



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 09
Tuesday 26 November 2019



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ATHLETICS AUSTRALIA SETS A NEW STANDARD IN WORLD'S WORST PRACTICE

Although we have been asking for weeks, Athletics Australia is yet to release the selection criteria for the 2020 IAAF Race Walking World Team Championships. AA belatedly published a one pager with some information a few days ago (see <https://www.athletics.com.au/world-race-walking-championships/>), but it is inadequate. The page states: "Once finalised, the World Athletics Race Walking Championships Selection Policy will be released on the website. This is currently envisaged to be by the start of December 2019".

This sets a whole new standard of incompetence. Given that the WWC 50km selection trial is taking place this Sunday 1st December at Fawcner Park and given that this marks the end of the selection period for 50km walkers, they face the unenviable task of walking on Sunday without knowing what is required to make the team, and then having no further chances to qualify because of the early closure of the qualification period.

It's not as if it is a hard job. Each new WWC selection criteria document is almost identical to the one from 2 years before. There is absolutely no excuse for this, given the simplicity of the task. All you have to do is start the process at the right time and it's then done and dusted at the right time.

It's not as if this bad behaviour is a once off. Consider the dates on which the WWC selection documents were released in years past

2006 WWC selection criteria released:	August 2005
2008 WWC selection criteria released:	19 Nov 2007 (4 weeks before the 50km)
2010 WWC selection criteria released:	Late August 2009
2012 WWC selection criteria released:	August 2011
2014 WWC selection criteria released:	Late August 2013
2016 WWC selection criteria released:	4 Dec 2015 (9 days before the 50m trial)
2018 WWC selection criteria released:	Thursday 17 Nov 2017 (2 weeks before the 50km trial)
2020 WWC selection criteria released:	Not scheduled to be released until after the 50km trial!

Four have been released in a timely fashion in August (2006, 2010, 2012 and 2014), one was released 4 weeks before the 50km trial (2008) and two have been released in the final 2 weeks leading up to the 50km trial (2016 and 2018). This time, it's even worse – we might not even get the document until after the 50km trial.

Of critical importance at this stage is the missing information about qualification times. The last 2 sets were as follows

The 2016 qualifying standards were	50km men	No standard published
	20km men	1:28:00
	20km women	1:36:00
	10km Junior men	46:30
	10km Junior women	50:00
The 2018 qualifying standards were	50km men	4:06:00
	50km women	No standard published
	20km men	1:28:00
	20km women	1:36:00
	10km Junior men	46:30
	10km Junior women	50:00

As you can see, the 20km and 10km selection criteria were identical but the 50km selection criteria changed. Will they change again this time? The 50km walkers may not know until AFTER their trial and until after their qualification period ends. It's absolutely pathetic! Sometimes I don't know why I even bother.

WHAT'S COMING UP

- Our next VRWC track walk meet is scheduled for tomorrow evening (Wednesday 27th Nov) at Keilor. The timetable reads:

Wed 27th November 2019, VRWC Track Races, Keilor

Venue: Keilor Athletic Track, Stadium Dr, Keilor Park

7.00pm 1500m Open

7.15pm 5000m, 3000m Open

- AV Shield continues on Saturday 30th November with Round 6, but that round does not include point-scoring walks. Next Saturday also sees Bob Cruise and Zoe Eastwood-Bryson hosting the annual **Race Walking Judges Seminar** in Melbourne. The event will be live streamed on the Internet. For those wanting to join remotely, here are the details

Time: Broadcast Start 1PM, Seminar Start 1.30PM (Australian Eastern Daylight Savings Time)

Copy link <https://bit.ly/2Oz0gbq> into your favourite browser and click the green "Join the event" button.

There will be a live Q & A window for you to ask questions, please be patient, the presenters will allocate time for questions

- Fast forward one day to Sunday 1st December for the **Australian 50km Championship meet at Fawkner Park**. With entries now closed, the final listing is as shown below. I have added PBs where applicable. Quite a few of the 50km entrants are inaugural so no ranking times for them yet! Note the presence of top internationals **Perseus Karlstrom** (SWE), **Christopher Linke** (GER), **Tom Bosworth** (GBR), **Quentin Rew** (NZL) and **Alana Barber** (NZL). This is exciting!

Australian 50km Road Walk Championship Men

32	Rhydian Cowley	91	VIC		
33	Paul DeMeester	59	USA		
37	Carl Gibbons	96	NSW		
38	Colin Heywood	54	NT		
41	Perseus Karlstrom	90	SWE	3:44:35	2017
42	Jason Kozica	86	VIC		
43	Christopher Linke	88	GER	3:47:33	2012
45	Jafar Mohamed	85	ETH		
47	Brendon Reading	89	ACT	3:55:03	2015
49	Dylan Richardson	00	NSW		
52	Jared Tallent	84	SA	3:36:53	2012

Australian 50km Road Walk Championship Women

6	Tracy Feiner	77	VIC		
21	Kelly Ruddick	73	VIC	4:54:31	2018

Men 20km Road Walk Invitation Open

29	Tom Bosworth	90	GBR		
36	Adam Garganis	97	VIC	1:26:20	2018
39	Michael Hosking	85	VIC	1:23:10	2018
40	Tyler Jones	98	NSW	1:25:44	2019
46	Kim Mottrom	84	SA	1:31:14	2013
48	Quentin Rew	84	NZL	1:21:12	2017
51	Kyle Swan	99	VIC	1:31:42	2019

Women 20km Road Walk Invitation Open

1	Alana Barber	87		1:31:32	2018
4	Heather Carr	49	VIC	1:42:22	1993
5	Anna Cross	00	SA		
7	Emily Hamilton	98	VIC	1:55:29	2018
11	Jemima Montag	98	VIC	1:30:51	2019
14	Christina Papadopoulou	96	QLD	1:38:54	2018
20	Rozie Robinson	90	NZL	1:43:23	2017
22	Beki Smith	86	NSW	1:29:49	2016
23	Rachel Tallent	93	ACT	1:31:33	2016
25	Claire Woods	81	SA	1:28:53	2012

Men 10km Road Walk Invitation U20

26	Mitchell Baker	01	ACT	45:00	2019
27	Kyle Bedford	00	NSW	46:56	2017
30	Mathew Bruniges	01	SA	48:30	2019

31	Tristan Camilleri	01	SA	44:27	2019
34	Corey Dickson	02	VIC	44:53	2019
35	Tim Fraser	00	ACT	44:28	2019
44	Jack McGinniskin	02	NSW	44:53	2019
53	Oscar Tebbutt	01	NSW	44:14	2019
55	Gwyllym Young	02	ACT	46:00	2019

Women 10km Road Walk Invitation U20

2	Anna Blackwell	01	TAS	52:35	2019
3	Hannah Bolton	03	NSW	54:29	2019
8	Caitlin Hannigan	02	QLD	52:27	2018
10	Rebecca Henderson	01	VIC	48:54	2019
13	Molly O'Neill	00	NSW	52:41	2019
16	Alanna Peart	03	VIC	49:30	2019
17	Jemma Peart	01	VIC	49:21	2019
18	Allanah Pitcher	03	NSW	49:10	2018
24	Amy Walker	01	NSW	56:12	2019

Men 5km Road Walk Invitation U18

28	Heath Beveridge	03	VIC	23:24	2019
50	Fraser Saunder	04	VIC	24:01	2019
54	Will Thompson	02	VIC	23:23	2018

Women 5km Road Walk Invitation U18

9	Charlotte Hay	03	VIC	25:27	2019
12	Kathleen O'Mahony	02	VIC	28:07	2019
15	Ariana Pashutina	07	VIC	28:00	2019
19	Darcey Roberts	07	VIC	26:46	2019

The timetable reads

7:00AM	50km Australian Championships Start
8:00AM	20km Open Start
9:00AM	10km U20 Start
1:00AM	5km U18 Start

This is going to be very strong walks meet. You should come down for a look if you are locally based on Sunday.

- The following weekend sees the Australian All Schools T&F Championships in Perth. Good luck to all our young walkers. More info at <https://www.athletics.com.au/events/43219/>.
- Finally, Bill Purves has let us know about the **Hong Kong 20km Road Walk Championships**, to be held on **Sunday 15 December** in that city. He explains: This will be an inexpensive, well-organised and well-judged walk in cool and comfortable conditions. The entry deadline is December 6. See more at https://hkaaa.com/en/comp_details.php?id=161.

SAMA TRACKWALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 20 NOVEMBER

Alas, the weekly SAMA track meet was cancelled on Wednesday evening after the weather forecast predicted 42C. Ouch!

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 21 NOVEMBER

Thanks to Val Chesterton for this week's results from the ACT Race Walking Club in Canberra.

3000m Fitness Walk

1.	Bryan Thomas	21:28
2.	Ruth Baussmann	23:42
3.	Geoff Barker	25:16
4.	Margaret McSpadden	27:00

1000m Fitness Walk

1.	Georgia Frew	5:52
2.	Doug Fitzgerald	8:20
3.	Lorna England	8:56

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 23 NOVEMBER

Thanks to Dave Moore for this week's results from Tasmania. He reports: Small numbers for today's Interclub walk, but a nice Walk all the same in very windy conditions from **Anna Blackwell**. We also welcomed back **Ron Foster** for his first walk of the summer, having recovered from a nasty fall in our last Club road race in September.

5000m Walk

1.	Anna Blackwell	OVA	26:36.79
2.	Elizabeth Leitch	TMA	33:48.13
3.	Ron Foster	TMA	36:44.44

QMA T&F MEET, SAF, BRISBANE, SATURDAY 23 NOVEMBER

I note the following comment in the results: *Some results for 800 m and Mile were hand timed. There may be some errors. There certainly are. No reflection on Ignacio Jimenez but no way he could walk that time!*

1600m Track Walk

1.	Jimenez, Ignacio	M54	Qma Brisbane	6:03.50
2.	Bennett, Peter	M64	Qma Brisbane	8:39.44
3.	Gannon, Brenda	W45	Qma Brisbane	8:49.82
4.	McKinven, Noela	W77	Qma Brisbane	12:50.66
5.	Sela, Patrick	M80	Qma Brisbane	12:17.48

AACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 23 NOVEMBER

Only one walker in action in the Athletics ACT Summer Series meet in Canberra on Saturday.

3000m Walk

1.	Boughton, Milly	13	NSW	15:20.7
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NSW RELAY CHAMPIONSHIPS, SOPAC, SYDNEY, 23-24 NOVEMBER

4x1500m track walk relays were on offer as part of the NSW Relay Championships last weekend in Sydney, with 11 teams in action. Mingara Athletics looked the strongest club, with 4 teams and 3 wins. Fastest time overall to the Mingara Open Men who recorded a time of 23:31.00. Alas, no names published.

4x1500m Open Men

1.	Mingara Athletics	Mingara Athletics	23:31.00
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4x1500m Open Women

1.	Asics West	Asics West T	30:48.31
2.	Mingara Athletics	Mingara Athletics	31:46.03
3.	Uts Norths	UTS Norths A	38:21.87

4x1500m U18 Men

1.	Mingara Athletics	Mingara Athletics	30:33.16
2.	Westfields	Westfields	30:40.75

4x1500m U18 Women

1.	Mingara Athletics	Mingara Athletics	28:39.12
2.	Randwick Botany	Randwick Bot	30:56.07

4x1500m U14 Men

	Asics West	Asics West T	DQ
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4x1500m U14 Women

1.	Asics West	Asics West T	34:19.25
2.	Nepean District	Nepean Distr	35:13.62

LES 8 HEURES D'ETAMPES-SUR-MARNE, FRANCE, SUNDAY 24 NOVEMBER

Emmanuel Tardi was in Etampes sur Marne, 100km east of Paris, for their annual 8 hours race on Sunday. He advises there were 50 walkers, including 5 teams, for the 8AM start. The weather was very good, with no wind, and the temperature between 5°C and

12°C. The only negative was the 2.5km road loop which included a very tough hill (34m height rise in 400m). In the men's event, there was 4 leaders early on (**Florian Letourneau, Albert Turlet, Matthieu Olivares** and **Alexandre Forestieri**) but Florian broke away around the 20km mark. He reached the 50km milestone in 5h08 and went on to win the race for the 3rd time in row with a distance of 75.496km. The women's event unfolded along similar lines, with **Claudie Bizard, Martine Sonnois** and **Josiane Pannier** walking together the first half of the race before Claudie broke away, winning with 59.794km. For the first time this year, a small lap of 680m was used in the last hour, allowing everybody to walk for exactly 8 hours. Emmanuel entered the 10km ancillary race but we don't have results for that yet.

8 Hour Walk Men

1.	LETOURNEAU Florian	AC Château Thierry	75.496 km	9.437 km/h
2.	OLIVARES Mathieu	Neuilly/Marne Athle	74.107 km	9.263 km/h
3.	FORESTIERI Alexandre	UST Courir à ST Tropez	73.596 km	9.200 km/h
4.	LANEAU Maxime	Us Camon	71.979 km	8.997 km/h
5.	GEORGELIN Serge	Ac Cesson	70.199 km	8.775 km/h
6.	ARNAULT Jacques	Neuilly sur Marne Athle	68.876 km	8.610 km/h
7.	MAUREL Eric	AC Château Thierry	67.787 km	8.473 km/h
8.	MARECHAL Pascal	AC Château Thierry	66.809 km	8.351 km/h
9.	TURLET Albert	AC 92	65.510 km	8.189 km/h
10.	LABARRE Bertrand	NL Saint Brice	64.594 km	8.074 km/h
11.	VARAIN Cédric	AC Château Thierry	64.594 km	8.074 km/h
12.	TOUTAIN Eric	Us Ivry	63.518 km	7.940 km/h
13.	LE GARGASSON Patrick	UACA St Briec	63.085 km	7.886 km/h
14.	JACQUEMIN Mickaël	Athlétic Vosges EC	62.522 km	7.815 km/h
15.	GIRAUDEAU Denis	UAL Cornouaille	61.576 km	7.697 km/h
16.	DELANGÉ Dominique	A.J Auxerre Section Marathon	61.013 km	7.627 km/h
17.	DEPARDAY Fabien	Stadium Montigny AC	60.449 km	7.556 km/h
18.	FILLIEUX Christian	CAF Belgique	60.047 km	7.506 km/h
19.	BOUFFLERT Eric	GA Basse Seine	59.831 km	7.479 km/h
20.	LALLEMENT Patrick	NL ST Jean Le Blanc (45)	59.790 km	7.474 km/h
21.	CECCALDI Georges	E.Chalons.A	59.666 km	7.458 km/h
22.	TINTIN Ronald	AO Charenton	58.533 km	7.317 km/h
23.	BRUNEAUX Jean Claude	NL Coulommiers	58.157 km	7.270 km/h
24.	ROCHA Fernando	Athle Vosges Mirecourt	57.490 km	7.186 km/h
25.	TILLIER Ludovic	Le Chesnay	56.806 km	7.101 km/h
26.	HAGHEBAERT Eric	NL Chézy sur Marne	55.488 km	6.936 km/h
27.	GUILLOT Mickael	ACCT	55.201 km	6.900 km/h
28.	LEMOINE Daniel	NL Domont	51.889 km	6.486 km/h
29.	LOEILLET Jérôme	Chierry j'y cours	51.013 km	6.377 km/h
30.	HARBULOT Francis	NL Dijon	49.861 km	6.233 km/h
31.	GLASER Jean Bernard	Neuilly/Marne Athlé	42.470 km	5.309 km/h
32.	LAPRUN Pierre	NL Mont Saint Pére	30.000 km	3.750 km/h
33.	ESTEVEVES Jean-Marc	Chierry j'y cours	40.000 km	7.355 km/h
34.	VERFAILLIE John	NL Comines Belgique	17.500 km	5.933 km/h

8 Hour Walk Women

1.	BIZARD Claudie	Thiais AC	59.794 km	7.474 km/h
2.	PANNIER Josiane	Le Havre AC	58.812 km	7.352 km/h
3.	ARNAULT Françoise	Neuilly sur Marne Athle	57.093 km	7.137 km/h
4.	SONNOIS Martine	R.C Haut Jura Morez	56.712 km	7.089 km/h
5.	RODIER Nicole	EFS Reims Athlé	53.307 km	6.663 km/h
6.	DUPONT Valérie	Chierry j'y Cours	51.780 km	6.473 km/h
7.	NITYAGOVSKAYA Liudmila	TV Forst	50.598 km	6.325 km/h
8.	BERTHAULT Annie	Union Sportive Argentonnoise	48.840 km	6.105 km/h
9.	TILLIER Marie	Le Chesnay AS	22.500 km	4.184 km/h
10.	LAPRUN Lorette		17.500 km	2.188 km/h
11.	JESUS DA SILVA Paola	NL Comines Belgique	15.000 km	5.087 km/h

8 Hour Relay Walk

1.	Eichholtzer Sandrine - Tournois Pascal - Erard Christophe	76.799 km	9.600 km/h
2.	Pecquet Lydie - Fleuret Yvelin - PETIT J-Pierre	71.643 km	8.955 km/h
3.	Playe Cassandra - Playe Christophe - Pellerin Alain	64.453 km	8.057 km/h
4.	Carcaillon Alain - Dien Daniel - Salomez Bénédicte	61.529 km	7.691 km/h
5.	Waszak Patrick - Waszak Céline	59.310 km	7.414 km/h



The 8AM start



Florian Letourneau on the hill



*Alexandre Forestieri, Florian Letourneau, Mathieu Olivares, Albert Turlet, Claudie Bizard and Martine Sonnois
(photos Emmanuel Tardi)*

Lots more of Emmanuel's photos: https://photos.google.com/share/AF1QipM3v9iUU7SwHzXTwdb8DqZZKmV8nJCsx0mHoVG4-EKWML9UiU7CqBmm_Z7e9bchaA.

MARCIADALMONDO ROUNDUP

marciadalmondo has 3 press releases this week

- Sat 23 Nov - Chinese walker Liu Hong recognised in World Athletics Award 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3645
- Fri 22 Nov - Toledo (ESP): Lidia Sanchez-Puebla and Alvaro Lopez Nunez win the Espada Toledana
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3644
- Thu 21 Nov - The best Italian women walkers in 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3643

There were some interesting additional press releases by omarchador.

- Mon 25 Nov - Results of Iberoamerican Masters 5000m walk in Lima, Peru

<https://omarchador.blogspot.com/2019/11/lima-iberoamericano-masters-5000-m.html>

- Fri 22 Nov - Results of Iberoamerican Masters 10,000m walk in Lima, Peru
<https://omarchador.blogspot.com/2019/11/lima-iberoamericano-masters-10000-m.html>
- Wed 20 Nov - Mnisi and Steenkamp win South Africa 50km Championships
<https://omarchador.blogspot.com/2019/11/mnisi-e-steenkamp-vencem-campeonatos-de.html>

OUT AND ABOUT

- To Masterton in New Zealand for a Regional League Meeting at the Colin Pugh Sports Bowl on Saturday 23 November. **Daniel Du Toit** bettered his own New Zealand U17 and Andrew Causer's U18 and U19 3000m track walk record. Du Toit recorded 12:25.06, to better his 12:49.03 set at the New Zealand championships in Christchurch and Causer's 12:25.90 set in 1991. **Lucas Martin** recorded 13:36.06 and **Laura Langley** recorded 14:25:11.
- Marathons and race walks at next year's Olympic Games, controversially moved from Tokyo to Sapporo, are set to start and finish at Odori Park following a proposal put forward by organisers at a meeting last week. See <https://www.insidethegames.biz/articles/1087158/tokyo-2020-propose-odori-park-marathon>.
- The noose tightens around Russia. Russian Athletics Federation (RusAF) President Dmitry Shlyakhtin has been suspended by the Athletics Integrity Unit (AIU) and the national governing body he leads and been charged with serious breaches of the anti-doping rules, including obstructing an investigation. The charges, which also include failing to cooperate with an investigation, relate to the conduct of senior RusAF officials during an investigation into "whereabouts" violations committed by Russian high-jumper Danil Lysenko, the 2017 World Championship silver medallist. Along with Shlyakhtin, the RusAF executive director Alexander Parkin, the athlete and his coach Evgeniy Zagorulko have also been charged with "tampering and/or complicity" under the anti-doping rules and also been provisionally suspended. See <https://www.insidethegames.biz/articles/1087278/rusaf-charged-by-aiu-for-obstruction>.
- WADA's independent Compliance Review Committee has recommended to WADA's Executive Committee that notice be sent to RUSADA asserting non-compliance by RUSADA and the Russian Ministry of Sport because of their ongoing intransigence in explaining the inconsistencies found in some of the data that was retrieved by WADA from the Moscow Laboratory in January 2019. The detailed, confidential, document will be discussed by WADA on 9 December in Paris. See the official announcement at <https://www.wada-ama.org/en/media/news/2019-11/wadas-compliance-review-committee-recommends-non-compliance-for-rusada>. Read a good analysis at http://aroundtherings.com/site/A__78500/Title__New-Charges-Against-Russian-Athletics/292/Articles.
- If the executive committee agrees to declare Russia's anti-doping agency noncompliant, it will set in motion a process that could end with Russia being booted from the Tokyo Games. See <https://www.smh.com.au/sport/decision-by-wada-group-puts-russias-olympic-future-in-peril-20191123-p53dfb.html>.

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.

Australian/Victorian Key Dates – 2019/2020

Nov 27 (Wed), 2019	VRWC Track Races, Keilor
Nov 30 (Sat), 2019	AV Shield Round 6, Casey Fields and Meadowglen NO WALKS
Nov 30 (Sat), 2019	AV/AA Walk Judging Seminar, Melbourne
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Dec 11 (Wed), 2019	VRWC Track Races, Clifton Hill
Dec 13 (Fri), 2019	AV Shield Round 7, Twilight Nitro, NO WALKS
Dec 21 (Sat), 2019	AV Shield Round 8, Box Hill and Werribee, 1500m and 3000m walks
Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 11 (Sat), 2020	NSW 10,000m Walk Championships, Mingara Regional Athletics Centre, Mingara
Jan 11 (Sat), 2020	AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks
Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Keilor Park, 2000m walks
Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 1 (Sat), 2020	AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
Feb 8 (Sat), 2020	AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 12 (Wed), 2020	AV 5km Teams Championship, VRWC Walks, Mentone
Feb 15-16, 2020	LAVIC Region T&F Carnivals, Throughout Victoria

Feb 16 (Sun) 2020	VRWC Track Races, VMA 5000m Championships, Mentone
Feb 22 (Sat), 2020	AV Shield Final, Lakeside Stadium, 2000m walks
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 14-15, 2020	LAVIC State T&F Championships, Casey Fields
Mar 14-15, 2020	Victorian Masters, T&F Championships, Bendigo
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

International Dates

Dec 15 (sun), 2019	Hnog Kong 20km Road Walk Championships. See https://hkaaa.com/en/comp_details.php?id=161
Jan 1 (Wed), 2020	The First Walk 2020 (50km, 20km, 10km, 6 Hour), Hong Kong Email contact@racewalk.hk
Jan 25 (Sat), 2020	USATF 50km Olympic Trial, Santee, California, USA
Mar 23, 2020	38 th Dudinska Meet, Dudince, Slovakia
Apr 4, 2020	Podebrady Walks Meet, Podebrady, Czech Republic
May, 2-3, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus See https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany
Jun 5, 2020	46 th International RW Festival, Alytus, Lithuania
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Jan 17-23, 2020	Oceania Masters Championships , Norfolk Island
Apr 6-13, 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)