



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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20 July 2010



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VRWC ROADWALKS, ALBERT PARK, SATURDAY 17 JULY 2010

With a major Victorian Cross Country title on concurrently and with the Victorian Country roadwalking championships on Sunday, we did not expect to see a big turnout at Albert Park on Saturday so we were pleasantly surprised by the large field of 81 walkers who turned out to contest our VRWC club races. The weather wasn't too bad either with overcast cool conditions and a bit of wind. Thanks to **Frances Attard** who had her usual great video showing from the previous week's racing (now partially uploaded to YouTube – see <http://www.youtube.com/watch?v=wiQxeoKHdCs>) and thanks to **Terry Swan** for his usual great selection of photos which have been uploaded to <http://vrwc.org.au/coppermine/>

The 10km events saw Kylie Irshad 53:05 and Aaron McDonough 56:39 take line honours while Kirstin Shaw 57:22 (a PB by over 2 minutes!) and Alan Lucas 58:52 took handicap honours. Liz Feldman 59:50 also walked excellently to break 60 minutes for the first time in some years while Chloe McNicol-Davidson also took a big chunk off her PB with 70:03. Talk about hard handicaps to win!

10km Open		Handicap Place	
1.	Kylie Irshad	53:05	4
2.	Kirstin Shaw	57:22	1
3.	Gayle McIntyre	57:51	5
4.	Liz Feldman	59:50	3
5.	Chloe McNicol-Davidson	70:03	2
1.	Aaron McDonough	56:39	4
2.	Alan Lucas	58:52	1
3.	Robert Gardiner	64:04	3
4.	Harry Summers	68:22	2



Liz Feldman, Kirstin Shaw, Aaron McDonough, Alan Lucas, Gwen Steed, Chloe McNicol-Davidson

The 5km events saw Pam Tindal 25:54 and Nathan Brill 23:23 the fastest in each division but Jason Kozica was my pick for walk of the day with a huge time of 25:10, a PB by over 90 secs. Jason has been a big improver this winter and he continued on today from his fine walk last week. Gwen Steed was also in great form to take the women's handicap with 30:10. We welcomed Tamara Attard back after some months off and she showed that she has not lost too much form with a good first up 27:07. Another back after a fair while off was Nicholas Mirarchi and his time of 28:03 was a good start back. Another to impress was Donna Elms who was only 3 secs outside her PB with 30:10.

5km Open		Handicap Place	
1.	Pam Tindal	25:54	3

2.	Tamara Attard	27:07	
3.	Donna Elms	30:10	2
4.	Gwen Steed	30:21	1
1.	Nathan Brill	23:23	2
2.	Jason Kozica	25:10	1
3.	Ralph Bennett	27:53	3
4.	Nicholas Mirarchi	28:03	
5.	Russ Dickenson	28:52	6
6.	Barrie Wicks	35:48	4
7.	Laurie Cato-Smith	36:56	7
8.	Howard Gibson	37:44	5
	Bernie Keirl	DNF	
	Robin Wood	DNF	



Heather Carr, Tamara Attard, Nathan Brill, Jason Kozica, Nicholas Mirarchi (yes, the hair is still there) and Pam Tindal

Mark Donahoo 14:14, James Seid-Christmass 14:39 and Hilary Brazel were our fastest Open 3km walkers while Connor McShanag 14:46 (a 3 sec PB), Jemima Montag 15:13 and Amelia Finnegan 15:15 were the fastest of our U15 walkers. But the biggest improver had to be Aaron Tam who recorded a 36 sec PB with 15:46. Kyle Swan was another to impress with his time of 15:34.

3km Open

1.	Hilary Brazel	15:09	5
2.	Heather Carr	15:46	6
3.	Annemaree Gerlich	17:25	1
4.	Janet Holmes	18:36	3
5.	Jan Morrey	18:49	2
6.	Celia Johnson	20:14	9
7.	Georgia Gatens	20:45	7
8.	Maryanne Harrison	21:21	4
9.	Marlaine Stanway	21:28	8

Handicap Place

1.	Mark Donahoo	14:14	4
2.	James Seid-Christmass	14:39	5
3.	Rudolf Skrucany	18:59	1
4.	Gordon Onley	20:53	2
5.	Lindsay Harrison	21:23	3
6.	John Morrison	21:40	6

3km Under 15

1.	Jemima Montag	15:13	3
2.	Amelia Finnegan	15:15	2
3.	Jasmine Irshad	15:58	4
4.	Bianca Attard	16:38	6
5.	Megan Walker	17:30	1
6.	Carly Bertrand	17:46	9
7.	Beth Barbour	17:53	5
8.	Caitlin Campbell	18:53	11
9.	Amy Ventura	19:16	7
10.	Emily Swan	20:59	10
11.	Stacey McLaren	21:40	8
	Rebecca Campbell	DNF	

Handicap Place

1.	Connor McShanag	14:46	2
2.	Kyle Swan	15:34	3
3.	Aaron Tam	15:46	1



Jemima Montag, Aaron Tam, Connor McShanag, Hilary Brazel, James Seid-Christmass and Mark Donahoo

Our youngest walkers contested their Intervals races this week with the U12s doing 5x500m and the U9s doing 3x500m every 5 minutes. With 26 walkers in total, it was certainly action packed. Emily Hamilton showed superb consistency to take the U12 section with 11:48 (wow!) after a good battle early on with Paige De Lisen. Brodie Richardson and Mikhala Hodges were the best of the U9s with top times of 7:25 and 7:57. Can these young walkers move!



Under 12: 5x500m	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Total
1. Emily Hamilton	2:15	2:21	2:31	2:24	2:22	11:48
2. Paige De Lisen	2:16	2:30	2:31	2:33	2:32	12:22
3. Lauren Collis	2:21	2:33	2:37	2:36	2:34	12:41
4. Shelby Kay	2:25	2:39	2:34	2:42	2:39	12:59
5. Jessica Lillie	2:35	2:45	2:48	2:49	2:53	13:50
6. Charisma Boothroyd	2:44	2:50	2:51	2:51	2:50	14:06
7. Lachlan Feain	2:45	2:52	2:53	3:03	2:58	14:31
8. Cassandra Kay	2:58	2:53	2:51	3:02	2:58	14:42
9. Charlee Harrison	3:02	3:07	3:11	3:06	3:07	15:33
10. Madeleine Feain	2:52	3:11	3:14	3:17	3:15	15:49
11. Harley Davidson	3:18	3:31	4:03	3:58	3:43	18:33
12. Georgia Bertrand	2:20	2:35	-	-	-	4:55
Cooper Owen						DQ
Reese Walmsley						DQ
Crea Gabriella						DQ

Under 9: 3x500m	Lap 1	Lap 2	Lap 3	Total
1. Brodie Richardson	2:22	2:28	2:35	7:25
2. Mikhala Hodges	2:33	2:44	2:40	7:57

3.	Chelsea Owen-Smith	2:38	2:49	2:45	8:12
4.	Hayden Walmsley	2:48	2:53	2:52	8:33
5.	Brianna Lillie	2:55	2:53	2:57	8:45
6.	Tegan Miller	2:50	3:01	2:56	8:47
7.	Ethan Wright	3:05	3:03	2:58	9:06
8.	Lee Taylor	3:05	3:14	3:16	9:35
9.	Frances Collis	3:06	3:23	3:18	9:47
10.	Payton Kay	3:15	3:38	3:04	9:57
	Livinia Mason	3:02	-	-	3:02



Brodie Richardson, Emily Hamilton, Mikhala Hodges, Lauren Collis, Paige De Lisen and Georgia Bertrand

And of course, thanks to the large group of people who help to keep the show on the road every week. Sorry if I missed anyone.

- Officials:** Tim Erickson, Ian Laurie, Natalie Laurie, Michael Brazel, Stuart Cooper, Matt Owen, Don McLaren, Paul Davidson, Jason Elms, Damien Elms
Judges: Peter Vysma (chief), Terry Knape, Shane Bertrand, Michael Bodey, Lloyd Nicholls
Course Setup: Bob Gardiner, Harry Summers, Damien Elms, Tim Erickson, Nathan Brill
Canteen: Barb Gardiner, Kate Suich, Joyce Summers
Photos and Video: Terry Swan and Frances Attard

VRWC POINTS COMPETITIONS

Style Award points were only awarded for the older age groups on Saturday since the U9 and U12 walkers were doing their intervals races. The points were as follows

Open/U15 Men		Open/U15 Women	
5	Connor McShanag	3	Amelia Finnegan
4	Nathan Brill	2	Kirstin Shaw
2	Russ Dickenson	1	Pam Tindal
1	James Seid-Christmass		

The progressive points have now been uploaded to the vrwc website (<http://www.vrwc.org.au>).

ATHLETICS VICTORIA ROADWALK CHAMPIONSHIPS, BALLARAT, SUNDAY 18 JULY 2010

We travelled to Ballarat on Sunday for the Victorian Open 15km championship and the Victorian Country championships. Ballarat Racewalking Club President Daryl Biggin had sourced a course in a newly setup industrial estate in Alfredton and it turned out to be a beauty, dead flat with no sharp turns. The great times across the board tell the story; it was a freezing day but the walkers, once they warmed up, were up to the task and clocked some great performances. I am sure we will be keen to return to this course again if the situation permits. Thanks to **Sabby George** for the great photos. As well as publishing some here, I have uploaded a selection (including photos from the presentations) to our photo gallery <http://vrwc.org.au/coppermine/>

Tom Barnes 1:09:07 and Kelly Ruddick 1:12:02 became our Victorian 15km champions with finely judged walks. In fact, Kelly did a 10km PB 47:29 on her way through. For Tom, it was his first hitout since representing Australia in the World Cup in Mexico in May and he was pleased with his form. Heather Carr, in second place in the women's race, set a new Victorian W60 record with her time of 1:24:48.

A.V. 15KM OPEN MEN

1.	Barnes, Thomas	MUU	1:09:07
2.	Jamieson, Andrew	OSC	1:16:55
3.	Knox, Duncan	ATE	1:24:54
	Payne, Daniel	COR	DNF
	Dickenson, Russ	SCA	DNF
	Evans, Simon	BOH	DNS
	Bennett, Ralph	INV	DQ

A.V. 15KM OPEN WOMEN

1.	Ruddick, Kelly	BHA	1:12:02
2.	Carr, Heather	EAG	1:24:48 (Vic W60 record)
3.	Hammond, Nardene	ATE	1:29:03
	Major, Annette	EAG	DNS



Tom Barnes, Kelly Ruddick, Andrew Jamieson, Duncan Knox and Heather Carr

The Country championships saw small fields but the quality made up for the lack of numbers. Former Victorian Junior walk champion Daniel Payne showed that he is regaining his fitness with a good 49:12 to win the 10km Open alongside Kelly Ruddick who took the double with 47:29. Down the ranks, PBs were done by Joshua Kaiser 24:34, Carly Bertrand 28:45 (her first ever 5km), Josh Dillon 22:32 and Lewis Clark 22:51 (what a race that was), Joshua Savage 17:22, Stephanie George 14:34, Ebony Whiley 15:20, Megan Walker 15:58 and Shae Ohlsen 20:40. Very impressive!

A.V. 10KM COUNTRY OPEN MEN

1.	Payne, Daniel	COR	49:12
2.	Dickenson, Russ	SCA	58:00
3.	Blood, Andrew	BYC	60:54

A.V. 10KM COUNTRY OPEN WOMEN

1.	Ruddick, Kelly	BHA	47:29
2.	Carr, Heather	EAG	56:30
3.	Hammond, Nardene	ATE	59:23
	Major, Annette	EAG	DNS

A.V. 5KM COUNTRY U20 MEN

1.	Kaiser, Joshua	SCA	24:34
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A.V. 5KM COUNTRY U20 WOMEN

	Bertrand, Carly	INV	28:45
	Raselli, Cassandra	SCA	DNS

A.V. 5KM COUNTRY U18 MEN

1.	Dillon, Joshua	COR	22:32
2.	Clark, Lewis	CHI	22:51

A.V. 5KM COUNTRY U18 WOMEN

1.	Tallent, Rachel	BYC	24:02
	Stadus, Lauren	KNA	DNS
	Payne, Emily	COR	DNS

A.V. 3KM COUNTRY U16 BOYS

- | | | | |
|----|----------------|-----|-------|
| 1. | Savage, Joshua | EAG | 17:22 |
|----|----------------|-----|-------|

A.V. 3KM COUNTRY U16 GIRLS

- | | | | |
|----|----------------------|-----|-------|
| 1. | George, Stephanie | SCA | 14:34 |
| 2. | Hockley-Samon, Jmara | CHI | 14:57 |
| 3. | Whiley, Ebony | EAG | 15:20 |

A.V. 3KM COUNTRY U14 BOYS

No Entrants

A.V. 3KM COUNTRY U14 GIRLS

- | | | | |
|----|---------------|-----|-------|
| 1. | Walker, Megan | COR | 15:58 |
| 2. | Ohlsen, Shae | INV | 20:40 |



Lewis Clark, Josh Dillon, Megan Walker, Josh Kaiser, Rachel Tallent and Stephanie George

We also scheduled Racewalking Victoria championships for U10 and U12 and a number of walkers from VRWC and Ballarat Racewalking Club availed themselves of the opportunity. Georgia Bertrand 11:07, Harry Hockley-Samon 5:15 and Hayley George 5:10 were the winners. An Open 5km walk was also scheduled and Simon Evans, who arrived late and missed the 15km start, at least did get a hitout for the day, recording 24:27.



Hayley George, Ethan Wright, Harry Hockley-Samon, Jemma Peart, Katelyn Lotherington, Georgia Bertrand and Shelby Kay

RACEWALKING VICTORIA 2KM 12 GIRLS

- | | | | |
|----|-----------------------|------|-------|
| 1. | Bertrand, Georgia | VRWC | 11:07 |
| 2. | Kay, Shelby | VRWC | 11:23 |
| 3. | Peart, Jemma | BALL | 13:14 |
| 4. | Lotherington, Katelyn | BALL | 13:52 |

RACEWALKING VICTORIA 1KM U10 BOYS

- | | | | |
|----|----------------------|------|-------|
| 1. | Hockley-Samon, Harry | VRWC | 05:15 |
| 2. | Wright, Ethan | VRWC | 06:26 |

RACEWALKING VICTORIA 1KM U10 GIRLS

- | | | | |
|----|-----------------------|------|-------|
| 1. | George, Hayley | VRWC | 05:10 |
| 2. | Pearl, Jemma | BALL | 06:27 |
| 3. | Lotherington, Katelyn | BALL | 06:32 |

OPEN 5KM WALK

- | | | | |
|----|--------------|------|-------|
| 1. | Evans, Simon | VRWC | 24:27 |
|----|--------------|------|-------|

Finally we won the Radmac Trophy for the most number of points won by any club on the day.



Radmac Trophy winners VRWC - Ethan Wright, Harry Hockley-Samon, Shelby Kay, Hayley George, Tim Erickson, Georgia Bertrand, Carly Bertrand



Our judges Judy Mason, Peter Vysma, Shane Bertrand, Harold Boddy, Terry Knape and Gordon Loughnan

WA LITTLE ATHS WALKS, WHITEMAN PARK, CAVERSHAM, SATURDAY 10 JULY 2010

Thanks to Rick Cattermole for the following results from the fortnightly Western Australian Little Athletics roadwalks

U10 Girls 1km	3	Summer Brown	7.14
U10 Boys 1.5km	3	Xavier Leatherland	9.31
U11 Girls 2km	2	melissa Butler	12.39
U12 Boys 2km	2	Simeon Leatherland	10.34
U13 Girls 2km	1	Raqeema Evans	11.18
	2	Jemma Brown	11.50
U16 Girls 2km	1	melissa Ierace	11.49

ACTR&FWC ROADWALKS, MOLONGLO REACH , SATURDAY 17 JULY 2010

Thanks to Val Chesterton for the weekly results from Canberra. Well done to Brendon Reading for a very good 20km walk in 1:31:28.

20km: B Reading 1.31.28 C Heywood 1.49.32 A Staunton Jugovic(f) 2.02.15 R Whyte 2.07.39 H Bialecki(f) 2.12.17 B Thomas 2.16.51 M Short(f) 2.17.32 G Barker 2.25.12 B Parker 2.31.21 J Short 2.37.21 R Gilchrist DNF.

10km: M Reading 54.22 D Robinson 1.14.08 J Gilchrist(f) 1.14.33 R Parker(f) 1.17.48 N Gloe 1.19.54 J Gloe 1.20.21 D Fitzgerald 1.21.48 V Chesterton(f) 1.26.10.

5km: H Bates 25.07 E Hosking(f) 28.24 J Bates(f) 32.18 M Boroth(f) 36.10 T Munro 36.52 J Graham 37.00 R Thompson(f) 44.36 J Bourke(f) 46.16 H Munro(f) 46.40.

3km: C Hosking(f) 16.37. 2K C Burns 11.41 C Doherty 13.04 K Baker(f) 13.28.

1km: S Burns 8.17

SARWC YACHT HANDICAPS, ADELAIDE PARKLAND, ADELAIDE, SATURDAY 17 JULY

Thanks to Peter Crump for this weekly report from South Australia

Yacht handicap events were walked today over 5km and over 2km for competitors under 14. To make the 5km more interesting, teams of three (and one of only two) were used with combined handicap outcomes being used to determine the winning team.

Both events saw a minute covering virtually the whole field in both events, which is a credit to the handicapper and to the walkers who all walked according to or slightly better than handicap (in most cases). We have a few "burglars" in the up and coming juniors (**Rhiannon Lovegrove** walking a 1:15 PB over 2km and **Mason Heath** almost a minute under his 5km PB), but the handicapper now has them sussed.

The winning team in the 5km was Bill Starr (walking near his recent best) and Jemma Potezny with a PB, while Rhiannon Lovegrove mocked the handicapper over the 2km distance.

Blake Steele continues to improve, carving out his first sub 21 minute 5km, and he is in scintillating form coming up to the World Junior Olympics.

There was some good "head to head" competition involving Samara Holliday and Jemma Potezny, as well as sibling rivals Lachlan and Riona Tyler Dowd. PB's over the 2km distance for Piper Douglas, Julia Potezny, Jessica Stephens, Elsie Potezny, Riona Tyler Dowd, Chantelle Nicolaides and Michael Nicolaides.

Well done to all of those who featured in the honourable mentions !

			Clock Time	Actual Time
5km	Men	Bill Starr	33:41	33:41
	Men	Mason Heath	33:44	28:54
	Male	Kim Mottrom	33:44	23:24
	Women	Gloria Holliday	33:51	28:21
	Men	Blake Steele	33:52	20:52
	Women	Sandy Brunner*	33:58	29:18
	Women	Jemma Potezny	34:04	26:24
	Women	Samara Holliday	34:04	26:19
	Men	Darren Bown	34:45	21:15
	Women	Barb Cain	34:46	33:56
	Men	Peter Crump	35:14	28:04
	2km	Girls	Rhiannon Lovegrove	16:08
Girls		Julia Potezny	16:53	10:48
Boys		Alix Harlington	16:57	11:22
Girls		Jessica Stephens	17:01	11:01
Girls		Piper Douglas	17:05	10:15
Boys		Michael Nicolaides	17:42	17:42
Girls		Riona Tyler-Dowd	17:46	13:56

Boys	Lachlan Tyler-Dowd	17:46	11:26
Girls	Elsie Potezny	17:50	14:15
Girls	Rebecca Burat	18:00	11:35
Girls	Chantelle Nicolaides	19:08	16:03

QUEENSLAND WALK REPORT

Peter Aiton has sent me track results from last Saturday on the Gold Coast and road results from Sunday at Rocks Riverside Park. Great walking by Brad Aiton with a PB 5:56 for the 1500m.

WS Series #4, Gold Coast City Athletics Track, Saturday 17 July 2010

Men 15&U 1500 Metre Race Walk

Aiton, Brad	15	Gold Coast Victory	5:56.95
Benzenati, Yanis		Gold Coast Victory	9:10.01

Men 15&U 5000 Metre Race Walk

Osborne, Jesse	14	Qld Race Walking Club	DNF
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Women 15&U 3000 Metre Race Walk

Benzenati, Kenza		Gold Coast Victory	15:52.94
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Men 18-19 3000 Metre Race Walk

Dewar, Brandon	18	Qld Race Walking Club	13:32.79
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QRWC Road Walks, Rocks Riverside Park, Sunday 18 July 2010

A Grade 10km

Men	(1) Peter Bennett 52:26	(2) Ignacio Jimenez 52:29	(3) John Harris (62:11)
Women	(1) Kay Shaw 64:38	(2) Lyn Woodward 69:37	

B Grade 5km

Men	(1) Brad Aiton 23:53	(2) Dick Keating 39:31	
Women	(1) Jessica Pickles 27:05	(2) Kate Sanford 35:16	(3) Robyn Wales 37:31

C Grade 3km

Boys	(1) Trent Miles 18:09		
Girls	(1) Kenza Benzenati	(2) Katya Martin 16:45	(3) Jessica Haig 18:53 (4) Rachel Barker 19:09

D Grade 2km

Boys	(1) Callum Haig 14:10	
Girls	(1) Mikaela Woodward 11:44	(2) Kirsty Barker 13:50

E Grade 1.5km

Boys	(1) Yanis Benzenati 8:39
Girls	(1) Thalia Martin 10:35

WESTERN AUSTRALIAN ROADWALK CHAMPIONSHIPS, PERTH, SUNDAY 18 JULY 2010

Thanks to Terry Jones for the WA Roadwalk Championship results from last Sunday

Men Open 20Km	1. D Smyth	2:10.02
	Hastie	DNF
U20 10Km	1. M Gooch	1:01.33
U18 10Km	1. D Hennighan	55.30
U16 5Km	1. C Littke	32.00
	2. J Hill	35.27
Women Open 20Km	1. L Ventris	1:45.04
U20 10Km	1. J Smith	61.30
	M Butler	DQ
U16 5Km	1. K Holt	2.57
	2. B Brown	30.28
	3. H Hughes	34.38
	4. G Holt	35.36
	R Evans	DQ
Open 3Km Support Event	1. M Johns	16.33
	2. M Lees	16.34
	3. K Smith	17.25
	4. L Romeo	22.33

OVERSEAS RESULTS

Irish National Championships, Santry, Ireland, July 10-11

Robert Heffernan (Togher AC) won another national walks title when he broke away early in the race from Jamie Costin (West Waterford AC). Both walkers were under 40 minutes in an impressive display of speed walking. Heffernan was also awarded the 'Athlete of the Meet' award based on points scored from the Hugarian Tables and pocketed the 1000 Euro cheque from Woodie's DIY. Kate Veale won the women's 5000m in a time of 22:52.90

Men's 10 000 m Walk

1.	Robert Heffernan	Togher A.C.	39.07.21
2.	Jamie Costin	West Waterford A.C.	39.43.11
3.	Brendan Boyce	Letterkenny A.C.	42.54.66
4.	Michael Doyle	Tara A.C.	43.32.48
5.	David Kidd	St. L. O'Toole A.C.	46.21.72
6.	John Egan	Bree A.C.	48.46.15
7.	Timothy Healy	Togher A.C.	48.48.88
8.	Cian Mc Manamon	Westport A.C.	48.52.91

Women's 5000 m Walk

1.	Kate Veale	West Waterford A.C.	22.52.90
2.	Laura Reynolds	Mohill A.C.	23.41.79
3.	Rachel Conlon	Sligo A.C.	28.57.12

French National Championships, Valence, France, 8-10 July

10,000m walks for men and women were on offer in the French championships and Yohan Diniz was the best with a very quick 40:17.83.

10,000m Walk Women

1.	48:56:81	GUINAUDEAU Christine
2.	50:23:41	RETOUT Anne-gaelle
3.	50:50:32	MITROVIC Sandra
4.	51:35:53	AVEROUS Violaine
5.	52:27:27	LANOUE Severine
6.	52:32:15	CHAPILLON Roseline
7.	53:01:18	GENEBRIER Nora
8.	53:59:52	GIROIR Anne-lise
9.	54:09:73	CHARTIER Sylvie
10.	54:23:37	NAUMANN Marit (GER)

10,000m Walk Men

1.	40:17:83	DINIZ Yohann
2.	41:14:14	CAMPION Kevin
3.	42:50:45	MOULINET Bertrand
4.	43:38:36	BOULAY Emmanuel
5.	44:20:18	AUGERON Johan
6.	45:00:57	BOUFRAINE Mehdi
7.	45:20:49	DELAUNAY Sebastien
8.	45:35:32	LE COZ Xavier
9.	45:59:99	BAUDET Franck
10.	46:35:80	LETOURNEAU Florian

Belarus Walk Championships, Minsk, Wednesday 7 July 2010

Alexander Lyakhovich won the men's 5000m walk with a time of 20.07.58. Youngster Eugene Zaleski was fourth with 21.40.59 and will represent Belarus at the World Youth Olympic Games later this year.

Spanish National Championships, Aviles, Spain, 17-18 July 2010

Beatriz Pascual won the women's 10,000 m walk on the first day of Spanish National Championships with a new National Record of 42:40.33 (the previous 2001 record of Maria Vasco was 43:02.04) and the fastest in the world this year. The men raced on Day 2 and Miguel Lopez was the winner with 40:38.90.

1.	PASCUAL RODRIGUEZ Beatriz	VTM	9 MAY 1982	42:40.33
2.	LUACES BARRIL Lorena	OPO	29 FEB 1984	46:06.24
3.	PINEDO GONZALEZ Ainhoa	ADM	17 FEB 1983	46:10.28
4.	POVES NOVELLA Maria Jose	SCP	16 MAR 1978	46:29.04
5.	GUARDIOLA GUERRERO Maria Jose	ASS	25 NOV 1976	47:22.46
6.	IGLESIAS GONZALEZ Eva Maria	BID	10 JUN 1985	47:54.06
7.	MARTINEZ CACHEIRO Paula	FCB	2 JAN 1992	47:55.16
8.	FERNANDEZ ANDRES Myriam	SCP	28 SEP 1981	49:12.25
1.	NICOLAS LOPEZ Miguel Angel	ATH	03/07/1988	40:38.90
2.	Jose Ignacio DIAZ VELAZQUEZ	OHL	22/11/1979	40:58.14
3.	Juan Manuel Molina MOROTE	ATH	15/03/1979	41:09.22

4.	Mikel ODRIOZOLA DOMINGUEZ	REN	25/05/1973	41:58.43
5.	Francisco ALLER CLAY	OPO	14/01/1984	44:08.25
6.	Rodrigo FERNANDEZ DOMINGUEZ	OVA	26/06/1977	44:31.15
7.	Claudio VILLANUEVA FLORES	ISS	03/08/1988	45:03.99
8.	Jose Alejandro Cambil DOMINGUEZ	GDX	25/01/1975	45:16.41
9.	CASTRILLO Ruben GONZALEZ	UBU	08/02/1990	45:36.77
10.	Jose NIEVES FERNANDEZ	UNO	03/12/1980	45:41.50

Hokuren Distance Challenge, Abashiri, Japan, Saturday 17 July

At the Hokuren Distance Challenge, Koichiro Morioka won the men's 10,000m walk with 40:45.07 and Kumi Otoshi won the women's 10,000m walk with 44:36.54.

German T&F Championships, Braunschweig, 17-18 July 2010

Pleny of fast walking by the men in the 10,000m walk at the German T&F championships last weekend..

10000m Men - 18 July, 10AM

1.	HÖHNE André	SCC Berlin	40:32.15
2.	LINKE Christopher	SC Potsdam	40:49.43
3.	SCHMIDT Carsten	SCC Berlin	41:35.93
4.	DOHMANN Carl	SCL -Heel Baden-Baden	41:50.74
5.	GLOGER Nils Christoper	SC Potsdam	43:33.69
6.	LEHMBERG Marcel	SCC Berlin	43:50.99
7.	BERGER Maik 128	SCC Berlin	DQ

5000m Women - 18 July, 10AM

1.	ELß Christin	SC Potsdam	23:38.25
2.	SCHULZE Kathrin	ASV 1902 Sangerhausen	24:10.37
3.	STELLMACH Sophie	SV Kali Wolmirstedt	26:14.00

17TH EUROPEAN MASTERS CHAMPIONSHIPS, NYIREGYHAZA, HUNGARY

The European Masters championships were contested over the last few days and the results were very impressive. 5000M track walks were held on last Friday and 20km/10km roadwalks were held for men/women last Sunday. Check out the full result set at <http://evacs2010.fidalervizi.it/iscritti/Index.htm>. The top walker in my book would have to have been Arthur Thompson of GBR in the M70 division. He continues to set a superb standard as he progresses up through the ranks.

5000m Track Walks, Friday 16 July

M35	1	PORRAS Juan Antonio	1972	SPAIN	21:09.63
	2	MIGUEL ALMEIDA Luis	1970	PORTUGAL	21:22.42
	3	MARTIN Francisco	1975	SPAIN	21:56.57
	4	BORSCH Steffen	1973	GERMANY	22:41.98
	5	DURAND PICHARD David	1972	FRANCE	24:15.06
M40	1	SERNA Jose	1967	SPAIN	24:09.98
	2	MEYER Steffen	1966	GERMANY	24:19.25
	3	PRYHOTSKI Anatoli	1969	BELARUS	25:43.42
	4	DEVIC Berislav	1966	CROATIA	27:01.66
	5	TSANTIKIDIS Vasileios	1969	GREECE	27:17.89
M45	1	GNAUCK Dick	1963	GERMANY	24:14.09
	2	NASO Andrea	1960	ITALY	24:25.05
	3	YUZHAKOV Alexander	1962	RUSSIA	24:33.06
	4	DIETSCHKE Klaus	1962	GERMANY	25:05.06
	5	BREIDE Madars	1964	LATVIA	26:03.76
M50	1	BARABASH Vladimir	1956	RUSSIA	24:47.12
	2	SCHRÖTER Uwe	1959	GERMANY	25:01.16
	3	LUNIEWSKI Miroslaw	1957	POLAND	25:03.45
	4	ABADIAS Luis	1959	SPAIN	25:36.60
	5	CALDARELLI Gabriele	1959	ITALY	26:00.37
M55	1	MELO Ignacio	1952	SPAIN	24:30.71
	2	SHIPITSYN Anatoly	1954	RUSSIA	24:39.36
	3	BROCHOT Patrice	1951	FRANCE	25:03.58
	4	RUZZIER Fabio	1953	SLOVENIA	25:45.09
	5	SUMBERG Rein	1950	ESTONIA	26:48.76
M60	1	RICHARDS Ian	1948	GBR	24:40.00
	2	NIESTELBERGER Ludwig	1948	AUSTRIA	26:49.18
	3	PONZIO Roby	1947	SWITZERLAND	27:20.79
	4	PIN Jean Pierre	1949	FRANCE	27:58.79
	5	FARAGO Bela	1948	FRANCE	29:10.35
M65	1	NIIDUSAAR Kalju	1945	EST ESTONIA	28:27.38
	2	KARLOV Vladimir	1940	RUSSIA	28:42.96
	3	DEGENER Karl	1943	GERMANY	29:11.05
	4	SCHUMM Peter	1942	GERMANY	29:49.13

	5	SPIGSETH Torkjell	1944	NORWAY	30:57.62
M70	1	THOMSON Arthur	1936	GBR	28:40.47
	2	SINAGULOV Minivaly	1938	RUSSIA	29:13.54
	3	PELLICCIA Romolo	1936	ITALY	29:50.24
	4	JORDANA Alexis	1937	FRANCE	30:04.84
	5	IRBE Zigurds	1936	LATVIA	30:15.38
M75	1	TONNINI Alfredo	1932	ITALY	34:30.11
	2	HORWILL Eric	1933	GBR	36:46.92
	3	AMICI Roberto	1933	ITALY	39:39.34
	4	BOM Jose	1933	PORTUGAL	40:08.58
M80	1	SCHOUCKENS Robert	1928	BELGIUM	35:27.96
	2	HYVOLA Viljo	1929	FINLAND	35:32.31
	3	TEUFERT Karlheinz	1929	GERMANY	35:43.26
	4	TAMMINEN Matti	1928	FINLAND	38:12.06
M85	1	HERBST Gerhard	1924	GERMANY	39:55.92
	2	ALBRECHT Horst	1923	GERMANY	43:04.14
	3	ANISIMOV Andrey	1922	RUSSIA	43:49.15
M90	1	VACALEBRE Giovanni	1919	ITALY	45:30.41 (ER)
W35	1	SCHENKER Bianca	1974	GERMANY	26:13.08
	2	SCHRÖTER Brit	1974	GERMANY	26:42.79
	3	ARU Anneli	1975	ESTONIA	32:15.67
	4	ROYER Vanessa	1973	FRANCE	32:21.64
	5	KISS Gyorgyi	1971	HUNGARY	36:24.88
W40	1	LINARES Teresa	1969	SPAIN	25:53.98
	2	PRIMAS Barbara	1965	GERMANY	26:43.45
	3	GAVALAKI Kalliopi	1966	GREECE	27:09.35
	4	LILAND Hanne	1969	NORWAY	27:50.79
	5	SLEZIONA Katarzyna	1970	POLAND	29:03.01
W45	1	GARCIA Carmen	1960	SPAIN	27:27.01
	2	TERENTYEVA Natalia	1961	RUSSIA	27:50.59
	3	NICOLAS Myriam	1963	BELGIUM	28:55.46
	4	ZAGALSKA Valentyna	1964	UKRAINE	29:09.60
	5	NOEL Maureen	1963	GBR	30:44.62
W50	1	VEREMICHUK Olena	1959	UKRAINE	27:22.07
	2	LUNIEWSKA Janina	1959	POLAND	28:40.56
	3	JAKOB Dora	1959	SWITZERLAND	28:47.24
	4	COCHEREAU Veronique	1959	FRANCE	28:59.08
	5	MINNELLA Angela	1956	ITALY	30:30.26
W55	1	FERNANDES Maria Alice	1952	PORTUGAL	29:13.74
	2	MARCENCO Natalia	1954	ITALY	30:53.77
	3	ALVAREZ Aurora	1952	SPAIN	31:20.18
	4	NITYAGOVSKAYA Liudmila	1954	RUSSIA	31:30.74
	5	KUUKKANEN Anneli	1955	FINLAND	31:35.57
W60	1	YSHKO Antonina	1947	UKRAINE	31:22.89
	2	NIKOLAEYENKO Ganna	1946	UKRAINE	31:48.60
	3	SHYMKO Liubov	1949	UKRAINE	32:31.31
	4	LOYER Suzanne	1947	FRANCE	33:47.93
	5	VIHINEN Anneli	1947	FINLAND	34:14.07
W65	1	MAEDER Heidi	1943	SWITZERLAND	29:03.31
	2	KARETIE Pirjo	1942	FINLAND	32:09.72
	3	THEUNISSEN Gisela	1942	GERMANY	33:44.81
	4	KLINK Ursula	1944	GERMANY	34:38.15
	5	NAGELL DAHL Halldis	1942	NORWAY	36:34.24
W70	1	ALEKSYEYEVA Lyusya	1937	UKRAINE	35:42.18
	2	DRÄGER Helga	1939	GERMANY	37:56.24
W75	1	ANTRITTER Erna	1935	GERMANY	41:57.31
	2	ANDRECS Katharina	1934	AUSTRIA	44:12.97
	3	RADU Lucia	1932	ROMANIA	44:20.98

20km Road Walks - Men, Sunday 18 July

M35	1	PORRAS Juan Antonio	1972	SPAIN	1h33:51
	2	MIGUEL ALMEIDA Luis	1970	PORTUGAL	1h34:43
	3	BORSCH Steffen	1973	GERMANY	1h41:59
	4	MONTRESOR Albano	1971	ITALY	1h45:31
	5	VENYERCSAN Laszlo	1971	HUNGARY	1h48:30
M40	1	MEYER Steffen	1966	GERMANY	1h50:51
	2	HIRSCHMUGL Dietmar	1968	AUSTRIA	1h56:28
	3	DEVIC Berislav	1966	CROATIA	2h00:02
	4	FERNANDEZ Mario	1968	SPAIN	2h00:39
	5	KROPIK Dr Franz	1968	AUSTRIA	2h01:42
M45	1	GNAUCK Dick	1963	GERMANY	1h44:36

	2	NASO Andrea	1960	ITALY	1h48:50
	3	DIETSCHKE Klaus	1962	GERMANY	1h49:25
	4	ZANOLLI Cristiano	1965	ITALY	1h52:40
	5	SMOLA Josef	1964	CZECH REPUBLIC	1h54:16
M50	1	LUNIEWSKI Miroslaw	1957	POLAND	1h48:36
	2	SCHRÖTER Uwe	1959	GERMANY	1h48:37
	3	CALDARELLI Gabriele	1959	ITALY	1h50:19
	4	VENTURI DEGLI ESPOSTI F	1957	ITALY	1h53:29
	5	CSABA Istvan	1959	HUNGARY	1h54:08
M55	1	RUZZIER Fabio	1953	SLOVENIA	1h46:27
	2	MELO Ignacio	1952	SPAIN	1h46:44
	3	SHIPITSYN Anatoly	1954	RUSSIA	1h47:46
	4	PRIELER Helmut	1955	GERMANY	1h49:53
	5	BROCHOT Patrice	1951	FRANCE	1h50:46
M60	1	PONZIO Roby	1947	SWITZERLAND	1h56:38
	2	SIEGELE Johann	1948	AUSTRIA	2h01:23
	3	LANGNER Gerhard	1949	GERMANY	2h02:35
	4	PIN Jean Pierre	1949	FRANCE	2h03:24
	5	KISS Gyorgy	1947	HUNGARY	2h06:08
M65	1	NIIDUSAAR Kalju	1945	ESTONIA	1h58:40
	2	DEGENER Karl	1943	GERMANY	2h03:57
	3	SCHUMM Peter	1942	GERMANY	2h06:37
	4	KARLOV Vladimir	1940	RUSSIA	2h08:59
	5	GONSIOROVSKY Zdenek	1941	CZECH REPUBLIC	2h13:14
M70	1	THOMSON Arthur	1936	GBR	2h05:01
	2	SINAGULOV Minivaly	1938	RUSSIA	2h09:50
	3	PELLICCIA Romolo	1936	ITALY	2h09:54
	4	SHILABEER Edmund	1939	GBR	2h10:36
	5	STURZ Erich	1940	GERMANY	2h10:55
M75	1	MENAFRO Vincenzo	1935	ITALY	2h24:10
	2	TONNINI Alfredo	1932	ITALY	2h35:15
	3	PROIETTI Nazzeno	1933	ITALY	2h40:05
	4	HORWILL Eric	1933	GBR	2h43:48
	5	BOM Jose	1933	PORTUGAL	2h54:22
M80	1	SCHOUCKENS Robert	1928	BELGIUM	2h31:53
	2	HYVOLA Viljo	1929	FINLAND	2h33:41
	3	TEUFERT Karlheinz	1929	GERMANY	2h38:56
	4	TAMMINEN Matti	1928	FINLAND	2h50:43

10km Road Walks - Women, Sunday 18 July

W35	1	SCHENKER Bianca	1974	GERMANY	56:18
	2	SCHRÖTER Brit	1974	GERMANY	57:34
	3	ARU Anneli	1975	ESTONIA	1h05:46
	4	ROYER Vanessa	1973	FRANCE	1h07:36
W40	1	LINARES Teresa	1969	SPAIN	54:07
	2	PRIMAS Barbara	1965	GERMANY	56:34
	3	GAVALAKI Kalliopi	1966	GREECE	57:17
	4	LILAND Hanne	1969	NORWAY	58:24
	5	KROKAVÉCZ Gabriella	1965	HUNGARY	1h02:52
W45	1	TERENTYÉVA Natalia	1961	RUSSIA	57:16
	2	GARCIA Carmen	1960	SPAIN	57:55
	3	NICOLAS Myriam	1963	BELGIUM	1h00:27
	4	ZAGALSKA Valentyna	1964	UKRAINE	1h00:31
	5	NOEL Maureen	1963	GBR	1h02:23
W50	1	VEREMIICHUK Olena	1959	UKRAINE	58:19
	2	LUNIEWSKA Janina	1959	POLAND	59:23
	3	JAKOB Dora	1959	SWITZERLAND	59:32
	4	COCHEREAU Veronique	1959	FRANCE	1h01:10
	5	MAGGIORE Yvonne	1955	FRANCE	1h03:29
W55	1	FERNANDES Maria Alice	1952	PORTUGAL	1h01:03
	2	MARCENCO Natalia	1954	ITALY	1h03:02
	3	ALVAREZ Aurora	1952	SPAIN	1h03:42
	4	NITYAGOVSKAYA Liudmila	1954	RUSSIA	1h04:14
	5	BROCHOT Edith	1952	FRANCE	1h04:27
W60	1	NIKOLAEYENKO Ganna	1946	UKRAINE	1h04:44
	2	SHYMKO Liubov	1949	UKRAINE	1h07:47
	3	LOYER Suzanne	1947	FRANCE	1h08:09
	4	NEIDEL Heidrun	1947	GERMANY	1h09:12
	5	VIHINEN Anneli	1947	FINLAND	1h10:06
W65	1	MAEDER Heidi	1943	SWITZERLAND	59:32
	2	KARETIE Pirjo	1942	FINLAND	1h04:39
	3	THEUNISSEN Gisela	1942	GERMANY	1h09:28

	4	KLINK Ursula	1944	GERMANY	1h09:52
	5	HERRENDOERFER Ursula	1940	GERMANY	1h10:52
W70	1	ALEKSYEYEVA Lyusya	1937	UKRAINE	1h11:53
	2	LEVCHENKO Kateryna	1936	UKRAINE	1h12:45
	3	FIJALKOWSKA Janina	1936	POLAND	1h13:16
	4	DRÄGER Helga	1939	GERMANY	1h15:26
	5	BORISOVA Galina	1939	RUSSIA	1h32:02
W75	1	ANTRITTER Erna	1935	GERMANY	1h28:57
	2	ANDRECS Katharina	1934	AUSTRIA	1h29:39
W85	1	CHUB Olena	1924	UKRAINE	1h39:10

MORE FROM MONCTON

Our top juniors are doing their final preparations for the World Junior 10,000m track walks which are to be held later this week. It's hot in Moncton (see http://www.athletics.com.au/news/news/2010/july/spark_keeps_its_cool Ahead_of_) and, as you can see from the photo, Paige Hooper is keeping cool in the best way possible!



Paige Hooper keeps her cool (photo by Regan Lamble)

The walkers will contest their 10,000m walks this week:
 Wed 21st July, 11:35AM 10,000m Junior Women
 Fri 24th July, 12:20PM 10,000m Junior Men

Regan Lamble and Paige Hooper
 Dane Bird-Smith and Rhydian Cowley

Thanks to Brent Vallance for some additional photos, taken on Sunday – it looks warm!



Regan Lamble, Rhydian Cowley and Dane Bird-Smith training on Sunday (photos by Brent Vallance)

CHOCOLATES

We have distributed all our fund raising chocolates for the National Roadwalk Championships and some people have already sold their allotments. A reminder that monies should be returned this week if possible as we have to pay for the order now. A few people have asked for further boxes and we are happy to place a further order. Just email me with your details or see me or Karen McNicol-Davidson at Albert Park this Saturday.

A.A. STANDARDS – AUSTRALIAN TRACK AND FIELD TITLES

A.A. has released its standards for the Australian T&F Championships in March. The qualifying period began on January 1 2010 (see <http://www.athletics.com.au/competition/392/3656>) and the required times are shown below

Event	Male	Female
U14 3000m	17:30 (8:30)	17:30 (8:30)
U15 3000m	17:00	17:00
U16 3000m	16:30	16:40
U17 5000m	30:00	32:00
U18 5000m	29:00	31:00
U20 10000m	58:00	1:02:00
U23 20km	2:10:00	2:15:00
Open 20km	1:50:00	2:00:00

Note that AA has increased the U14 distance from 1500m to 3000m but will accept 1500m qualifying times of 8:30 or better due to the fact that this is the more normally walked distance in that age group.

AA SELECTION CRITERIA – 2011 WORLD YOUTH CHAMPIONSHIPS

Athletics Australia has now published the Selection Criteria for the 2011 World Youth Championships, to be held in Lille, France - see http://www.athletics.com.au/high_performance/high_performance_news/team_information/2011_wyc. Salient details follows

- Only athletes born in 1994 and 1995 can be entered.
- The events include 10000m walk for men and 5000m walk for women
- The Australian selection standard has been set at **45:00** (men) and **24:00** (women).
- A maximum of 2 athletes per event can be selected
- The qualifying period extends from 1 July 2010 to 13 March 2011. Qualifying times will only be accepted if they are achieved in competitions that meet the specific judging requirements required by the IAAF and are sanctioned by A.A.
- Athletes who win the walk Selection Trial and who have recorded one (1) Athletics Australia Standard Performance during the Athletics Australia Qualifying Period will be automatically selected into the Team.
- Any remaining selections in the Team will be made at the discretion of the selectors.
- The selection trials will be the Australian Junior Championships in Sydney on 10-13 March 2011.

I have clarified further with AA on what sorts of qualifying opportunities are in place for our walkers. David Gynther has advised

- Given recent IAAF rulings, both road and track times may be submitted.
- Performances done at the National Roadwalk Champs in Brisbane on Sunday 22 August will be accepted.
- 10km roadwalks will be scheduled alongside the 2010 Aust 50km event on Sunday 12 December at Fawkner Park and 10km times done there will be accepted.
- 10km roadwalks will be scheduled alongside the 2011 Aust 20km events on Saturday 19 February in Hobart and times done there will be accepted.
- Performances done in 2011 State T&F Championships may be accepted depending on suitably qualified officials and judging panels. The same may hold for State Roadwalk Championships depending on officials, judges and whether the course has been measured to AA standards.

Of course, the main selection criterium remains how the walker performs in the actual selection trial in March 2011 in Sydney. That is a MUST for all walkers.

SUMMER COMPETITION CALENDAR

A.V. has published a draft summer season calendar and it looks good. To view the full 2010-11 AV/AA Track and Field calendar, check out <http://www.athsvic.org.au/cache/NewsFile/43542010-11%20AV%20Summer%20Fixture%20as%20at%2014-7-10.pdf>. A summary of key items follows

- AV Shield commences on Saturday 9 October and culminates with the AV Shield Final on Saturday 12 February at Knox. There are 13 rounds and 2 competition programs (3000m/1500m walk in P1 and 2000m walk in P2 like last year)
- The Vic Country Champs will be held in Ballarat from 21-23 January.
- The Aust Open/U23 20km roadwalks will be held in Hobart on Sat 19 February.
- The Vic Youth (U14-U20) Champs will be at Olympic Park on 26-27 February.
- The Vic Open Champs will be held from 4-6 March at Olympic Park.

- The Aust Junior Champs (U14-U20) will be in Sydney from 10-13 March.
- The Vic Masters Champs will be on 2-3 April at Scoresby.
- The Aust Open T&F champs will be on 15-17 April, with Melbourne playing host to the Championship for the first time in many years. This Championship will be the final meet at Olympic Park.

WHAT'S COMING UP NEXT

This Saturday, we will be participating in the annual Racewalking Australia State Challenge which is a club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points overall declared the winner. Master athletes will not be scored on their time but their age grading so all Master athletes must submit their age at entry time. So we need everyone on deck to make sure that we have all categories covered with at least one finisher.

Saturday 24 July 2010, Albert Park			
<u>Racewalking Australia State Challenge and IBTA Fund Raising Day</u>			
2.15pm	10km	Racewalking Australia Challenge	Open Men/Women
2.15pm	10km	Racewalking Australia Challenge	Masters Men/Women
2.15pm	10km	Racewalking Australia Challenge	Under 20 Men/Women
2.15pm	8km	Racewalking Australia Challenge	Under 18 Men/Women
2.15pm	5km	Racewalking Australia Challenge	Under 16 Boys/Girls
2.15pm	3km	Racewalking Australia Challenge	Under 14 Boys/Girls
2.15pm	3km		Open
2.30pm	2km	Racewalking Australia Challenge	Under 12 Boys/Girls
2.30pm	1.5km	Racewalking Australia Challenge	Under 10 Boys/Girls

This day also doubles as our **fund raising day for the International Brain Tumour Alliance** (see <http://www.theibta.org/>). All our race fees and canteen takings will go to IBTA, along with any donations (all donations are tax deductible). This will be the fourth year that we have done this and our best effort so far is \$700. It would be great to beat that in 2011.

A reminder that 2 weeks later, we have the Victorian Roadwalking championships. To compete in these AV championships, you must be a current member of an AV club and you must pre-enter with Athletics Victoria. The carnival also includes further VRWC championships (enter on the day for VRWC championships) and a 3 Hour walk which will be held alongside the Victorian Men's 30km event. AIS walkers Chris Erickson and Jared Tallent are coming down for the 30km championship so it should be a beauty. We are negotiating with Parks Victoria to use our championship course over near the lake on this day. The timetable reads as follows

Sunday 8 August 2010, Albert Park			
<u>ATHLETICS VICTORIA, VRWC EVENTS</u>			
8.30am	30km	Victorian Championship	Open Men
8.30am	3 Hour Walk		Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	Victorian Championship	Under 20 Men
9.00am	10km	Victorian Championship	Under 20 Women
9.00am	10km	Victorian Championship	Under 18 Men
10.00am	3km	Victorian Championship	Under 14 Boys/Girls
10.20am	5km	Victorian Championship	Under 16 Boys/Girls
11.00am	5km	Victorian Championship	Under 18 Women
11.00am	5km		Open
11.10am	2km	VRWC Championship	Under 12 Boys/Girls
11.10am	2km	VRWC Championship	Under 9 Boys/Girls

Medal presentations at the conclusion of the events.

And a reminder to get your entry in with Athletics Australia for the **National Roadwalking Champs in Brisbane on 22 August**. I see from, the AA website that we are now up to **51** entries (https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=Display_Competitor_List&MeetID=526&OrgID=887&dts=572010248). The clock is ticking on this one. We are hoping for a huge carnival with strong fields in all age groups.

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.

Australian/Victorian Winter Season Key Dates

Sat July 24, 2010	Racewalking Australia State Challenge, in each State
Sun Aug 8, 2010	Major Victorian Roadwalking championships carnival, Albert Park, VIC
Sun August 22, 2010	Australian Roadwalking Championships and RWA carnival, St Lucia, Brisbane, QLD
	Entries close with Athletics Australia on 9 th August.

2010 International Fixtures

July 19-25, 2010	13th World Junior Championships, Moncton, Canada. See http://www.moncton2010.ca/
Aug 3, 2010	8th World Gay Games VIII, Cologne, Germany (5000m walks). See http://www.gaygames.com/
Aug 14-26, 2010	1st World Youth Olympics, Singapore (10000mW boys, 5000mW girls). See http://www.singapore2010.sg

Oct 3-14, 2010 **19th Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2010 Race Walking Challenge Events

Sept 18, 2010 IAAF Race Walking Challenge Final, Beijing, CHN

2011 International Fixture

July 6-10, 2011 **7th World Youth T&F Championships, Lille, France**

July 7-17, 2011 **19th World Masters T&F Championships Stadia, Sacramento, California, USA**

Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>

Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**

May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**

July 2010 ? **14th World Junior Championships, Barcelona, Spain**

July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

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

July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegro, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, China**

July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow .** See <http://www.glasgow2014.com/>

Looking even furthe forward

Aug 2016 **31st Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>

July 2020 **32nd Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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