



# HEEL & TOE Online

Vol. 2024  
Issue No. 4  
Tuesday  
30 January 2024

The official organ of the Victorian Race Walking Club,  
Inc.

Editor: Stu Cooper [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



Welcome to Runner's World... the athletics specialist.

VRWC preferred supplier of shoes, cloths and sporting accessories

Address: RUNNERS WORLD 598 High St, East Kew 3102 (Melways 45 G4)  
Telephone: 03 9817 3503  
Hours: Monday-Friday: 9.30am – 5.30pm  
Saturday: 9.00am – 3.00pm  
Website: <http://www.runnersworld.com.au>  
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>



## CLUB NEWS and RESULTS

### \*\* FAREWELL, TED! \*\*

It was standing room only in the chapel at Nelson Bros, Williamstown, for the celebration of the life of **Ted Allsopp** - one of Australian race walking's pioneer elite heel 'n' toe men. At 97, Ted had outlived most of his contemporaries, but that group (drawn from many walks of life) was still well represented. The coffin was draped with an Olympic flag. Bob Gardiner, Tim Erickson, Ross Haywood, Norm Marr, Duncan Knox and myself attended for the Club.

The celebrant, Ursula, outlined the key moments of Ted's long life – his birth in 1926 in remote Edenhope on the SA border, his first encounter with wife Ann, the quest for work which brought him to Melbourne and Williamstown, his career as a saw doctor in the naval dockyards, the family he and Ann produced, his lifelong love of the Footscray Bulldogs and joining Williamstown Harriers. And, of course, the life as a painter he threw himself into in later years.

Tim Erickson spoke next, detailing Ted's walking career and achievements – his two Olympic vests that might well have been six, the 2 Hour world record, and the dozens of Victorian and national medals and titles – from 1946 until his retirement in 1972.

Members of the family took their turn at lauding the loving, resourceful and at times wickedly funny father and grandfather they had adored. Notable among these was Ted's granddaughter Kristen, whose stream of anecdotes was punctuated fondly at various points with 'That was my grandad ...' Nothing would have illustrated better his rascally humour than the day Krystal introduced her new boyfriend and now husband, Darren, to whom Ted thrust out his hand and said 'G'day, Daryl!'

I never knew Ted well. I was a callow junior and he was up there with the other gods. I saw him race regularly (usually from behind, more than once in most races). He'd attend social functions and presentations, but post-race he wasn't one for hanging around; he'd pull on his old anonymous green tracksuit, leap onto his motor bike or scooter and zoom off to whatever life had in store for the rest of the day. For all that, however, he was always approachable, helpful if he could be, and keen to hear of how one's own walking was progressing. Ted, like his friend and fellow Olympian Bob Gardiner, was a key component of the VAWC's identity and power as a club, an invaluable model to us young fellas starting out. I'm glad to have seen what I did of him ... in his latter racing years yet still at the top of his form.



' Dream big ... and never give up.'

Ted Allsopp

**(ERRATUM:** In the last issue, Ted's name was given as 'Edward John'. In fact it was 'Edward James'. Well, Ted, given the misfortune of poor Darren I'd say the score is 1-1.)

# VICTORIA - METRO & REGIONAL



## AV Country Track & Field C'ships, 26-28 January - Ballarat

A small group of keen VRWC members ventured to Llanberris stadium to augment the various Country championship fields, competing by invitation. The country regions face numerous challenges in generating numbers for their walks events, and this melding of rural and metropolitan entrants at least affords attendees at the local venues a better opportunity to observe the sport and provides country walkers with a more satisfying level of competition.

The best showing of the championships came from local boy **Fraser Saunder** (BYC) whose 5000m win in **20:35.85** smashed his PB by a whopping 1:14. While his Perisher training mates slugged it out in the Supernova in Canberra, Fraser turned on a clinic that, it's hoped, was entertaining and inspiring to those who saw it.

**Char Hay** (MUU) and **Arnika Nelson** (WYN) had the best duel of the meet with only 10secs separating them at the finish in the Open 5000m. In the 1500m arena, **Tate McQueen** and **Heath Tatlock** both scored PBs with **7:45.13** and **9:32.68**.



Early in the Open 5000m



What's not to like about some new bling?



(Photos: Therese Smith)

### WOpen 5000m Walk

- Char Hay *inv.* (MUU) 25:17.07
- Arnika Nelson *inv.* (WYN) 25:27.00
- Jemma Peart (BYC) DNF

### WU20 5000m Walk

- Emily Smith *inv.* (KNA) 28:54.71

### W40+ 5000m Walk

- 1 Sarah Brennan (BYC) 28:08.07

### W60+ 1500m Walk

- 1 Annette Major (EAG) 10:01.22
- 2 Annette Curtis (SBE) 12:00.67

### WU14 1500m Walk

- Marika Eliadis *inv.* (CCA) DQ
- Samantha Miles (GLG) DQ

### WU16 3000m Walk

- 1 Matilda Read (WEL) 16:28.38
- 2 Charlise McQueen (EAG) 18:20.14

### W50+ 3000m Walk

### MOpen 5000m Walk

- 1 Fraser Saunder (BYC) 20:35.85 PB 1:14
- Jonathan Ho *inv.* (WYN) 27:41.61

### MU20 5000m Walk

- 1 Scott Peart (BYC) 22:57.44

### M40+ 5000m Walk

- 1 Leigh Browell (SBE) 41:14.19

### M60+ 1500m Walk

- Simon Evans *inv.* (BOH) 8:07.70
- Geoffrey Barrow *inv.* (MEN) 10:39.64

### MU14 1500m Walk

- 1 Tate McQueen (EAG) 7:45.13 PB 0:04
- 2 Heath Tatlock (BEL) 9:32.68 PB 1:16
- Tate Jardine *inv.* (ESS) 10:01.87

### M50+ 3000m Walk

- Simon Evans *inv.* (BOH) 16:53.23



# A.V. NEWS

Following the week’s break, AVSL resumes next Saturday with walks scheduled for Round 10 at Murrumbeena.

**\*AVSL Round 10 – Saturday 3 February**

<b>Metro – Murrumbeena</b>	1.00pm	2000m, 5000m walk (all ages)
<b>Ballarat region</b>	2.30pm	2000m, 5000m walk (all ages)
<b>Bendigo region</b>	1:45pm	1500m, 3000m walk (all ages)

**ENTRIES**

Metro – enter via Members Portal at  
<https://www.revolutionise.com.au/athleticsvic/events/>

\*\*\*\*\*



## AROUND THE COUNTRY

### \*\* WALKER OF THE WEEK \*\*



One might have thought it’d be easy this week: simply look at the Supernova 10,000m results sheet and take your pick. Not so. With such a cornucopia of fine results to choose from, identifying one WOTW was impossible. In the end, it boiled down to the two winners, **Jemima Montag** and **Evan Dunfee**, and ‘walker’-up in the Men’s race, **Kyle Swan** ... Jemima and Evan, not so much for winning (which surprised no-one), but for their total domination of their rivals and the ruthless execution of their race plans.

Yes, Evan is not an Australian (at least Kiwi Quentin Rew, another WOTW, was a sometime VRWC member), but he may as well be. He certainly expresses his summer allegiance to the Land Down Under. (January winters in Richmond, BC, must be pretty unappealing.) Evan’s display on Sunday was almost frightening in its clinical savagery. Nestled alongside Kyle Swan and Rhydian Cowley who led in turns for 6km, Dunfee bided his time. When he struck, the blow was lethal. His long surge to victory echoed Birmingham 2022 and gained him a new Canadian record.

Jemima’s strike was no less deadly. Perhaps atypically, she waited until 2000m out before surging. Once she did, however, the outcome was never in doubt. Leaving a field that contained Olympic gold and silver medallists Liu Hong and Sandra Arenas in her wake, Montag powered away as if from a club pack for a commanding win. Bring on Adelaide.

Kyle Swan has made a rep for himself as an attacking front walker, an approach that has served him well and brought impressive results. It has also made him a target for rivals with explosive kicks – like Dunfee. Had Evan not been in Sunday’s race Kyle would have left the field in the dust. He gets the third WOTW for his 0:32 improvement which catapulted him into the rarified air of 38:00+ territory. Not too many live there.

Well done, Evan, Jemima and Kyle. We wish you the best of fortune on your Paris journeys.



(Photos: Sportsnet; AA)

#### \*Honourable mentions

- All ten Supernova finishers who posted qualifying times for the **World U20 10,000m Walk Championships** in Lima, Peru. See the ACT report below for details.
- **Kate Siviour (VIC)** and **Joel Byatt (NSW)** – both burst through the 50:00 barrier for 10,000m for the first time with massive, multi-minute PB efforts - **48:34.71** and **47:38.88** respectively.
- **Fraser Saunder (VIC)** – a huge 1:14 PB in clocking **20:35.85** to win the 5000m at the AV Country titles.



Now established as arguably the premier annual meeting of race walking talent in the southern hemisphere, the latest chapter in the Supernova 10,000m Walk saga easily lived up to the standard of its predecessors.

Especially pleasing from an Australian viewpoint is the number of qualifiers for this year **World U20 championships** in Lima (not counting NSW's Isaac Beacroft who, while unable to finish on this occasion, already has a qualifier):

**Men – qualifying time: 43:50.00**

Marcus Wakim (V)	41:29.32
Bailey Housden (Q)	41:30.77
Owen Toyne (A)	42:13.86
John Ronan (W)	42:15.14
Riley Coughlan (V)	42:17.05
Will Bottle (T/S)	42:43.34

**Women – qualifying time: 49:30.00**

Alexandra Griffin (W)	47:12.46
Zoe Woods (N)	48:51.90
Sienna Pitcher (N)	49:17.35

It's hard to recall a time when Australia has had this degree of depth in the junior ranks – an enviable situation, thanks largely to top level coaching, regular competitive opportunities at home and the incentives of international representation in two big meets (the World Juniors Athletics and World Walking Teams championships). There was also the availability of a 3-week altitude training camp at Perisher (NSW) under the auspices of national coach Brent Vallance and his team. Then, it must be said, there's pure luck, with such talented athletes all able to grow and race together within a communicable distance, without debilitating injuries or other intrusive life stresses. Of course, Little Athletics and local club racing is where it all starts. Long may it continue.

AA's Sascha Ryner and Lachlan Moorhouse report:

## **DUNFEE SHATTERS CANADIAN RECORD, MONTAG OPENS HER OLYMPIC CAMPAIGN IN STYLE AT SUPERNOVA**

By **Lachlan Moorhouse & Sascha Ryner** ([athletics.com.au/news](http://athletics.com.au/news) ... Sunday 28 January)

Canada's Olympic bronze medallist **Evan Dunfee** has delivered the performance of his lifetime with a new national record in Canberra, while Australia's global medallist **Jemima Montag** toppled a world-class field at the Supernova: World Athletics Race Walking Tour Bronze meet this weekend.

Crossing the line in **38:25.42**, the 33-year-old shattered his previous national record by more than 10 seconds (38:36.37) as he opened up his Olympic campaign in style.

While Australians **Rhydian Cowley** (Brent Vallance) and **Kyle Swan** (Jared Tallent) set a commanding pace, storming through the halfway mark in 19:30, the Canadian waited patiently to make his move in the last half of the race – a strategy that saw him win by a convincing 20 seconds.

"This was the first big test of the year, and I really think this was my best-executed race ever. The goal was to come out and sit on the leader for the first five kilometres and then kick down," Dunfee said.

"Closing in is something I've been really working on for the 20km, so I wanted to move in late in the race, kick down and get that negative split. In that last couple of kilometres, I realised that if I was able to hold that pace, I could get that record."

Dunfee's new record has him hungrier to extend his Olympic success this year in Paris.

"Last year I opened up 39:46 in Canberra and went on to finish fourth at Worlds, and 80 seconds quicker to start this year – that's got to bode well for the summer and I'm excited to see what we can do in Paris with these old legs."

While Dunfee claimed the top spot, Australia's race-walking talent made waves over 25 laps. Swan and Cowley showcased their determination and skill, securing second and third place, respectively, both achieving new lifetime best times, thanks to their work setting the pace over the first five kilometres.

Swan's **38:46.99** saw the Tokyo Olympian shave more than 30 seconds off his previous best, while two-time Olympian Cowley continued his progression with a 19-second best as he crossed the line in **38:55.20**.

"It was awesome to have those guys and walk 19 and a half minutes through five kilometres. There aren't many races in the world you can get a pack that can do that and we all benefited today. They did a fantastic job with the pace and it was terrific to see them both achieve PBs," Dunfee said of his competitors.

Australia's junior talent shone brightly throughout the race, with seven burgeoning race walkers dipping below the qualifying standard for the World Under 20 Championships in Lima, Peru this August. Australian representative **Marcus Wakim** (41:29.32) was the fastest of the juniors, placing ninth overall, as **Bailey Housden** (41:30.77) continued his rise to stardom with a new Australian Under 18 national record, while **Owen Toyne** (42:13.86), **John Ronan** (42:15.14), **Riley Coughlan** (42:17.05), **Will Bottle** (42:43.34) and **Dylan Richardson** (43:14.18) displayed their talents as they launch their bids for team selection.

Day One of the Supernova belonged to global medallist **Jemima Montag** (Brent Vallance) who delivered a warning to the world's best race walkers when opening her Paris campaign as she dismantled one of the best fields ever assembled on Australian soil.

Stopping the clock in **43:14.78** at the meet on Saturday, Montag clinched the honours in style ahead of Olympic silver medallist **Lorena Arenas** (Colombia, **43:27.48**), **Clemence Beretta** (France, **43:35.32**), **Hong Liu** (PR China, **44:05.50**) and **Antigoni Ntrismpioti** (Greece, **44:39.83**).

Former 20km world record holder Liu set the early pace when clearing out with Montag and Arenas, while Beretta made a bold bid mid-race move to join the leaders, but it was the Australian who delivered a dazzling final five laps to stake her claim ahead off the 2024 Chemist Warehouse Australian 20km Race Walking Championships in Adelaide on February 11.

Olympian **Rebecca Henderson** (Simon Baker, **45:19.19**) and World Championships representatives **Allanah Pitcher** (Frank Overton, **45:30.54**) and **Olivia Sandery** (Jared Tallent, **46:17.39**) were the next three athletes across the finish line of the star-studded affair.

Australia's race walkers will now prepare for the Oceania and Australian 20km Race Walking Championships on February 11, as they look ahead to the Paris Olympics this July.

#### 10,000m Women – Saturday 27 February

1 Jemima Montag	26	VIC	43:14.78
2 Sandra Arenas	31	COL	43:27.48
3 Clemence Beretta	27	FRA	43:35.32
4 Hong Liu	37	CHN	44:05.50
5 Antigoni Ntrismpioti	40	GRE	44:39.83
6 Rebecca Henderson	23	VIC	45:19.33
7 Allanah Pitcher	21	NSW	45:30.53*
8 Olivia Sandery	21	SA	46:17.39
9 Priyanka Goswami	28	IND	46:22.26
10 Alexandra Griffin	19	WA	47:12.46*
11 Austeja Kavaliauskaite	24	LTU	47:17.64
12 Hannah Mison	23	NSW	47:21.65
13 Hannah Bolton	21	NSW	47:21.65*
14 Brigita Virbalyte	39	LTU	47:29.48
15 Tayla-Paige Billington	27	QLD	47:37.57
16 Elizabeth McMillen	20	NSW	48:23.18
17 Kate Siviour	24	VIC	48:34.71*
18 Zoe Woods	17	NSW	48:51.90*
19 Sienna Pitcher	17	NSW	49:17.35*
20 Alanna Peart	21	VIC	49:47.75
21 Maddison Nash	18	VIC	50:39.84*
22 Bridget Bell	22	NSW	51:18.87*
23 Chelsea Roberts	18	NSW	51:26.77*
24 Laelia Byatt	18	NSW	1:02:31.76*
25 Jessey Bektas	17	NSW	1:03:31.68*
... Nellie Langford	19	SA	DNF
... Julia Grocott	18	ACT	DNF

#### 10,000m Men – Sunday 28 January

1 Evan Dunfee	90	CAN	38:25.42**
2 Kyle Swan	99	VIC	38:46.99*
3 Rhydian Cowley	91	VIC	38:55.20*
4 Tim Fraser	00	ACT	39:16.75*
5 Corey Dickson	02	VIC	40:42.97*
6 Mitchell Baker	01	ACT	40:53.86*
7 Marius Ziukas	85	LTU	41:05.10
8 Carl Gibbons	96	NSW	41:19.16*
9 Marcus Wakim	06	VIC	41:29.32*
10 Bailey Housden	07	QLD	41:30.77*
11 Artur Mastianica	92	LTU	42:08.86
12 Owen Toyne	07	ACT	42:13.86*
13 John Ronan	07	WA	42:15.14*
14 Riley Coughlan	07	VIC	42:17.05*
15 Will Bottle	05	SA	42:43.34*
16 Dylan Richardson	00	NSW	43:14.18
17 Sam McCure	06	QLD	44:25.95*
18 Jonah Cropp	05	NZL	44:47.59
19 Kodi Clarkson	08	ACT	44:47.69
20 Jack McGinniskin	02	NSW	44:47.98
21 Gwyllym Young	02	ACT	46:49.51
22 Joel Byatt	07	NSW	47:38.88*
... Alex Bradley	06	QLD	DNF
... Tristan Camilleri	01	SA	DNF
... Isaac Beacroft	07	NSW	DNF

A gathering of this calibre was sure to yield a bounty of personal best performances, particularly amongst the younger competitors. And so it proved. None of the PBs was insignificant, and some were extraordinary.

#### \*PBs in order of margin:

Kate	4:20	Sam	1:23	Kyle	0:32
Joel	3:14	Bridget	1:18	Marcus	0:32
Jessey	2:55	Corey	1:08	Laelia	0:31
Chelsea	2:35	Tim	0:57	Bailey	0:27
Maddison	1:50	Zoe	0:56	Will	0:26
Hannah B	1:41	John	0:53	Rhydian	0:19
Sienna	1:41	Carl	0:48	Allanah	0:13
Alexandra	1:32	Owen	0:43		
Riley	1:31	Mitchell	0:37		

\*\* Evan broke his own Canadian record so obviously a PB, we think by a margin of 0:11 (his previous Commonwealth and Canadian mark being 38:36.37, set in Birmingham in 2022). Clemence's attacking walking appears to have earned her a PB by a sizeable margin. Priyanka and Austeja were also successful in cutting previous bests.



Athletics Australia did not live stream the Supernova races this year, so most will not have seen the coverage if they didn't know the source. Athletics ACT, now branded as Capital Athletics, provided the live stream coverage as part of their annual

T&F championships. Their replay files are available at <https://streamer.com.au/league/capitalathletics> (Women - Day 2, Men - Day 3). Excellent picture quality, with the unfolding drama of both races well displayed.

## QUEENSLAND QA results: Garry Brown Shield, Saturday 20 January – QSAC, Brisbane

Thanks to **Robyn Wales** for these results from last week. It seems that, after a very hot day the evening start was much appreciated.

### Women 3000m Race walk Open

1 Isabella Welch	12	Ignition	16:34.42
2 Ella Cosgrave	10	Border	17:19.87
3 Mikaela McDonald	10	QRWC	17:40.18
4 Makenna Clarke	09	Redlands	17:51.38
5 Savannah Dunleavy	12	QRWC	18:00.22
6 Lily Housden	06	QRWC	18:14.13
7 Elspeth Hooper	12	GCVict	19:17.25
8 Kiara Waterman	11	QRWC	20:07.99
9 Eliza Kelly	10	QRWC	20:12.71
-- Olivia Boulton	09	GCA	DQ

### Men 3000m Race walk Open

1 Alex Bradley	06	QRWC	14:27.77
2 Noah Cooke	10	QRWC	15:49.76
3 Eli Melinz	10	Noosa	18:52.71
-- Hunter Sibenaler	11	QEII	DQ

## WESTERN AUSTRALIA WARWC results, 28 January – Perry Lakes

Weather for the walks in Perth was fine & mild with temperature in the low 20s: ideal conditions. Thanks to **Terry Jones** for the results.

### 10K

Andrew Duncan	59:49
Melissa Lewis	1:00:55

### 5K

Fiona Van Heerwaarden	34:37
Glenys Duncan	48:42

### 3K

Brad Mann	18:01
Kaytee Bogaers	18:02
Charlotte Burgess	18:46
Nathaniel Khaira	19:30

### 2K

Dylan Sardelich	11:45
Addison Roots	13:40
Hunter Sardelich	15:24

### 1K

Hudson Conwell	5:41
Mason Sardelich	9:39

\*\*\*\*\*



## INTERNATIONAL NEWS

### MARCIALALMONDO & O MARCHADOR ROUNDUP

**Marcia Dal Mondo** is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023>, along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Tuesday, January 30, 2024 - Canadian Evan Dunfee wins 10,000 meters march in Canberra with national and NACAC records (Supernova 2024) <https://omarchador.blogspot.com/2024/01/canadiano-evan-dunfee-vence-10000.html>

- Monday, January 29, 2024 - Jemima Montag won the 10,000m walk at Supernova 2024, in Canberra <https://omarchador.blogspot.com/2024/01/jemima-montag-venceu-os-10000m-marcha.html>
- Sunday, January 28, 2024 - 1982, the Portuguese march reaches the Europeans and creates its club <https://omarchador.blogspot.com/2024/01/1982-marcha-portuguesa-chega-aos.html> Latest instalment in the Portuguese walking story.
- Sunday, January 28, 2024 - Chloé Le Roch and Gabriel Bordier with outstanding records on the indoor track (Rennes and Nantes), in France <https://omarchador.blogspot.com/2024/01/chloe-le-roch-e-gabriel-bordier-com.html>
- Saturday, January 27, 2024 - Lyudmila Olyanovska stands out at the Ukrainian indoor team championship in Kiev <https://omarchador.blogspot.com/2024/01/lyudmila-olyanovska-destaca-se-no.html>
- Thursday, January 25, 2024 - Miranda Melville & Nick Christie Win US American Mixed Relay Championships in Santee, CA <https://omarchador.blogspot.com/2024/01/miranda-melville-nick-christie-vencem.html>
- Wednesday, January 24, 2024 - Leiria and Coimbra Marching Challenge/Championships - 2024, at Sismaria (results) <https://omarchador.blogspot.com/2024/01/challengecampeonatos-de-marcha-de.html>
- Tuesday, January 23, 2024 - Chinese team (Kaihua W. & Jiayu Y.) triumphed in the Mystery March Relay of Modugno, Italy <https://omarchador.blogspot.com/2024/01/equipa-chinesa-kaihua-w-jiayu-y-triunfa.html>

*Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.*

\*\*\*\*\*



## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2024

Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sun 11 Feb 2024	2024 Australia & Oceania Race Walk c'ships – Adelaide SA
Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	AV T&F c'ships (Week 2) – Lakeside Stadium
Sat 9-Sun 10 Mar 2024	LAVic State T&F c'ships – venue TBC
Sat 16-Sun 17 Mar 2024	Victorian Masters T&F c'ships – venue TBC
Fri 29 Mar-Mon 1 Apr 2024	Aust. Masters T&F c'ships – Hobart TAS
Thu 11-Fri 19 Apr 2024	AA Aust Athletics c'ahips – Adelaide SA
Sun 28 Apr 2024	AV 10,000m Track walk c'ship (VRWC Winter season start) – Mentone

### International Dates

Sun 18 Feb 2024	Japanese Walking c'ships (20km & 35km) – Kobe JPN
Sun 21 Apr 2024	WA Race walking Teams c'ship – Antalya TUR
Sat 4 May 2024	3 <sup>rd</sup> Korzenowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31 <sup>st</sup> Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold) – Rio Maior POR
Sat 18 May 2024	XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold) – La Coruna ESP
Sun 26 May 2024	III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold) – Madrid ESP
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24 <sup>th</sup> World Masters T&F Championships – Gothenburg, SWE

20-24 Aug 2024      **WA World Junior T&F Championships** – Lima, PER (\*Lima withdrew in April but has since been reinstated.)  
13-21 Sep 2025      **20<sup>th</sup> World Athletics Championships** – Tokyo, JPN  
30 Oct-15 Nov 2026      **Youth Olympic Games** – Dakar SEN

*(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.*

*With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.*

**\*DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)