



# HEEL & TOE Online

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

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## CLUB NEWS and RESULTS

### \*\* EDWARD JOHN 'TED' ALLSOPP 1926 - 2024



(Photo: The Australian Athlete)

Late last week, one of Australia's pioneering elite distance walkers, **Ted Allsopp**, left us at age 97.

Back in 1967, the year Tim Erickson and I joined the VAWC, the power quintet of Ted, Noel Freeman, Bob Gardiner, Harry Summers and Ross Haywood dominated Victorian and Australian\* race walking. These five athletes competed at a level I could scarcely have imagined, pushing each other to (for back then) jaw-dropping times and higher podium places in their quest for elusive Australian singlets. They tore to shreds any notions that walking was a second-rate event, taken up only by those no good at anything else.

While Noel, Bob, Ross and Harry were pretty much in their prime as athletes, Ted – who had raced in the 1956 Melbourne Olympics – was already in the twilight of his. It seems, however, that nobody told him that.<sup>1</sup> Having walked in Melbourne and Tokyo 1964, Ted was determined, at age 42, to walk in his third Olympics in Mexico and turned on possibly his best racing year ever in 1968. Unfortunately for him, the AOC had flagged its intention of stripping down the squad for Mexico City after the large team of 1964 produced less than satisfactory returns, and Ted would suffer the third of his three disappointments at Olympic selection (1952, 1960 and 1968) despite performing well in the respective trials.

Perhaps Ted's most notable walking achievement, over and above his two Olympic vests, 11 National titles and 32 Victorian titles, was his surprise world record for the 2 Hour walk of **16 Miles 403 yards** (26118.1032m). This feat, achieved in September 1956, would be the last world record by an Australian male race walker until 2006!<sup>2</sup>

Ted won his first title (Australian) in 1948 and his last (Victorian) in 1972. In between he won 41 titles at State or national level, and this does not count his 20 silvers and 13 bronzes over a 26-year period ... a phenomenal record.<sup>3</sup> Finally hanging up his shoes in 1972 (and retiring his beloved

Williamstown AAC and VAWC uniforms), Ted concentrated on family and art, becoming an avid painter. Quite by chance, I happened upon one of his canvases – a scene of a tugboat in choppy Hobson's Bay waters - in an art exhibition at the Royal Melbourne Show. You could take the boy out of Williamstown, but ...

During his time at the top, Ted Allsopp played a major role in moving Australia onto the world race walking stage. Through his own results and those his inspiration drew from others, he carved an esteemed place for himself in the pantheon

(\* During this period, NSW champion Frank Clark was a match for any of the five on his day.)

<sup>1</sup> See <http://www.vrwc.org.au/tim-archive/articles/wv-ted-allsopp.pdf> for a full account of Ted's career, courtesy of Tim Erickson.

<sup>2</sup> Nathan Deakes set a new world 50km record in Geelong in 2006.

<sup>3</sup> See page 4 of Tim's article for a full record of Ted's State and national medal wins

of elite Australian athletes and walkers in particular. Certainly, the impact he had upon up-and-coming Aussie walkers of the 60s and 70s can't be overestimated.

The Victorian Race Walking Club offers its sincere condolences to Ted's wife Anne, their children, families and friends.



*Australian 50km c'ship, September 1970: Ted congratulates a youthful Andrew Jamieson on finishing his first 50km.*

Details of the Funeral service for  
**\*\* Edward John 'Ted' Allsopp \*\***  
  
**Thursday 25 January at 2.30pm**  
**Nelson Brothers**  
**81 Kororoit Creek Rd**  
**Williamstown 3015**

Some more very sad new, unfortunately ...

**\*\* YVONNE WATERS \*\***  
**1968 – 2023**

I was informed last week that former VRWC member **Yvonne Waters** had passed away on December 23 at age 55, after a lengthy battle with cancer.

A member of Sandringham AAC, Yvonne and her siblings, Ian and Rebecca, raced with the VRWC during the 80s as juniors, while their mother, Doris, served as Club secretary from 1984 to 1988. Yvonne continued competing on entering senior ranks, but her career ended upon her joining the Victoria Police.

While not blessed with blinding speed, Yvonne demonstrated ability over the longer distances and she was a very fit athlete. She medaled in both State and national championships, with her most impressive results coming in Australian junior championships:

<b>Championship</b>	<b>Pl.</b>	<b>Event</b>	<b>Result</b>
1984 Aust. Junior Walking	3 <sup>rd</sup>	10km Walk	53:04.08
1984-5 Aust. Junior T&F	3 <sup>rd</sup>	3,000m Walk	15:44.53
1987 Aust. Junior Walking	2 <sup>nd</sup>	10km Walk	54:43.00

Yvonne's best Victorian results came in senior AV Track titles:

1988 AV T&F	2 <sup>nd</sup>	5000m Walk	26:04.38
1993 AV T&F	3 <sup>rd</sup>	5000m Walk	24:00.80

On behalf of all members, particularly those who knew Yvonne, I offer the Club's sincere condolences to Doris, Jim, Ian, Rebecca and the Waters family.


*Stu Cooper, President*

**\*ANOTHER RECORD TO KELLY RUDDICK!**

Last week, **Kelly Ruddick** returned to racing after a long bout of injury, taking on – and out – the VRWC Open 10km race.

I am informed by Clyde Riddoch that Kelly's winning time of **50:03** was a new Victorian Masters W50 record. I am guessing that, now that Kelly has entered the 50+ ranks, no walks record listed therein has cause to feel safe! Kelly's back, and she's on the hunt.

Well done, Kelly!

 **VICTORIA - METRO & REGIONAL**



**\*\* Metro Zone A: Round 9, Saturday 20 January – Vic University track, Werribee**

Last Saturday the walkers convened at the VU Track in Werribee, home to the Western Athletics AC and a venue not used before for AVSL. Despite the somewhat oppressive heat, the track was received favourably by the walkers. **Alejandro Stephens** and **Mya McClure** took line honours while **Max Davidson** posted the only PB of the day.

Pl	Name	Club	Age	Time	Points	
<b>3000m walk</b>						
1	Alejandro Stephens	(GHY)	MOP	13:59.9h	445	
2	Max Davidson	(DIV)	M16	14:30.0h	469	PB 0:03
3	Arnika Nelson	(WYN)	FOP	14:55.4h	472	
4	Jade Chitty	(WES)	F20	15:33.3h	445	
5	Jonathan Ho	(WYN)	M20	17:08.9h	313	
6	Emily Smith	(KNA)	F18	17:43.9h	349	
7	Danny Hawksworth	(ESS)	M40	17:46.8h	307	
8	Sandra Geisler	(RWD)	F45	18:33.7h	368	
9	Sarah Papadopoulos	(DIV)	FOP	21:47.7h	184	
<b>1500m walk</b>						
1	Mya McClure	(WCA)	F14	7:09.0h	531	
2	Jaime Hvalica	(DIV)	M14	7:49.1h	430	
3	Trenton Hawkins	(PTN)	M40	8:01.0h	367	
4	Hannah Matthews	(KNA)	F14	8:11.3h	451	
5	Lucy Johns	(DIV)	F16	8:31.2h	404	
6	David Smyth	(COL)	M50	8:41.9h	367	
7	Bernie Keirl	(DIV)	M60	9:07.6h	402	
8	John Nottle	(COL)	M70	9:18.8h	452	
9	Emilie Garside	(YRA)	FOP	9:30.1h	267	
10	Donna-Marie Elms	(PTN)	F60	9:46.9h	424	
11	Heather Carr	(GHY)	F70	10:17.0h	463	
12	Kim Peak	(DAC)	F55	10:37.4h		
13	Geoffrey Barrow	(MEN)	M70	10:40.9h	361	
14	Stephen Murphy	(ESS)	M60	10:47.6h	268	
15	Gwen Steed	(GHY)	F70	10:55.7h	422	
16	J R Szuhai-Andrews	(BWK)	F55	11:09.8h	265	
17	Jo Moxon	(DIV)	F55	11:11.1h	264	
18	Brenda Cashin	(WES)	F55	13:04.6h	170	

**\*\* Ballarat Zone: Round 9, Saturday 20 January – Llanberris Stadium, Ballarat**

Best performance at Llanberris was **Phillip McLennan's** big 1:22 PB effort in winning the 1500m. A PB by nearly 90secs on such a short race is always impressive.

<b>1500m walk</b>						
1	Phillip McLennan	(WEN)	M55	8:28.89	418	PB 1:22
2	Kevin Ruddick	(BHA)	M70	10:27.59	379	
3	Roslyn Ireland	(BWK)	F40	11:53.06	162	

4	Olive Ireland	(BWK)	F60	12:26.61	220
<b>3000m walk</b>					
1	Kelly Ruddick	(BHA)	F50	14:11.55	563

**\*\* Bendigo Zone: Round 9, Saturday 20 January – Latrobe Uni Athletics Track, Flora Hill**

It was a ‘sister act’ by the Noonans at Bendigo, with **Emily** crossing first well ahead in **8:50.81**.

<b>1500m walk</b>					
1	Emily Noonan	(EAG)	FOP	8:50.81	326
2	Claire Noonan	(EAG)	F20	9:56.92	233
3	Leigh Browell	(SBE)	M45	10:43.71	190

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It’s been notoriously difficult in the past to obtain positive publicity in the commercial mainstream media. Things, however, may now be looking up. Witness the following story on 16yo prodigy Isaac Beacroft, printed in the Nine Network’s *Wide World Of Sport* website. A welcome story ... even if it did take a connection with AFL to get the right button pushed:

***Aussie teen prodigy parks AFL dream to go all in on athletics after shredding record books***

by **Zachary Gates** ([wwos.nine.com.au/athletics](http://wwos.nine.com.au/athletics))

One of Australia's most promising multi-sport up-and-comers has chucked his Sherrin in his ball bin and locked his eyes on his spikes, making a wholehearted commitment to race walking and running as he dreams of becoming an Olympian.

A 16-year-old from Sydney's west by the name of **Isaac Beacroft** is usually gearing up for another season with the Greater Western Sydney Giants academy over summer, but he's now going all in on athletics after cranking out a host of record-breaking race walks.

In an indication of just how prodigious a race walker Beacroft is, he set the fastest 5000m time by an under-17 race walker in world history in December, clocking 19:31.21. Most people can only dream of running that fast in their local park run. Beacroft also fell just 1.07 seconds short of breaking the under-18 world record.



*Isaac Beacroft, who 'idolises Jemima Montag'.*



*Congratulated by Bailey Housden after his All Schools win in Perth. (Photos: ANSW; AA)*

The rising athlete, a year 12 student at Oak Hill College, also shattered five junior Australian race walking records over the 3000m, 5000m and 10,000m distances in the space of some 12 months. Some of those records had stood for 25 years or longer.

He's a superb runner, too, as he showed when smashing the 2023 City to Surf in 46:10 and crossing the finish line in 26th place.

"As I've gone further in my journey in athletics, I've realised that it's going to take a bit more ... for me to get where I want to be," Beacroft told Wide World of Sports. "It's going to take a bit of focus. It was either one or the other; one of them had to give."

"Athletics was the one I wanted to pursue a bit more for a couple of reasons; I'm better at athletics than I am football and I'm closer to the international stuff than I am to making the AFL ... That was a big one for me. But it also comes down to the fact that it's too much physically and it's too much on my plate with year 12, as well, and trying to compete at the international level in athletics."

Beacroft is gunning for this year's World Athletics U20 Championships, to be held in Lima, Peru in August. His longer-term sights are set on the Olympic Games of Los Angeles 2028 and Brisbane 2032.

"It was a very hard decision," he said of parking his footy ambitions. "I had been tossing it up for a long time. I knew that it was going to come to a point where I had to choose."

But he's open to taking up footy again in 2025, when he'll be eligible for the AFL draft.

"As an AFL player, I am the guy who works really hard, runs a lot and gets really clean hands around the contest," he said. "Picking the ball up out of contests, getting it on the outside and running a lot, two-way running, defending, attacking, maximising my running as much as I can."

While Beacroft hasn't given up on becoming an elite runner, race walking is undoubtedly his specialty. He idolises Ryan Gregson, the Australian who made an Olympic 1500m final and is now a marathon runner, as well as Australian race walker Jemima Montag, who grabbed silver in the 20km event at the 2023 World Athletics Championships.

He speaks with the priceless passion of any sports-mad Australian kid. "I'm sure that's the dream of absolutely every single Aussie kid — just to go out and be an elite sportsperson for the rest of their lives, earn their money doing that, doing what they love, pretty much play sport for the rest of your life," said Beacroft, who's coached by his dad in race walking.


"That's definitely my goal and it has been since I could walk."

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

Two Ballarat walkers feature as this week's WsOTW, one a frequent winner and another of whom we've heard not much.

- **Kelly Ruddick's** award is retrospective. As reported above, Kelly had her first race back from injury on Sunday 14 January at Middle Park, where she contested the 10km. Her time of **50:03** broke the Victorian W50 and the Club W50 records. What a way to bounce back!
- **Phillip McLennan**, of the Wendouree AC, has been racing at AV and AVSL comps since 2012, yet had raced over 1500m only twice before Saturday. Phillip gets his award through an enormous improvement over the distance, by 1:22 for a new best time of **8:28.89** at Llanberris last Saturday. An excellent performance.

Well done to both winners, and all the best for the rest of the summer's racing.




**Australian and Oceania  
20km Race Walking  
Championships**  
World Walking Tour Silver  
Level

including the Australian Under 14,  
Under 16, Under 18 and Under 20  
Road Walk Championships  
**Sunday 11 February, Adelaide**

Entries are now open for these championships.  
The deadline is Sunday 28 January at 11.59pm.

Athletes wishing to enter can access the entry  
portal at:

<https://meets.rosterathletics.com/public/competitions/details/about?id=24430>



AUSTRALIAN & OCEANIA  
**RACE WALK  
CHAMPIONSHIPS**

SUNDAY 11TH FEBRUARY  
ADELAIDE

## QUEENSLAND QMA results, Saturday 20 January – QSAC, Brisbane

### W80 5000m Race walk

1 Noela McKinven

W81 QMA

44:05.53

### M65 5000m Race walk

1 Peter Bennett

M68 QMA

33:46.96

## **SOUTH AUSTRALIA** ASA Interclub results, 20 January – Mile End Stadium

**Kim Mottrom** reports that it was 35c during ASA's interclub races on Saturday, so very slow times, although a couple of people tried a 5km for the first time (Liam and Matilda). Well done to everyone for hanging tough in the heat.

### **Open 5000m**

Kim Mottrom	24:29.00
Cooper Rech	28:27.84
Peter Crump	31:59.28
Melissa Grantham	32:20.53
Liam Freundt	36:44.81
Matilda Rech	37:23.27
Alex McEwan	44:37.16
Elise Scott	DNF

### **Open 1500m**

Sebastian Richards	7:01.43
Angelina Legrand	7:50.84
Orlando Grantham	9:48.32

## **TASMANIA** Athletics South Interclub, 20 January – Domain AC, Hobart

**David Moore** reports:

Calm and cool conditions for our 5000m walkers at Athletics South's Interclub. Accolades to **Macy Devine** completing her first 5000m, **Elizabeth Leitch** for a Season Best and **Oliver Morgan** who is not far off PB territory for 3000 and 5000m.

### **5000m Walk Result**

1. Oliver Morgan	SB	24:22.93
2. Macy Devine	ES	33:15.94
3. Elizabeth Leitch	TMA	34:59.68

### ***\*Tas Masters T&F, 17/01/24 - Domain Athletics Centre Hobart***

#### **Results 3000m Walk - by Invitation**

1. Oliver Morgan	SB	13:57
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## **INTERNATIONAL NEWS**

### **TURKIYE: Turkish Race Walking c'ships, 20 January - Antalya**

Turkiye, who will host this years World Walking Teams championships, gave the event venue at Konyaalti Boulevard in Antalya a good road test on Saturday by holding the Turkish race walking titles on the course and attracting entrants from several countries. (The results below show overall finish placings of the mixed fields of Turkish and international walkers.)

### ***Mazlum Demir and Eliška Martínková win 20 km in Antalya, Türkiye***

(reprinted from **O Marchador**, Monday 22 January)

With good organization, the Turkish National Race Walking Championships took place this Saturday (20/1), which were part of the "World Race Walking Tour" and were attended by 90 athletes, in various age groups, representing 7 countries, on a completely flat circuit, 1,000 meters long and not far from the one that will be the stage for the World Walking

Teams, both in the area that hosted the 2016 World Exhibition, this one much wider and which will have as its main symbol the imposing “Antalya Tower”.

In the women's 20 km walk, the young Czech Eliška Martínková, aged 21, won with a time of 1:30:08, a mark that constitutes a personal record and cements her position in the world rankings ahead of the Paris 2024 Games. Meryem Bekmez, the best current Turkish representative, ranked second overall, becoming national champion with a time of 1:30:50, while in third place was Mária Katerinka Czaková, from Slovakia, with 1:32:48. Ayse Tekdal (1:36:04) and Emine Ceylan (1:38:35) completed the women's podium at the Turkish championships.



*Czakova (CZE) took the field out at a solid pace in Antalya.*

*(Photo: Slovenský atletický zväz)*

In the men's 20 km walk there was an interesting two-man fight for a good part of the route between the Slovakian Miroslav Uradník and the young Turkish man Mazlum Demir, with the latter winning in a time of 1:23:04, while Uradník was 1:23:50. Further away would be the Turks Sahin Senoduncu, with 1:25:03, and Hayrettin Yildiz, with 1:25:44, silver and bronze, respectively.



*Uradnik (14, SVK) and Demir (TUR) were neck and neck most of the way, well clear of the pack.*

*(Photo: Slovenský atletický zväz)*

In the mixed relay race, two teams started, but in the end one ended with the Turkish pair, young at that, Kader Güvenc and Azem Kıpçak, finishing in a very modest time of 4:24:44. It remains to be seen whether, at the World Team Championships, in just under 100 days, Turkey, as some of its leaders dream, will qualify two teams for the Olympic

Games in this new discipline of athletics, and there does not seem to be much doubt that the pair Bekmez/Korkmaz will achieve the objective of being one of the 22 teams directly qualified in the event.

#### Women 20km Race walk - Final

1.	Eliška MARTÍNKOVÁ	CZE	1:30:08
3.	Mária KATERI CZAKOVÁ	SVK	1:32:48
4.	Kristina MOROZOVA	KAZ	1:34:05
5.	Yasmina TOXANBAEVA	KAZ	1:34:42
7.	Valeriya SHOLOMITSKA	UKR	1:36:27
8.	Galina YAKUSHEVA	KAZ	1:37:41
11.	Karin DEVALDOVÁ	SVK	1:48:04
	Alžbeta RAGASOVÁ	SVK	DNF
	Tereza ĎURDIAKOVÁ	CZE	DNF
	Kludia ŽÁRSKA	SVK	DNF

#### Men 20km Race walk - Final

2.	Miroslav ÚRADNÍK	SVK	1:23:50
5.	Michal MORVAY	SVK	1:26:58
10.	Vitaliy TEREKHIN	KAZ	1:36:11
11.	Farkhan ASSETKHANULY	KAZ	1:38:46
	Oisin LANE	IRL	DNF

#### Mixed Relay (42.195km)

1.	Turkiye		
	Kader GÜVENÇ, Azem KIPÇAK		4:24:44

#### Turkish 20km c'ship Women - B

2.	Meryem BEKMEZ	TUR	1:30:50
6.	Ayşe TEKDAL	TUR	1:36:04
9.	Emine CEYLAN	TUR	1:38:35
10.	Elif Nur ÖZBEY	TUR	1:47:17
12.	Selin ÇADIR	TUR	1:50:23
	Kader DOST	TUR	DNF
	Şükran AYAZ	TUR	DNF
	Rojbin SAY	TUR	DQ

#### Turkish 20km c'ship Men - B

1.	Mazlum DEMİR	TUR	1:23:04
3.	Şahin ŞENODUNCU	TUR	1:25:03
4.	Hayrettin YILDIZ	TUR	1:25:44
6.	Ozan BAYRAM	TUR	1:28:14
7.	Diyar BAYRAM	TUR	1:29:19
8.	Mikail DERE	TUR	1:30:03
9.	Harun BILIR	TUR	1:33:28
	Murat GÜDA	TUR	DNF
	Selman ILHAN	TUR	DNF

## MARCIADALMONDO & O MARCHADOR ROUNDUP

**Marcia Dal Mondo** is no longer presenting news items, but will continue to post local (Italian) and international results. 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.

- The Turkish 20km championship report, printed above, also contained details of local age group championships at U20 and U18 level at the same meeting. Notable, however, at the end of the piece, is news that Russian Olympic silver medalist **Olimpiada Ivanova** was at the event, having been hired by the Turkish Athletics Federation as a technical adviser. Ivanova, coached by the notorious Viktor Chegin, was banned for two years for doping in 1997. <http://omarchador.blogspot.com/2024/01/mazlum-demir-e-eliska-martinkova-vencem.html>
- Sunday, January 21, 2024 - 1981, the Gracious year <http://omarchador.blogspot.com/2024/01/1981-o-ano-gracioso.html>  
The emergence of Paula Gracioso – Portugal's first female shining star in race walking.
- Friday, January 19, 2024 - «Mondo College Invitational» in Winston-Salem, NC (results) <http://omarchador.blogspot.com/2024/01/mondo-college-invitational-em-winston.html> Indoor results from North Carolina.
- Tuesday, January 16, 2024 - ANDDI: Portuguese Indoor Track Championships - Braga 2024 (results) <http://omarchador.blogspot.com/2024/01/anddi-campeonatos-de-portugal-de-pista.html>
- Monday, January 15, 2024 - Kate Veale highlighted at the Jorge Costa Trophy (2024) in Olhão <http://omarchador.blogspot.com/2024/01/kate-veale-em-destaque-no-trofeu-jorge.html> The tenacious Irishwoman is again prominent on the continent.

*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.*



## OTHER NEWS

- JAN. 21, 2024 4 PM PT - Miranda Melville and Nick Christie win the mixed relay championships on a soggy day in Santee [https://www.sandiegouniontribune.com/sports/story/2024-01-21/familiar-faces-take-home-title-at-usatf-marathon-race-walk-mixed-relay-championships-in-santee?fbclid=IwAR3zI29cotkKuSVXimgb9klNk\\_9X4loNiZEhARZ0I7j9vIVT8dCwMmH\\_QEU](https://www.sandiegouniontribune.com/sports/story/2024-01-21/familiar-faces-take-home-title-at-usatf-marathon-race-walk-mixed-relay-championships-in-santee?fbclid=IwAR3zI29cotkKuSVXimgb9klNk_9X4loNiZEhARZ0I7j9vIVT8dCwMmH_QEU)

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2024

Sat/Sun 27/28 Jan 2024	<b>Supernova: WA Race Walking Tour (Bronze)</b> – AIS, Canberra
Sat 3 Feb 2024	<b>AVSL Rd #10</b> – walks at Glenhuntly
Sat 10 Feb 2024	<b>AVSL Rd #11</b> – walks at Sandringham
Sun 11 Feb 2024	<b>2024 Australia &amp; Oceania Race Walk c'ships</b> – Adelaide SA
Sat 17 Feb 2024	<b>AVSL Rd #12</b> – walks at Doncaster
Fri 23-Sun 25 Feb 2024	<b>AV T&amp;F c'ships (Week 1)</b> – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	<b>AV T&amp;F c'ships (Week 2)</b> – Lakeside Stadium
Sat 9-Sun 10 Mar 2024	<b>LAVic State T&amp;F c'ships</b> – venue TBC
Sat 16-Sun 17 Mar 2024	<b>Victorian Masters T&amp;F c'ships</b> – venue TBC
Fri 29 Mar-Mon 1 Apr 2024	<b>Aust. Masters T&amp;F c'ships</b> – Hobart TAS
Thu 11-Fri 19 Apr 2024	<b>AA Aust Athletics c'ahips</b> – Adelaide SA
Sun 28 Apr 2024	<b>AV 10,000m Track walk c'ship (VRWC Winter season start)</b> – Mentone

### International Dates

Sun 18 Feb 2024	<b>Japanese Walking c'ships (20km &amp; 35km)</b> – Kobe JPN
Sun 21 Apr 2024	<b>WA Race walking Teams c'ship</b> – Antalya TUR
Sat 4 May 2024	<b>3<sup>rd</sup> Korzienowski Warsaw Race walking Cup (WA Gold)</b> – Warsaw POL
Sat 11 May 2024	<b>31<sup>st</sup> Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold)</b> – Rio Maior POR
Sat 18 May 2024	<b>XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold)</b> – La Coruna ESP
Sun 26 May 2024	<b>III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold)</b> – Madrid ESP
26 Jul- 11 Aug 2024	<b>XXXIII Summer Olympics</b> – Paris, FRA
13-25 Aug 2024	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> – Gothenburg, SWE
20-24 Aug 2024	<b>WA World Junior T&amp;F Championships</b> – Lima, PER (*Lima withdrew in April but has since been reinstated.)
13-21 Sep 2025	<b>20<sup>th</sup> World Athletics Championships</b> – Tokyo, JPN
30 Oct-15 Nov 2026	<b>Youth Olympic Games</b> – Dakar SEN

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