



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 50
7 September 2010



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VRWC ROAD RACES, ALBERT PARK, SATURDAY 4 SEPTEMBER 2010

Signs were not encouraging on Saturday morning with the worst flooding for some 15 years forecast for Victoria but our luck held as the rain stopped and the skies cleared for our races. Yes, the wind was very strong and we were restricted to the bottom 1km of our course due to large pools of water on the top end but, all in all, it was another great day of racing at Albert Park. 62 walkers contested this, the final racing day of our winter season and a lot more came along for our Winter Season presentations which followed.

This winter season has undoubtedly been our best ever on all measures. The competitor numbers were huge – we averaged just over 80 competitors per week over the 20 weeks of our winter season and the quality of racing was superb with so many of our walkers doing PBs week after week right through the season. The number of regular officials and judges who turned up every week was the best ever and we averaged 6 judges per week – something we have never been able to achieve before. We swept the pool in national competitions, taking overall honours in the Canberra Carnival and in the Brisbane Nationals and winning the RWA Interstate Challenge and the RWA Brennen Shield. Well done to everyone on contributing to a huge winter.

As usual, thanks to all our officials and helpers who keep the show on the road – sorry if I have missed anyone.

Officials: Tim Erickson, Ian Laurie, Natalie Laurie, Stuart Cooper, Paul Kozaris, Michael Brazel, Don McLaren, Matt Owen, Justin McLaren
Course setup: Craig Brill, Bob Gardiner, Harry Summers, Tim Erickson
Judges: Peter Vysma (Chief), Lloyd Nichols, Gordon Loughnan, Brenda Felton, Terry Knape, Michael Bodey
Race Results: Mark Donahoo
Canteen: Barb Gardiner, Joyce Summers, Wendy Cooper, Marlaine Stanway
Photos: Terry Swan (see <http://vrwc.org.au/coppermine>), Stuart Cooper
Video: Frances Attard – see <http://www.youtube.com/watch?v=YZxTuEj5p5s> for 10 mins from our races on 28/08/10

And now onto our races. We finished the season with our annual 'Beat Your Season Best Time' day with prizes on offer for the winner of each division. So the results are a bit more complex than usual, showing the walker's time, his/her best time for the season, the difference and the placing in that competition. The 10km events saw PBs by **Jmara Hockley Samon** (57:54) and **Jason Kozica** (53:39) and great first up 10km walks by **Nathan Brill** (48:00 at 14 years of age!), **Kyle Swan** (55:18 at 11 years of age!) and **Hilary Brazel** (58:40). Wow, what a way to finish the season.



Nathan Brill powers through to a 10km time of 48:00

10km Open		Time	Best time	Diff	'Beat Season Best' Place
1.	Jmara Hockley-Samon	57:10	57:53	-0:43	1
2.	Hilary Brazel	58:40			
	Chloe McNicol-Davidson	DNF			

1.	Nathan Brill	48:00			
2.	Jason Kozica	53:39	54:29	-0:50	1
3.	Kyle Swan	55:18			
	Bob Gardiner	DNF			

The 5km events saw **Georgia Gatens** and **Aaron McDonough** take the honours in the 'Beat Your Time' competitions while **Stuart Kollmorgan** and **Pam Tindal** were the fastest overall. **Jasmine Irshad** with 28:13 walked a very good first ever 5km race.

5km Open	Time	Best time	Diff	'Beat Season Best' Place
1. Pam Tindal	25:43	25:41	+0:02	3
2. Jasmine Irshad	28:13			
3. Gwen Steed	31:48	30:21	+1:27	4
4. Robyn Shaw	32:08	32:51	-0:43	2
5. Celia Johnson	34:26			
6. Georgia Gatens	34:40	37:02	-2:22	1
1. Stuart Kollmorgan	24:01	24:06	-0:05	2
2. Paul Kennedy	25:10	24:20	+0:50	6
3. Josh Dillon	25:11	24:00	+1:11	7
4. Mark Donahoo	25:32	24:52	+0:40	5
5. Aaron McDonough	26:18	26:31	-0:13	1
6. Alan Lucas	28:28	28:23	+0:05	3
7. David Armstrong	29:06			
8. Barrie Wicks	36:20	35:44	+0:36	4
Robin Wood	DNF			
Harry Summers	DNF			
Gordon Onley	DQ			



Jason Kozica, Paul Kennedy, Aaron McDonough, Kyle Swan, Hilary Brazel and Jmara Hockley-Samon

In the 3km Open events, **Kylie Irshad** and **Josh Kaiser** took fastest times while Josh and **Kirstin Shaw** won the 'Beat Your Season Best' competitions. In the 3km U15 events, **Connor McShanag** took the double while the honours were shared between **Paige De Lisen** and **Amelia Finnegan** in the girls' event.

3km Open	Time	Best time	Diff	'Beat Season Best' Place
1. Kylie Irshad	14:53			
2. Heather Carr	15:48	15:35	+0:13	2
3. Kirstin Shaw	16:24	16:53	-0:29	1
4. Bianca Attard	17:39	15:56	+1:43	5
5. Anna Wallace	18:36	17:28	+1:08	3
6. Donna Elms	18:44	17:31	+1:13	4
1. Josh Kaiser	15:10	15:20	-0:10	1
3km Under 15	Time	Best time	Diff	'Beat Season Best' Place
1. Amelia Finnegan	15:15	14:54	+0:21	3
2. Megan Walker	17:23	16:54	+0:29	4
3. Paige De Lisen	17:33	17:34	-0:01	1
4. Stacey McLaren	21:08	21:03	+0:05	2
5. Anaya Hodges	23:26	21:09	+1:17	5
1. Connor McShanag	14:53	14:46	+0:07	1

2.	Aaron Tam	16:19	15:46	+0:33	2
	Reese Walmsley	DQ			



Paige De Lisen, Josh Kaiser, Kirstin Shaw, Amelia Finnegan and bike marshal Justin McLaren

The U12 walks saw some fast times with **Jemima Montag** (10:08), **Harry Hockley-Samon** (10:41), **Emily Hamilton** (10:45) and **Cooper Owen** (10:45) all well under 11 minutes. The Season Best competitions were won by Emily and Harry. **Jayah and Kurtis Mathews** from RWCWA had their first walk with us since relocating to Melbourne from Perth – welcome aboard!. We hope you enjoyed your walks on Saturday.

2km Under 12		Time	Best time	Diff	'Beat Season Best' Place
1.	Jemima Montag	10:08	09:44	+0:24	5
2.	Emily Hamilton	10:45	10:44	+0:01	1
3.	Lauren Collis	11:07	10:54	+0:13	3
4.	Shelby Kay	11:19	11:07	+0:12	2
5.	Jayah Mathews	12:17			
6.	Jessica Lillie	12:26	11:52	+0:34	6
7.	Charlee Harrison	12:57	12:35	+0:22	4
8.	Charisma Boothroyd	13:26	12:38	+0:48	7
1.	Harry Hockley-Samon	10:41	11:01	-0:20	1
2.	Cooper Owen	10:45	10:16	+0:29	2
3.	Kurtis Mathews	13:35			



Jayah and Kurtis Mathews, Jemima Montag, Cooper Owen, Harry Hockley-Samon and Emily Hamilton

The U9 walks saw **Kathleen O'Mahony** and **Ethan Wright** win the 'Beat Your Season Best' competitions while **Mikhala Hodges** and **Hayden Walmsley** were the fastest. We also saw first up walks by **Justin and Caine Brill** and I thought that the boys walked pretty well. **Zara Irshad** also had her first walk, no doubt watched by mum Kylie.

1km Under 9		Time	Best time	Diff	'Beat Season Best' Place
1.	Mikhala Hodges	05:45	05:23	+0:22	6
2.	Chelsea Owen-Smith	05:48	05:40	+0:08	3

3.	Brianna Lillie	05:52	05:31	+0:21	5
4.	Kathleen O'Mahony	05:54	06:04	-0:10	1
5.	Lee Taylor	06:30	06:05	+0:25	7
6.	Payton Kay	06:36	06:34	+0:02	2
7.	Frances Collis	07:07	06:50	+0:17	4
	Zara Irshad	DNF			
1.	Hayden Walmsley	06:10	05:59	+0:11	2
2.	Ethan Wright	06:17	06:15	+0:02	1
3.	Justin Brill	06:24			
4.	Caine Brill	06:37			



Ethan Wright, Payton Kay, Caine Brill, Mikhala Hodges, Kathleen O'Mahony and Brianna Lillie



Hayden Walmsley and Justin Brill and the start of the Open and U15 events

And finally, on Sunday morning some of our walkers braved the Victorian Half Marathon run championship at suburban Richmond. Best performers were **Rhydian Cowley** (11th with 1:11:33) and **Ralph Bennett** (4th in the M60+ division with 1:37:57). Also seen in action were **Michael Harvey** (1:25:43), **Stuart Kollmorgen** who walked on Saturday (1:23:17) and **Clyde Riddoch** (1:57:42).

WS SERIES #9, GOLD COAST CITY ATHLETICS TRACK, FRIDAY 3 SEPTEMBER 2010

Thanks to Peter Aiton for the walk results from Queensland last Friday evening.

1500m Race Walk

1.	Martin, Katya	13	South Coast	7:15.29
2.	Benzenati, Eleyna	13	South Coast	7:18.26
3.	Dickson, Mikalea	13	South Coast	9:35.39

3000m Race Walk

1.	Jackson, Eloise	15	Unattached	19:04.89
2.	Barker, Rachel	14	South Coast	19:10.22
3.	Paviell, Marybeth	14	South Coast	19:10.44

1. Osborne, Jesse 15 QRW 13:50.83

5000m Race Walk

1. Pickles, Jessica 16 South Coast 27:08.89

1. Dewar, Brandon 18 QRW 24:21.52

SAMA AND SARWC ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 4 SEPTEMBER

SARWC joined with SAMA for the Adelaide roadwalks last Saturday and they were also caught by the wind weather that battered southern Australia. Peter Crump summed it up pretty well

Wild weather saw only the foolhardy or brave out walking in the final round of winter activity in Adelaide, as we combined with the SA Masters for the annual 10km handicap. Driving rain and extreme gusts of wind saw tree boughs brought down and walkers leaning into the wind as they ventured around the parklands loop.

Despite the conditions, Peter Crump walked a season best to finish second across the line, while the Steeles, Blake and Allegra, still appeared to be affected by jet lag after returning from Blake's participation in the Youth Olympics in Singapore.

Mason Heath showed some of the older walkers his potential by finishing third in the 5km event, while Alix Harlington and Rhiannon Lovegrove completed yet another 1km outing in what has been a busy inaugural season for them.

Our sympathies to SAMA and to the family of member Dick Larkin who died last Thursday aged 81.

10km Yacht Handicap

1. Peter Crump	SARWC	55.48	
2. Paul Boyce	SAMA	1.18.26	M74
3. Graham Harrison	SAMA	1.07.24	M67
4. Kevin Finn	SAMA	1.03.10	M58
5. Roger Lowe	SAMA	1.19.01	M67
6. Blake Steele	SARWC	49.01	
7. Allegra Steele	SARWC	1.07.30	
George White	SAMA	DNF	
Colin Hainsworth	SAMA	DNF	

5km Yacht Handicap

1. Steve Taylor-Hall	SARWC	41.38	
2. Frank Rogers	SAMA	44.10	M75
3. Mason Heath	SARWC	29.29	
4. Elaine MacFarlane	SAMA	40.32	W68
5. Margaret Trengove	SAMA	36.40	W66
6. Helen Suridge	SAMA	34.25	W59
7. Lillian Harpur	SAMA	45.31	W62
8. Valmai Padget	SAMA	46.44	W66
9. Edna Bates	SAMA	45.47	W57
10. Jeff Kennett	SAMA	46.24	
11. Linda Whitelaw	SAMA	50.20	W56
12. Colin Trengove	SAMA	43.27	M72

1km Walk

1. Alix Harlington	SARWC	05:31
2. Rhiannon Lovegrove	SARWC	06:15

THE VIS SELECTION CRITERIA – SETTING THE STANDARD FOR OUR ELITE WALKERS

The Victorian Institute of Sport (VIS) has announced its 2010/2011 Selection Criteria for Track and Field and it makes for very interesting reading (see <http://www.vis.org.au/news/applications-vis-track-and-field-scholarship-now-open>). The documentation outlines the standards that racewalkers must achieve to be considered for scholarships. This sort of specific criteria setting has now become the norm for our State based Institutes of Sport and for the Australian Institute of Sport and, to my mind, it's a good thing. It has been shown time and time again that if you set a standard, athletes will target it and work to achieve it. Yes, the standards are high but they are not impossible and, over the past few years, we have had a number of walkers who have achieved those sorts of times.

	OPEN	24	23	22	21	20	19	18
Year Born		1986	1987	1988	1989	1990	1991	1992
Men 20km	1:22:30	1:23:00	1:24:00	1:26:00	1:28:00	1:29:00		
Men 10km						42:20	43:00	43:50
Women 20km	1:33:30	1:34:30	1:37:00	1:39:00	1:41:00	1:42:00		
Women 10km						47:20	48:00	49:00

YOUTH OLYMPICS UPDATE

Talking of last month's Youth Olympics, the result of the Boys 10,000m walk has been amended to show Blake Steele now in 11th place rather than 12th. Apparently the competitor from India had been initially given a finish time but did not complete the race. The amended results can be seen at http://www.singapore2010.sg/public/sg2010/en/en_games/en_games_results.html

JESS ROTHWELL TRIES OUT THE NEW UNIFORM

I was watching the news the other night when I saw Jess Rothwell strutting the catwalk with a number of other Commonwealth Games athletes at the Australian Team Uniform Launch in Melbourne. And does she look fit!



Jess Rothwell models the Australian Commonwealth Games uniform – photos from Jump Media Marketing – see these and many more photos at <http://www.facebook.com/home.php#!/album.php?aid=32660&id=100000109675309>

L to R: Jess Rothwell, Vannara Be, Sean Wroe, Leisel Jones, Georgia Bonora and Farzad Tarash

JEAN BÉLIVEAU - WALKING AROUND THE WORLD

On Saturday morning, I was among a number of walkers who joined Alison and Simon Baker and the Canada Club of Victoria in welcoming Jean Béliveau to Melbourne. As outlined in last week's newsletter, Jean is in the tenth year of an epic 11 year walk around the world to promote "Peace and non-violence for the profit of the children of the world". His website <http://www.wwwalk.org> shares many stories from this inspirational journey and I am sure that Melbourne will now be added to the list. He travels along with a three wheeled stroller to carry a bit of food, his clothing, a First Aid kit, a small tent and a sleeping bag.



Left: Alison introduces Jean at the formal welcome at the Botanical Gardens in Melbourne
Right: Jean with some of the kids and with his stroller

BRENT VALLANCE GETS A GUERNSEY

The following announcement on the European Athletics Website is good news for all European based racewalking coaches and enthusiasts. And it is great to see that AIS walks coach Brent Vallance will be representing us on the stage. Good luck Brent!

The UK Athletics National Race Walking Centre at Carnegie Leeds Metropolitan University in Great Britain has announced that it will stage the **1st European Race Walking Conference** from **5 to 7 November 2010**. The conference, which is supported by UK Athletics, England Athletics and European Athletics, will be the second event in the 2010 European Athletics Coaching Summit Series and is expected to draw coaches and athletes from across Europe.

The twin pillars of Long Term Coach Development and Athlete Development will be the themes for the conference, which will comprise an exciting mix of key note addresses, lectures and practical workshops.

The line-up of speakers will include coaches, practitioners from the fields of sports science and medicine, academics and top athletes. Speakers already confirmed for the conference are:

- **Brent Vallance (Australia)** - Australian Institute of Sport Walks Coach and Coach to Double Olympic Medallist Jared Tallent.
- **Antonio La Torre (ITA)** - Coach to Ivano Brugnetti (2004 Olympic Champion) and Professor of Physiology, University of Milan.
- **Patrick Duffy (IRL)** - Professor of Coaching, Carnegie Leeds Metropolitan University. Professor Duffy has played a significant role in the development of Sports Coaching in the UK, Ireland and internationally. Pat was instrumental in establishing the UK Coaching Framework. Pat was formerly the CEO of Sports Coach UK and Director of the Irish National Coaching and Training Centre, University of Limerick and has worked with European Athletics.
- **Alison Rose (GBR)** - Head Physiotherapist, Carnegie Sports Physiotherapy Clinic will lead a session on Injury prevention- Alison is a former international marathon runner, Alison has worked with UK Athletics and the English Institute of Sport for a number of years. She was Kelly Holmes physio in the lead up to her double gold medals in Athens. She is also the physio to current World and European heptathlon champion Jessica Ennis.
- **Brian Hanley (IRL)** - Biomechanist, Carnegie Leeds Metropolitan University. Brian has undertaken a number of comprehensive studies into the biomechanics of race walking. This has involved undertaking the testing of numerous athletes in the laboratory and studies of the 2007 and 2009 European Cup Race Walking, 2008 IAAF World Race Walking Cup and 2010 European Athletics Championships.
- **Pat Ryan (IRL)** - Director of Development, Athletics Ireland.
- **Andi Drake (GBR)** - Director of Race Walking at UKA National Race Walking Centre and exercise physiologist, Carnegie Leeds Metropolitan University. Dr Drake has published widely around the physiology and biomechanics of race walking.

Further details about the conference can be found at <http://www.leedsmet.ac.uk/conferences/racewalking/>

10KM SPLITS AND JUDGING STATS FROM BRISBANE

Clare Burton of AA has sent through the 10km splits from the Brisbane National Championships as well as the summary of all yellow and red cards put in against walkers. I have updated the official results with this additional information and loaded it to the RWA website – see <http://www.rwa.org.au/2010-08-22-RWA-Carnival-Results.pdf>

IT'S THE END OF ANOTHER BIG SEASON

It's been another big year on the local and international front and it's all been reported in my newsletters (now at issue 50 of 52). As per other years, I have gone back through all this financial year's issues and have extracted out the results from

- Major International walks
- Overseas walk meets in which Australians have competed
- Major Australian fixtures
- Victorian walk championships
- All VRWC events

and compiled them all into one document - <http://www.vrwc.org.au/tim-archive/FULL%20AUST%20WALK%20RESULTS%202009-2010.pdf>. It's 3.3Mb in size so may take a few minutes to download on small bandwidth connections. You can see the last 8 years worth of compendiums at <http://www.vrwc.org.au/tim-archive/wc.html>.

ALBERT (BERT) COUZENS: 1899 - 1973

Phil Essam recently pointed me to a few small newspaper snippets about an English walker named Bert Couzens. These short articles intrigued me so I decided to delve further into the life of this remarkable man and I am able to present a rather episodic discussion of some of his many feats.

Albert (Bert) Couzens was born in 1899. Like his father before him, who was Queen Victoria's favorite walker, he was attracted to

the life of the long distance walker, long after the heady days of professional pedestrianism had passed. But this did not stop him from becoming a legend in his own right. He started his career at an early age. At eleven, he strolled from London to Colchester (about 50 miles); three years later he was fired from his chemist's apprentice job for walking off one day to see friends at Walton-on-the-Naze (about 70 miles).

He was employed for most of his life by Henley's of Barking and was obviously one-track-minded, explaining his non-married status very simply: "*Women and athletics don't mix.*"

On November 16, 1935, Couzens completed 160 miles of non-stop walking in 32 hours to break the world record. This great feat has been captured in the following photo (<http://www.thefirstpost.co.uk/9535.news-comment.news-politics.sport-picture-past-1935>)



In 1937, he walked from York to Fleet Street in London, a distance of 200 miles, in 38 hours, carrying a letter of good will from his commandant to the commandant of the Royal Observer Corps in London. He later reduced his record time for this walk to 36 hr. 55 min.

Also in 1937, he walked 408 miles from Edinburgh to London in 94 hours (just under 4 days). He subsequently improved his record to 84 hours 50 minutes (3½ days). On this second occasion, a newspaper clipping advises that

During the whole walk he had only 100 minutes rest, had no sleep, ate only two slices of toast, drank 32 cups of tea, and smoked 62 cigarettes. While on the road, he was paced by three cyclists.

But he is best remembered for his most famous feat when in 1946/1947, he walked nearly 3000 miles in 1000 hours. He started out initially on September 30th 1946, just to beat Captain Barclay's famous feat of 1000 miles in 1000 hours and beat it he did, in grand style, recording a distance of 2,652 miles in the required timeframe! The venue was Romford Stadium, a greyhound track, with some 5 laps to the mile.

Within 2 weeks (335 hours in fact), he had already covered the requisite 1,000 miles. A newspaper report commented

Bert ambled along at a casual gait until he had walked an even 1,000 miles. He rested as little as possible, slept in a little hut off the track, ate crab sandwiches and tea, went wandering off his beaten path occasionally, once to see himself in a newsreel. He smashed to bits a 137-year-old world's record of 1,000 miles in 1,000 hours; his time was only one-third that.

Another article commented further

Now he is continuing in order to finish the other 665 hours to see how many miles he has logged by that time. Couzens has worn out two pairs of rubber shoes. He drinks buckets of tea, smokes 40 cigarettes a day and lives on tablets and a few sandwiches, but no meat. Since the beginning of his marathon walk on September 30, he has had only 4 hours sleep. He usually lies down for half an hour and sleeps for 15 minutes.

There are a number of photos from this walk and one is shown below.



Couzens takes a cup of tea during his 3000 mile walk (<http://www.life.com/image/50504798>)

For other photos from the walk, check out <http://www.life.com/image/50504796> , <http://www.life.com/image/50504797> and <http://www.life.com/image/50504799>

By the time the 1,000 hours had been reached in early November, he had completed an incredible 2,653 miles. Still not content, he then announced he would continue on to the 3,000 mile marker which he duly did – the total time recorded at 1,136 hours. The papers reported it as

a physical endurance record that may never be surpassed. He covered the last mile of his walk in 12 minutes. Couzens then went home for his first night's sleep for seven weeks. He has walked for some part of every hour during that period. His plans for yesterday were digging over the garden and going for a walk.

The finish of this walk was captured by newsreel footage – see <http://www.britishpathe.com/record.php?id=26845>. The film shows Couzens taking the last few steps of his marathon 3,000 mile walk, being congratulated by the Mayor of West Ham, inspecting his 6 pairs of worn-out shoes, then being raised by the crowd and carried away from the stadium.

When the newsreel was shown at the Coronation cinema in Manor Park on the following Friday evening and Saturday afternoon, patrons had an opportunity to express appreciation of this remarkable feat when Bert appeared on the stage. He was given a big welcome and feted by the Mayor of East Ham, Alderman C. W. Dixon and a copy of the newsreel was then presented to him as a keepsake.

The newspaper report of this feat commented that “*Soon he intends to walk to Southampton, get on a liner bound for New York, walk round the deck while crossing the Atlantic, and then walk from New York to San Francisco.*” It is not known if this eventuated.

A year later, he was back in the news when, on March 8th 1947, he completed a 3,000 mile walk around Britain, finishing at Croydon. His time was 47 days 8 hours. The article stated that “*during the freeze, Couzens walked at times along an 18 inch path between 20 foot walls of snow.*”

He also walked the length of the British Isles from Lands End to John O’Groats, a distance of some 900 miles. On another occasion he did a sponsored charity walk of several laps round West Ham Football Ground accompanied by Kid ? a famous boxer of the time.

Interestingly, for someone so gifted, he never qualified as a Centurion, perhaps because of the high wall erected between amateur and professional walking in those days. Bert died in Barking in 1973, at 74 years of age. But his feats live on after him and his superhuman feats of endurance walking continue to inspire us.

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.

2010/2011 Australian/Victorian Summer Season Key Dates

Sat 9 Oct, 2010	AV Shield Competition commences
Sun 24 Oct, 2010	VRWC Summer Season opens with road walks at Albert Park
5-7 Nov, 2010	Victorian All Schools T&F Championships U14-U18, Olympic Park, Melbourne
Sun 14 Nov, 2010	VRWC Summer Season roadraces and AGM, Albert Park
4-5 Dec, 2010	Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sun 12 Dec, 2010	Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawkner Park, Melbourne

21-23 Jan, 2011 Victorian Country T&F Champs, Ballarat
Sat 19 Feb, 2011 Australian 20km Walk Championships (incl 10km U20 invit), Hobart
26-27 Feb, 2011 Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011 Victorian Open T&F Championships, Olympic Park
10-14 Mar, 2011 Australian Junior (U14-U20) Championships, Sydney Olympic Park, Sydney NSW
19-20 Mar, 2011 VLAA State T&F Championships, Olympic Park
2-3 April, 2011 Victorian Masters T&F Championships, Knox

2010 International Fixtures

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 Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>
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 Alegre, 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 further 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>)