NSC, DOUGLAS, ISLE OF MAN, SUNDAY 7 FEBRUARY

The Isle of Man is one of the most energetic racewalking regions in the United Kingdom so here are their Winter Walking League results from last Sunday, compliments of Steve Taylor. Races held at the National Sports Centre in Douglas.

Open 10km Handicap

1.	Tony Edwards	M50	UA	59:32
2.	Stewart Jones	M40	MH	58:37
3.	Andy Baxendale	M45	UA	1:12:13
4.	Hannah Hunter	SW	MH	54:22
5.	James Quirk	M40	MH	57:06
6.	Andy Green	M60	MH	58:24
7.	Angela Corkish	W70	IOMVAC	1:12:27
8.	Bernie Johnson	SW	UA	1:05:24
9.	Simon Scott	M45	UA	1:03:57
10.	Jayne Farquhar	W45	IOMVAC	1:03:16
11.	Marie Jackson	W55	MH	59:07
12.	Rebecca Greatbatch	U20	MH	1:03:47
13.	Louise Hollings	W35	IOMVAC	1:06:05
14.	Ray Beattie	M55	MH	1:00:15
15.	Dick Callin	M55	UA	1:02:12
16.	Voirrey Cain	W50	UA	1:12:35
17.	Colin Moore	M55	IOMVAC	1:06:56
18.	Kath Quayle	W35	UA	1:05:53
19.	Michelle Turner	W40	NAC	53:05
20.	Angie Robinson	W45	UA	1:11:07
21.	Gordon Erskine	M70	UA	1:13:15
22.	Gianni Epifani	M40	MH	53:42
23.	Steve Parker	M50	UA	1:11:30

24.	Alan Teare	M50	UA	1:07:55
25.	Jason Moffatt	M40	UA	1:10:58
26.	Dave Walker	M40	MH	54:47

Open 5km Handicap

1.	Lucy Webber	U17W	WAC	32:04
2.	Vicky Heavey	W40	NAC	31:20
3.	Janine Webber	W35	UA	39:52
4.	Sharon Cain	W45	WAC	32:15
5.	Jo Burns	W35	UA	36:40
6.	Henry De Silva	M80	IOMVAC	42:53
7.	Ron Ronan	M70	MH	44:51
8.	Maura Kelly	W45	NAC	37:14
9.	Dale Farquhar	SM	MH	32:00

Junior 3km

1.	Stephen Waddington	U15B	MH	16.39
2.	Alice Bellando	U15G	MH	18.49
3.	Keira Harvey	U15G	UA	21.04

Junior 2km

1.	Abbie Edwards	U13G	UA	15.15
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Junior 1km

1.	Daniel Lawrie	U11B	UA	7.54
2.	Sophie Lawrie	U7G	UA	8.34
3.	Joshua Corran		MH	8.43

OUT AND ABOUT

- The London 2017 World Championships has been thrown into chaos with two key board members resigning “in disgust” at the way they are being run by chairman Ed Warner. See <http://www.dailymail.co.uk/sport/othersports/article-3432658/London-2017-World-Championships-chaos-two-key-board-members-quit.html#ixzz3zW8iN8Iv>. What more can I say except Wow!
- Nice article on the 3 South Africans currently in Australia at <http://www.walkingthedream.com/sa-race-walking-records-crumble-in-australia/>. Interestingly, Marc Mundell broke the SA 50km record in Melbourne in December, Lebogang Shange bettered the SA 10,000m record in Canberra last week and Wayne Snyman bettered the SA 3000m in Brisbane on the weekend. Now that's impressive!
- Things are starting to ramp up for the 2016 Manx Parish Walk which will be held on the Isle of Man on 18th June. See <http://parishwalk2016.blogspot.com.au/2016/02/step-on-it-and-get-down-to-strictly.html>.
- On a sad note Rob Elliot tells me that Guernsey lost one of its 1974 Commonwealth Games competitors last week when Rob Waterman passed away at the age of 76. Rob had not been involved in walking for many years but may be remembered by some from those Games.

FROM THE ARCHIVES – 1985 WORLD CUP, DOUGLAS, ISLE OF MAN

Thanks to Rob Elliot of Guernsey who had been converting some of his old walking slides and came across some showing Australian walkers that he took in the Isle of Man in 1985 at the Lugano and Eschborn trophy races. Thanks Rob!

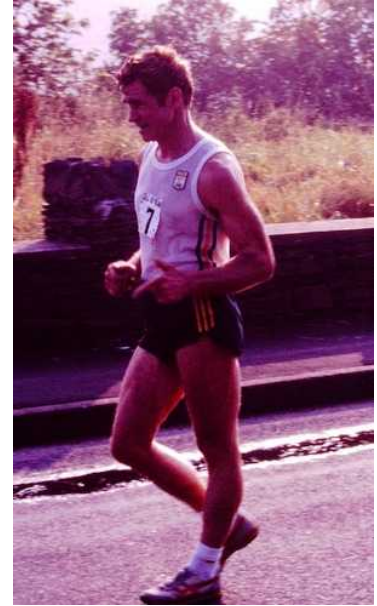
First to the results for the Aussies in Douglas where the men's team came 9th with 124 points and the women's team came 4th with 67 points.

Men 20 km Walk	Simon Baker (Vic)	12 th	1:25:32
	Andrew Jachno (Vic)	27 th	1:29:00
	Michael Harvey (Vic)	51 st	1:39:03
	David Smith (Vic)	DQ	
Men 50 km Walk	Willi Sawall (Vic)	11 th	4:06:38
	Ian Fay (SA)	33 rd	4:29:16
	Harry Summers (Vic)	42 nd	4:56:58
	Bill Dyer (Vic)	DQ	

Women 10 km Walk	Kerry Saxby-Junna (NSW)	10 th	47:11
	Sue Cook (Vic)	14 th	48:17
	Lorraine Jachno (Vic)	26 th	50:06
	Sue Narbey (WA)	31 st	51:03



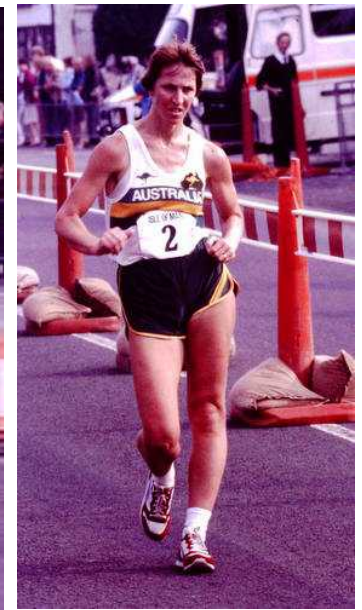
Kerry Saxby (left) in the women's race



Willi Sawall in the men's 50km



Sue Cook (right) in the women's race



Lorraine Jachno

And finally, some notes on a few of the Aussies

- **Simon Baker** accepted an AIS scholarship in 1985 and the rest is history. With his 12th place finish in Douglas, he was fast gaining the reputation as a big time performer and he went on to win the 1989 World Cup 50km and take silver in the 1991 World Cup 50km.
- **Willi Sawall's** 11th place in the 50km (4:06:38) was done at 43 years of age. He further defied the years in 1986 when he won the Australian 50km championship in 3:59:48. At 44 years of age, Willi was still able to break 4 hours for the 50 km event! An amazing walker.
- The 1984 World Championships were held in Lomello in Italy but **Sue Cook** was forced to retire at the 4 km mark while holding a narrow lead – due to a bad case of flu. This was the start of a bad period for her as consistent shin problems

forced her to an operation and post-operative complications further delayed any comeback. In 1985 a walk for women was added to the IAAF World Indoor Championships but she had to forgo it while her recovery continued. Then to further complicate things, a new face appeared on the scene - **Kerry Saxby**. In comeback mode, Sue was 2nd to Kerry in the Australian 10 km road title and then she placed 14th in the 1985 Racewalking World Cup with 48:17 as against Kerry's 10th in 47:11. It marked the end of Sue's reign and the start of Kerry's.

- **Sally Pierson** was selected for the 1985 World Student Games in Kobe in Japan but finished in 7th place in 24:02. It was her last international walk competition. She was disappointed with her form and withdrew from the Eschborn Cup team for which she had also been selected. At 22 years and 6 months, her retirement was a big loss to race walking and it cost the Australians a probable team medal - they ended up fourth in Douglas. Sally's parallel running career was impressive. She represented Australia in the 1983 and 1985 World Cross Country Championships and at the 1984 IAAF World 10 km road running championship, won two Zatopek 10,000m classics, won a Victorian 10000m track title and the Australian 10 km road and cross country titles.
- **Andrew Jachno's** 27th place in the 20km (1:29:00) was slightly down on his 1983 performance but still a good finish in the top half of the field. Surprisingly, he did not eventually receive an AIS scholarship until 1988, one of those decisions I could never fathom. He went on to form a formidable duo with training partner Simon Baker and won medals at Commonwealth Games and World University Games. He still holds the Commonwealth 3000m track walk record with 10:56.22 (set way back in 1991).
- 1985 was a big year for **Lorraine Jachno** (Young). She married Andrew Jachno, came 6th in the World Student Games 5000m track walk in Kobe in Japan and competed in her second Eschborn Cup where she came 26th in the 10 km roadwalk in 50:06. She should have been selected in our 1992 Olympic team but was bypassed in controversial circumstances – but that's a different story for another time.
- In the Lugano Cup 20 km trial in May **Michael Harvey** was 3rd in 1:29:49, then in July he was 4th in the 50 km trial in 4:31:18 after suffering the flu. He was selected for the 50 km in Douglas but Harry Summers and he swapped places and Mike ended up walking the 20 km in the Isle of Man. The switch was a mistake and his 51st placing in 1:39:03 was disappointing. Overall, Michael competed in 10 World Cups (1981-1999) and finished all but one - 7 of them were in the 50km and 3 in the 20km. An amazing feat of longevity.
- **Harry Summers** was 5th in the 1984 Australian 50 km title (4:45:49) and followed this up with a good trial walk to be selected as a walker in the 1985 World Walking Championships team. In the Isle of Man, at 50 years of age, he came a creditable 42nd in 4:56:58. He remains our older World Cup competitor, a feat unlikely to be challenged.
- In typical fashion, **David Smith** bolted out of the leading pack in the men's 20km and opened up a big lead before being disqualified. AIS coach Craig Hilliard was angry – Dave had been instructed to stay in the pack and keep a low profile – but Dave was not one to sit back when he felt good. It is fair to say that, at this stage of his career, Dave was capable of winning a World Championship – the only people who stood in his way were the judges.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 6 press releases this week

- Sat 7 Feb - Results of Italian U23 and U23 Indoor champs in Ancona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2339
- Wed 3 Feb - Preview of Italian U23 and U23 Indoor champs in Ancona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2338
- Tue 2 Feb - Profiling new Italian 50km champion Michele Antonelli
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2336
- Mon 1 Feb - Tom Bosworth sets new GBR 5000m indoor record in Bratislava
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2335

The omarchador blog was also active with 8 news releases

- Mon 8 Feb - Vitória Oliveira and Sérgio Vieira clock fastest times in Portuguese Club Championships
<http://omarchador.blogspot.pt/2016/02/vitoria-oliveira-scp-e-sergio-vieira.html>
- Sun 7 Feb - omarchador interviews Portuguese walks coach Amaro Teixeira - Part II
http://omarchador.blogspot.pt/2016/02/amaro-teixeira-covilha-castelo-branco_7.html
- Sat 6 Feb - omarchador interviews Portuguese walks coach Amaro Teixeira - Part I
http://omarchador.blogspot.pt/2016/02/amaro-teixeira-covilha-castelo-branco_7.html

- Sat 6 Feb - Preview of Portuguese Club Champs this weekend in Braga and Pombal
<http://omarchador.blogspot.pt/2016/02/clubes-disputam-apuramento-na-pista.html>
- Fri 5 Feb - Žiukas and Virbalyte win Lithuanian Indoor Championships
<http://omarchador.blogspot.pt/2016/02/ziukas-e-virbalyte-vencem-campeonatos.html>
- Thu 4 Feb - Review of all the great walks in Spain during January
<http://omarchador.blogspot.pt/2016/02/espanha-com-muita-atividade-na-marcha.html>
- Wed 3 Feb - Bosworth wins and sets new British 5000m indoor record in Bratislava
<http://omarchador.blogspot.pt/2016/02/bosworth-com-vitoria-e-recorde.html>
- Tue 2 Feb - Michele Antonelli wins Italian 50km
<http://omarchador.blogspot.pt/2016/02/antonelli-triunfa-nos-50-km-dos.html>

#KIRDYAPKIN

Gosh – a quieter week for a change!

Thursday 4 February

- Double European champion cyclist Yelena Brezhniva has been banned for four years by RUSAD) after failing a drugs test. The 26-year-old tested positive for growth hormones with her ban backdated to June 22, 2015. See <http://www.insidethegames.biz/articles/1034013/european-cycling-champion-brezhniva-handed-four-year-doping-ban>.
- Salt Lake City 2002 cross-country skiing Olympic champion and WADA Athletes' Committee chair Beckie Scott has criticised sporting governing bodies for their slow progress in tackling Russian doping in sports other than athletics. She is disappointed with how much progress there has been in the last two months. "It's really gutting to know the amount of cheating has been going on for so long, and it's still going on," she said to the National Post. "Quite honestly the reaction from some of the sport organisations has been pretty disappointing. There hasn't been enough people standing up saying 'this is an abomination, it has to stop.'" Scott knows more than most what it feels like to compete against doped athletes, with the Canadian having initially finished third in the 5km and 5km combined pursuit in Salt Lake City behind two Russians in winner Olga Danilova and second placed finisher Larissa Lazutina. They were both disqualified for using darbepoetin, a synthetic form of EPO (erythropoietin), meaning Scott was upgraded to gold. See <http://www.insidethegames.biz/articles/1034011/olympic-skiing-champion-calls-for-quicker-progress-in-tackling-russian-doping-beyond-athletics>.

Monday 8 February

- Russian Sports Minister Vitaly Mutko is quoted as saying that they have no evidence that disgraced walks coach Victor Chegin was actually involved in any of the drugs related issues at the Saransk Walking School. See <http://www.sports.ru/others/athletics/1036954065.html>. Makes you wonder how serious Russia really is about cleaning up its act.
- Lord Coe, currently on a promotional trip to Japan, came out with his usual carefully scripted platitudes once again about there being no quick fix for athletics and the IAAF but that the changes he has put in train will help fix things. Really, is anyone still listening to this garbage! See <http://www.iol.co.za/sport/athletics/no-quick-fix-for-iaaf-coe-1981369>.
- A fascinating 2 part Sportsworld interview with WADA President Craig Reedie. Worth reading. See <http://www.newsweek.com/exclusive-wada-president-sir-craig-reedie-athletics-doping-crisis-part-one-423460> and <http://www.newsweek.com/exclusive-wada-president-sir-craig-reedie-athletics-doping-crisis-part-two-423466>.

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

Feb 12-14, 2016	Victorian Junior T&F Championships, Lakeside Stadium, Albert Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Feb 26-28, 2016	Victorian Open T&F Championships, Lakeside Stadium
Mar 5, 2016	Melbourne Track Classic 5000m Walk, Albert Park, VIC
Sun Mar 6, 2016	Coburg 6 Hour Track Walk/Run championships, Coburg, VIC – see http://www.coburg24hr.org
Sun Mar 6, 2016	VRWC Track Races, VMA 5000m champs, Mentone
Mar 8-13, 2016	Australian Junior T&F Championships, Perth
Mar 19-20, 2016	Victorian Masters T&F Championships, Doncaster
Mar 31 – Apr 3, 2016	Australian T&F Championships, Sydney (10,000m walks)

Sun Apr 10, 2016 VRWC winter season starts - Castlemaine NAB 500, Castlemaine
 Apr 16-19, 2016 Aust Masters T&F Championships, Adelaide, SA - see <http://www.samastersathletics.org.au/nationals2016/>
 Sun June 12, 2016 50th Lake Burley Griffin Walks Carnival, Canberra, ACT
 Sun Aug 20, 2016 Australian Masters 30km Roadwalk Championships, Adelaide, SA
 Sun Aug 20, 20156 Australian Roadwalk Championships, Canberra, ACT (TBC)

2016 International Key Dates

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

2016 IAAF Challenge Series (so far)

Sun Mar 6, 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, Rome
 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 42nd International Race Walking Festival, LTU
 Sun June 18, 2016 19th 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 www.worldmastersgames2017.co.nz
 July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya
 August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
 August 19-30, 2017 29th 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 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
 July 2018 16th World Junior T&F Championships, ?
 TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
 2019 17th IAAF World Championships in Athletics, Doha, Qatar
 July 2019 11th World Youth T&F Championships, ?
 July 2019 30th Summer Universiade, Brasilia, Brazil
 July 2020 32nd Olympic Games, Tokyo
 Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
 July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
 Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)