



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### AV AND VRWC RACES, MIDDLE PARK, SATURDAY 25 JUNE 2011

Saturday saw windy conditions but mild temperatures at Middle Park for our annual winter club championships day. The Victorian 15km Open roadwalk championships were also held, with a total of 78 walkers in attendance. As usual Terry Swan was out with camera taking a great selection of photos - check out <http://vrrwc.org.au/coppermine>.

The first events to kick off were the AV and VRWC 15km championships and it was **Kelly Ruddick** and **Andrew Jamieson** who led the way in record breaking style. Kelly's winning time in the ladies event (1:13:05) was a new **Masters W35 Victorian Record** while Andrew's winning time in the men's event (1:16:51) was a new **Masters M65 Victorian Record**. But the highlight of the day had to be Andrew's 10km split of 49:27 which broke the **Masters M65 World Record** by over some 77 secs. Andrew has recently turned 65 and I think we can expect to see a swag of new marks being set in this division in the near future! Frank Bertei, who won the Victorian 10km title last month, had to be content with silver on this occasion with his time of 1:18:50 ahead of Simon Evans who took third with 1:26:38. Heather Carr 1:25:30 and Kirstin Shaw 1:27:15 took the minor medals in the women's event to complete the roll call.

#### AV 15km Men Roadwalk Championship

1. Andrew Jamieson	1:16:51	New Masters M65 World Record (10km)
2. Frank Bertie	1:18:50	
3. Simon Evans	1:26:38	
4. Aaron McDonough	1:30:29	
5. Bob Gardiner	1:39:33	
Stuart Kollmorgen	DNS	

#### AV 15km Women Roadwalk Championship

1. Kelly Ruddick	1:13:05	New Masters W35 Victorian Record
2. Heather Carr	1:25:30	
3. Kirstin Shaw	1:27:15	



**Simon Evans, Frank Bertei, Andrew Jamieson, Kelly Ruddick, Heather Carr and Kirstin Shaw in action**

Other VRWC 15km events were also on offer, including Open Women and U20 Club Championships. Pam Tindal 1:22:26 joined Kelly and Heather in the medal chase in the Open Women's Club Championship while Bianca Attard 1:33:22 joined Kirstin as a medallist in the U20 championship. As an added bonus, Pam's time was a 19 sec PB and broke her own **Masters W50 Victorian Record**. We also had a VRWC Open Men non-championship 15km with Chris Lockwood 1:20:35 taking third position behind Andrew and Frank. Special mention for Michelle Laufer who walked her first ever 15km and recorded an excellent 1:26:53.

**VRWC 15km Women Championship - Elsie Jacobson Trophy**

1.	Kelly Ruddick	1:13:05	
2.	Pam Tindal	1:22:26	New Masters W50 Victorian Record
3.	Heather Carr	1:25:30	
4.	Michelle Laufer	1:26:53	
5.	Karyn O'Neill	1:44:14	

**VRWC 15km U20 Women Championship**

1.	Kirstin Shaw	1:27:15
2.	Bianca Attard	1:33:22

**VRWC 15km Open Men**

1.	Andrew Jamieson	1:16:51
2.	Frank Bertie	1:18:50
3.	Chris Lockwood	1:20:35
4.	James Seid-Christmass	1:25:28
5.	Simon Evans	1:26:38
6.	Aaron McDonough	1:30:29
7.	Terry O'Neill	1:36:15
8.	Bob Gardiner	1:39:33
9.	Alex Poore	1:58:48
	Ross Reid	DNF
	Russ Dickenson	DNF

The day also featured club championships for U16, U14, U12 and U9 divisions and the racing was fiercely contested. Winners were Stephanie George 25:49 (a big PB), Jared Walker 25:06, Emily Hamilton 16:21, Cooper Owen 15:55, Shelby Kay 10:39. Kyle Swan 10:20, Brianna Lillie 5:42 and Caine Brill 5:55. Quite a few of our younger club members walked PBs, as shown below.

**VRWC 5km U16 Championship**

1.	Stephanie George	25:49	PB 54 secs
2.	Jmara Hockley Samon	27:45	
3.	Lauren Stadus	27:48	PB 44 secs

1.	Jared Walker	25:06
2.	Aaron Tam	26:07
3.	Connor McShanag	26:20

**VRWC 3km U14 Championship**

1.	Emily Hamilton	16:21	
2.	Megan Walker	16:49	
3.	Lauren Collis	17:01	PB 5 secs
4.	Cassandra Kay	19:16	
5.	Madeleine Feain	20:21	PB 46 secs

1.	Cooper Owen	15:55
2.	Paul Tremigliozi	19:13
3.	Cody McNicol-Davidson	21:00
	Reese Walmsley	DQ

**VRWC 2km U12 Championship**

1.	Shelby Kay	10:39	
2.	Paige De Lisen	10:49	
3.	Hayley George	11:09	
4.	Mikhala Hodges	11:24	
5.	Jessica Lillie	11:43	PB 2 secs
6.	Anaya Hodges	11:43	
7.	Hayley Brown	11:51	
8.	Brodie Richardson	12:24	
9.	Chelsea Owen-Smith	12:25	
10.	Josephine Laufer	12:43	PB 17 secs
	Gabriella Crea	DQ	

1.	Kyle Swan	10:20	
2.	Jonty Brennan	11:08	PB 31 secs
3.	Hugh Collis	11:41	PB 16 secs
4.	Justin Brill	12:09	
5.	Ethan Wright	14:19	
	Harley Davidson	DQ	

**VRWC 1km U9 Championship**

1.	Brianna Lillie	05:42
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2.	Mercedes Brennan	05:45	PB 25 secs
3.	Kathleen O'Mahony	05:49	
4.	Payton Kay	05:58	PB 30 secs
5.	Frances Collis	06:12	PB 13 secs
1.	Caine Brill	05:55	
2.	Bede Collis	08:33	



**Jared Walker, Brianna Lillie, Caine Brill, Kyle Swan and Pam Tindal**



**Cooper Owen, Stephanie George, Connor McShanag, Emily Hamilton, Paige De Lisen and Shelby Kay**

Finally, we had 5km and 3km club walks for the rest of our walkers with results as shown below.

**VRWC 5km Open**

1.	Liz Feldman	30:23
2.	Donna Elms	31:12
3.	Anna Wallace	31:17
4.	Robyn Shaw	32:57
5.	Simone O'Neill	34:41
6.	Margaret Beaumont	40:17
1.	David Armstrong	28:34
2.	Ralph Bennett	28:52
3.	Alan Lucas	29:12
4.	Gerard Feain	31:39
5.	Anthony Doran	32:02
6.	Geoff Barrow	33:40
7.	Harry Summers	36:09
8.	Barrie Wicks	37:15
9.	Ian Beaumont	40:04



### VRWC 3km Open

1.	Caitlin Campbell	17:15
2.	Gwen Steed	19:49
3.	Pam Mews	34:15
	Amy Burren	DNF
1.	Gordon Onley	20:45
2.	John Morrison	21:50

Thanks to our many officials who help out every week. Sorry if I missed anyone.

**Course Setup:** Harry Summers, Bob Gardiner, Craig Brill, Damien Elms  
**Officials:** Tim Erickson, Paul Kozaris, Ian Laurie, Natalie Laurie, Damien Elms, Mark O'Mahony, Mark Donahoo, Alison Baker, Sabrina George  
**Judges:** Shane Bertrand (Chief), Judy Mason, Diane Lowden, Terry Knape, Daryl Biggin, Brenda Felton, Gordon Loughnan, Lloyd Nichols, Michael Bodey (DQ Board)  
**Canteen:** Kate Suich, Leanne Lamble, Marlaine Stanway, Wendy Cooper



**Michael Bodey (DQ Board) and Damien Elms (starter and bike rider)**



**Shane Bertrand (chief judge)**

**Recorders Mark Donahoo, Ian and Natalie Laurie, Mark O'Mahony and Paul Kozaris**

### ACT ATHLETICS HIGH NOON MEET, AIS TRACK, BRUCE, THURSDAY 23 JUNE 2011

A quick snippet from last week when ACT Athletics held a mid-winter track meet at the AIS warmup track in Bruce. Harry Bates and Zoe Hunt raced in the 3000m walk with results as follows

#### 3000 Metre Walk

1.	Harry Bates	U18	SCT	13:34.52
2.	Zoe Hunt	U16	NCG	15:13.06

## SARWC INTERVALS ROADWALKS, ADELAIDE PARKLANDS, SATURDAY 25 JUNE 2011

Thanks to Peter Crump for his report from South Australia on last weekend's racing

This week we used training intervals for out racing, with 1,500 metre intervals, 13 minutes apart. While the rest was a bit long for some of the faster walkers, it was hard work for the last interval. Up to 6 intervals were available, and walkers were able to determine how many and what spacing they wanted to apply. The times for each interval are set out below, on a "head to head" basis:

	1	2	3	4	5	6	Average	Spread
Darren Bown	06:37	06:17	06:16	06:12	06:40	06:09	06:22	0:31
Kristie Goznik	06:56	07:05	07:20	07:23			07:11	0:27
Megan Szirom	07:34	07:30		07:37	07:43	07:35	07:36	0:13
Samara Holliday	07:33	07:45	07:46		07:34	07:30	07:38	0:16
Peter Crump	07:47	07:57	08:05	07:53	08:00	07:59	07:57	0:18
Lachlan Tyler-Dowd	07:58	08:18		08:08	08:24	08:36	08:17	0:38
Bill Starr	10:32	10:50	10:29	10:54	10:36	10:35	10:39	0:25
Ron O'Neill	11:33	11:25	11:27	11:43	11:47	11:51	11:38	0:26
Alix Harlington	08:02	08:18					08:10	0:16
Samantha Findlay	08:49		09:09				08:59	0:20
Rhiannon Lovegrove	08:40		09:41				09:11	1:01
Beth Cross	09:54		10:19		10:36		10:16	0:42

For those who completed 4 or more intervals, there was some very consistent times from Megan Szirom (13 seconds from slowest to fastest time), Samara Holliday (16 Seconds) and Peter Crump (18 seconds). The intervals enabled walkers across all age groups to compete head to head, which brought out some good competition, with one interval seeing Beth Cross just edging out Bill Starr (even time), our youngest and oldest club walkers. Bill challenged Beth to another one, but Beth decided to quit while ahead. Samara Holliday worked hard to ensure that she finished in front of Megan Szirom each time.

Next week we have our mountain championships at Belair National park – should be fun.

## SAMA 'GUESS YOUR TIME' 5KM HANDICAPS, PEACOCK ROAD, ADELAIDE, SATURDAY 25 JUNE

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. This week, they contested 'Guess Your Time' 5km Handicap races. Colin advises the course was flat and it was good walking weather. The races were followed by their AGM. This is certainly an active and well run group and they have been going for many years now. As usual, George White was the fastest.

5km Handicap Races		Actual	Nominated	Turkey	
M55	Kevin Finn	30.11	30.05	-00.06	73.60%
M64	Geoff Byham	31.41	31.50	+00.09	73.78%
W76	Ros Elix	39.47	39.30	-00.17	78.07%
M75	Paul Boyce	38.37	39.05	+00.28	69.63%
W58	Edna Bates	42.32	43.00	+00.28	56.81%
W66	Jill Rogers	39.15	39.47	+00.32	67.85%
M59	Jack Russell	31.05	30.30	-00.35	71.47%
W62	Gill White	39.13	39.45	+00.36	64.53%
M67	Graham Harrison	32.21	33.00	+00.39	74.71%
M55	Richard Moyle	37.14	38.00	+00.46	57.49%
M81	Colin Hainsworth	38.55	39.50	+01.00	75.09%
M68	Roger Lowe	36.39	37.41	+01.02	66.72%
W63	Lillian Harpur	41.38	42.40	+01.02	61.53%
M77	David Robertson	41.15	42.30	+0.15	66.67%
M66	George White	27.36	26.20	+01.16	86.58%
W57	Linda Whitelaw	40.47	42.06	+01.19	58.61%
M61	Jeff Kennett	43.19	42.00	+01.19	52.30%
W43	Rose Stigwood	36.38	38.00	+01.22	57.45%
W69	Elaine MacFarlane	39.38	41.10	+01.32	70.06%
W51	Marie Maxted	32.11	33.50	+01.39	67.97%
	Steve Taylor-Hull	38.29	40.45	+02.16	
	Roxy Papageorgiou	39.53	45.00	+05.07	
	Peter Papageorgiou	43.20	50.00	+6.40	

## MERV LOCKYER 3 KM HANDICAP WALK, NORTH GARDENS, LAKE WENDOUREE, SUN 26 JUNE

Thanks to Daryl Biggin for the latest Ballarat Race Walkers Club results from last weekend. Daryl commented

Conditions were sunny with a cold wind (but no rain). Young Alanna Peart, only 7 years old and racing over 3km for the first time, walked superbly to win in an excellent time of 21.27, just holding off a fast finishing Jake Quinton by 11 seconds.

### 3 km Handicap

1.	Alanna Peart	21.27	PB
2.	Jake Quinton	16.38	PB
3.	Ross Darlow	17.37	PB
4.	Shae Ohlsen	19.35	PB
5.	Kobie Somerfield	17.18	
6.	Rodney Davis	20.49	
7.	Olivia Davis	24.50	
8.	Sarah Brennan	17.34	
9.	John Ohlsen	24.35	
10.	Josh Dillon	14.04	
11.	Jemma Peart	19.20	
12.	Rani Changan	27.07	
13.	Wilma Oomen	27.09	
14.	Mia Darlow	29.29	

### 2km

1.	Bailey Ohlsen	16.24	
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Alanna Peart with her trophy along with presenter Peter Tallent

## RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 26 JUNE 2011

Thanks to Rick Cattermole for the latest Western Australian results.

### 10km Open Women

1.	Michelle Butler	63.39	
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### 5km Open Women

1.	Breanna Brown	27.13	(u/16)
2.	Caitlin Gerken	31.39	(u/16)
3.	Janine Butler	39.36	(Masters)

### 3km Open Women

1.	Vanessa Brown	18.22	(Masters)
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### 1500m Open Mixed

1.	Summer Brown	9.05	(u/10)
2.	Christopher Gerken	11.51	(u/12)

## 18<sup>TH</sup> DUBLIN GRAND PRIX OF RACE WALKING, PHOENIX PARK, DUBLIN, SUNDAY 26 JUNE

The highly anticipated Dublin Grand Prix of Race Walking was held on Sunday in Phoenix Park in central Dublin and it proved to be a very successful meet on all fronts. I take most of my report from that of Paul Warburton on the IAAF website (see <http://www.iaaf.org/WRC11/news/newsid=60413.html>).

We had 3 Aussies in action and, thanks to Emmanuel Tardi, we have photos of them all. Stuart Kollmorgen came 26<sup>th</sup> in the Men's 20km in 1:39:09, Claire Tallent came 6<sup>th</sup> in the Women's 20km in 1:35:54 but unfortunately Jared Tallent was forced to retire with stomach problems while leading the Men's 50km by the proverbial mile. Stuart had this to say about the day's proceedings

*Hi Tim.*

*A great experience - amazed by the ongoing speed of the pack in the 20 - and finished with some gusto to hold off a Brit. Reasonably happy with performance. Slowish time not assisted by windy exposed (but lovely green) course and separate women's start so I was in no man's land between the internationals and the locals. Jared looked dominant. Not sure what happened at 38k. I think he had 2km lapped the field all bar an Indian who died towards the end. Unfortunately Aer Lingus delay cost me my Qantas connection so another night in London.*

*Stuart*



**Stuart, Claire and Jared in action in Dublin last Sunday (photos Emmanuel Tardi)**

The official results can be sourced at [http://www.athleticsireland.ie/content/?page\\_id=160](http://www.athleticsireland.ie/content/?page_id=160) but an even better result set can be sourced from <http://www.tilastopaja.org/staticresults/caa12812328.htm>. This set allows you to click on the walker's name and zoom to their profile page. And now onto the results themselves.

### 20km Men

Wang Zhen went into the 20km event as a clear favourite, given his World junior 10km road record (37:44) in last year's Challenge final and the two 20km fastest times in the world so far this year so it was no surprise when he kicked away at the 17km mark to win by over 30 secs. Behind him, there was a real scrap for second place and a terrific finish for Hassanine Sbei. The Tunisian is treading in the footsteps of countryman Hatem Ghoula – himself a previous IAAF World Championship bronze medallist. Sbei just missed out on a PB by four seconds, but there again his previous mark was only notched in April. Giorgio Rubino's third place followed a injury ridden year and was a four-minute improvement on his previous 20km this year. Nine of the top 10 logged IAAF World Championship qualifying times with a couple of new faces on the block. Guatemala has not had much to shout about since Julio Rene Martinez retired, but in Erick Barrondo it looks as if they might have one to match the previous world record holder's achievements. Barrondo came charging home after Rubino with a 4 minute PB and probably has a slice of cake left over from his 20<sup>th</sup> birthday last month to celebrate. India too had a reason to think the trip to Dublin was worthwhile. Gurmeet Singh made a real breakthrough to get on the plane to Daegu by getting under the 20k 'A' standard with time to spare for ninth place. Robert Heffernan, the main Irish hope, had to unfortunately pull out at 6km as a precautionary measure due to a tight hamstring.

1.	Wang Zhen	CHN	1:19:46
2.	Hassanine Sbei	TUN	1:20:23
3.	Giorgio Rubino	ITA	1:20:44
4.	Erick Garcia	GUA	1:20:58
5.	Wang Hao	CHN	1:21:03
6.	Miguel Angel Lopez	ESP	1:21:41
7.	Nazar Kovalenko	UKR	1:21:48
8.	Luis Fernando Lopez	COL	1:21:53
9.	Gurmeet Singh	IND	1:22:05
10.	Kevin Campion	FRA	1:22:48

11.	Babubhai Panucha	IND	1:23:04
12.	Lukasz Nowak	POL	1:23:41
13.	Jose Diaz	ESP	1:24:16
14.	Chen Ding	CHN	1:25:32
15.	Alexandros Papamichail	GRE	1:25:35
16.	Michael Doyle	IRL	1:26:00
17.	Zhao Qi	CHN	1:26:25
18.	Alejandro Cambil	ESP	1:27:10
19.	Tom Bosworth	GBR	1:27:18
20.	Andrea Adragna	ITA	1:27:25
21.	Cong Fudong	CHN	1:29:21
22.	Pierre de Villiers	RSA	1:33:00
23.	Emerson Hernandez	ESA	1:35:57
24.	David Kidd	IRL	1:37:44
25.	Wayne Snyman	RSA	1:38:18
26.	<b>Stuart Kollmorgen</b>	<b>AUS</b>	<b>1:39:09</b>
27.	Paul Evenett	GBR	1:39:13
28.	Tim Healey	IRL	1:41:19
29.	Jerome Caprice	MAU	1:43:37
30.	Michael Moran	IRL	1:44:34
31.	Jacques van Bremen	NED	1:44:59
32.	Bernard Cossy	SUI	1:55:57
33.	Cedric Hugi	SUI	2:00:11
34.	Oisin Oliver	IRL	2:05:32
35.	John Constandinou	CYP	2:06:44
36.	Sean Pender	IRL	2:12:16

### 20km Women

The Chinese IAAF World Championships bronze medallist Liu Hong was on her own after the first couple of laps, well ahead of the main Irish contender Olive Loughnan, herself an IAAF World Championships silver medallist. Loughnan, walking to her typical race plan, came through from fifth at half-way to take second place behind Liu. Guatemala's second success of the day came in the form of Jamy Franco Nunez. Like team-mate Barrondo, she also lopped nearly four minutes off her best for third – as well as making the 'A' cut for Daegu – and she's still only 19.

1.	Liu Hong	CHN	1:29:44
2.	Olive Loughnane	IRL	1:31:55
3.	Jamy Franco Nunez	GUA	1:32:48
4.	Agnieszka Szwarzóg	POL	1:33:50
5.	He Qin	CHN	1:34:48
6.	<b>Claire Tallent</b>	<b>AUS</b>	<b>1:35:54</b>
7.	Lorena Luaces	ESP	1:36:26
8.	Christine Guinaudeau	FRA	1:36:32
9.	Lu Xiuzhi	CHN	1:38:15
10.	Ainhoa Pinedo Gonzalez	ESP	1:38:27
11.	Julie Drake	GBR	1:54:57
12.	Diane Bradley	GBR	1:57:19
13.	Mirna Lores	GUA	2:08:11
14.	Karen Weirs	GBR	2:08:51

### 50km Men

Jared Tallent set off like he was hoping to catch an early plane home in the men's 50km – and soon built up a lead that was an amazing kilometre ahead of second. As the Aussie was turning at one end of the 2k loop – the rest were turning at the other end of the scenic Phoenix Park course. He passed the 30km mark in around 2:15 (3:45:00 pace) but, just as he suffered on his last long-distance outing at the IAAF World Race Walking Cup in Chihuahua more than a year ago, stomach cramps doubled him up again and he was on the side of the road watching the rest by 35km.

Italy's Diego Cafanga has shivered in the shadow of Alex Schwazer for most of his career. But with his more famous adversary pulling out midweek, Cafanga was willing to turn up the heat and tread the path vacated by Tallent. Cafanga too built up a race-winning lead projected for around four hours but at 46k the last of his energy deserted him; his knees went and the judges almost mercifully ended his morning with a disqualification. Cue a man who started cautiously and reaped the benefits, and not a moment too soon for Antti Kempas. The Finn has been on the end of injury after injury with surgery punctuating a tough last two years. The 30-year-old wondered if he would ever get back to the relatively heady heights of 11th in the IAAF World Championships as he did in 2007. But this time Kempas went to the front after Cafanga's demise and there was nothing the rest of a depleted field could do about it. The reward was a 'B' category qualification for Daegu – and a time only seven minutes outside his best.

1.	Antti Kempas	FIN	4:02:37
2.	Basanta Bahadur Rana	IND	4:10:51
3.	Eddy Roze	FRA	4:14:12
4.	Rodrigo Moreno	COL	4:15:05
5.	Chandan Singh	IND	4:25:20
6.	Anibal Eduardo Paau	GUA	4:29:03
7.	Dan King	GBR	4:32:38



Robert Tubak	HUN	DQ
Herve Davaux	FRA	DNF
Maciej Rosiewicz	POL	DNF
Dusan MAJDAN	SVK	DNF
Hatem Ghoula	TUN	DNF
Milos BATOVSKY	SVK	DNF
<b>Jared Tallent</b>	<b>AUS</b>	<b>DNF</b>
Jaime Daniel Quiyuch Castaneda	GUA	DNF
Colin Griffin	IRL	DNF
Marc Mundell	RSA	DNF
Diego Cafanga	ITA	DNF

There were also a number of events on offer for the younger walkers so I will give the winners for completeness.

<b>U18 3km</b>	1	Kate Veale	IRL	12.38
<b>U18 5km</b>	1	Alicia Boylan	IRL	24.27
	1	Evan Lynch	IRL	22.35
<b>U16 3k</b>	1	Cameron Corbishley	GBR	14.05
	1	Heather Butcher	GBR	15.35
<b>U14 2km</b>	1	Joe Mooney	IRL	12.17
	1	Dearbhaile Bryne	IRL	10.46
<b>U12 1km</b>	1	Jack Leversidge	GBR	5.36
	1	Laura McManus	IRL	6.07

#### OTHER OVERSEAS RESULTS

#### Korean T&F Championships, Daegu, Friday 10 June

Not all the top men were racing but it was still a good result set from the Korean T&F Championships in Daegu a couple of weeks ago.

##### Men 20 km walk

1.	Park Chil-Sung	KOR	1:25:27	
2.	Byun Young-Jun	KOR	1:26:14	
3.	Kim Dong-Young	KOR	1:28:34	SB

##### Women 20 km walk

1.	Jeon Yong-Eun	KOR	1:37:41	SB
2.	Weon Aseas-Byeol	KOR	1:37:56	PB
3.	Lee Bo-Ra	KOR	1:48:18	SB

#### Russian Roadwalking Championships, Saransk, June 11-12

I briefly mentioned the winners last week but am now able to show the first 10 placings in senior events at the Russian Roadwalking championships, along with some under-age results. As usual, the depth is astonishing.

##### Men 20km walk

1.	Sergey Morozov	1:19.18
2.	Andrew Kryvov	1:20.47
3.	Andrew Ruzavin	1:21.09
4.	Petr Bogatyrev	1:21.26
5.	Peter Trofimov	1:21.40
6.	Valery Filipchuk	1:21.46
7.	Mikhail Ryzhov	1:22.17
8.	Victor Buraev	1:24.33
9.	Ivan Noskov	1:24.54
10.	Alex Bartsaykin	1:26.45

##### Men 50km Walk

1.	Sergey Bakulin	3:38.46
2.	Yuriy Andronov	3:42.25
3.	Alexander Yargunkin	3:59.22
4.	Semen Lovkin	4:01.13
5.	Sergey Korepanov	4:03.41
6.	Alex Himin	4:07.27
7.	Yuri Chesnokov	4:08.20
8.	Vladislav Khafizov	4:08.26
9.	Roman Yarkin	4:11.14
10.	Anton Sivakov	4:15.52

**Women 20km Walk**

1.	Tatiana Mineeva	1:28.09
2.	Nina Okhotnikova	1:28.41
3.	Tatyana Shemyakina	1:28.55
4.	Lyudmila Arkhipova	1:29.19
5.	Elena Kruchinkina	1:31.19
6.	Tatiana Korotkova	1:31.57
7.	Lina Bikulova	1:33.13
8.	Elmira Alembekova	1:36.52
9.	Marina Pandakova	1:38.48
10.	Catherine Ezhova	1:39.10

**Junior Women 10km Walk**

1.	Anna Ermina	46.57,0
2.	Natalia Serezhkina	48.59,0
3.	Julia Loshmanova	49.20,7
4.	Dean Zamyatin	49.28,8
5.	Lily Karmysheva	49.51,6

**Youth Women 5km Walk**

1.	Olga Nacharkina	22.33,5
2.	Nadezhda Leontieva	22.37,5

**37<sup>th</sup> Alytus International Walk Festival and Lithuanian 20km Championships, Alytus, Lithuania, Friday 17 June**

The 37<sup>th</sup> Alytus International Walk Festival was a big affair which included an international match (Lithuania, Latvia, Sweden and Estonia) as well as the Lithuanian 20km Roadwalk Championships.

**Open Women 20km**

1.	Brigita Virbalyte	LTU	1:30:15
2.	Kristina Saltanovic	LTU	1:30:36
3.	Agnese Pastare	LAT	1:32:10
4.	Anita Kažemaka	LAT	1:35:52
5.	Nadzeya Darazhuk	BLR	1:38:49
6.	Inga Mastianica	LTU	1:39:39
7.	Agata Litwiniuk	POL	1:40:13
8.	Justyna Swierczynska	POL	1:41:58
9.	Jolanta Karas	POL	1:42:14
10.	Kristine Platace	LAT	1:44:37

**Open Men 20km**

1.	Ivan Trotski	BLR	1:21:22
2.	Dzianis Simanovich	BLR	1:21:26
3.	Lukasz Nowak	POL	1:21:30
4.	Marius Ziukas	LTU	1:21:40 PB
5.	Rafal Fedaczynski	POL	1:22:21
6.	Diego Flores	MEX	1:22:27
7.	Dawid Tomala	POL	1:23:28
8.	Trond Nymark	NOR	1:23:47
9.	Wojciech Halman	POL	1:24:14
10.	Patryk Rogowski	POL	1:24:35
11.	Adrian Blocki	POL	1:25:10
12.	Perseus Karlström	SWE	1:26:14
13.	Aliaksandr Liakhovich	BLR	1:26:37
14.	Valerijus Grinko	LTU	1:26:54
15.	Arnis Rumbenieks	LAT	1:27:53
16.	Dzianis Krauchuk	BLR	1:28:00
17.	Ricardas Rekst	LTU	1:28:08
18.	Michal Stasiewicz	POL	1:28:30
19.	Tadas Suskevicius	LTU	1:28:44
20.	Genadij Kozlovskij	LTU	1:28:50
21.	Tomas Gaidamavicius	LTU	1:29:27

**1. Junior Women 10km**

2.	Yanelli Caballero	MEX	45:24
3.	Katarina Strmenova	SVK	48:18
4.	Agne Klebauskaite	LTU	48:55

**Junior Men 10km**

1.	Anders Hansson	SWE	44:26
2.	Valters Gerins	LAT	44:37
3.	Artur Mastianica	LTU	44:45

4.	Evaldas Silcenko	LTU	45:18
5.	Joakim Saelen	NOR	46:16

#### U18 Boys 10km

1.	Marius Savelskis	LTU	42:35	LTU (age 16 record)
2.	Normantas Petrisa	LTU	46:17	
3.	Aleksandr Poniatajev	LTU	49:40	

#### U18 Girls 5km

1.	Gintare Vaiciukeviciute	LTU	24:37.18
2.	Marlena Chojecka	POL	26:21.12
3.	Gintare Cerneviciute	LTU	28:05.62

#### Masters Men 5km

1.	Ignacio Zamudio (1971)	MEX	23:38.23
2.	Janusz Golawski (1966)	POL	25:26.65
3.	Ilmars Saulgriezis		25:59.06
4.	Petras Kavaliauskas		28:09.04
5.	German Sanchez (1967)	MEX	28:35.39
6.	Jordi Lopart (1952)	ESP	33:04.28

#### Polish National Junior T&F Championships, Torun, Poland, Friday 24-26 June 2011

And yet more European national championships, this time in Poland. Just the medallists here but you can check out the full results at <http://www.domtel-sport.pl/insidethecode/files/2609-pl.pdf>

#### 10,000m Track Walk Men, Friday 24 June, 10AM

1.	Jakub KUSZNERUK	92-07-25	MKS	44:49.18
2.	Jakub HERBA	92-02-19	MUKLA	44:58.39
3.	Wiktor SZABO	93-02-26	MKS	46:24.26

#### 10,000m Track Walk Women, Friday 24 June 11:10AM

1.	Natalia PŁOMIŃSKA	92-07-30	UKS	50:09.08
2.	Beata HEPPNER	92-11-25	CKS	52:24.20
3.	Karolina WIERUS	93-01-21	CKS	52:53.46

#### Italian 1000m Track Walk Championships, Torino, 25-26 June 2011

A sub-40 is good at any time for a 10,000m track walk and Nkouloukidi did not disappoint with 39:44.70.

#### Men 10,000m Walk, Saturday 25 June

1.	NKOULOUKIDI Jean Jacques	1982	G.A. FIAMME GIALLE	39:44.70
2.	TONTODONATI Federico	1989	C.U.S. TORINO	41:00.33
3.	DESSI Lorenzo	1989	FIAMME GIALLE G. SIMONI	43:19.20
4.	D'ASCANIO Ruggero	1984	POL. ROCCO SCOTELLARO MT	44:14.40
5.	VIGANO' Giacomo	1991	ATL. LECCO-COLOMBO COSTRUZ.	44:35.95
6.	ROMANELLI Andrea	1986	TOSCANA ATLETICA CARIPIT	DQ
7.	PARIS Daniele	1984	C.S. AERONAUTICA MILITARE	DQ

#### Women 10,000m Walk, Sunday 26 June

1.	FERRARO Federica	1988	C.S. AERONAUTICA MILITARE	46:34.85
2.	GIORDANO Rossella	1972	G.S. FIAMME AZZURRE	47:43.51
3.	GIORGI Eleonora Anna	1989	G.S. FIAMME AZZURRE	49:08.15
4.	GALLI Ilaria	1987	ATLETICA FIRENZE MARATHON	50:22.92
5.	MARTINOZZI Elena		ATLETICA ESTENSE	51:22.46
6.	PRUNER Serena	1986	S G AMSICOR	DQ
7.	ZAPPAROLI Alessia	1988	C.U.S. BOLOGNA A.S.D.	DQ

#### 2011 USA Outdoor Track & Field Championships, Hayward Field, Eugene, 23-26 June 2011

The USA Open 20km road walk and Junior 10,000m track walk championships were held in Eugene last weekend, in conjunction with the National T&F Championships, and the quality was pretty impressive. In the Open Men's event, Trevor Barron, aged 18, won with 1:23:25 ahead of John Nunn 1:23:51. In the Open Women's race, 48-year-old Teresa Vail pushed the pace for two-thirds of the race before surrendering the lead to Maria Michta whose winning time of 1:34:51 was a big PB. Vail's time of 1:35:35 is outstanding for a W45 walker. The other big walk of the day came from Tyler Sorenson whose 10,000m time of 42:44.03 saw him win the Junior Men's event by over 3 minutes. Talking of Trevor Barren, you might like to view this great interview, done recently on USA Today: [http://www.usatoday.com/sports/olympics/2011-06-24-olympics-trevor-barron-race-walker\\_n.htm](http://www.usatoday.com/sports/olympics/2011-06-24-olympics-trevor-barron-race-walker_n.htm)

#### Open Men 20km Road Walk, Sunday 26 June, 7AM

1.	Trevor Barron	New York Athletic Club (NYAC)	1:23:25.10
2.	John Nunn	U.S. Army	1:23:51.73
3.	Patrick Stroupe	unattached	1:26:29.44
4.	Tim Seaman	New York Athletic Club (NYAC)	1:31:28.32
5.	Michael Tarantino	unattached	1:33:37.22

6.	Michael Giuseppe Mannoizzi	Miami Valley TC	1:34:40.77
7.	Richard Luetтчhau	Shore Athletic Club	1:35:03.72
8.	Jared Swehosky	unattached	1:37:04.02
9.	Kris Shear	Cornerstone University	1:38:46.46
10.	Dave Talcott	Shore Athletic Club	1:39:36.31
	Christopher Tegtmeier	Team Nebraska Brooks	DQ
	Joshua Wiseman	Cedarville University	DQ
	Dan Serianni	World Class Racewalking	DNF

#### Open Women 20km Road Walk, Sunday 26 June, 7:03AM

1.	Maria Michta	Walk USA	1:34:51.47
2.	Teresa Vaill	unattached	1:35:35.92
3.	Lauren Forgues	unattached	1:37:40.86
4.	Miranda Melville	unattached	1:38:01.00
5.	Katie Burnett	Champions International Track	1:41:10.49
6.	Erin Taylor	Shore Athletic Club	1:41:57.17
7.	Susan Randall	World Class Racewalking	1:43:24.33
8.	Chelsea Conway	unattached	1:55:59.22
9.	Nicole Bonk	Embry-Riddle Aeronautical Univ	2:07:01.25
	Maite Moscoso	Florida Athletic Club	DQ
	Kelly Clark	Southern Oregon State College	DQ
	Erin Gray	Bowerman Athletic Club	DQ
	Solomiya Login	Southeastern PA Athletic Club	DNF

#### Junior Men 10000m Track Walk Junior, Saturday 25 June, 7AM

1.	Tyler Sorensen	unattached	42:44.03
2.	Michael Nemeth	Wings of Moon	45:56.71
3.	Matthew Forgues	unattached	46:56.56
4.	Joshua Haertel	unattached	47:28.20
5.	Alejandro Chavez	South Texas Walking Club	47:33.16
6.	Jonathan Hallman	unattached	50:17.46
7.	Nathaniel Roberts	Bowerman Athletic Club	51:42.68

#### Junior Women 10000m Track Walk, Saturday 25 June, 8:15AM

1.	Maite Moscoso	Central Florida Gliders Track	53:11.79
2.	Erika Shaver	unattached	53:20.06
3.	Nicolette Sorensen	Diablo Valley Track & Field	53:34.08
4.	Abby Dunn	Maine Racewalkers	55:00.48
5.	Molly Josephs	Walk USA	55:44.37
6.	Courtney Williams	Maine Racewalkers	56:29.52
7.	Patsy Hurley	Equalizers Track Club	57:30.12
8.	Katie Michta	Walk USA	57:55.50
9.	Kelly Maranchuck	Walk USA	58:55.14
10.	Monica Lawrence	Cornerstone University	59:07.72
11.	Lila Haba	Santa Cruz Track Club	59:35.26
12.	Nicole Court-Menendez	Maine Racewalkers	60:10.37

#### Canadian T&F Championships , Foothills Athletic Park, Calgary, 22-25 June

And across the border to Canada for their annual T&F Championships where Open and Junior roadwalks were held. Good 20km walks by Evan Dunfee, Inaki Gomez and Rachel Seaman and a fantastic 10km walk by 18 year old Ben Thorne (41:34).

#### Senior & Open Men 20km, Saturday 25 June, 7AM

1.	Dunfee, Evan F.	90	Kajaks Track	1:25:15
2.	Gomez, Inaki	88	Racewalk West	1:26:27
3.	Connolly, Creighton	88	Racewalk West	1:37:44
4.	Charrois, Henry	51	Edmonton Racewalk	2:01:35
5.	Laplough, Ian	61	Edmonton Racewalk	2:14:47

#### Senior & Open Women 20km, Saturday 25 June, 7AM

1.	Seaman, Rachel	86	Ontario Race	1:37:46
2.	Evangelista, Nicola	88	Racewalk West	1:52:06
3.	Schneider, Amanda	89	Racewalk West	2:04:03
4.	McCormack, Catherine	72	Ontario Mast	2:08:33

#### Junior & Open Men 10km, Saturday 25 June, 9:15AM

1.	Thorne, Benjamin	93	Racewalk West	41:34
2.	Carrière, Bruno	92	Unattached	51:53
3.	Kenney, James	56	Adrenaline R	55:41
4.	Gaiesky, Kevin A.	93	Prince Georg	57:19
5.	Keenan, Dave	57	Heartland Ra	59:28



**Junior & Open Women 10km, Saturday 25 June, 9:15AM**

1.	Wylie, Megan	85	Racewalk West	53:53
2.	Reum, Melanie	92	Racewalk West	58:17
3.	Larssen, Beverly	89	Racewalk West	58:41
4.	Brooke, Susan	65	Adrenaline R	59:10
5.	Rodrigue-Poscente, Miche	59	Heartland Ra	1:04:27
6.	Bergeson, Jolene	71	Adrenaline R	1:08:12

And finally a few shorts to close on what was a big weekend of walking around the world.

BUCURESTI (ROU, Jun 24): Claudia Stef won the Romanian 20 km walk championships with 1:36:05.

NANCY (FRA, Jun 24): at the French Pro Tour meet "Stanislas" in Nancy, European walk champion Yohan Diniz won the 5000m track walk with a fast 18:45.98.

KOCISE (SVK, Jun 25): At the Slovakian Junior Championship, held last weekend in conjunction with a track meet in Kosice, Peter Tichy provided the highlight by winning the men's event with a big PB of 43:28.81, thus qualifying for the European Junior championships in Tallin later this year with. The women's 5000m race was won by Strmeňová with 24:56,22.

**PARIS COLMAR CLASSIC, FRANCE, 22-25 JUNE**

Our final overseas report is for the toughest annual event on the international walking calendar - the famous **Paris-Colmar Classic** which was held from June 22-25 June. It is an annual race over 440 km for men and 300 km for women but not just anyone can enter. Participants are invited to participate based on the results of a series of selection races over 24 and 28 hours. This is the Tour de France of race walking. During four days and three nights, they traverse the French countryside, encouraged on by their crews and by the many supporters who come especially for the occasion. The towns and villages on the race route get right behind the race with banners and cheering crowds as the walkers pass through. The competition starts at Neuilly-sur-Marne in outer Paris on Wednesday evening and finishes on Saturday afternoon in the city of Colmar, near the German border. In fact, it used to be even longer (well over 500km) and the winning time is usually well under 3 days! This year was no exception.

**Men: 439.3km, Paris to Colmar**

This year, the men contested a Prologue and 4 Stages, with very little time to recover between each effort, total distance 439.3km.

Wed 22 June, 2:30PM	Prologue: Paris (5km)
Wed 22 June, 7PM	Stage 1: Neuilly-sur-Marne to Saint-Thibault de Vignes (15km)
Wed 22 June, 10PM	Stage 2: La Ferte-soux-Jouarre to Baccarat (356.5km)
Sat 25 June, 9:30AM	Stage 3: Corcieux to Colmar (62.8km)

French ultra distance legend David Regy was the first to finish Stage 1 (20km in 1:39:51) and he continued to build his lead in the long second stage. Unfortunately, not far from Baccarat, he was forced to abandon the race and was taken to hospital. This left the way open for Russian ultra specialist and defending champion Dmitriy Osipov to take the overall line honours - 439km in 56:46:11. Such is the toughness of this race that many of the walkers fail to reach the intermediate checkpoints within the designated times and are withdrawn. This year, only 6 of the original 19 starters reached Colmar.

<i>Name</i>	<i>Club</i>	<i>Prologue Paris</i>	<i>Stage 1 Neuilly/Marne Saint Thibault</i>	<i>Stage 2 La Ferté Baccarat</i>	<i>Stage 3 Corcieux Colmar</i>	<i>Final Time</i>	<i>Place</i>
OSIPOV Dmitriy	RUS Sport Club - V.I. Alexseev	00:13:29	01:28:57	48:10:56	06:52:49	<b>56:46:11</b>	1
ROUAULT Jean-Marie	FRA Omnisports Pithiviers	00:20:18	01:38:41	49:18:40	06:30:14	<b>57:47:53</b>	2
LETESSIER Gilles	FRA P.L.M. Conflans Sainte-H	00:21:28	01:38:30	50:18:35	06:18:08	<b>58:36:41</b>	3
MARECHAL Pascal	FRA A.C. Château Thierry	00:18:44	01:33:18	49:57:38	07:31:08	<b>59:20:48</b>	4
BUNEL Dominique	FRA Neuilly sur Marne Athlétis	00:17:56	01:30:27	52:08:20	06:46:39	<b>60:43:22</b>	5
DUFRIEN Pascal	FRA A.M. - Saint-Thibault des	00:18:16	01:31:28	52:32:55	06:41:09	<b>61:03:48</b>	6
BIEBUYCK Pascal	BEL A.L.C. - Vieux Condé	00:16:50	01:34:51	52:15:24		<b>54:07:05</b>	DNF
REGY David	FRA E.A. - Cergy Pontoise At	00:15:08	01:24:43			<b>01:39:51</b>	DNF
BUNEL Pascal	FRA Neuilly sur Marne Athlétis	00:16:22	01:25:05			<b>01:41:27</b>	DNF
GIROD Urbain	SUI C.M. - Monthey	00:13:31	01:29:10			<b>01:42:41</b>	DNF
CZUKOR Zoltán	HUN Komlói Banyasz S.K.	00:14:14	01:29:06			<b>01:43:20</b>	DNF
THIBAUX Philippe	FRA Club Athlétique Agéen	00:16:46	01:29:21			<b>01:46:07</b>	DNF
VIT Philippe	FRA A.M. - Saint-Thibault des	00:16:43	01:30:29			<b>01:47:12</b>	DNF
PELLERIN Alain	FRA Club Athlétique Agéen	00:17:07	01:30:28			<b>01:47:35</b>	DNF
FAUBERT Daniel	FRA A.M. - Saint-Thibault des	00:19:24	01:31:27			<b>01:50:51</b>	DNF
LUKIANOV Serguey	FRA TARANTUL – Saint-Peter	00:15:39	01:37:43			<b>01:53:22</b>	DNF
DIEN Daniel	FRA Neuilly sur Marne Athlétis	00:18:44	01:35:38			<b>01:54:22</b>	DNF
PETER Vincent	FRA S.A. Verdun	00:17:03	01:38:42			<b>01:55:45</b>	DNF
THEVENIN Pascal	FRA A.M. - Saint-Thibault des	00:21:28	01:45:39			<b>02:07:07</b>	DNF

## Women: 297.7km, Paris to Colmar

The timetable for the women read a little differently - a shorter distance overall (297.7km) and a break between stages 1 and 2.

Wed 22 June, 2:30PM Prologue: Paris (5km)  
 Wed 22 June, 7PM Stage 1: Neuilly-sur-Marne to Saint-Thibault de Vignes (21km)  
 Thurs 22 June, 8PM Stage 2: Vitry-le-Francois to Baccarat (208.9km)  
 Sat 25 June, 11AM Stage 3: Corcieux to Colmar (62.8km)

This year saw a new winner in Dominique Alvernhe of France who completed the 297.7km in 38:43:50, over 2 hours ahead of 2003 winner Irina Poutintseva of Russia. Alvernhe lead the whole way so was a deserving winner. Like with the men, the race took its toll with only 4 of the 10 starters making it all the way to Colmar.

Name	Club	Prologue	Stage 1	Stage 2	Stage 3	Final Time	Place
		Paris	Neuilly/Marne Saint Thibault	Vitry Baccarat	Corcieux Colmar		
ALVERNHE Dominique	FRA Montpellier Athlétisme	00:16:36	02:02:40	28:03:30	08:21:04	<b>38:43:50</b>	1
POUTINTSEVA Irina	RUS Individuelle - Saint Peters	00:16:42	02:07:53	30:14:30	08:21:23	<b>41:00:28</b>	2
LABYLLE Maggy	FRA A.C.Bouillante	00:20:08	02:09:14	30:25:41	08:28:36	<b>41:23:39</b>	3
VARIN Sylviane	FRA F.F.A. Pass'Running	00:19:05	02:09:13	32:26:03	09:00:07	<b>43:54:28</b>	4
ANXIONNAT Claudine	FRA Athletic Vosges Entente	00:18:40	02:10:09	31:22:08		<b>33:50:57</b>	DNF
PEREVALO Iryna	UKR Neuilly sur Marne Athlétis	00:20:18	02:25:27	32:38:46		<b>35:24:31</b>	DNF
BORISOVA Olga	RUS TARANTUL - Saint Peter	00:16:59	02:04:16	34:20:43		<b>36:41:58</b>	DNF
BERTHAULT-KORZHYK An	FRA Neuilly-sur-Marne Athlétis	00:20:03	02:19:46	35:04:54		<b>37:44:43</b>	DNF
QUINQUETON Bernadette	FRA A.M. - Saint-Thibault des	00:21:29	02:22:36	35:41:50		<b>38:25:55</b>	DNF
MIROSHNICHENKO Véra	RUS Individuelle - Saint Peters	<b>00:19:49</b>	<b>02:19:15</b>			<b>02:39:04</b>	DNF

## WHAT'S COMING UP

Next weekend sees VRWC Intervals Races for our older walkers (U15 and Open). The Intervals Races for our U9 and U12 walkers will be held two weeks later on Saturday 16 July. Here is the timetable for Saturday - note we have Points Competition races for our U9 and U12 walkers and we have 4km non-points races for those older walkers who don't want to contest the Intervals Race.

Saturday 2 <sup>nd</sup> July 2011, Middle Park		
2.15pm	Intervals Race – 4km, 6km, 8km or 10km	Open
2.25pm	4km	Open
2:25pm	4km	Under 15
2.30pm	2km Points Races	Under 12
2.30pm	1km Points Races	Under 9

In the Intervals Race, walkers choose to walk either 4km, 6km, 8km or 10km in 2km intervals. Each interval lasts 17 minutes so the start times for the 2km legs are as follows:

Start time	2x2km Race Legs	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1	1
2.32pm	2	2	2	2
2.49pm		3	3	3
3.06pm			4	4
3.23pm				5

To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30 for the 1<sup>st</sup> leg, you have 5.30 rest before the gun goes to start the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg.

The following weekend sees the Victorian Open 20km Championships and the Victorian Schools Championships. Note you MUST enter these Victorian championships via Athletics Victoria - online entry links as follows

Vic 20km <http://www.athsvic.org.au/webScript.php?webPageID=10&script=webMeet.php&years=2011:2012&meetID=1228>  
 Vic Schools <http://www.athsvic.org.au/webScript.php?webPageID=10&script=webMeet.php&years=2011:2012&meetID=1232>

Sunday 10 <sup>th</sup> July 2011 Middle Park			
AV, AV Schools & VRWC Championships			
9.30am	20km	<b>Victorian Championship</b>	Open Men
9.30am	20km	<b>VRWC Championship - Alf Robinson Trophy</b>	Open Men
9.30am	20km	<b>Victorian Championship</b>	Open Women
9.30am	20km		Open
10.00am	3km	<b>Victorian Schools Championship</b>	U16 Boys/Girls

10.25am	3km	<b>Victorian Schools Championship</b>	U14 Boys/Girls
10.50am	10km	<b>Victorian Schools Championship</b>	U20 Men/Women
11.00am	5km	<b>Victorian Schools Championship</b>	U18 Men/Women
11.00am	5km		Open
11.30am	1.5km	<b>VRWC Championship (enter on day)</b>	U9 Boys/Girls
11.30am	2.5km	<b>VRWC Championship (enter on day)</b>	U12 Boys/Girls
12.20pm		Presentations	

And a note that entries are now open for the **2011 Australian Roadwalking Championships** in Canberra on **Sunday 21 August**. See [http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=695&OrgID=887&dts=2562011391110](http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=695&OrgID=887&dts=2562011391110).

This is a combined Athletics Australia / Racewalking Australia carnival so to be eligible to compete, you must either be a current member of one of our RWA clubs OR a current member of one of the clubs affiliated with Athletics Australia. When you complete your online entry, you should select your Racewalking Australia club (eg NSWRC, QRWC, RWV, etc) if you are a member. If you are not a member of one of our Racewalking Australia clubs but you wish to compete, then you select your State (NSW, QLD, VIC, etc). **Entries close with AA on Friday 8 August** (ie 2 weeks before the championships).

### 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.

#### 2011 Australian/Victorian Winter Season Key Dates

Sun 10 July, 2011	Victorian Schools Roadwalking Championships, Middle Park, VIC
Sat 23 July, 2011	Racewalking Australia Postal Challenge (each club in their home state)
Sun 21 Aug, 2011	Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)
7-16 Oct, 2011	13 <sup>th</sup> Australian Masters Games, Adelaide (see <a href="http://www.AustralianMastersGames.com">www.AustralianMastersGames.com</a> )

#### 2011 International Fixture

July 6-10, 2011	7 <sup>th</sup> World Youth T&F Championships, Lille, France. See <a href="http://www.lillemetropole2011.com/">http://www.lillemetropole2011.com/</a>
July 7-17, 2011	19 <sup>th</sup> World Masters T&F Champs Stadia, Sacramento, California, USA. See <a href="http://www.wma2011.com/">http://www.wma2011.com/</a>
Aug 12-22, 2011	26 <sup>th</sup> World Summer Universiade Games, Shenzhen, China. See <a href="http://www.sz2011.org/eng/index.htm">http://www.sz2011.org/eng/index.htm</a>
Aug 27-Sept 4, 2011	13 <sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea. See <a href="http://english.daegu2011.org">http://english.daegu2011.org</a>
Sept 7-13, 2011	4 <sup>th</sup> Commonwealth Youth Games, Isle of Man, UK. See <a href="http://www.cyg2011.com/">http://www.cyg2011.com/</a>

#### 2011 IAAF RaceWalking Challenge Series – Remaining Races

27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)	10km	

#### 2012 International Fixture

Feb 5-12, 2012	Oceania Masters Athletics Championships, Tauranga, New Zealand
Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyväskylä, Finland
May 12-13, 2012	25 <sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012	14 <sup>th</sup> World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30 <sup>th</sup> Olympic Games, London. See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

#### 2013 International Fixture

Aug 10-18, 2013	14 <sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia
July 10-14, 2013	8 <sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

#### 2014 International Fixture

2014	26 <sup>th</sup> IAAF World Race Walking Cup, Taicing, China
July 23 – Aug 3, 2014	20 <sup>th</sup> Commonwealth Games, Glasgow. See <a href="http://www.glasgow2014.com/">http://www.glasgow2014.com/</a>

#### Looking even further forward

August 22-30, 2015	15 <sup>th</sup> IAAF World Championships in Athletics, Beijing, China
Aug 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL. See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2020	32 <sup>nd</sup> Olympic Games TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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