



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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26 January 2010



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A.V. SHIELD COMPETITION, THURSDAY 21 JANUARY 2010

Our Metropolitan venues were in action last week with Round 11 of Shield competition but the country venues were not hosting competitions because of the Victorian Country Track and Field Championships in Newborough. And now onto the Metropolitan Shield results which saw big fields at all 3 venues and over 80 walkers in action in total.

AV Shield Round 11 South East Region, Ballam Park Athletic Track, Frankston, Thursday 21 January 2010

Brad Simpson (14:08) walked a 9 sec PB to take the honours at Frankston ahead of Matt Felton 15:19 and super vet **Heather Carr** whose time of **15:30.7** would have beaten her own **W60 World Record** time of 15:43.6, done in November 2009. Sarah Burren was the best of the U14 walkers with a swift 7:18.4

Mixed 3000 Meter Race Walk

1.	Simpson, Bradley	M	KNOX ATHLETI	14:08.1
2.	Felton, Matthew	M	KNOX ATHLETI	15:19.4
3.	Carr, Heather	W	EAGLEHAWK YM	15:30.7
4.	Riddoch, Clyde	M	ATHLETICS WA	15:44.2
5.	Attard, Bianca	W	KNOX ATHLETI	17:00.9
6.	O'Mahony, Michael	M	KNOX ATHLETI	17:05.3
7.	Steed, Gwen	W	MENTONE	17:45.3
8.	Osmand, Kym	M	OAKLEIGH	17:54.8
9.	Tam, Aaron	M	KNOX ATHLETI	18:07.1
10.	Whitelaw, Billie	W	MORNINGTON P	18:26.2
11.	Hutton, Philip	M	GLENHUNTLY	19:01.3
12.	Barrow, Geoff	M	MENTONE	19:25.0
13.	Attard, Michaela	W	KNOX ATHLETI	19:44.9
14.	Van Dongen, Rupert	M	CASEY CARDIN	20:22.4
15.	Morrison, John	M	SANDRINGHAM	21:30.1
16.	Austin, Juliet	W	GLENHUNTLY	21:42.9
17.	Zeleznikow, John	M	GLENHUNTLY	30:10.5
	Wright, Jeffrey	M	KNOX ATHLETI	DQ
	Sigmont, Eric	M	GLENHUNTLY	DQ

Mixed 1500 Meter Race Walk

1.	Burren, Sarah	W	MALVERN HARR	7:18.4
2.	Stadus, Lauren	W	KNOX ATHLETI	7:55.8
3.	Ziguras, Patrick	M	ATHLETICS WA	7:57.9
4.	Taylor, Lucas	M	UNATTACHED	8:02.8
5.	Sanders, Jade	W	CASEY CARDIN	9:49.6
6.	Eastwood, Jemma	W	INV	10:13.1

AV Shield Round 11 East Region, Bill Sewart Athletics Track, Burwood, Thursday 21 January 2010

Paul van Kopplen was the fastest walker at Burwood with 13:46.7 while Stuart Kollmorgen made a welcome return to the summer competition with the next best time of 14:04.0. Ryan Antidormi walked very well for a well earned PB time of 14:54.8 while Kylie Irshad was the fastest of the women with 15:26.8. Not to be outdone, daughter Jasmine was the fastest in the 1500m with 7:36.2 ahead of Cooper Owen with 8:10.1.

Mixed 3000 Meter Race Walk

1.	Van Kopplen, Paul	M	CROYDON	13:46.7
2.	Kollmorgen, Stuart	M	COLLINGWOOD	14:04.0
3.	Antidormi, Ryan	M	ATHLETICS NU	14:54.8
4.	Evans, Simon	M	BOX HILL	15:22.1
5.	Irshad, Kylie	W	UNATTACHED	15:26.8
6.	Thillaisundaram, Anand	M	COLLINGWOOD	16:45.3
7.	Lucas, Alan	M	UNATTACHED	16:58.7

8.	Gardiner, Robert	M	COLLINGWOOD	17:19.4
9.	Keirl, Bernie	M	DIAMOND VALL	17:27.9
10.	Laurie, Natalie	W	ATHLETICS NU	17:35.4
11.	Sofianos, Gerald	M	ST KEVINS	17:41.2
12.	Benke, Geza	M	OLD MELBURNI	17:56.6
13.	Facey, Stuart	M	OLD SCOTCH C	18:52.5
14.	Worsnop, Chris	M	OLD XAVERIAN	18:58.4
15.	Summers, Harry	M	BOX HILL	19:11.4
16.	Ellis, Robert	M	RICHMOND HAR	19:37.5
17.	Cowell, Jacqueline	W	DIAMOND VALL	19:39.9
	Walsh, Anthony	M	OLD XAVERIAN	28:02.8

Mixed 1500 Meter Race Walk

1.	Irshad, Jasmine	M	UNATTACHED	7:36.2
2.	Owen, Cooper	M	DIAMOND VALL	8:10.1
3.	Walburg, Kirsten	W	DONCASTER	9:49.5
4.	Neale, Anthony	M	COLLINGWOOD	12:15.1
5.	Cowell, Lachlan	M	DIAMOND VALL	12:29.7

AV Shield Round 11 North West Region, Moonee Valley Athletics Centre, Moonee Ponds, Thursday 21 January 2010

A total of 39 walkers made this the biggest walks venue of the AV Shield competition so far this summer. Paul Kennedy continued his fine summer form for fastest time with 13:47.77. James Seid-Christmass made the trip up from Geelong and was rewarded with 14:41 while Mark Donahoo walked a season best with 14:52. Aaron McDonough walked a 12 sec PB with 14:57 and then it was 6 Athletics Essendon athletes in a row, starting with the evergreen Duncan Knox. Caitlin Campbell was the fastest of the girls with 17:01 ahead of Nardene Hammond 17:15. Caitlin's sister Rebecca was the best of the 1500m walkers with 9:00.64.

Mixed 3000 Meter Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	13:47.77
2.	Seid-Christmass, James	M	CORIO	14:41.13
3.	Donahoo, Mark	M	ATHLETICS ES	14:52.51
4.	McDonough, Aaron	M	PRESTON	14:57.98
5.	Knox, Duncan	M	ATHLETICS ES	15:49.58
6.	Cosic, Filip	M	ATHLETICS ES	15:59.02
7.	McShanag, Connor	M	ATHLETICS ES	16:12.60
8.	Campbell, Caitlin	W	ATHLETICS ES	17:01.59
9.	Hammond, Nardene	W	ATHLETICS ES	17:15.55
10.	Elms, Jason	M	ATHLETICS ES	17:37.66
11.	Shaw, Kirstin	W	WESTERN ATHL	17:37.89
12.	Elms, Donna	W	ATHLETICS ES	17:51.30
13.	Share, Bianca	W	KEILOR ST BE	17:55.04
14.	Wallace, Anna	W	ATHLETICS ES	17:59.89
15.	Hawksworth, Danny	M	ATHLETICS ES	18:11.26
16.	Shaw, Robyn	W	WESTERN ATHL	19:11.20
17.	Upton, Ian	M	KEILOR ST BE	19:45.88
18.	Baric, Amanda	W	KEILOR ST BE	23:05.83
19.	Stobaus, Anne	W	KEILOR ST BE	23:29.35
20.	Ireland, Roslyn	W	BRUNSWICK	24:17.44
21.	Hodgart, Claire	W	WESTERN ATHL	26:14.62
22.	Ireland, Olive	W	BRUNSWICK	26:15.51
23.	Rickard, Ian	M	BRUNSWICK	26:18.16
24.	Newstead, Lauren	W	PRESTON	28:29.29
25.	Marangon, Georgia	W	PRESTON	30:28.30
	McIntyre, Brittany	W	WESTERN ATHL	DQ
	Dimasi, Eamon	M	KEILOR ST BE	DQ
	Wilson, John-Joe	M	KEILOR ST BE	DQ
	Iannello, Katherine	W	MELBOURNE UN	DQ
	Dunstone, Phillip	M	WESTERN ATHL	DQ

Mixed 1500 Meter Race Walk

1.	Campbell, Rebecca	W	ATHLETICS ES	9:00.64
2.	McLaren, Stacey	W	ATHLETICS ES	9:01.60
3.	Barbour, Beth	W	COBURG HARRI	9:02.65
4.	Martin, Patrick	M	COBURG HARRI	10:51.77
5.	LI, Lillian	W	KEILOR ST BE	12:12.44
6.	Consiglio, Greta	W	KEILOR ST BE	12:12.69
7.	Magee, Joshua	M	INV	12:17.15
8.	Warner, Darian	M	INV	12:19.64
9.	Abfalder, Emma	W	KEILOR ST BE	13:13.23

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, NEWBOROUGH, 22-24 JANUARY 2010

The Victorian Country Athletics Championships were held last weekend at the Joe Carmody Athletic Track in Newborough in Eastern Victoria, with a variety of walks on offer. Eaglehawk YMCA (Bendigo) was the dominant club, fielding the most walkers and winning the most medals. Amongst the best walks were those of Lewis Clark, Russ Dickenson, Geoff Major, Heather Carr (2 golds), Jmara Hockley-Samon and Jasmine Irshad. Well done to all our country walkers who participated.

Men 5000 Meter Race Walk Open

1.	Andrew Blood	74	BALLARAT YCW	26:44.43
2.	Russ Dickenson	45	SOUTH COAST	29:01.88
3.	Terry Oneill	56	GIPPSLAND ATHLETICS	30:45.14
4.	Rupert Van Dongen	74	CASEY CARDIN	33:58.80
	Geoffrey Major	36	EAGLEHAWK YMCA	DQ

Men 5000 Meter Race Walk Under 20

1.	Lewis Clark	94	ATHLETICS CHILWELL	24:48.72
2.	Nicholas Mirarchi	91	CORIO	26:53.50
3.	Joshua Kaiser	93	FRANKSTON	28:59.01
4.	Joshua Dillon	94	CORIO	DQ

Men 3000 Meter Race Walk Under 16

1.	Lucas Taylor	96	SOUTH COAST	17:36.62
2.	Joshua Savage	95	EAGLEHAWK YMCA	18:06.57

Event 141 Men 1500 Meter Race Walk Under 14

1.	Jeremiah Jones	97	EAGLEHAWK YMCA	8:32.66
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Men 3000 Meter Race Walk 50 and Over

1.	Russ Dickenson	45	SOUTH COAST	16:31.46
2.	Terry Oneill	56	GIPPSLAND ATHLETICS	18:08.21
3.	John Carter	50	SOUTH BENDIGO	20:26.13

Event 143 Men 1500 Meter Race Walk 60 and Over

1.	Geoffrey Major	36	EAGLEHAWK YMCA	10:31.12
	Robert Robinson	46	ATHLETICS CHILWELL	DQ

Women 5000 Meter Race Walk Open

1.	Heather Carr	49	EAGLEHAWK YMCA	28:34.93
2.	Annette Major	62	EAGLEHAWK YMCA	31:48.78

Women 3000 Meter Race Walk Under 18

1.	Emily Payne	93	CORIO	17:44.65
2.	Ebony-Jade Jones	94	EAGLEHAWK YMCA	21:17.20

Event 142 Women 1500 Meter Race Walk Under 14

1.	Jasmine Irshad	97	SOUTH COAST	7:49.16
2.	Rachael Guy	99	CASEY CARDIN	8:58.93
3.	Nicole Davis	98	SOUTH COAST	10:46.23

Women 3000 Meter Race Walk Under 16

1.	Jmara Hockley Samon	95	ATHLETICS CHILWELL	15:05.74
2.	Ebony Whiley	95	EAGLEHAWK YMCA	16:04.89
3.	Stephanie George	96	SOUTH COAST	16:35.51
4.	Amanda Heard	95	EAGLEHAWK YMCA	16:53.08
5.	Grace Campbell	95	EAGLEHAWK YMCA	18:04.90
6.	Jessey Wilson	96	EAGLEHAWK YMCA	18:55.21

Women 5000 Meter Race Walk 40 and Over

1.	Annette Major	62	EAGLEHAWK YMCA	31:48.78
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Women 3000 Meter Race Walk 50 and Over

1.	Heather Carr	49	EAGLEHAWK YMCA	15:51.59
2.	Annette Curtis	56	SOUTH BENDIGO	21:36.26

BENDIGO WALKERS CLUB RACES, ROSALIND PARK, BENDIGO, WEDNESDAY 20 JANUARY 2010

Thanks to Paul Rance for his usual weekly report

The Bendigo Walkers Club held handicap races over 1500m and 3000m in Rosalind Park last Wednesday evening with small fields lining up in both events. The 1500m saw Jarrod Coad career away to an easy win as he scored his first victory for the Season with Grace Campbell 2nd and Jeremiah Jones finishing strongly to take 3rd place with backmarker Jessie Palfreyman close up in 4th place claiming fastest time honors. In the 3000m event Annette Curtis out sprinted Colin Cleary in the last 50 metres to secure a fine victory with John Carter in 3rd place and Ebony Whiley taking the fastest time award.

1500m handicap: Jarrod Coad 9.26, Grace Campbell 8.32, Jeremiah Jones 7.49, Jessie Palfreyman 7.48, Jamie-Lee Jones 13.19, Ebony-Jade Jones 10.21, Carol Coad 12.11

3000m handicap: Annette Curtis 21.57, Colin Cleary 21.35, John Carter 19.48, Ebony Whiley 16.36, Geoff Major 21.59, Eddie Rowan 22.32, Norm West 25.08, Annette Major 19.55

BRUNSWICK HEADS "FISH AND CHIPS FESTIVAL", QUEENSLAND, SATURDAY 9 JANUARY 2010

Thanks to Robyn Wales for the following report on what sounded like a great day out for the Queensland Race Walking Club earlier this month.

Recently some of us from QRWC and Gold Coast Masters went to Brunswick Heads during the "Fish and Chips Festival" and took part in an athletics meet. The athletics was organised by Jim Stammers, a former club mate of mine at St George in the 60's! It was an "old style" country carnival where you entered a pentathlon style competition and chose your own 5 (or more) events. We had the best day of "good healthy fun". Jill Huxley and a couple of Masters officials were the only designated officials so our Little A's Mums and Masters throwers assisted all day in the blazing sun. The walk was at 1pm when only "mad dogs and Englishmen" come out!!! All who entered laughed all day and came away with medals and a glass. We all plan to return next January and maybe any southern holiday makers would like to put it on their calendars as well.

Here is the report I wrote for the Racewalking Qld Heel and Toe

Happy New Year. Sunday (10/01/10) at Brunswick Heads was brilliant for all and once again we showed that "walking is the backbone of athletics". Everyone who came from our racewalking club entered 5 events with most doing 6 or 7!! Some kids even posted PBs in their secondary events. Leading the way was Senior coach Dave Smith who proved a point and won his age group with "outstanding" performances in discus, shot, javelin, HJ (1.30m!!!) 400, 800, 1500 and the 1500m walk. All the kids were a credit to the club and without the mothers the carnival would have been a non event as they became the officials for the day!! Another highlight was Jill Huxley who chatted to all at the start of the walk explaining what she looks for, what the yellow cards mean and how the red card is used. The kids were also able to ask her questions. How good is that?!! Majda was able to stand with Jill during the race and learn some of the finer points of judging. Thank you Mrs Huxley.

1500m Walk

1. Jessica Pickles 7:41.3, 2. Katya Martin 7:57.1, 3. Kenza Benzenatti 8:11.2, 4. Emma Robson 8:19.1, 5. David Smith 8:43.8, 6. Mikaela Woodward 8:52.5, 7. Yanis Benzenatti 9:11.5, 8. Marybeth Paviell 9:43.5, 9. Natalia Robson 10:09, 10. Steel Beveridge 10:59.2, 11. Thalia Martin 12:00.2, 12. Christiane Dauphinat 12:08, 13. Robyn Wales 12:20.7

Other highlights were Christiane's 100m, Yanis beating Dave over 800m, Robyn "excelling" in the javelin, Katya managing to throw the discus out the front of the circle without nets (well done, Katya), Mikaela managing 6 events when she only arrived in time for the walk and Eileen Pickles staying alive when javelins were being hurled at her.

The presentation was well organised and held in the air conditioned bowling club, a welcome change after an extremely hot day! We then all went to the beach and ate dinner together on the foreshore...fish and chips of course.

Dave and Denise reported that the fireworks the night before surpassed the Brisbane effort so we are putting this on the calendar for next year.

OTHER INTERSTATE RESULTS

Thanks to Terry Jones of WA and Robin Whyte of ACT for the following interstate results.

3000m walk, WA Athletics Stadium, Friday 15 January 2010

1.	Dib, Samuel	M	West Track	14:12.7
2.	Hennigan, Dale	M	Athletics WA	16:05.4
3.	Smith, Jacqueline	W	Curtin	17:05.1
4.	Dib, Nathanael	M	Athletics WA	17:28.9
5.	Barritt, Brooke	W	Athletics WA	17:53.2
6.	Sexton, Jessica	W	Melville Roa	17:58.6
7.	Smith, Dylan	M	University of WA	18:05.9
	Evans, Raqeema	W	Athletics WA	DQ
	Anderson, Tristan	M	Athletics WA	DQ

ACT Race & Fitness Walks, AIS Stadium, Thursday 7 January 2010**1500m**

1.	Baker, Peter	9.17
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3000m

1.	Reading, Michael	14.48
2.	Thomas, Bryan	19.48
3.	Gilchrist, Rod	19.56
4.	Barker, Geoff	20.55
5.	Fitzgerald, Doug	21.05
6.	Gilchrist, Jennie	21.23

ACT Race & Fitness Walks, AIS Stadium, Thursday 14 January 2010**1500m**

1.	Hosking, Elizabeth	7.07
2.	Bates, Harry	7.12
3.	Hosking, Caitlin	7.22
4.	Kilpatrick, Tristan	8.35
5.	Baker, Kara	8.59
6.	Baker, Peter	8.59
7.	White, Kelsey	9.55
8.	Kennelly, Robert	13.18

3000m

1.	Reading, Michael	13.53
2.	Erickson, Tim (VIC)	16.44
3.	Thomas, Bryan	19.27
4.	Gilchrist, Rod	19.34
5.	Fitzgerald, Doug	21.39
6.	Gilchrist, Jennie	22.34

ACT Race & Fitness Walks, AIS Stadium, Thursday 21 January 2010**1000m**

1.	Baker, Kara	5.51
2.	Barker, Bill	7.34
3.	Kennelly, Robert	8.25

3000m

1.	Baker, Peter	16.33
2.	Whyte, Robin	18.16
3.	Gilchrist, Rod	19.49
4.	Williams, Alan	20.20
5.	Barker, Geoff	20.41
6.	Suiter, John	20.48
7.	Donovan, John	21.33
8.	Munro, Terry	21.33
9.	Gilchrist, Jennie	22.47
10.	Chesterton, Val	26.27
	Thomas, Bryan	DQ

LATEST UPDATE ON THE HOBART 20KM RACES

I had hoped to receive some sort of official confirmation late last week concerning the Hobart race scheduling but nothing was forthcoming from AA and no updates have been made on the AA website. I have heard unofficially via second hand conversations that the walks are to be held at 5:30PM on the Saturday afternoon but I am not prepared to officially confirm this until I see something in writing.

Also, I need to advise a change to a NZ announcement that I quoted in last week's newsletter saying that 8 walkers had been selected to compete for NZ in the World Cup in May. This announcement was subsequently withdrawn from the Athletics New Zealand website – it was wrong. It was supposed to be an announcement of their team to compete against us in Hobart but due to miscommunication at their end, it ended up announcing something completely different. Ouch!

TRAINING IN CANBERRA

Training continues apace in Canberra for our walkers in residence. They have now been joined by three Mexican walkers – Eder Sanchez (winner of the 2009 IAAF Walking Challenge), David Mejia and Adrian Herrera so the standard has lifted even higher. Sessions include road walks, track interval work, road interval work, stretching, strength and conditioning and swimming. It's a varied lot and one that can only benefit the many non-AIS walkers. The man behind it all is, of course, AIS coach Brent Vallance and he is well and truly being kept busy by the many and varied demands. As per the last couple of weeks, some more photos.



7AM Saturday - getting ready to start a road training session



Eder Sanchez, Chris Erickson, David Mejia, Jared Tallent, Adam Rutter



Beth Alexander and Rhydian Cowley



Jillian Hosking, Derek Mulhearn, Claire Tallent, Nicole Fagan



Claire Xian, Jess Heazlewood, Beki Lee, Regan Lambie



Dane Bird-Smith, Blake Steele and Sean Fitzsimons



Ato Ibanez and Ian Rayson



Kelly Wapshott



Brent Vallance and Regan Lamble



Cheryl Webb



Finished at last! Jared Tallent, Dane Bird-Smith, Rhydian Cowley and Derek Mulhearn

WHAT'S COMING UP IN VICTORIA

There are plenty of races during the coming week. Firstly on Thursday evening, there are the final rounds of AV Shield for the SouthEast and NorthWest regions as well as invitational walks at the East Burwood Masters. Details as follows

Thurs 28/01	AV Shield - Round 12 (SOUTHEAST REGION)	Knox Athletic Track, Scoresby
Thurs 28/01	AV Shield - Round 12 (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
Thurs 28/01	Invitational VMA 5000m/3000m walks at East Burwood Masters,	East Bwd Aths Track, 7:50PM

Then on Saturday, AV Shield continues with the final rounds at the Eastern and Ballarat regions. Note that the Doncaster meet starts at 4:30PM.

Sat 30/01 4.30pm	AV Shield - Round 12 (EAST REGION)	Reischiek's Reserve, Doncaster
Sat 30/01	AV Shield - Round 12 (BALLARAT REGION)	Llanberris Reserve, Ballarat

Saturday also sees the 3000m handicap walk at the Professional meet at St Albans

Sat 30/01 3000m handicap walk at the Victorian Athletic League meet at St Albans in Melbourne.

as well as 5000m walks for our elite walkers at the Canberra Grand Prix meet

Sat Jan 30, 2010 Canberra Grand Prix (including Australia Cup) – includes Invitation 5000m walks

Finally some advance notice that the **Victorian Open and Under 20 5000m track walk championship** will be held on **Thursday 18 February** at Olympic Park in Melbourne. The entry form has now been completed by AV and I expect it to be posted on the AV website (<http://www.athsvic.org.au>) tomorrow (Wednesday). Entries will close on **Thursday 11 February** so there is plenty of time. You have to put your best 5000m time since 01/01/2009 but I have confirmed that, if you do not have a 5000m time, you can put your best 3000m time instead.

DATES...DATES...DATES

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

Thurs 28 Jan 2010	Invitational VMA 5000m/3000m walks at East Burwood Masters, East Bwd Aths Track, 7:50PM
Sat Jan 30, 2010	Canberra Grand Prix (including Australia Cup) – includes Invitation 5000m walks 3000m handicap walk at the Victorian Athletic League meet at St Albans, Melbourne.
Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open 20km Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
Thurs 25 Feb 2010	AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
26-27 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
Sat 27 Feb 2010	Sydney Grand Prix – 5000m walks
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney (walks in all divisions)
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 Highlights

Mar 1-6, 2010	WMA World Indoor Championships, Kamloops, Canada (3000m and 10000m walks)
May 15-16, 2010	IAAF World Race Walking Cup, Chihuahua, Mexico. See http://www.iaaf.org/wrc10/preview.html
July 3-10, 2010	Oceania Masters Championships, Tahiti
July 19-25, 2010	World Junior Championships, Moncton, Canada
14-26 Aug, 2010	World Youth Olympics, Singapore (10000m walk boys, 5000m walk girls)
Oct 3-14, 2010	Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

2010 Race Walking Challenge Series (dates now confirmed)

Apr 10, 2010	IAAF Race Walking Challenge, Rio Maior, POR
May 1, 2010	IAAF Race Walking Challenge, Sesto san Giovanni, ITA
May 15-16, 2010	IAAF World Racewalking Cup, Chihuahua, MEX
May 29, 2010	IAAF Race Walking Challenge, Na Rynek marsz Krakow, POL
June 19, 2010	IAAF Race Walking Challenge, La Coruna, ESP
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN

2010 – Other International Opportunities

May 30, 2010	German 20km Championships, Naumburg (see http://www.racewalking-naumburg.de)
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2011 International Fixture

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

2012 International Fixture

May 2012? **IAAF World Race Walking Cup, Saransk, Russia**
July 27-Aug 12, 2012 **Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

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

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