



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 8
23 November 2010



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VICTORIAN SHIELD COMPETITION, SATURDAY 20 NOVEMBER 2010

At last we had a sunny weekend in Mslbourne so our Victorian Shield competition went ahead at all venues. In fact, it was pretty warm with temperatures in the mid to high twenties in the country and not too far off that in the metropolitan venues. Here we go!

AV Shield - Ballarat Region - Round 6, Llanberris Reserve, Ballarat

Ballarat saw Collin Bootsman take fastest time with 17:50.75 but a number of the usual walkers were missing in action.

Mixed 3000 Meter Race Walk

1.	Bootsman, Collin	M29	WENDOUREE AC	17:50.75
2.	Prendergast, Maurice	M47	BALLARAT YCW	19:25.20
3.	Ruddick, Kevin	M60	BALLARAT HAR	20:28.34
4.	Jones, Peter	M65	BALLARAT HAR	21:34.81
5.	Brooks, Barry	M70	BALLARAT HAR	21:35.68

AV Shield - Bendigo Region - Round 6, La Trobe University Bendigo Athletics Complex, Bendigo

Bendigo was quite hot from the sound of things so Ebony Whiley walked well to win with 16:18 ahead of Amanda Heard and Josh Savage. Dane Heiden also did the 3000m, leaving Jeremiah Jones to win the 1500m with 8:10.

Mixed 3000 Meter Race Walk

1.	Whiley, Ebony	W15	EAGLEHAWK YM	16.18
2.	Heard, Amanda	W15	EAGLEHAWK YM	17.06
3.	Savage, Joshua	M15	EAGLEHAWK YM	17.36
4.	Heiden, Dane	M13	SOUTH BENDIG	19.11
5.	Watson, John	M60	BENDIGO YMCA	23.10

Mixed 1500 Meter Race Walk

1.	Jones, Jeremiah	M13	EAGLEHAWK YM	8.10
	White, Cathy	M	SOUTH BENDIG	DQ

AV Shield - East Region - Round 6, Proclamation Park, Ringwood

Nathan Brill 13:49.1 and Ryan Antidormi 14:34.8 continued their good walking in the East Region competition while Pam Tindal was the best of the ladies with 15:29.0. Stephanie George 7:19.4 won the 1500m ahead of Jaasmine Irshad 7:52.9 and Adam Garganis 8:13.7.

Mixed 3000 Meter Race Walk

1.	Brill, Nathan	M14	BOX HILL AC	13:49.1
2.	Antidormi, Ryan	M15	ATHLETICS NU	14:34.8
3.	Tindal, Pam	M51	CROYDON AC	15:29.0
4.	Brazel, Hilary	W17	ATHLETICS NU	16:07.6
5.	Dyer, Bill	M49	BOX HILL AC	16:15.2
6.	Reid, Ross	M56	COLLINGWOOD	16:20.7
7.	Hammett, Gary	M53	DIAMOND VALLEY AC	17:13.7
8.	Gardiner, Bob	M74	COLLINGWOOD	17:32.5
9.	Jack, Clarrie	M65	RICHMOND HAR	18:01.3
10.	Benke, Geza	M54	OLD MELBURNIANS AC	18:06.8
11.	Facey, Stuart	M60	OLD SCOTCH C	19:07.9
12.	Worsnop, Chris	M53	OLD XAVERIANS AC	19:44.8
13.	Laurie, Natalie	W19	ATHLETICS NU	19:50.8
14.	Wright, Jacob	M16	ATHLETICS NU	19:50.9
15.	Duval, Samantha	W17	RINGWOOD AC	20:22.6
16.	Cowell, Jacqueline	W17	DIAMOND VALLEY AC	22:29.5
17.	Fitts, John	M74	RICHMOND HAR	24:27.1
18.	Clancy, Joshua	M17	DIAMOND VALLEY AC	24:32.9

Mixed 1500 Meter Race Walk

1.	George, Stephanie	W14	CROYDON AC	7:19.4
2.	Irshad, Jasmine	W13	KNOX AC	7:52.9
3.	Garganis, Adam	M13	COLLINGWOOD	8:13.7
4.	Collis, Lauren	W12	DIAMOND VALLEY AC	8:42.1
5.	Walburg, Kirsten	W12	DONCASTER AC	9:01.6
6.	George, Hayley	W10	SOUTH COAST	9:51.6
7.	Boylen, Adele	W11	COLLINGWOOD	11:14.6
8.	Neale, Anthony	M12	COLLINGWOOD	11:15.6
9.	Clamp, Joel	M13	DIAMOND VALLEY AC	13:07.8

AV Shield - North West Region - Round 6, Moonee Valley Athletics Centre, Aberfeldie

Paul Kennedy 14:08.26 reasserted his number one ranking at Aberfeldie with a win over Trenton Hawkins 14:28.50 but the big mover behind them was Aaron McDonough with a 1 sec PB of 14:56.83. Kirstin Shaw was the top woman with 16:00.69 – a 24 sec PB – while Donna Elms equalled her PB with 17:31.88. It's a shame I couldn't make it as I am sure that I would have had Duncan Knox on toast! Carly Bertrand was the fastest over 1500m with 8:04.77. This was our biggest walks venue with 29 competitors.

Mixed 3000 Meter Race Walk

1.	Kennedy, Paul	M53	MELBOURNE UN	14:08.26
2.	Hawkins, Trenton	M31	PRESTON AC	14:28.50
3.	McDonough, Aaron	M38	PRESTON AC	14:56.83
4.	Donahoo, Mark	M52	ATHLETICS ES	15:47.69
5.	Shaw, Kirstin	W19	WESTERN ATHL	16:00.09
6.	Knox, Duncan	M51	ATHLETICS ES	16:31.65
7.	Elms, Jason	M20	ATHLETICS ES	17:31.88
8.	Elms, Donna	W49	ATHLETICS ES	17:31.88
9.	McShanag, Connor	M14	ATHLETICS ES	17:34.89
10.	Campbell, Caitlin	W16	ATHLETICS ES	17:38.89
11.	Irons, Matthew	M29	MELBOURNE UN	18:16.91
12.	Shaw, Robyn	W49	WESTERN ATHL	22:35.59
13.	Stobaus, Anne	W69	KEILOR ST BE	22:52.84
14.	Abfalter, Maria	W42	KEILOR ST BE	25:14.84
15.	Ziegel, Johanna	W29	MELBOURNE UN	25:55.58
16.	Rickard, Ian	M54	BRUNSWICK AC	25:59.02

1500 Meter Race Walk

1.	Bertrand, Carly	W14	KEILOR ST BE	8:04.77
2.	Henderson, Keely	W13	PRESTON AC	9:17.81
3.	Abfalter, Emma	W13	KEILOR ST BE	9:50.47
4.	McLaren, Stacey	W14	ATHLETICS ES	10:02.27
5.	Musgrave, Caitlyn	W10	PRESTON AC	10:23.25
6.	Casilli, Anthony	M11	PRESTON AC	10:39.79
7.	Irons, Julia	W12	KEILOR ST BE	11:03.79
8.	Long, Izaak	M10	PRESTON AC	11:10.96
9.	Matthews, Rhiannon	W9	KEILOR ST BE	11:12.62
10.	Northover, Rachel	W15	KEILOR ST BE	11:12.80
11.	Campbell, Jessica	W11	PRESTON AC	12:31.77
	Irons, Elaine	W10	KEILOR ST BE	DQ
	Crea, Gabriella	W11	ATHLETICS ES	DQ

AV Shield - South East Region - Round 6, Ballam Park Athletic Track, Frankston

Masters walkers were to the fore at Frankston as Heather Carr 15:41.5, Ralph Bennett 15:46.0 and Clyde Riddoch 16:11.2 led by example but 1/4 of the walkers were disqualified – it is not often we see those sorts of figures! Jessie Eastwood was the fastest over 1500m with 8:26.1 after Reese Walmsley and Kyle Swan were both taken out.

Mixed 3000 Meter Race Walk

1.	Carr, Heather	W61	EAGLEHAWK YM	15:41.5
2.	Bennett, Ralph	M69	VICTORIAN MA	15:46.0
3.	Riddoch, Clyde	M57	ATHLETICS WA	16:11.2
4.	Tam, Aaron	M16	KNOX AC	16:31.3
5.	McInnes, Simone	W19	GLENHUNTLY A	17:35.3
6.	Doran, Anthony	M58	GLENHUNTLY A	18:21.7
7.	Osmand, Kym	M28	OAKLEIGH AC	18:53.8
8.	Steed, Gwen	W68	VICTORIAN MA	19:06.4
9.	Morrey, Jan	M71	OAKLEIGH AC	19:32.0
10.	Attard, Michaela	W17	KNOX AC	19:40.6
11.	Goodings, Liana	W19	ATHLETICS WA	20:11.8
12.	Van Dongen, Rupert	M36	CASEY CARDIN	20:30.5
13.	Morrison, John	M71	SANDRINGHAM	21:37.3
14.	Huntley, Zoe	W16	KNOX AC	24:04.8
	De Pasquale, Joel	M26	KNOX AC	DQ
	Zeleznikow, John	M60	GLENHUNTLY A	DQ

Finnegan, Amelia	W15	KNOX AC	DQ
Barrow, Geoff	M61	MENTONE AC	DQ
Lucas, Alan	M28	VICTORIAN MA	DQ
Johnson, Celia	W63	VICTORIAN MA	DQ

Mixed 1500 Meter Race Walk

1.	Eastwood, Jessie	W13	KNOX AC	8:26.1
2.	Vella, Lewis	M13	CASEY CARDIN	9:20.0
	Swan, Kyle	M11	KNOX AC	DQ
	Walmsley, Reese	M12	KNOX AC	DQ

AV Shield - Geelong Region - Round 6, Landy Field, Geelong

I am still waiting for the Geelong results to be posted on the AV website. If they are not there by the time I publish this week's newsletter, I will include them next week. Geelong is one of our fastest venues with some great young talent.

AV Shield - Bendigo Region - Round 5, La Trobe University Bendigo Athletics Complex, Bendigo, Saturday 13 November

Finally the results from Bendigo from the week before – now online on the AV website. It showed Ebony Whiley winning the 2000m with 10:13.54.

Mixed 2000 Meter Race Walk

1.	Whiley, Ebony	W	EAGLEHAWK YM	10:13.54
2.	Heard, Amanda	W	EAGLEHAWK YM	10:31.45
3.	Jones, Jeremiah	M	EAGLEHAWK YM	10:41.23
4.	Savage, Joshua	M	EAGLEHAWK YM	10:41.34
5.	Major, Annette	W	EAGLEHAWK YM	11:45.06
6.	Jones, Ebony-Jade	W	EAGLEHAWK YM	15:09.44
7.	Green, Chloe	W	BENDIGO YMCA	15:56.56
8.	Minchin, Lisa	W	SOUTH BENDIGO	17:02.37

ANSW PERMIT MEET, BLACKTOWN CITY ATHLETICS CLUB, WEDNESDAY 10 NOVEMBER 2010

I missed this one in last week's newsletter so just to catch up, here is the last NSW permit meet from a couple of weeks ago. Steven Washburn walked fast to win the 1500m with 6:19.0 while Nicole Fagan was the fastest over 3000m with 13:38.3.

1500m Walk

1.	S. Washburn	16	Nepean	6:19.0
2.	J.Mcdonald	11	Parramatta Little A's	7:30.1
3.	L.Mcdonalds	10	Parramatta Little A's	7:54.0
4.	K. Bedford	10	Nepean	8:03.0
5.	A. Dhu	10	Blue Mountains	8:03.8
6.	S. Kelland	12	Ryde	8:16.4
7.	M. Shaw	46	Blue Mountains	8:23.3
8.	C. Porley	12	Blue Mountains	8:24.8
9.	T. Barendregt	10	Nepean	8:30.4
10.	D. Kalemusic	11	Bankstown	8:33.6
11.	S. Cassidy	12	Parramatta Little A's	8:35.6
12.	R. Dhu	11	Blue Mountains	9:30.7

3000m Walk

1.	N. Fagan	21	Sydney Pacific	13:38.3
2.	C. Lockwood	46	Nepean	14:17.4
3.	E. Dhu	13	Blue Mountains	16:12.1
4.	B. Beasley	13	Nepean	16:20.7
5.	A. Bettiol	14	Sydney Pacific	14:30.8
6.	T. Dighton	14	Nepean	15:17.8
7.	A. Barendregt	14	Nepean	16:44.6
8.	T. Porley	14	Blue Mountains	17:27.9
9.	J. Dhu	14	Blue Mountains	17:28.8

BENDIGO WALKERS CLUB RACES, ROSALIND PARK, BENDIGO, WEDNESDAY 17 NOVEMBER

Thanks to Paul Rance for his weekly report from Bendigo.

Bendigo Walkers Club held their Annual 30 minutes and 60 minutes races on Wednesday evening with personal bests achieved by Amanda Heard, Dane Heiden and Annette Curtis in the 30 minute event and by Ebony Whiley in the 60 minute event. The Bendigo Walkers Club results for our Annual 1 hour walk do not have the handicap placings as they will be presented this Wednesday evening so i dont announce them until they are presented.

30 minutes: Zoe Boldiston 5281m, Amanda Heard 5217m, Dane Heiden 5083m, Annette Curtis 4160m, Peter Curtis 3913m, Jarrod Coad 3905m, Carol Coad 3391m, Norm West 3391m, Jamie-Lee Jones 2400m

60 minutes: Ebony Whiley 9850m, Josh Savage 9824m, Barb Bryant 9238m, John Carter 8677m, Jeremiah Jones 8248m, Colin Cleary 7160m, Geoff Major 7139m, Ebony-Jade Jones 6986m

ACT RACE & FITNESS WALKING CLUB WALKS, AIS STADIUM, BRUCE, THURS 18 NOVEMBER

Thanks to Val Chesteron from last Thursday's 1500m results from Canberra interclub at the AIS track in Canberra

1500m Walk G Hunt(f) 7.35 P Baker 7.41 C Burns 8.06 L Smith(f) 8.15 T Hopkins 8.36 K Baker(f) 8.39 G Hunt(f) 8.41
 R Whyte 8.42 B Thomas 9.42 K Hopkins(f) 9.57 J Donovan 10.04 R Baussmann(f) 10.28
 A Williams 10.37 T Munro 10.52 S Burns 11.58 C Booth(f) 12.05 N de Chazal(f) 14.05.

ATHLETICS SA PREMIERSHIP CUP WEEK 3, ST ALBANS RESERVE, CLEARVIEW, SAT 20 NOV

South Australian Premiership Cup competition continued last Saturday on the grass at St Albans with Blake Steele 13:08.9 and Darren Bown 13:15.5 having a good race out front.

1500 Metre Race Walk U/16

1.	Piper Douglas	97	TTG	8:21.1
2.	Erin Dallimore	98	FLIN	8:41.0

3000M Race Walk

1.	Blake Steele	93	TTG	13:08.9
2.	Darren Bown	74	ELIZ	13:15.5
3.	Jemma Potezny	96	HILL	16:13.0
4.	Jessica Stephens	96	ELIZX	19:16.3

VICTORIAN 6 HOUR CHAMPIONSHIPS, MOE, SATURDAY 20 NOVEMBER

I travelled to Moe in country Victoria on Saturday to attend the Victorian 6 Hour championships which were held on the Newborough athletics track. Amongst the large running field were 4 walk entrants – Michelle Thompson, Karyn O'Neill, Steve Jordan and John Timms. With a 2PM start time, conditions were hot and sunny and it was a tough day out for all the competitors.

Full results can be sourced from the Traralgon Harriers website <http://www.traralgonharriers.org/>. The 4 walkers all toiled honestly for the 6 hours with Michelle Thompson the best of them with a fantastic 51.582km.

11	Michelle Thompson	51.582km
E17	Steve Jordan	42.714km
E17	John Timms	42.714km
19	Karyn O'Neill	37.278km



Michelle Thompson, Karyn O'Neill, Steve Jordan and John Timms in action at Moe

QA INTERCLUB #3, STATE ATHLETICS FACILITY, NATHAN, SUNDAY 21 NOVEMBER

Thanks to Peter Aiton for Sunday's interclub results from Brisbane. What huge walks all round. Peter explains

Some great results were posted on Saturday evening (rain fell in the afternoon conditions and were good for the race as the rain held

off!) with plenty of PBs. This is a big bonus as all athletes are in heavy training leading into the road walks at Fawkner Park on 12th December. PBs go to Victorian Rhyidian Cowley and Queensland's Brad Aiton, Jesse Osborne, Jessica Pickles, Eloise Jackson, Brandon Pritchard & Shannon Czislawski. All were very pleased with their efforts.

Mixed 5000m Race Walk

1.	Cowley, Rhyidian	M19	VIC	20:54.52	PB 20 secs
2.	Aiton, Brad	M16	GCV	21:32.68	PB 13 secs
3.	Osborne, Jesse	M15	QRW	21:41.56	PB 83 secs

Mixed 3000m Race Walk

1.	Dewar, Brandon	M18	QRW	12:50.66	
2.	Pickles, Jessica	W16	JIM	14:39.87	PB 09 secs
3.	Morssinkhof, Amy	W14	QRW	15:55.78	
4.	Jackson, Eloise	W15	QRW	16:52.03	PB 22 secs
5.	Pritchard, Brandon	M13	QE2	17:35.15	PB 25 secs

Mixed 1500m Race Walk

1.	Miles, Trent	M12	RED	7:50.83	
2.	Czislawski, Shannon	W17	QRW	8:22.50	PB 01 sec

16TH ASIAN GAMES, GUANGZHOU, CHINA, 12-27 NOVEMBER 2010

The Asian Games, held every 4 years, are currently being held in Guangzhou in China with the Chinese expected to dominate at home. The first day of athletics action kicked off on Sunday with gold and silver going to the Chinese in the men's 20km event and Tuesday saw more gold to China with Liu Hong winning the women's 20km walk. See full results of the walks as well as all other events at the official Games website at <http://www.gz2010.cn/en>

20km Walk men, Sunday 21 November, 9AM

1.	WANG Hao	CHN	16 August, 1989	1:20:50
2.	CHU Yafei	CHN	5 September, 1988	1:21:57
3.	KIM Hyunsub	KOR	31 May, 1985	1:22:47
4.	FUJISAWA Isamu	JPN	12 October, 1987	1:24:00
5.	SUZUKI Yusuke	JPN	2 January, 1988	1:25:50
6.	SINGH Harminder	IND	9 May, 1984	1:26:33
7.	SINGH Baljinder	IND	18 September, 1986	1:28:06
8.	SARWASHI Ayoob Moh..	UAE	24 October, 1984	1:36:41
	PARK Chilsung	KOR	8 July, 1982	DQ

The splits for Wang Hao read as follows: 8:01, 16:15, 24:15, 32:13, 40:12, 48:23, 56:51, 1:04:46, 1:12:40, 1:20:50

20km Walk men, Tuesday 23 November, 9:05 AM

1.	LIU Hong	CHN	12 May, 1987	1:30:06
2.	FUCHISE Masumi	JPN	2 September, 1986	1:30:34
3.	LI Yanfei	CHN	7 February, 1990	1:32:34
4.	KAWASAKI Mayumi	JPN	10 May, 1980	1:35:13
5.	JEON Yeongeun	KOR	24 May, 1988	1:40:24
6.	TUN Kay Khing Myo	MYA	10 November, 1988	1:46:45

The splits for Liu Hong read as follows: 9:08, 18:15k 27:20, 36:29, 45:12, 53:59, 1:02:54, 1:11:55, 1:20:50, 1:30:06

Hopes are high that Australia will be granted permission to compete in the Asian Athletics Championships, with Athletics Australia president Rob Fildes to make a presentation to his Asian counterparts before a vote in February that will decide if Australia is allowed in. Fingers crossed – being part of the Asian arena would be a great boost for Australian Track and Field. On the walking front, Asia is very strong.

INTERNATIONAL RACEWALK JUDGING PANEL CONFIRMED FOR THE PERIOD 2011-2014

The IAAF Council, in its latest Council meeting in Monaco last week, approved the new Panel of International Race Walking Judges for the period 2011-2014, following on from the latest evaluations conducted in Paris last month. The new panel is:

Ruben AGUILERA	ARG	SAM	Miloslav LAPKA	CZE	EUR
Geoff ANNEAR	NZL	OCE	Nicola MAGGIO	ITA	EUR
Jose Julio BARBOSA DIAS	POR	EUR	Daniel MICHAUD	CAN	NACAC
Carlos BARRIOS	GUA	NACAC	Rolf MÜLLER	GER	EUR
Frederic BIANCHI	SUI	EUR	Pierce O'CALLAGHAN	IRL	EUR
Khoo CHONG BENG	MAS	ASI	Ochieng J OCHIENG	KEN	AFR
Jean-Pierre DAHM	FRA	EUR	Dolores ROJAS	ESP	EUR
Maryanne DANIEL	USA	NACAC	Sardjito SARDJITO	INA	ASI
Jordi ESTRUCH	ESP	EUR	Steven TAYLOR	GBR	EUR

Patrick Wayne FLETCHER	AUS	OCE	Catherine TELLING	GBR	EUR
Anne FRÖBERG	FIN	EUR	Hans VAN DER KNAAP	NED	EUR
Joaquim GRAÇA	POR	EUR	Candido VELEZ	PUR	NACAC
Ann-Iren GUTTULSRÖD	NOR	EUR	Gary A WESTERFIELD	USA	NACAC
Silvia HANUSOVA	SVK	EUR	Peter WRIGLEY	NZL	OCE
Janusz KRYNICKI	POL	EUR	Shan-de YANG	CHN	ASI
			Man Chun YEUNG	HKG	ASI

Cobgratulations to Oceania judges Greg Annear (NZ), Wayne Fletcher (AUS) and Peter Wrigley (NZ)

POWERPOINT PRESENTATIONS FROM THE 1ST EUROPEAN RACE WALKING CONFERENCE

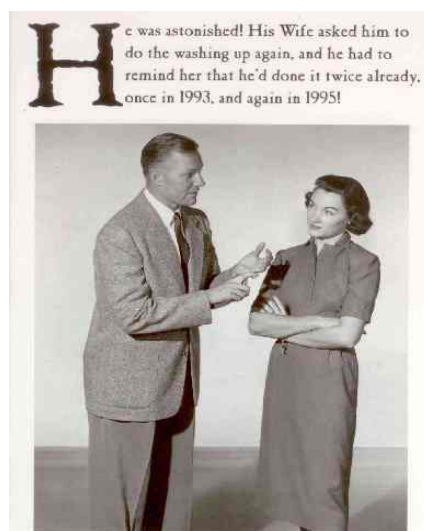
Dave McGovern has put up links on his website to all the main presentations from last month's 1st European Race Walking Conference. You can check them out as well as lots of other great walking articles at <http://racewalking.org/otherpep.htm>. Here are the links from Leeds – note they will take a while to download. AIS walks head coach Brent Vallance has two very interesting presentations amongst the list. Lots of reading and plenty food for thought!

[Using Biomechanics to Improve Performance in Race Walking](#)
[Kinematics of Elite Race Walking](#)
[Race Walking Drills](#)
[Transitional Factors in Race Walking](#)
[Jared Tallent - 2001 – 2010](#)
[Planning & Preparation Ivano Brugnetti](#)
[Development of Irish Race Walking](#)
[Evidence Based Practice at the UKA National Centre for Race Walking](#)
[Judging](#)
[Athlete Profiling--Injury Prevention](#)
[Performance Nutrition](#)

Brian Hanley
 Brian Hanley
 Martin Rush
 Brent Vallance, AI S Walks Coach
 Brent Vallance, AI S Walks Coach
 Antonio La Torre
 Pat Ryan, AAI Director of Development
 Dr Andi Drake,
 Louis Saladie and Peter Marlow
 Fraser McKinney
 Louise Sutton

WHAT – 60!

Yes, it's true. For those few whom I haven't told already, today is my sixtieth birthday – and I don't feel a day over 59! I think my birthday card sums it up nicely!



RACEWALKING VICTORIA

The Racewalking Victoria name has been used for the past few years for U10 and U12 walk championships at the Victorian Country championships but that is about all. The Victorian racewalking clubs have decided to start promoting the name and to use it more on an ongoing basis. So we are inviting readers to design a LOGO for the body. There are plenty of Victorian athletics logos out there – here are a few:



A prize of \$100 is being offered to the winning entrant – so potential graphics designers out there – go for it and see what you can come up with.

WHAT'S COMING UP NEXT

This **Wednesday 24th November**, VRWC action continues with track races scheduled at the Collingwood Harriers track in Northcote/Clifton Hill. It is one of the few chances for a 5000m track this side of Christmas so mark it in your diary.

Wednesday 24th November 2010, VRWC Events, Collingwood Harriers Track

Venue: George Knott Athletic Field, 143 Heidelberg Rd, Northcote

6.30pm	5000m and 3000m	Open
7.15pm	1500m	Open

AV Shield competition continues next **Saturday 27th November** with all 6 venues in action and 2000m walks on offer

Sat 27 Nov	AV Shield - South East Region - Round 7	Duncan MacKinnon Reserve, Murrumbena
Sat 27 Nov	AV Shield - East Region - Round 7	Hagenauer's Reserve, Box Hill
Sat 27 Nov	AV Shield - Bendigo Region - Round 7	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 27 Nov	AV Shield - Geelong Region - Round 7	Landy Field, Geelong
Sat 27 Nov	AV Shield - Ballarat Region - Round 7	Llanberris Reserve, Ballarat
Sat 27 Nov	AV Shield - North West Region - Round 7	Moonee Valley Athletics Centre, Moonee Ponds

And a final reminder that entries close soon for the Australian 50km championship, to be held at Fawkner Park in Melbourne on **Sunday 12th December 2010**. The Fawkner Park walking path has been completely resurfaced so the 2km lap should be super fast this year – I walked it this morning and it is smooth and shaded. **Entries for all events close at midnight on Sunday 28th November 2010**. Enter online at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=569&OrgID=887 for any of the following events

7.00am	Australian 50km Road Walking Championship	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: 2 hours Men / 2 hours 15 minutes Women
8.30am	10km Walk: Men and Women	Cut-off: 56 minutes Men / 60 minutes Women

The 20km and 10km events are non-championship events but do provide an opportunity for walkers to put times on the board in a fully ratified meet. The fields look fantastic.

Australian 50km Championship	Adams, Luke	NSW/AIS
	Crump, Peter	SA
	Rayson, Ian	NSW
	Tallent, Jared	VIC/AIS
20km Invitation - Men	Beurion, Mathieu	FRANCE
	Cowley, Rhydian	VIC
	Erickson, Christopher	VIC/AIS
	Fitzsimons, Sean	WA/AIS
	Kollmorgen, Stuart	VIC
	Reading, Brendon	ACT
	Rutter, Adam	NSW/AIS
	Tardi, Emmanuel	FRANCE
10km Invitation – Junior Men	Aiton, Brad	QLD
	Bird-Smith, Dane	QLD
	Dewar, Brandon	QLD
	Dewar, Nick	QLD
	Osborne, Jesse	QLD
20km Invitation - Women	Carr, Heather	VIC
	Holliday, Tanya	SA
	Lamble, Regan	VIC/AIS
	Ruddick, Kelly	VIC
	Tallent, Claire	SA/AIS
	Webb, Cheryl	NSW/AIS
10km Invitation - Women	Holliday, Gloria	SA
	Tindal, Pam	VIC
10km - Junior Women	Tallent, Rachel	VIC/AIS

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

Wed 24 Nov, 2010	VRWC Summer Season track walks Collingwood Harriers Track, Clifton Hill
4-5 Dec, 2010	Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sat 11 Dec, 2010	AA Racewalk Judging Seminar, VRWC Headquarters, Middle Park Bowling Club, Albert Park, VIC

Sun 12 Dec, 2010 Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawknor Park, Melbourne
 Entries close with AA on 28th November at midnight.
 See http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=569&OrgID=887

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

2011 Australian/Victorian Winter Season Key Dates

Sun 14 June 2011 Lake Burley Griffin Racewalk Carnival, Canberra, ACT

Sun 10 July 2011 Victorian Schools Roadwalking Championships, Albert Park, VIC

20-21 August, 2011 Australian Roadwalking Championships, Canberra, ACT

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

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

Sept 7-13, 2010 **4th Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

2012 International Fixture

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

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

July 10-15, 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**

2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

2014 International Fixture

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

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

Looking even further forward

2015 **15th IAAF World Championships in Athletics, Beijing, China**

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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