



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 44
2 August 2011



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 30 JULY 2011

The forecast of wet windy weather did not eventuate and the large group of 77 walkers enjoyed good conditions at Saturday's VRWC races at Middle Park. Our 10km walkers raced under the new 'Pit Lane' judging concept and it all went pretty well - I will report separately once we have had a chance to fully review proceedings. Simon Evans 51:56, Pam Tindal 53:59 and Russ Dickenson 56:59, all just back from the World Masters Champs, were in good form. Chris Lockwood also walked well with 53:21 while 15 year old Jared Walker did an impressive 54:43 for his first ever 10km effort.

10km Open			H'cap
1.	Pam Tindal	53:59	2
2.	Simone O'Neill	66:56	3
3.	Karen O'Neill	68:25	1
4.	Chloe McNicol-Davidson	Ab	
1.	Simon Evans	51:56	1
2.	Chris Lockwood	53:21	
3.	Jared Walker	54:43	First ever
4.	Russ Dickenson	56:59	3
5.	Bob Gardiner	64:05	2
6.	Terry O'Neill	DNF	



Chris Lockwood, Jared Walker, Pam Tindal and Simon Evans in action in the 10km event

Our Open athletes also had 5km and 3km walks on offer and Nathan Brill was the standout with a huge PB of 21:35. Others to walk well included Jmara Hockley-Samon 26:24, Michelle Laufer 27:17, Beth Alexander 14:25, Paul Kennedy 14:55 and Anna Wallace 17:24. And a special mention to Jim Crawford of South Melbourne Harriers who had his first ever walk with us. Jim is known to most of us for his long and illustrious running career which includes over 100 marathons, with some 70 of them under the 3 hour mark. Welcome Jim!

5km Open			H'cap
1.	Jmara Hockley-Samon	26:24	2
2.	Michelle Laufer	27:17	1
3.	Sandra Geisler	27:52	
4.	Kirstin Shaw	28:13	4
5.	Donna Elms	31:13	3
6.	Celia Johnson	35:23	5

1.	Nathan Brill	21:35	1	PB 0:17
2.	James Seid-Christmass	25:43	6	
3.	Aaron Tam	25:50	2	
4.	Aaron McDonough	26:26	4	
5.	Alan Lucas	28:18	3	
6.	Geoff Barrow	33:50	5	
7.	Gerard Feain	34:49	7	
8.	Alex Poore	37:21		

3km Open

1.	Beth Alexander	14:25		
2.	Hilary Brazel	16:23	6	
3.	Anna Wallace	17:24	2	PB 0:53
4.	Caitlin Campbell	17:45	3	
5.	Gwen Steed	19:55	5	
6.	Brianna Cooke	20:30	4	
7.	Pam Mews	29:20	1	
1.	Paul Kennedy	14:55	1	
2.	Gordon Onley	21:06		
3.	John Morrison	21:55	2	
4.	Jim Crawford	26:23		



Anna Wallace, Nathan Brill, Beth Alexander, Jim Crawford, Jmara Hockley-Samon and Michelle Laufer

Our U15 walkers had to walk 5km this week and for many of them, it was their first ever walk over such a long distance. All finished and good times were seen across the board. Jemima Montag 25:12 and Connor McShanag 25:22 led from the front while Billy Allamby, Reese Walmsley, Jade Sanders and Megan Walker all clocked big PBs.

5km Under 15

1.	Jemima Montag	25:12	3	PB 1:07
2.	Stephanie George	25:56	5	
3.	Emily Hamilton	28:37	4	PB 0:04
4.	Jade Sanders	28:43	7	PB 0:37
5.	Megan Walker	29:19	6	PB 0:39
6.	Jessie Eastwood	29:47	1	First ever
7.	Lauren Collis	31:40	8	First ever
8.	Cassandra Kay	34:48	9	First ever
9.	Madeleine Feain	34:50	2	First ever
1.	Connor McShanag	25:22	2	
2.	Billy Allamby	25:46	3	PB 1:10
3.	Kyle Swan	26:02	4	
4.	Reese Walmsley	28:04	1	PB 1:32
5.	Paul Tremiglioizzi	33:18	5	
6.	Lachlan Feain	35:39	6	First ever
7.	Cooper Owen	DNF		



Megan Walker, Jade Sanders, Billy Allamby, Cooper Owen, Paul Kennedy, Connor McShanag, Kyle Swan, Reese Walmsley and Jemima Montag

Many of our U12 walkers were also attempting 3 km for the first time and they were also up to the challenge, racing strongly - although I did hear someone asking whether they could walk a shorter distance next week! Sorry - 3km again next week! Shelby Kay 17:04 and Jonty Brennan 17:03 had a good battle and Paige De Lisen was not far behind with 17:21. Handicap winners were Tegan Miller and Justin Brill. Our U9 walkers battled over 1.5km with Brianna Lillie 8:51 and Caine Brill 9:07 taking line honours. Payton Kay and Caine were our U9 handicap winners. We also welcomed Philippa Huse for her first ever walk with us and her time of 18:53 was a great first up.

3km Under 12		H'cap	
1.	Shelby Kay	17:04	6
2.	Paige De Lisen	17:21	8 PB 0:11
3.	Brodie Richardson	17:53	5 First ever
4.	Mikhala Hodges	18:04	4 First ever
5.	Jessica Lillie	18:19	1
6.	Philippa Huse	18:53	First ever
7.	Chelsea Owen-Smith	19:07	7 PB 0:06
8.	Hayley Brown	19:09	10
9.	Tegan Miller	20:25	2 First ever
10.	Lee Taylor	20:26	3 First ever
11.	Jemma Eastwood	21:29	11 First ever
12.	Anaya Hodges	22:38	9
1.	Jonty Brennan	17:03	2 First ever
2.	Harry Hockley-Samon	18:05	6
3.	Justin Brill	18:39	1 First ever
4.	Hayden Walmsley	18:42	3 First ever
5.	Brendan O'Mahony	19:25	4
6.	Ethan Wright	20:34	5 First ever
1.5km Under 9		H'cap	
1.	Brianna Lillie	08:51	3
2.	Kathleen O'Mahony	09:02	2
3.	Payton Kay	09:33	1
4.	Mercedes Brennan	11:29	4
1.	Caine Brill	09:07	1 PB 0:03
2.	William Kennedy	10:39	First ever
3.	Thomas Kennedy	12:41	2 First ever

Thanks as usual to our many officials. Sorry if I missed anyone.

- Officials:** Tim Erickson, Mark Donahoo, Matt Owen, Les Clarke, Susan Taylor, Harry Summers, Damien Elms, Craig Brill, Mark O'Mahony
- Judges:** Peter Vysma (Chief), Kathleen Marsh, Judy Mason, Terry Knape, Lloyd Nichols, Gordon Loughnan, Les Clarke (Recorder)
- Canteen:** Barb Gardiner, Leanne Lamble, Marlaine Stanway
- Course Setup:** Bob Gardiner, Harry Summers, John Morrison, James Seid-Christmass, Craig Brill, Tim Erickson, Damien Elms
- Photos:** Terry Swan

I have used some of Terry Swan's photos in this report. For the full set of over 80 photos from Saturday's racing, check out <http://vrwc.org.au/coppermine>.

Finally, talking of videos, Frances Attard's video from our races of the previous week (23 July) are now available on Youtube and they are well worth a watch - we had good fields and the standard of walking is excellent. Check out <http://www.youtube.com/watch?v=rmlYhTgJ4I>. Thanks to Terry and Frances for their ongoing efforts.

And to top it off, Matt Owen has uploaded his own video of this Saturday's racing to YouTube and it is high quality. Matt was multi tasking as he was also helping run the U9 and U12 walks - check out <http://www.youtube.com/watch?v=YoBDt7rENY>. Great stuff Matt!



Brianna Lillie, Philippa Huse, Caine Brill, Jonty Brennan, Justin Brill and Payton Kay



Pit Lane testing - Peter Vysma, Les Clarke, Tim Erickson and Craig Brill

POINTS COMPETITION UPDATE

The progressive points in our Handicap, Actual Time and Style Award competitions has now been updated to include Saturday's races. You can view them at <http://www.vrwc.org.au/vrwcpointscomps.html>.

We have also done 2 weeks of a 3 week mini handicap points competition which looks at the handicap points accumulated on the following 3 weeks

- Open & U15: 16 July, 30 July and 13 August
- U12 & U9: 2 July, 30 July and 13 August.

The progressive Handicap points in this mini competition follows => [Special Handicap points 31st July.xls](#). Prizes to be awarded to winners on 13 August after the third round on 13th August.

AWA STATE CHAMPIONSHIPS, PERTH, SUNDAY 24 JULY

Thanks to Rick Cattermole for the results of the Athletics Western Australia championships.

U/20 Women 10km			
1.	Michelle Butler	AWA/RWCWA	1:02.43
U/18 Women 5km			
1.	Breanna Brown	AWA/RWCWA	28.31
U/16 Women 5km			
1.	Caitlin Gerken	AWA/RWCWA	32.45
Non Championship 1.5km Open			
1.	Summer Brown (U8)	WALA/RWCWA	9.23
1.	Christopher Gerkin (U11)	WALA/RWCWA	12.43

MARY LORENSINI 3 KM HANDICAP, NORTH GARDENS, LAKE WENDOUREE, SUNDAY 24 JULY

Thanks to Daryl Biggin for the results from the latest Ballarat Walkers Club event. Daryl comments that the track was wet but the rain held off until after the race. The winner of the race was Jake Quinton with another PB - Jake continues to improve time every time he walks.

1.	Jake Quinton	16.02	PB
2.	Daryl Biggin	15.09	
3.	Sarah Brennan	16.35	SB
4.	Mia Darlow	28.25	PB
5.	Harold Boddy	20.13	
6.	Rodney Davis	21.11	
7.	Jemma Peart	19.30	
8.	Olivia Davis	25.34	
9.	Ross Darlow	18.03	
10.	Tyne Boddy	16.38	
11.	Shae Ohlsen	20.55	
12.	Alanna Peart	22.49	



Jake Quinton was the winner of the Mary Lorensini 3km handicap in Ballarat

ACT WALKING CLUB ROADWALKS, CARILLON, CANBERRA, SATURDAY 30 JULY

Thanks to Robin Whyte for the latest weekly results from Canberra. Good to see my old mate Phil Essam raising a sweat!

12km	1 Colin Heywood	1:04:48	2 Ann Staunton-Jugovic	1:12:08	3 Robin Whyte	1:14:48
	4 Doug Fitzgerald	1:28:54	5 Jennifer Gilchrist	1:37:47		
6km	1 Helena Bialecki	37:20	2 Jane Bates	38:42	3 Derek Robinson	43:34
	4 Bob Parker	43:48	5 John Donovan	46:13	6 Phil Essam	56:16
3km	1 Zoe Hunt	16:19	2 Thomas Hopkins	17:25	3 Gabby Hunt	17:57
	4 Callum Doherty	19:14	5 Karina Hopkins	21:40	6 Jack Thackray	25:01
1km	1 Thomas Hunt	6:57	2 Laura Burns	10:04		

ASA STATE CHAMPIONSHIPS, ADELAIDE PARKLANDS , 30 JULY 2011

Thanks to Peter Crump for his weekly report from the South Australian Walkers Club in Adelaide.

The men's long course State Championships were held in warmer winter conditions, together with the women's short course State Championships. A small field took to the start of the men's 30km event, which was comfortably won by Darren Bown (again), who took out the Jack Webber trophy in a comfortable time of 2:28:25, followed by the only other finisher, Peter Crump in a PB of 2:52:57. The women's 10km event was also comfortably won by Tanya Holliday in a smart time of 46:07, from Kristie Goznik at 54:22 while Gloria Holliday took out the Over 35 Women's 10km in 1:01:39.

Support events were held over 20km, 5km, 3km and 1km, with Justin Hill testing himself over the 20km distance for the second time, recoding an improved time of 1:56:08. Winners over the shorter distances were Jemma Potezny (5km in 26:57), Jessica Stephens (3km in 17:41), closely followed by Sandy Bruner (18:32) who has returned to competitive walking after an extended break and Bethany Cross (1km in 5:59). Next week, we have our timed walks at Victoria Park.

ASA State Championship - 30km Men

1.	Darren Bown	2:28:55
2.	Peter Crump	2:52:57
	Jim Hoare	DQ

ASA State Championship - 10km Women

1.	Tanya Holliday	0:46:07
2.	Kristie Goznik	0:54:22
	Samara Holliday	DNF

ASA State Championship - 10km Masters

1.	Gloria Holliday	1:01:39
----	-----------------	---------

SARWC 20km

1.	Justin Hill	1:56:08
----	-------------	---------

SARWC 10km

1.	Allegra Steele	1:00:14
2.	Bill Starr	1:13:42
	Megan Szirom	DNF

SARWC 5km

1.	Jemma Potezny	26:57
2.	Mason Heath	29:39

SARWC 3km

1.	Jessica Stephens	17:41
2.	Sandy Bruner	18:32
3.	Anna Cross	19:27
4.	Rhiannon Lovegrove	20:09

SARWC 1km

1.	Beth Cross	5:59
----	------------	------

SAMA ROADWALKS, LE FEVRE TERRACE, NORTH ADELAIDE, SATURDAY 30 JULY

Thanks to Colin Hainsworth for the weekly South Australian Masters report. He advises it was nice Spring weather, warm and calm, and that prizes were on offer for the winners.

8k yacht handicap

M67	Graham Harrison	53.08	74.19%
W46	Raleane Schild	58.51	60.05%
M73	Rodger Barber	59.22	71.55%
M78	David Robertson	62.49	72.61%
W69	Elaine MacFarlane	65.59	69.9%
M81	Colin Hainsworth	63.48	74.97%
M64	Geoff Byham	53.34	71.17%
W66	Jill Rogers	66.18	66.578%

4k yacht handicap

W60	Helen Suridge	26.39
W76	Ros Elix	31.43
W63	Lillian Harpur	33.52
M75	Paul Boyce	31.34
	Roxy Papageorgiou	31.54
M61	Jeff Kennett	35.47
W57	Linda Whitelaw	33.01
	Peter Papageorgiou	38.39

QRWC RWA CHALLENGE, LOGAN RIVER PARKLANDS, SUNDAY 31 JULY

Thanks to Noela McKinven for the Queensland Race Walking Club Postal Challenge results. Season bests for Dean Nipperess, Kay Shaw, Lucy-Rose Boardman.

10km Walk	Men:	(1) Brad Aiton 47.54	(2) Dean Nipperess 49.47	(3) Peter Bennett 52.34
		(4) Paul Lindenberg 58.45	(5) Richard Lynch 76.12	

	Women:	(1) Kay Shaw 60.37 Yue Guo DNF	(2) Noela McKinven 76.54	(3) Christiane Dauphinet 78.51
5km Walk	Women:	(1) Kenza Benzenati 27.04	(2) Lucy-Rose Boardman 32.15	(3) Sally Lynch 35.05
3km Walk	Women:	(1) Katya Martin 18.53	(2) Robyn Wales 24.53	
2km Walk	Boys:	(1) Yanis Benzenati 10.09	(2) Ryan Pinchen 11.44	
	Girls:	(1) Mikaela Woodward 11.05		
1.5km Walk	Girls:	(1) Thalia Martin 11.39	(2) Amelia Wales 13.41	

KERRY SAXBY REMEMBERED

Club member John Morrison was recently holidaying in northern NSW and came across this sign in Ballina, the home town of Kerry Junna-Saxby. Good to see Kerry getting some local recognition. I know there is also a road at the AIS named after her.



UK T&F CHAMPIONSHIPS, ALEXANDER STADIUM, BIRMINGHAM, 29-31 JULY

Day 3 of the UK T&F Championships in Birmingham saw 5000m walks and the two winning performances were impressive. Tom Bosworth clocked 19:29.87 in the men's event to break Darrell Stone's 22 year old British Record of 19:35.0 (although Martin Rush walked 19:22.29 indoors in 1992) and Commonwealth Games champion Johanna Jackson was an easy winner of the women's race with 21:42.32.

Tom Bosworth commented: "It feels great to be National Champion; this is a race I've always wanted to win. I got silver last year, and it was much hotter, but it was harder today out on my own, especially the third and fourth kilometre, a killer. That's another 45 seconds off of my PB which feels great. Now I've got a few races abroad coming up along with the National 10k walk, so I just need to keep getting PBs and big work through September and the winter getting ready for that one thing; London."

For Jo Jackson, it was her UK title and she commented: "It feels really good to win for a sixth time," she said. "You can't take anything for granted when you come into these competitions so it feels good to perform well and win again."

5000m Walk Men, Sunday 31 July, 2:40PM

1.	Tom BOSWORTH	21	TONBRIDGE	19:29.87	NR
2.	Daniel KING	28	COLCHESTER	21:10.10	SB
3.	Tom TAYLOR	30	BIRCHFIELD	23:22.30	SB
4.	Jamie HIGGINS	17	LEEDS	23:23.33	PB
	Dominic KING	28	COLCHESTER	DQ	

5000m Walk Women, Sunday 31 July, 2:40PM

1.	Johanna JACKSON	26	MIDDLESBOROUGH	21:42.32	SB
2.	Heather LEWIS	17	PEMBROKE	24:59.66	PB
3.	Tasha WEBSTER	15	BIRCHFIELD H	26:57.99	
4.	Rebecca COLLINS	19	MEDWAY	28:02.96	SB
5.	Fiona MCGORUM	22	LEICESTER W C	29:07.14	SB
	Kate FUNNELL	16	ASHFORD	DNF	

10000M WALKING OF THE HIGHEST CALIBRE

Now onto some 10,000m track walks of great interest.

XV Meeting Citta Di Pergine, Pergine Valsugana, Italy, Saturday 23 July

First to Italy where Alex Schwazer set a world leading time of 38:50.28 on Saturday 23 July. Diego Cafagna was also in top form, recording 29:56.92 for second place.

10,000m Track Walk

1.	Alex Schwazer	ITA	26.12.84	38:50.28	PB
2.	Diego Cafagna	ITA	9.7.75	39:56.92	PB
3.	Tommaso Romagnoli	ITA	91	46:59.63	SB
4.	Andrea Previtali	ITA	4.3.91	49:34.66	SB
	Simone Ghilardi	ITA	95	DQ	
	Giuliano Boschetti	ITA	94	DQ	
	Nicolò Corradini	ITA	94	DQ	
	Matteo Giupponi	ITA	8.10.88	DQ	
	Mirko Dolci	ITA	8.7.85	DQ	
	Roberto Defendenti	ITA	68	DQ	

French T&F Championships, Albi, France, 28-31 July

A week later and Schwazer's time was bettered by World 50 km track record holder Yohann Diniz who set a new French National Record of 38:44.97 in winning the French Championship in Albi on Friday 29 July. Diniz finished nearly a full lap ahead of second placed Kevin Campion (40:14.14). Rounding out the podium was Cedric Houssaye, the current French 50km champion, with 40:59.97. Schwazer and Diniz are the only two walkers under 39 minutes on the track so far this season. In the women's championship, the newly naturalized Sylwia Korzeniowski won with 46:21.67 ahead of Christine Guinaudeau 46:45.47 and Émilie Menuet 49:17.14.



Diniz savours his French 10000m record (<http://omarchador.blogspot.com/2011/08/yohann-diniz-vence-campeonatos-de.html>)

10000m Walk Men

1.	Yohann Diniz	38:44.97	NR
2.	Kevin Campion	40:14.14	
3.	Cedric Houssaye	40:59.97	
4.	Djamel Selseldeb	43:41.07	
5.	Johan Augeron	43:49.90	
6.	Sebastien Delaunay	44:21.56	
7.	Guillaume Dujour	44:34.22	
8.	Florian Letourneau	44:58.53	

10000m Walk Women

1.	Sylwia Korzeniowska	46:21.67
2.	Christine Guinaudeau	46:45.47
3.	Emilie Menuet	49:17.14
4.	Violaine Averous	49:23.55
5.	Elsa Lambert	50:20.72
6.	Lucie Auffret	50:29.56
7.	Fabienne Rinero Chanfreau	50:57.25
8.	Severine Lanoue	51:53.72

Portugese National T&F Championships, Lisbon, 30 - 31 July

It was a case of records everywhere as João Vieira set a new Portugese 10,000m record of 39:44.91 in their national championships in Lisbon last weekend. The mark surpasses the previous mark of 39:55.9, set 22 years ago by José Urbano. Sergio Vieira was holding second place until disqualified in the final kilometres.

The women's 10,000m championship was held concurrently and a group of 4 soon formed - Ines Henriques, Susana Feitor, Vera Santos and Ana Cabecinha. Santos withdrew early on and Henriques and Feitor soon broke free of Cabecinha. Eventually, Henriques won out with 43.59.08 ahead of Feitor with 44.13.33.

10000m Walk Men

1.	João Vieira	39:44.91	NR
2.	Pedro Isidro Sergio Vieira	42:30.48 DQ	

10000m Walk Women

1.	Ines Henriques	43:59.08
2.	Susana Feitor	44:13.33
3.	Ana Cabecinha	45:55.90
4.	Sofia Avoila	50:03.63

THE LATEST GOSSIP

I hear that Dane Bird-Smith is in fantastic running shape in the leadup to the World Mountain Running Championships which are to be held on September 11th in Europe. Dane, better known as junior racewalker extraordinaire, is clocking some very impressive sessions at his home base in Queensland. His dad and RWA President Dave Smith also coaches Queensland runner Ben Duffus who is part of the Junior team with Dane. Recognising the fact that Dave coaches 2 of the runners in the team, he has been added as a team coach - well done Dave, well deserved. I also hear that if all goes well, Dane will race in the IAAF Challenge Final in La Coruna (10km walk) a week later on 19th September. Could be a big double coming up!

SUMMER SEASON DATES NOW FIRING

Athletics Australia and Athletics Victoria have now announced nearly all of the key dates for the coming Summer Season. The first big date to note is the **2011 Australian 50km championship** which is now confirmed for **Sunday 11 December at Fawkner Park** in Melbourne. This meet will also include Open 20km and Junior 10km non-championship events. This is a chance for all our best walkers to get a time on the board so note it down and start planning.

Here is how the fixture reads at this stage

Sat 15 Oct 2011	AV Shield Round 1
Sat 22 Oct 2011	AV Shield Round 2
Sat 29 Oct 2011	AV Shield Round 3
4-6 Nov 2011	Victorian All Schools T&F Champs
Sat 12 Nov 2011	AV Shield Round 4
Thur 17 Nov 2011	AV Shield Round 5
19-20 Nov 2011	LAVic State Multi Event Championships
Sat 26 Nov 2011	AV Shield Round 6
Sun 27 Nov 2011	Vic Relay Champs, SAC, Albert Park
Sun 3 Dec 2011	AV Shield Round 7
3-5 Dec 2011	Australian Schools T&F Champs, Brisbane
Thur 8 Dec 2011	AV Shield Round 8
10-11 Dec 2011	LAVic Region Relay Championships
Sun 11 Dec 2011	Australian 50km Championship, Fawkner Park
Sat 17 Dec 2011	AV Shield Round 9
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 21 Jan 2012	AV Shield Round 10
Sat 28 Jan 2012	LAVic State Relay Championships, SAC, Albert Park
Tues 31 Jan 2012	AV Shield Round 11
Sat 4 Feb 2012	AV Shield Round 12
Sat 11 Feb 2012	AV Shield Final
18-19 Feb 2012	LAVic Region T&F Championships
24-26 Feb 2012	Victorian Junior T&F Championships, SAC, Albert Park
Sat 25 Feb 2012	Australian 20km roadwalk championships, Hobart (still to be confirmed - draft date at this stage)
2-3 Mar 2012	Australian Olympic Selection Trials, SAC, Albert Park - no walks as they will have already been held
Sun 6 Mar 2012	Centurions 6 Hour Walk, Coburg
9-10 Mar 2012	Victorian Open T&F Championships, SAC, Albert Park - 5000m walks
15-19 Mar 2012	Australian Junior T&F Championships, Sydney - walks for U14-U20 age groups
24-25 Mar 2012	Victorian Overage T&F Championships (joint AV / VMA) - 1500m and 3000m walks
24-25 Mar 2012	LAVic State T&F Championships, Bendigo

5-9 Apr 2012	Australian Masters T&F Championships, Melbourne
13-15 Apr 2012	Australian Open T&F Championships, SAC, Albert Park (no walks involved)
14-15 Apr 2012	Centurions 24 Hour Walk, Coburg
28 Apr 2012	AV XCR Round 1 - Cross Country Relays, Jells Park

WHAT'S COMING UP

Next Sunday sees the Victorian Roadwalk Championships at Middle Park. We will be using our championship course over near the Grand Prix Pits building but will be trialing a variation to avoid going onto the road at the top end. The VRWC U9 and U12 championships can be entered on the day and are based on club age - age on 1 October 2010. Note that we also have a 3 Hour Open Walk scheduled for anyone who wants to test themselves out over a longer timeframe to prepare for our 50km walks at the end of the season.

Sunday 7th August 2011, Middle Park			
8.30am	30km	Victorian Championship	Open Men
	3 Hour Walk		Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	Victorian Championship	Under 20 Men
9.00am	10km	Victorian Championship	Under 20 Women
9.00am	10km	Victorian Championship	Under 18 Men
10.00am	3km	Victorian Championship	Under 14 Boys/Girls
10.20am	5km	Victorian Championship	Under 16 Boys/Girls
11.00am	5km	Victorian Championship	Under 18 Women
11.00am	5km		Open
11.10am	3km	VRWC Championship	Under 12 Boys/Girls
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
Medal presentations at the conclusion of the events.			

Looking further ahead, **entries close on Monday 8th August** for the Australian Roadwalk champs which will be held in Canberra on Sunday 21 August. Note that this is also a Racewalking Australia Teams competition, just like the Canberra carnival, so we are hoping that lots of our walkers make a second trip to Canberra for the season. These championships are open to members of RWA clubs like us - you don't have to be a member of an AV club to compete. You enter online at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=695&OrgID=887&dts=257201128131.

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 21 Aug, 2011 Australian Roadwalking Championships, Canberra, ACT - entries close with A.A. on Monday 8 August
 7-16 Oct, 2011 13th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

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>

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	

2011/2012 Australian/Victorian Summer Season Key Dates

3-4 Dec 2011 2011 All Schools Championships, University of Queensland, St Lucia
 2-4 Mar 2012 IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
 14-18 Mar 2012 2012 Australian Junior Championships, Sydney Olympic Park
 13-15 Apr 2012 2012 Australian Athletics Championships, Victorian Athletics Centre, Albert Park

2012 International Fixture

Feb 5-12, 2012 **Oceania Masters Athletics Championships, Tauranga, New Zealand**
 Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**
 May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
 July 10-15, 2012 **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 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
 July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)