



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2009/2010 Number 4  
21 October 2009



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### ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 17 OCTOBER 2009

Another Super Saturday with all 6 regions hosting 2000m track walk races. With 88 walkers, not counting Bendigo, it was a real show of strength and with 13 walkers under 10 minutes, the top end was also strong.

#### **Athletics Victoria Shield Round 3, Geelong Region, Landy Field, Geelong**

Daniel Payne was in great form to win with 8:55 ahead of Jmara Hockley-Samon who was the top girl with 10:13. Caitlin Brunton showed that she is on the improve again with a good 10:25 and Nicholas Mirarchi made a rare appearance – Year 12 exams must be finishing!

#### **2000M Walk**

1.	Payne, Daniel	19	CORIO	8:55.39
2.	Hockley Samon, Jmara	14	ATHLETICS CH	10:13.74
3.	Brunton, Caitlin	20	CORIO	10:25.58
4.	Mirarchi, Nicholas	18	CORIO	10:54.45
5.	Boddy, Tyne	22	CORIO	11:32.87
6.	Clark, Lewis	15	ATHLETICS CH	11:49.08
7.	Walker, Megan	12	CORIO	11:57.37
8.	Boddy, Lana	18	CORIO	12:38.55
9.	Rollo, Kyle	11	CORIO	15:15.48
10.	Rollo, Taylah	17	UNATTACHED	15:15.67
11.	Lockwood, Jade	14	CORIO	16:11.47

#### **Athletics Victoria Shield Round 2, East Region, Hanenauer's Reserve, Box Hill**

It was Masters walkers to the fore as Paul Van Koppen and Ross Reid took the fastest times with 8:48 and 9:46. Stephanie George, with 9:47, and Hilary Brazel with 9:54 were the top girls while Robert Walsh made a welcome return and was next to finish with a very good 10:54. This was our strongest venue with 27 walkers in action.

#### **2000M Walk**

1.	Van Koppen, Paul	42	CROYDON	8:48.8
2.	Reid, Ross	55	COLLINGWOOD	9:46.8
3.	George, Stephanie	13	SOUTH COAST	9:47.7
4.	Brazel, Hilary	16	ATHLETICS NU	9:54.2
5.	Walsh, Robert	16	ATHLETICS NU	9:54.9
6.	Antidormi, Ryan	14	ATHLETICS NU	10:12.2
7.	Dyer, Bill	48	BOX HILL	10:29.6
8.	Mason, Ella	15	BOX HILL	10:56.8
9.	Jack, Clarence	64	RICHMOND HAR	11:00.9
10.	Gardiner, Bob	73	COLLINGWOOD	11:05.5
11.	Hammett, Gary	52	DIAMOND VALL	11:12.9
12.	Benke, Geza	53	OLD MELBURNI	11:26.9
13.	Wright, Jacob	15	ATHLETICS NU	11:29.3
14.	Laurie, Natalie	18	ATHLETICS NU	11:30.8
15.	Garganis, Adam	12	COLLINGWOOD	11:33.1
16.	Kozica, Jason	22	ST KEVINS	11:37.6
17.	Noonan, Patrick	31	ST KEVINS	11:38.2
18.	Owen, Cooper	11	DIAMOND VALL	11:38.5
19.	Cooper, Stuart	59	ST STEPHENS	11:56.0
20.	Facey, Stuart	59	OLD SCOTCH C	12:01.3
21.	Sofianos, Gerald	60	ST KEVINS	12:01.9
22.	Worsnop, Chris	52	OLD XAVERIAN	12:02.3
23.	Ellis, Robert	62	RICHMOND HAR	13:32.3
24.	Stanway, Marlaine	21	UNATTACHED	13:50.5
25.	Garganis, Hannah	14	COLLINGWOOD	13:56.0
26.	Gardner, Neville	66	BOX HILL	14:38.9
27.	McNair, David	79	ST STEPHENS	15:33.6

### **Athletics Victoria Shield Round 2, South East Region, Duncan MacKinnon Reserve, Glenhuntly**

Rhydian Cowley was far and away the best at Glenhuntly with 9:13, ahead of Clyde Riddoch (10:18) and Bianca Attard (10:38). Quite a few of our young walkers were also in action with Rebecca Guy (11:03), Lauren Stadius (11:04) and Billie Whitelaw (11:05) having a great contest.

#### **2000M Walk**

1.	Cowley, Rhydian	18	GLENHUNTLY	9:13.38
2.	Riddoch, Clyde	56	ATHLETICS WA	10:18.43
3.	Attard, Bianca	14	KNOX ATHLETI	10:38.29
4.	Guy, Rebecca	13	CASEY CARDIN	11:03.08
5.	Stadius, Lauren	13	KNOX ATHLETI	11:04.20
6.	Whitelaw, Billie	13	INV	11:05.17
7.	Taylor, Lucas	13	SOUTH COAST	11:30.05
8.	Sanders, Jade	12	INV	11:38.14
9.	Steed, Gwen	67	MENTONE	11:41.97
10.	Hallett, Nicole	15	CASEY CARDIN	11:44.59
11.	Hutton, Philip	63	GLENHUNTLY	11:54.91
12.	Wynen, Karen	43	INV	11:57.19
13.	Guy, Rachael	10	CASEY CARDIN	12:00.25
14.	Plumb, Sadie	13	SOUTH COAST	12:34.82
15.	McInnes, Simone	18	GLENHUNTLY	12:35.14
16.	Osmand, Kym	27	OAKLEIGH	13:17.07
17.	Morrison, John	70	SANDRINGHAM	13:46.90
18.	Wright, Jeffrey	51	KNOX ATHLETI	14:07.65
19.	Harrison, Lindsay	44	ATHLETICS WA	14:16.68
20.	O'Connor, Gerrard	56	KNOX ATHLETI	14:21.31
	De Pasquale, Joel	25	KNOX ATHLETI	DNF
	Finnegan, Amelia	14	KNOX ATHLETI	DQ
	Golonka, Kurt	40	GLENHUNTLY	DQ
	Sommers, David	52	KNOX ATHLETI	DQ
	Haidari, Najib	15	CASEY CARDIN	DQ

### **Athletics Victoria Shield Round 2, North West Region, Newport Park Athletics Facility, Williamstown**

Paul Kennedy showed us a clean pair of heels once again, winning with a fast 9:14. Duncan Knox led out the rest of the field but was soon caught and passed by Preston duo Trenton Hawkins and Aaron McDonough. Trenton held on to take second with 10:29 while Aaron was caught by a fast finishing Mark Donahoo, 9:44 to 9:45. Aaron's time was still a 12 sec PB so he had no complaints. Duncan held on well to record 10:01, his fastest time for some years. He is getting fit! Justi Roseman was the fastest of the women with 11:11 and will improve on that once she is able to get in some regular training.

#### **2000M Walk**

1.	Kennedy, Paul	52	MELBOURNE UN	9:14.1
2.	Hawkins, Trenton	30	PRESTON	9:29.2
3.	Donahoo, Mark	51	ATHLETICS ES	9:44.1
4.	McDonough, Aaron	37	PRESTON	9:45.5
5.	Knox, Duncan	50	ATHLETICS ES	10:01.3
6.	Elms, Jason	19	ATHLETICS ES	10:36.1
7.	Erickson, Tim	59	COBURG HARRI	10:38.8
8.	McShanag, Connor	13	ATHLETICS ES	11:08.0
9.	Roseman, Justijana	34	ATHLETICS ES	11:11.9
10.	Campbell, Caitlin	15	ATHLETICS ES	11:28.4
11.	Bertrand, Carly	13	KEILOR ST BE	11:47.9
12.	Campbell, Rebecca	12	ATHLETICS ES	12:07.8
13.	McLaren, Stacey	13	ATHLETICS ES	12:38.9
14.	Shaw, Robyn	48	WESTERN ATHL	12:45.5
15.	Saliba, Liam	12	PRESTON	15:27.2
16.	Arnold, Madison	15	PRESTON	15:27.7

### **Athletics Victoria Shield Round 2, Ballarat Region, Llanberris Reserve, Ballarat**

The fairer sex dominated at Ballarat with women taking the first 5 places (come on fellas!). Kelly Ruddick, with 9:03, and Rachel Tallent, with 9:32 were the fastest walkers but where were Daryl Biggin and Andrew Blood?

#### **2000M Walk**

1.	Ruddick, Kelly	36	BALLARAT HAR	9:03.49
2.	Tallent, Rachel	16	BALLARAT YCW	9:32.03
3.	Brennan, Sarah	33	BALLARAT YCW	11:07.58
4.	Tallent, Ebony	15	BALLARAT YCW	11:11.03
5.	Platt, Belinda	42	EUREKA	11:51.78
6.	Govan, Lee	54	WENDOUREE	12:32.98
7.	Jones, Peter	64	BALLARAT HAR	13:29.34
8.	Ruddick, Kevin	59	BALLARAT HAR	14:03.72
9.	Baker, Nathaniel	14	BALLARAT HAR	14:08.21

## Athletics Victoria Shield Round 3, Bendigo Region, La Trobe University Track, Bendigo

Alas, still no results online for Bendigo.

### THINKING OF STARTING OUT IN AV SHIELD COMPETITION

For younger walkers interested in dipping the toe into the above Shield Competition, the following initiative from Athletics Victoria might be of interest

#### Half the price, double the fun – Register your dual and youth athletes now.

Youth and Dual athletes are fast becoming the cornerstone of club recruiting, and through an innovative membership structure, Athletics Victoria is creating new opportunities for Little Athletes to testout the track and find their way in the field of Athletics Victoria Shield competition. Aimed at easing the transition to senior athletics, Dual and Youth Athletics is a cheap and easy way for Little Athletes to experience the fun of the big leagues in Athletics Victoria club competition, and an important way for your club to strengthen its grassroots numbers and ensure its longevity and success.

Dual Athletics membership is available to any VLAA member aged between 11 and 15 years (as at 31st December 2009), at the small cost of \$25. Athletes still compete in their VLAA centre uniform at all competitions, with the only requisite being to wear an AV Bib Number when contesting AV events.

Youth Athletics membership is available to athletes aged between 16 and 17 years (as at 31st December 2009), who are either currently or previously associated (at any time since 1st January 2007) with a VLAA centre, at the cost of \$45. Athletes compete in their new AV club uniform at all competitions, and wear their AV Bib Number when contesting AV events.

As added incentive for VLAA centres to strengthen their relationship with their local AV clubs, VLAA centres that register over 30 Dual and Youth athletes before 30th November 2009, will go into the draw to win a \$1000 'Hart Sport Voucher.'

This initiative is targeted at ensuring your club's future, so don't be shy to get in touch with the VLAA centres nearest you, and help them reach their target of 30 youth and dual athletes, and do your bit to help athletics in your region prosper.

For more information on Youth and Dual membership please contact Athletics Victoria's Club Development Manager Tim Crosbie (tim@athsvic.org.au or (03) 9428 8195).

### SEEN IN THE MELBOURNE MARATHON

When I reported on the Melbourne Marathon in last week's newsletter, I missed a few names. **Clarrie Jack** walked the half marathon in 2:11, **Terry O'Neill** ran the maraton in 3:33, **Karyn O'Neill** walked the marathon in 5:31 and **Andria Loughnan** (Gordon's daughter), made her half marathon debut with 1:47.26. Well done everyone!

### WORLD MASTERS GAMES, SYDNEY, 10-18 OCTOBER 2009

The World Masters Games (see <http://www.2009worldmasters.com>) continued last weekend with the men's 5000m track walks held on Saturday and the women's 5000m track walks held on Sunday. Russ Dickenson reports on what was another successful series of races for the Victorians.

Andy Jamieson, Anand Thillaisunderan, Pam Tindal and Kylie Irshad didn't compete in these races but Gordon Onley, Geoff Barrow and James Seid were added to our team. I thought it was a shame that James didn't compete as James Seid-Christmass as there was a man competing in some events as "O. Santa Claus". Apparently he changed his name to that by deed poll.

Anyhow, the results were as good for us as the road walks with Murray Dickinson, Barbara Bryant and Heather Carr all backing up for more Gold medals. Heather snuck in another gold medal in the W60+ 800 meters as a warm up in the morning. Geoff Barrow walked really well for a sixth in a tough field. I pulled outduring the same race with a hip problem from the road walk while Gordon Onley unfortunately got DQ'd in his race. James Seid won the M40+ race in under 26 minutes and if we are still claiming Colin Heywood as one of ours, he won the M55+ against some good opposition in a slipperly 24:51:98. And finally, Donna Elms walked a good 4<sup>th</sup> in the W45+ 5000m.

#### Men's 5000m Track Walks, Saturday 17<sup>th</sup> October

M35-39	1	Kingston, Brett	M37	Australia	37:22.66
	2	Gassmann, Michael	M39	Germany	46:03.29
	---	Gerry Arthur, Gerry	M39	Australia	DQ
M40-44	1	Seid, James	M41	Australia	25:54.97
	2	Kropik, Franz	M41	Austria	28:32.33
	3	Smyth, David	M40	Australia	29:06.63
	4	Horton, Phill	M40	Australia	33:36.04
M45-49	1	Dredge, Mark	M48	Australia	26:52.17
	2	Blanchard, Michael	M48	USA	27:19.77
	3	Hastie, Garry	M48	Australia	27:39.27
	4	Baker, Peter	M45	Australia	28:27.92
	5	Reynolds, Lawrence	M49	USA	41:21.01
	---	Ols, Joseph	M45	USA	DQ
M50-54	1	Lyzhin, Sergey	M54	Russian Federation	26:13.86
	2	Coetzee, Johann	M51	South Africa	27:00.34

	3	Aunan, Tommy	M50	USA	29:57.32
	4	Phillips, Jeffrey	M54	Australia	30:51.62
	5	Dunshea, Frank	M51	Australia	33:32.06
	6	Peddle, Frank	M54	Canada	34:06.27
	7	Wilkins, David	M51	Australia	35:12.08
	---	O'Connell, Peter	M51	Australia	DQ
	---	McLay, David	M53	Australia	DQ
	---	Hall, Bruce	M52	Australia	DQ
M55-59	1	Heywood, Colin	M55	Australia	24:51.98
	2	lopez, guadalupe	M59	Mexico	25:25.47
	3	Kemsley, Eric	M58	New Zealand 2	6:00.71
	4	Aytmukhametov, Nariman	M57	Russian Federation	26:57.48
	5	Charrois, Henry	M58	Canada	29:18.33
	6	Willcox, Robert	M56	Australia	35:05.35
	---	Crouse, Nolan	M55	Canada	DQ
	---	Nilon, John	M58	Australia	DQ
M60-64	1	White, George	M64	Australia	27:07.0
	2	Kok, thomas	M64	Malaysia	27:15.2
	3	Pellow, Bill	M61	South Africa	27:43.9
	4	Ivanchev, Tani	M60	Bulgaria	28:13.1
	5	McMullin, Sean	M63	Ireland	29:16.2
	6	Barrow, Geoff	M60	Australia	31:39.7
	7	Barrett, David	M61	New Zealand	32:29.1
	8	Hyde, Brendon	M64	Australia	33:39.1
	9	Shipley, Norm	M64	New Zealand	34:23.7
	---	Dickenson, Russ	M63	Australia	DNF
	---	Wakelin, Trevor	M64	Canada	DQ
	---	Siegele, Johann	M60	Austria	DQ
	---	Lopez Rendon, Benjamin	M61	Mexico	DQ
	---	McIntosh, Ron	M61	Canada	DQ
	---	Landry, Mal	M60	Canada	DQ
	---	Kovalev, Ivan	M61	Russian Federation	DQ
M65-69	1	Whyte, Robin	M67	Australia	30:22.0
	2	Opsahl, George	M67	USA	30:56.2
	3	van den raad, gerard	M65	South Africa	31:42.6
	4	Herrera Roman, Jorge	M68	Mexico	33:28.0
	---	Thomas, Bryan	M68	Australia	DQ
	---	Leto, Joe	M65	Australia	DQ
M70-74	1	Dickinson, Murray	M71	Australia	28:59.5
	2	Bialous, Jan	M72	Poland	31:01.3
	3	Biggs, Kevin	M70	Australia	33:35.6
	4	Kessner, Gerhard	M73	Germany	35:00.8
	5	Mulhearn, Geoff	M70	Australia	35:41.8
	---	Onley, Gordon	M74	Australia	DQ
	---	Gordon, Geoff	M73	Australia	DQ
	---	O'Hara, Sean	M72	Australia	DQ
	---	Pogrebinsky, Alex	M70	Canada	DQ
	---	smith, leigh	M74	Australia	DQ
M75-79	1	Chapman, Bob	M75	Australia	35:38.13
	2	Watson, Robert	M78	Australia	37:38.2
	---	Ince, Arthur	M79	Australia	DQ
	---	Johnson, Ron	M77	New Zealand	DQ
	---	Janes, Bert	M76	Australia	DQ
M80-84	1	Lynch, Richard	M80	Australia	37:09.5

#### Women's 5000m Track Walks, Sunday 18<sup>th</sup> October

W35-39	1	Cruikshank, Michelle		Australia	29:21.2
	2	Challinor, Nicolle		Australia	31:04.7
	3	Bergeson, Jolene		Canada	31:12.4
	4	Chisholm, Sharon		Canada	33:43.2
	5	Nilon, Nicole		Australia	39:53.4
W40-44	1	Sunderland, Nyle		New Zealand	28:53.8
	2	Brown, Suzanne		Australia	30:39.5
	3	Nixon, Wendy		Australia	31:39.2
	4	Ambrose, Sandra		Australia	33:38.8
	--	Jones, Kim		Australia	DNS
W45-49	1	Jugovic, Ann		Australia	27:29.29
	2	Shaw, Maryanne		Australia	29:31.6
	3	Willis, Mary		Australia	30:54.7
	4	Elms, donna-marie		Australia	32:14.8
	5	Armstrong, Ginger		United State	32:19.3
	6	Agius, Salvina		Australia	34:03.3

	7	Pimm, Lyn	Australia	34:15.1
	8	Rungan, Charmaine	Australia	36:39.3
	9	Nicholson, Michelle	New Zealand	37:27.1
	10	Engeler, Deborah	Australia	38:59.6
	--	Govender, Sushie	Australia	DQ
W50-54	1	King, Robin	Australia	27:31.7
	2	Page, Debbie	Australia	28:48.9
	3	Wilson, Linda	Canada	29:43.2
	4	Rodrigue-Poscente, Michelle	Canada	31:19.9
	5	Janes-Peddle, Linda	Canada	31:25.6
	6	Large, Theresa	New Zealand	34:10.0
	7	Gage, Joanne	Canada	35:21.9
	8	Dodds, Jan	Australia	35:36.2
	9	Astika, Tanya	Canada	36:02.0
	10	Lingley, Jenny	Australia	36:56.4
	--	Davey, Terry	Canada	DQ
	--	Davies, Debbie	Australia	DQ
	--	Love, Bonnie	Canada	DQ
W55-59	1	Bryant, Barbara	Australia	28:55.63
	2	Nityagovskaya, Liudmila	Germany	30:26.30
	3	Pellew, Sheila	South Africa	30:47.17
	4	Kane, Kathleen	Canada	31:54.56
	5	Lloyd, Nancy	Australia	34:10.16
	6	Turner, JoJo	Canada	35:21.23
	7	Brown, Judy	Australia	37:37.33
	8	Lipman, Lyndy	Australia	49:40.87
	--	Chiong, Sharon	Australia	DQ
W60-64	1	Carr, Heather	Australia	27:50.56
	2	Meyer, Elsa	South Africa	29:16.61
	3	Loyer, Suzanne	France	31:09.14
	4	Wright, Sharon M	Canada	33:09.50
	5	Miratana, Sheryl	New Zealand	36:23.11
	--	Jaques, Helen	Canada	DQ
W65-69	1	lynch, sally	Australia	31:43.18
	2	Herrendoerfer, Ursula	Germany	34:51.15
	3	Kenyon, Judy	Australia	35:24.96
	4	Lebiedieva, Larysa	Ukraine	37:21.98
	5	Sarkar, Eileen	Canada	37:24.04
	--	Bahr, Marion	Australia	DNF
	--	Melloy, Noela	Australia	DQ
	--	Zlatnikova, Vlasta	Czech Republ	DQ
W70-74	1	Delf, Margaret	Canada	35:49.22
	2	Byers, Sylvia	Australia	40:04.79
	--	Fijalkowska, Janina	Poland	DQ
	--	Finley, Patricia	United State	DNS
W75-79	1	Dauphinet, Christiane	Australia	39:40.05
W80-84	--	Bamford, Justine	Australia	DQ
W85-89	--	Chub, Olena	Ukraine	DQ

#### NUMBERS BUILDING FOR 22 NOVEMBER RACES

Numbers are building for the next big racing carnival scheduled for Sunday 22 November at Fawkner Park in Melbourne. **Entries close on 6<sup>th</sup> November** so you need to get moving soon. The entry panel is at [http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=419&OrgID=887](http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=419&OrgID=887). It is also good to see the U23 starters starting to rise – with the Australia U23 vs NZ match on in February next year, this is an ideal opportunity to get a 20km time on the board.

<b>10km Junior Girls</b>	Alexander, Beth	Victoria
	Hockley Samon, Jmara	Victoria
	Tallent, Rachel	Victoria
<b>10km Junior Boys</b>	Cowley, Rhydian	Victoria
	Fitzsimons, Sean	Western Australia
	Mulhearn, Jordan	New South Wales
	Simpson, Brad	Victoria
	Steele, Blake	South Australia
<b>20km Men</b>	Kollmorgen, Stuart	Victoria
	Mulhearn, Derek (U23)	New South Wales
	Rayson, Ian (U23)	New South Wales
	Reading, Brendon (U23)	New South Wales

<b>20km Women</b>	Attard, Tamara (U23) Bourke, Lauren (U23) Stigwood, Stephanie (U23) Szirom, Megan Webb, Cheryl	Victoria New South Wales South Australia South Australia NSW
<b>AA/AV 50 km Championship</b>	Cousins, Duane Barnes, Tom	Victoria Victoria

### WHAT'S COMING UP

The AV Shield competition continues next week with all 6 regions in action and 3000m/1500m walks to be contested.

24/10/09	AV Shield - Round 3 (SOUTHEAST REGION)	Knox Athletic Track, Scoresby
24/10/09	AV Shield - Round 4 (BENDIGO REGION)	La Trobe University Bendigo Athletics Complex, Bendigo
24/10/09	AV Shield - Round 4 (GEEELONG REGION)	Landy Field (Geelong), South Geelong
24/10/09	AV Shield - Round 3 (BALLARAT REGION)	Llanberris Reserve (Ballarat), Ballarat
24/10/09	AV Shield - Round 3 (NORTHWEST REGION)	Meadowglen International Athletics Track (Epping), Epping
24/10/09	AV Shield - Round 3 (EAST REGION)	Reischick's Reserve (Doncaster), Doncaster

Next Sunday also sees the opening round of our VRWC Summer Season with road walks at Albert Park. Timetable is as follows

<b>Sunday 25<sup>th</sup> October 2009, VRWC Events, Albert Park</b>		
9.00am	20km, 15km, 10km	Open
10:30am	5km, 3km	Open
	3km	Under 15
11.00am	2km	Under 12
	1km	Under 9

Remember that our Runners World sponsorship for our top male and female walkers this summer requires you to walk at least 2 VRWC events. This might be a perfect opportunity to tick one of the boxes.

Note also that our **Victorian Schools Track and Field championships** are coming up on **6-8 November** and entries close on **Thursday 22 October**. Entry is via AV – see entry from <http://www.athsvic.org.au/news/newsfile.php?newsFileID=3778>

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

#### **Victorian & National Fixture – Summer 2009/2010**

Sun 25 Oct 2009	VRWC Summer Season Opening walks, Albert Park
6-8 Nov 2009	Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
Sun 15 Nov 2009	VRWC Club Championships, Albert Park
21-22 Nov 2009	Racewalk Judging seminar, Albert Park
Sun 22 Nov 2009	2009 Australian 50 km championship, Fawkner Park, Melbourne (also 20km Open and 10km U20 walks)
4-7 Dec 2009	Australian All Schools T&F Championships, Hobart
Wed 9 Dec 2009	VRWC track races, Collingwood Harriers Track, Thornbury
Sun 10 Jan 2010	VRWC road races, Albert Park
22-24 Jan 2009	Victorian Country Championships, Newborough
Jan 30, 2010	Canberra Grand Prix (including Australia Cup) – 5000m walks (to be confirmed)
Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
26-27 Feb 2010`	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
27 Feb 2010	Sydney Grand Prix – 5000m walks (to be confirmed)
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, venue TBC
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth

#### **2010 International Fixture**

May 15-16, 2010	<b>IAAF World Race Walking Cup, Chihuahua, Mexico</b>
July 3-10, 2010	<b>Oceania Masters Championships, Tahiti</b>
July 19-25, 2010	<b>World Junior Championships, Moncton, Canada</b>
14-26 Aug, 2010	<b>World Youth Olympics, Singapore</b>
Oct 3-14, 2010	<b>Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

#### **2011 International Fixture**

July 7-17, 2011      **World Masters T&F Championships**, Sacramento, California, USA  
Aug 27-Sept 4, 2011      **13<sup>th</sup> IAAF World Championships in Athletics**, Daegu, Korea  
Aug 12-22, 2011      **26<sup>th</sup> World Summer Universiade Games**, Shenzhen, China. See <http://www.sz2011.org/eng/index.htm>  
July 7-17, 2011      **19<sup>th</sup> World Masters Athletics Championships Stadia**, Sacramento, USA

**2012 International Fixture**

July 27-Aug 12, 2012      **Olympic Games, London**. See <http://www.london2012.com/>

**2013 International Fixture**

Aug 10-18, 2013      **14<sup>th</sup> IAAF World Championships in Athletics**, Moscow, Russia

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