



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 21
Tuesday 23 February 2021



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WALKER OF THE WEEK

My Walker of the Week is 18 year old **Will Thompson**, who won the Victorian U20 5000m Track Championship at Lakeside Stadium in Melbourne last Friday evening. His time of **21:14.45** was a 15 second PB, even though the conditions were very hot (around 35°C) and sunny.



Will in action at Lakeside Stadium last Friday (photo Merilyn Thompson)

Wills is having a wonderful summer and leads the U20 10km ranking lists with a superb 41:50.

WHAT'S COMING UP

Week 2 of the Victorian T&F Championships continues next weekend

- Feb 26-28, 2021 **Victorian T&F Championships (Weekend 2)**, Lakeside Stadium

Looking further ahead, we have two further VRWC races left for the summer, both track meets at Clifton Hill.

The first meet will include the Victorian **5000m Teams Race Championships** for men and women. All entries for the Teams Race must be made via the AV Member's Portal. You enter as an individual. Once 3 male or female walkers from your club enter, you have a team.

| | |
|--|---------------------------------|
| Sun 14th March 2021: AV 5000m Teams Race, Clifton Hill | |
| Venue: George Knott Athletics Track, Clifton Hill | |
| 9:00am | VRWC 1500m Walk |
| 9:10am | VRWC 3000m Walk |
| 9:35am | AV 5000m Walk Teams Race |
| 11:30am | VRWC AGM |

Here are the rules for AV Teams Championships:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.

And here is the good oil on the AGM

**VICTORIAN RACE WALKING CLUB
ANNUAL GENERAL MEETING**

Sunday 14 March, 11.30am

at the Collingwood Athletic track (Geo. Knott Reserve),
following the morning's races

The following Executive and Committee positions (listed below) will be declared open:

| | |
|------------------------------|---------------------------------------|
| President | Club coach |
| Vice President | Judging coordinator |
| Secretary | Social secretary |
| Treasurer | Racewalking Australia Liaison officer |
| Club Captains (Male, female) | Uniforms officer |
| Race day registrar | Club records officer |
| Race secretary | Maintenance sub-committee |
| Handicapper | Up to two General Committee members |
| Publicity officer | |
| Delegate to AV | |

Anyone wishing to nominate should do so via the nomination form which is available on the website at
http://vrwc.org.au/documents/VICTORIAN%20RACE%20WALKING%20CLUB%20Nomination_proxy%20Form-2021.pdf

Nominations or proxy voting forms must be forwarded to
Club secretary Terry Swan by **7th March**.

All members are welcome to attend the AGM and new committee members are also welcomed.

*Stu Cooper
President*

Our last meet for the summer is a week later and includes the Victorian Masters 5000m Walk Championships. Entry for these events will be via the VRWC website.

| | |
|--|-------------------------------------|
| Sun 21st March 2021: VMA 5000m, Clifton Hill | |
| Venue: George Knott Athletics Track, Clifton Hill | |
| 8:30am | VMA 5000m Championship Women |
| 9:15am | VMA 5000m Championship Men |
| 10:00am | VRWC 5000m Open |
| 10:35am | VRWC 1500m Open |

VICTORIAN T&F CHAMPIONSHIPS WEEKEND 1, LAKESIDE STADIUM, ALBERT PARK, 10-21 FEBRUARY 2021

The U18-U20 5000m track walks opened weekend 1 of the Victorian T&F Championships, and conditions were far from ideal, with the late afternoon temperature on Friday around 33°C. In spite of the super hot sunny conditions, we still saw some good times, spearheaded by **Will Thompson** (21:14.45), **Corey Dickson** (21:54.96), **Alanna Peart** (24:33.32) and **Fraser Saunder** (24:11.00).

U20 5000m Walk

| | | | | |
|----|---------------|-----|----------|---------|
| 1. | Will Thompson | MPA | 21:14.45 | PB 0:15 |
| 2. | Corey Dickson | KNA | 21:54.96 | |
| 1. | Alanna Peart | BYC | 24:33.32 | |
| 2. | Charlotte Hay | KNA | 26:58.91 | |
| 3. | Grace Louey | KNA | 27:48.19 | |

U18 5000m Walk

| | | | | |
|----|----------------|-----|----------|--|
| 1. | Fraser Saunder | BYC | 24:11.00 | |
| 2. | Owen Costin | CHI | 27:47.28 | |
| 1. | Jade Chitty | WES | 31:52.35 | |
| 2. | Casey Smith | NSW | 34:11.79 | |

U17 5000m Walk

| | | | | |
|----|-------------------------|-----|----------|--|
| 1. | Liam McLennan | DAC | 26:48.14 | |
| | Kaylah Heikkila-Dubowik | BEL | DNF | |

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 17 FEBRUARY 2021

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Hot evening.

1500m Walk

| | | | | |
|----|--------------|-------|-----|--------|
| 1. | KIM MOTTROM | 6:54 | M36 | 76.68% |
| 2. | MARIE MAXTED | 8:58 | W60 | 77.28% |
| 3. | GEORGE WHITE | 9:11 | M75 | 83.79% |
| 4. | PETER CRUMP | 10:04 | M60 | 64.27% |
| 5. | DAVE FALLON | 11:16 | M68 | 62.57% |
| 6. | ROGER LOWE | 12:29 | M77 | 63.35% |

1500m Club Walk

| | | | | |
|----|-------------------|-------|-----|--------|
| 1. | KEVIN FINN | 09:36 | M69 | 74.30% |
| 2. | GIL MCINTOSH | 09:45 | M70 | 74.04% |
| 3. | MARGARET MCINTOSH | 11:36 | W68 | 65.33% |
| 4. | LIZ NEUBAUER | 11:36 | W70 | 67.01% |
| 5. | JOHANNA SALTIS | 11:39 | | |

4000m Walk

| | | | | |
|----|--------------|-------|-----|--------|
| 1. | PETER CRUMP | 25:00 | M60 | 71.27% |
| 2. | MARIE MAXTED | 28:42 | W60 | 68.04% |

4000m Club Walk

| | | | | |
|----|--------------|-------|-----|--------|
| 1. | GIL MCINTOSH | 27:54 | M70 | 71.29% |
| 2. | BRIAN WITTY | 28:59 | M70 | 68.63% |

2000m Walk

| | | | | |
|----|--------------|-------|-----|--------|
| 1. | GEORGE WHITE | 12:08 | M75 | 82.02% |
| 2. | JACK RUSSELL | 12:23 | M68 | 73.60% |
| 3. | DAVE FALLON | 16:03 | M68 | 56.79% |

2000m Club Walk

| | | | | |
|----|----------------|-------|-----|--------|
| 1. | KEVIN FINN | 12:58 | M69 | 71.12% |
| 2. | JOHN HORE | 14:32 | M72 | 65.84% |
| 3. | JOHANNA SALTIS | 16:59 | | |
| 4. | CATHIE HORE | 17:54 | W70 | 57.16% |
| 5. | EDNA BATES | 18:10 | W68 | 54.85% |

ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 18 FEBRUARY 2021

Kodie Clarkson (6:58) was the fastest walker at the ACT Race Walking Club meet in Canberra last Thursday.

1500m Handicap Walk

| | | |
|-----|---------------------|-------|
| 1. | Kodi Clarkson | 6:58 |
| 2. | Julia Grocott | 9:31 |
| 3. | Peter Baker | 8:20 |
| 4. | Roger Pilkington * | 11:23 |
| 5. | Doug Fitzgerald + | 11:03 |
| 6. | Caroline Campbell * | 11:36 |
| 7. | Geoff Barker * | 11:49 |
| 8. | Bryan Thomas | 11:10 |
| 9. | John Kennedy * | 9:06 |
| 10. | Sue Archer * | 10:04 |
| 11. | Lorna England * | 13:38 |

WA STATE CHAMPIONSHIPS, WAAS, PERTH, 19-21 FEBRUARY 2021

Thanks to Terry Jones for the results from the Western Australian T&F Championship walks.

U14 3000m Walk, Friday 19 February

| | | |
|----|------------------|----------|
| 1. | Bogaers, Kaytee | 16:57.53 |
| 2. | Curtis, Isabelle | 18:09.98 |

| | | |
|----|----------------|----------|
| 1. | Lawrence, Luke | 20:08.61 |
|----|----------------|----------|

U15 3000m Walk, Friday 19 February

| | | |
|----|----------------|----------|
| 1. | Spence, Ashlyn | 15:54.79 |
|----|----------------|----------|

| | | |
|----|-----------------|----------|
| 1. | Ronan, John | 14:27.20 |
| 2. | Bernard, Xavier | 16:42.97 |

U16 3000m Walk, Friday 19 February

| | | |
|----|------------------|----------|
| 1. | Lawrence, Lataya | 16:56.36 |
|----|------------------|----------|

| | | |
|----|---------------------|----------|
| 1. | Wright, Christopher | 18:00:18 |
| 2. | Wright, Jack | 20:23.43 |

Open 10,000m Walk, Saturday 20 February

| | | |
|----|----------------|----------|
| 1. | Lewis, Melissa | 54:17.66 |
|----|----------------|----------|

| | | |
|----|----------------|----------|
| 1. | Reid Benjamin | 51:52.49 |
| 2. | Duncan, Andrew | 52:29.10 |
| 3. | Mann, Bradley | 53:32.01 |
| | Munoz, Victor | DNF |

U17 5000m Walk, Sunday 21 February

| | | |
|----|--------------------|----------|
| 1. | Bogaers, Emily | 41:37.48 |
| | Griffin, Alexandra | DQ |

TASMANIAN UNDERAGE T&F CHAMPS, DOMAIN ATHLETICS TRACK, HOBART, 20-21 FEBRUARY 2021

Thanks to Dave Moore for the latest results from Tasmania. He reports: A small number of walkers competed in the 2021 Tasmanian Age T&F Championships. **Will Bottle** took advantage of the relatively mild conditions and powered home in the U20 5000m with a new PB in what was an impressive solo performance. In the afternoon, **Samuel Lindsay** had to do his U14 3000m under the full sun and an ever-increasing stiff breeze. Samuel demonstrated excellent walking technique in his solo effort.

U20 Men 5000m Walk Championship

| | | | | |
|----|-------------|-------------------|----------|----|
| 1. | Will Bottle | NewsteadAthletics | 24:11.10 | PB |
|----|-------------|-------------------|----------|----|

U14 Men 3000m Walk Championship

| | | | |
|----|----------------|-------------------|----------|
| 1. | Samuel Lindsay | NewsteadAthletics | 16:54.92 |
|----|----------------|-------------------|----------|

QA SHIELD SERIES: GARRY BROWN SHIELD, QSAC, BRISBANE, SATURDAY 20 FEBRUARY 2021

Katie Hayward was the standout walker in Brisbane last Saturday with her 5000m time of 22:10.07. **Sam McCure** also walked well for his 3000m time of 13:59.86.

5000m Walk

| | | | | |
|----|-------------------------|----|--------------------|----------|
| 1. | Hayward, Katie | 21 | GCA | 22:10.07 |
| 2. | Clarke, Anika | 16 | Redlands Athletics | 28:51.61 |
| 3. | Millard, Summer | 16 | QA | 29:20.26 |
| 4. | McRoberts, Jasmine-Rose | 19 | QA | 32:21.56 |
| 5. | Porter, Sophie | 16 | QA | 32:46.91 |
| 6. | Brady, Korey | 16 | QA | 34:05.88 |
| 7. | McLoughlin, Amber | 19 | QA | 34:31.10 |
| | | | | |
| 1. | McCure, Sam | 15 | QA | 13:59.86 |
| 2. | Housden, Bailey | 14 | QA | 14:16.82 |
| 3. | Bannister, Jack | 15 | QA | 16:20.45 |
| 4. | Bradley, Alex | 15 | QA | 16:44.36 |
| 5. | Wheele, Roel | 14 | Redlands Athletics | 18:56.83 |

3000m Walk

| | | | | |
|----|--------------------------|----|--------------------|----------|
| 1. | Norton, Amber | 15 | QA | 15:07.38 |
| 2. | Williams, Lyla | 14 | Gold Coast Victory | 15:22.98 |
| 3. | Gee, Tamika | 14 | GCA | 15:54.34 |
| 4. | Gannon, Brenda | 47 | QA | 16:54.53 |
| 5. | Hamann, Sophie Charlotte | 20 | Qut Athletics Club | 17:49.19 |
| 6. | Clarke, Makenna | 12 | Redlands Athletics | 18:34.84 |
| 7. | Chadwick, Phoebe | 15 | QA | 20:20.85 |
| 8. | Housden, Lily | 15 | QA | 21:59.10 |
| | | | | |
| 1. | McCure, Lachlan | 17 | QA | 24:07.89 |
| 2. | Spanner, Jye | 17 | Keppel Coast | 27:06.69 |
| 3. | Norton, Kai | 16 | QA | 27:23.51 |

QMA T&F MEET, SAF, BRISBANE, SATURDAY 20 FEBRUARY 2021

Only 3 walkers in action in the Masters competition in Brisbane on Saturday.

3000m Walk

| | | | | |
|----|------------------|-----|-----|---------|
| 1. | Jimenez, Ignacio | M55 | Qma | 14:18.0 |
| 2. | Bennett, Peter | M65 | Qma | 17:25.5 |
| | Kirwin, Roslyn | W32 | Qma | DNF |

AACT 2020-21 SUMMER SERIES, WODEN PARK, CANBERRA, SATURDAY 20 FEBRUARY 2021

And 2 walkers in action in Canberra on Saturday.

3000m Walk

| | | | | |
|----|----------------|----|-----|----------|
| 1. | Smith, Gary | 57 | NSW | 26:42.6h |
| | Grocott, Julia | 15 | SCT | DNF |

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 20 FEBRUARY 2021

Tristan Camilleri (21:45.74) and **Kim Mottrom** (6:17.89) were the standout walkers in Adelaide last Saturday. I hear that it was hot and sunny so good work by them and all the other competitors.

Open 5000m

| | | |
|----|-------------------|----------|
| 1. | Tristan Camilleri | 21:45.74 |
| 2. | Mathew Bruniges | 23:57.36 |
| 3. | Peter Crump | 31:10.57 |
| 4. | Jordan McKenna | 33:55.45 |
| 5. | Ross Hill-Brown | 42:50.77 |

Nellie Langford

DNF

Open 1500m

| | | |
|----|-------------------|----------|
| 1. | Kim Mottrom | 6:17.89 |
| 2. | Daisy Braithwaite | 7:34.27 |
| 3. | Greg Metha | 8:27.11 |
| 4. | Marie Maxted | 8:29.30 |
| 5. | Katie DeRuvo | 8:34.35 |
| 6. | Cooper Rech | 9:07.00 |
| 7. | Liz Downs | 10:48.99 |
| | Tarique Kamish | DNF |

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 9 press releases for us this week

- Mon 22 Feb - Klaipeda (LTU): Brigita Virbalyte and Marius Ziukas win the Lithuania Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3997
- Sun 21 Feb - Kobe (JPN): Victories of Toshikazu Yamanishi (1:17:20) and Nanako Fujii (1:30:45)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3996
- Sat 20 Feb - Budapest (HUN): Miklos Domonkos Srp and Barbara Kovaccare win the Hungarian Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3995
- Sat 20 Feb - Ancona (ITA): Valentina Trapletti and Federico Tontodonati win the Italian Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3993
- Fri 19 Feb - Elshah (USA): TRXC Timing Opportunity results on 3.000m indoor walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3992
- Fri 19 Feb - Kobe (JPN) - Preview of the 104th Japanese 20km championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3990
- Thu 18 Feb - Luis Antonio Chocho (ECU): in memory of Ruben Aguilera (ARG)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3989
- Wed 17 Feb - Timbò, Santa Catarina (BRA): the Catarinenses Walking Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3988
- Tue 16 Feb - Braga (POR): Rui Coelho and Edna Barros win Portuguese Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3987

while Omarchador was very busy with 13 press releases.

- Sun 21 Feb - Results of U20 walks at the Japanese Championships in Kobe
<http://omarchador.blogspot.com/2021/02/os-sub-20-nos-campeonatos-do-japao-em.html>
- Sun 21 Feb - Yamanishi and Fujii win Japanese 20km Walks
<http://omarchador.blogspot.com/2021/02/yamanishi-e-fujii-sagraram-se-campeoes.html>
- Sun 21 Feb - Second issue of the European Athletics electronic magazine "Officials News"
<http://omarchador.blogspot.com/2021/02/saiu-o-segundo-numero-da-revista.html>
- Fri 19 Feb - Youngsters highlighted at the Spanish Championships Seville 2021
<http://omarchador.blogspot.com/2021/02/jovens-em-destaque-nos-campeonatos-de.html>
- Fri 19 Feb - Matheus Gabriel and Mayara Vicentiner in evidence at the Santa Catarina State Championships, Brazil
<http://omarchador.blogspot.com/2021/02/matheus-gabriel-e-mayara-vicentiner-em.html>
- Thu 18 Feb - Results of Spanish Masters Walk Championships in Seville
<http://omarchador.blogspot.com/2021/02/campeonatos-de-espanha-2021-em-sevilha.html>
- Thu 18 Feb - Results of the Polish U-18 and U-20 indoor championships

<http://omarchador.blogspot.com/2021/02/campeonatos-da-polonia-sub-18-e-sub-20.html>

- Thu 18 Feb - Aleksandr Lyakhovich and Anastasia Rodkina, double winners in the Belarusian indoor championships
<http://omarchador.blogspot.com/2021/02/aleksandr-lyakhovich-e-anastasia.html>
- Wed 17 Feb - Luis Chocho (1957-2021)
<http://omarchador.blogspot.com/2021/02/luis-chocho-1957-2021.html>
- Wed 17 Feb - Giampaolo and Traina, Italian U18 indoor champions
<http://omarchador.blogspot.com/2021/02/giampaolo-e-traina-campeoes-indoor-de.html>
- Wed 17 Feb - Walks judges at the Italian Walk Championships
<http://omarchador.blogspot.com/2021/02/juizes-de-marcha-em-destaque-no-indian.html>
- Tue 16 Feb - António Moura Guedes (1955-2021)
<http://omarchador.blogspot.com/2021/02/antonio-moura-guedes-1955-2021.html>
- Tue 16 Feb - Manish Rawat (35 km) and Gurpreet Singh (50 km) prevail at the Indian Walking Championships
<http://omarchador.blogspot.com/2021/02/manish-rawat-35-km-e-gurpreet-singh-50.html>

OUT AND ABOUT

- Part three of the Lancashire Walking Club historical articles on racewalking shoes. This week sees them team discuss Charlie Hatch's tips and trips to the cobbler plus Tom Payne on the virtues of 'Hixopad' heels. Check it out at <https://lancswalkingclub.com/2021/02/18/part-three-of-soles-heels-and-toes-charlie-hatches-tips-and-trips-to-the-cobbler/>.
- The Athletics Integrity Unit (AIU) has upheld charges against former Russian Athletics Federation President Dmitry Shlyakhtin, former RusAF Board Member Artur Karamyan and RusAF officials Alexander Parkin (Executive Director), Elena Orlova (Senior Administrator), and Elena Ikonnikova (Anti-Doping Coordinator), over submission of forged documents and false explanations during a 15-month AIU investigation into a 'whereabouts' case against Russian high jumper, Danil Lysenko. The athlete and his coach Evgeniy Zagorulko were also charged. See http://aroundtherings.com/site/A_102534/Title_Five-Former-RusAF-Officials---Including-Former-President---Guilty-of-Anti-doping-Rule-Violations-Banned-for-Four-Years/292/Articles.

Olympic preparations for many sports are being hard hit.

- Australian Taekwondo and World Taekwondo Oceania have been forced to postpone the first-ever Gajok Games in response to new border closures. The event had been due to take place in Gold Coast in Australia on March 27 and 28, but will on longer do so. see <https://www.insidethegames.biz/articles/1104355/gajok-games-postponed>.
- The final Olympic boxing qualifier for Tokyo 2020 - a global event which had been due to take place in Paris in June - has been scrapped. Fifty-three quota places that would have been available at the World Olympic Qualifier will now be assigned based on rankings instead, with the best-ranked boxer per region, per weight category receiving a Tokyo 2020 berth. See <https://www.insidethegames.biz/articles/1104347/boxing-qualified-changes>.
- Next month's Apparatus World Cup in Doha has been postponed as a result of the coronavirus crisis, the International Gymnastics Federation (FIG) has announced. Qatar's capital was due to play host on March 10-13 but new dates will now need to be confirmed. The event was the last scheduled Apparatus World Cup which is part of the qualification process for this year's rearranged Tokyo 2020 Olympics. See <https://www.insidethegames.biz/articles/1104358/fig-world-cup-doha-postponed>.
- The Oceania Athletics Association has cancelled the Oceania Area Athletics Championships in 2021. They were to be conducted at Korman Stadium, Port Vila, Vanuatu, in May.. See <https://athletics-oceania.com/16/02/15187/>.
- Five French rugby union players have now tested positive for coronavirus with the outbreak in the team's camp playing havoc with their Six Nations campaign. The same issue must be in the minds of teams trying to qualify for or prepare for any Olympics team sporting events. See <https://www.insidethegames.biz/articles/1104567/france-six-nations-coronavirus>.

Of course, it's not just the Olympics.

- Consider the famous Henley Regatta which was scheduled to be held from June 29 to July 4 in England. The Committee of Management of Henley Royal Regatta said it was "exploring the potential" of holding the event in August. See <https://www.insidethegames.biz/articles/1104369/henley-royal-regatta-postponed-covid>.

YET ANOTHER RACEWALKING RELATED PHILATELIC ITEM

I am always on the lookout for any philatelic items which touch on racewalking. During the week, I came across this stamp sheetlet from Sri Lanka., celebrating the 1992 Olympic Games. Note the racewalker in the bottom left hand corner. I will be adding it to my cumulative listing on page <http://www.vrwc.org.au/vrwcstamps.shtml>.



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. It continues to change quickly as a result of COVID-19 issues.

For VRWC race details, see <http://www.vrwc.org.au/vrwc21.shtml>

For Ballarat Race Walkers Club race details, see <https://www.ballaratracewalkers.com/wp/>

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxx.pdf>

Victorian Key Dates – Summer 2020/2021

| | | |
|--------------------|---|-------------------|
| Feb 26-28, 2021 | Victorian T&F Championships (Weekend 2) | Lakeside Stadium |
| Mar 6 (Sat), 2021 | AVSL Round 8 (5000m/2000m walks) | Various venues |
| Mar 13 (Sat), 2021 | AVSL Round 9 (no walks) | Various venues |
| Mar 14 (Sun), 2021 | AV 5000m Teams Race Championships , VRWC track walks | Clifton Hill |
| Mar 20 (Sat), 2021 | AVSL Round 10 (5000m/2000m walks) | Various venues |
| Mar 21 (Sun), 2021 | VMA 5000m Walk Championship | Clifton Hill |
| Mar 27 (Sat), 2021 | Australian 50km Championship (Men) | Fawkner Park, VIC |
| | Australian Summer 20km Championships | |
| Mar 27 (Sat), 2021 | AVSL Playoffs | Lakeside Stadium |
| Apr 12-21, 2021 | Australian Athletics Championships | Sydney, NSW |
| Apr 17-18, 2021 | Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions) | Coburg, VIC |
| Apr 23-24, 2021 | Australian Little Athletics Championships | VIC |
| Apr 24-25, 2021 | Victorian Masters T&F Championships | Doncaster |

2021 World Athletics Race Walk Challenge

Mar 27 (Sat), 2021 RW Challenge Meet, Taicang, CHN)
Apr 10 (Sat), 2021 Rio Grande International Grand Prix, Rio Maior, POR
May 29 (Sat), 2021 Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021 Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021 RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021 Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

Mar 20 (Sat), 2021 Dudince 50km Meet, Dudince, Slovak Republic
May 16 (Sun), 2021 European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021 **32nd Olympic Games, Tokyo and Sapporo**
July, 2021 **23rd World Masters T&F Championships**, Tampere, Finland (NOW POSTPONED TILL 2022)
Aug 8-19, 2021 **World University Summer Games**, Chengdu, China
Aug 20-21, 2021 **18th World Athletics U20 T&F Championships**, Nairobi, Kenya (POSTPONED FROM 2020)

Jan 2022 **Oceania Masters Championships**, Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
Apr 23-24, 2022 **29th World Athletics Race Walking Team Championships**, Minsk, Belarus
July 15-24, 2022 **18th World Athletics Championships**, Eugene, USA
July 27 - Aug 7, 2022 **XXII Commonwealth Games**, Birmingham, GBR
Aug 11-21, 2022 **European Athletics Championships**, Munich, GER
TBA, 2022 **19th World Athletics U20 T&F Championships**, Cali, Colombia

TBA, 2023 **24th World Masters T&F Championships**, Gothenburg Sweden
Aug 2023 (TBC) **19th World Athletics Championships**, Budapest, Hungary

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