



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ACT WALKERS CLUB WALKS, LENNOX GARDENS, CANBERRA, SATURDAY 17 SEPTEMBER

It is fairly quiet now on the local Australian front as we wait for our summer season of racing to start. Thanks to Robin Whyte for the latest results from the ACT Walkers Club in Canberra. They are still hard at it!

6 Hours	1 Val Chesterton 36.332km	2 Phil Essam 33.796km	3 Doug Fitzgerald 17.5km
2 Hours	1 Robin Whyte 18.159km	2 Monika Short 16.612km	3 Harry Bates 15.0km 4 John Donovan 10.0km
5 km	1 Zoe Hunt 26:31 5 Bryan Thomas 35:33	2 Kate Black 30:27 6 Jennifer Gilchrist 36:04	3 Jane Bates 30:37 7 Helen Munro 48:24 4 Helena Bialecki 30:56
3 km	1 Peter Baker 16:01	2 Callum Burns 16:24	3 Carmen Carlon 30:46 4 Trish Thomas 31:06
1 km	1 Ashleigh Resch 5.03 5 Jesse Hunt 7.30	2 Spencer Burns 5.37 6 Tim Hunt 8.09	3 Sam Hunt 6.29 7 Laura Burns 8.48 4 Thomas Hunt 7.29

QUEENSLAND MASTERS WALKERS IN ACTION

Queensland walkers were spoilt for choice last weekend with Saturday walks in Nathan (Brisbane) and Sunday walks at Southport (Gold Coast) and Murarrie (Brisbane). Iggy Jimenez and Peter Bennett had a close battle on Saturday, with Iggy just getting home by 1 sec in the 5000m walk at Nathan and they were back in action again on Sunday in Murarrie.

QMA Meet, State Athletics Facility, Nathan, Saturday 17 September

5000 Metre Race Walk

M45	1	Ignacio Jimenez	M46	Metro North	24:15.63	81.76%
M55	1	Peter Bennett	M55	Metro Central	24:16.60	88.18%
W65	1	Noela McKinven	W69	Metro North	37:34.73	73.89%
M80	--	Russell Grigg	M84	Metro South	DNF	
W80	1	Christiane Dauphinat	W80	Gold Coast Masters	38:32.41	86.83%

QMA Meet, GCAC, Southport, Sunday 18 September

1500 Metre Race Walk

W55	1	Robyn Wales	W59	Gold Coast Masters	11:13.28	61.14%
M80	1	Ernest Bellette	M82	Gold Coast Masters	11:53.50	71.65%
W80	1	Christiane Dauphinat	W80	Gold Coast Masters	11:17.49	79.95%

3000 Metre Race Walk

W50	1	Kay Shaw	W52	Gold Coast Masters	18:23.77	72.19%
W55	1	Robyn Wales	W59	Gold Coast Masters	23:15.74	61.13%

QMA Long Walks and Invitation Races , Murarrie, Sunday 18 September

Open/Masters Men 20km	M45 (1) Ignacio Jimenez 1:43:07, Dean Nipperess DNF, Brandon Dewar DNF, Peter Bennett DQ
Masters Women 10km	W40 (1) Donna Beikoff 74.49 W65 (1) Noela McKinven 81.26
Invitation 10km	Nick Dewar DNF
Invitation 5km	(1) Jesse Osborne 23.56
Invitation 3km	(1) Mikaela Woodward (2) Lucy-Rose Boardman 18.00
Invitation 2km	(1) Ryan Pinchen 14.56
Invitation 1km	(1) Jasmine Rose McRoberts 7.18

OVERSEAS RESULTS

R.W.A./U.K. Championships and Inter-Counties events, Victoria Park, London, Sunday 11 September

First to London where the National 10km championships were held a week ago. Jo Jackson was unchallenged in winning her race with a fast 44:59 ahead of Neringa Aidityte with 46:29. In the men's event, 4 of the first 5 places went to overseas athletes with Evan Dunfee 42:17, Inaki Gomez 42:22 and Michael Doyle 42:39 taking the top 3 spots. The title of UK champion went to fourth placed Tom Bosworth with 42:44.

Open Men 10km

1.	Evan Dunfee	Canada/Leeds Met.	42:17
2.	Inaki Gomez.	Canada/Leeds Met	42:22
3.	Micheál Doyle	Ireland	42:39
4.	Tom Bosworth	Tonbridge A.C.	42:44
5.	Jamie Costin	Ireland	43:16
6.	Dominic King	Colchester H. & A.C.	43:57
7.	Carlo Alberto de Casa	Ilford A.C.	44:52
8.	Jamie Higgins	Leeds City A.C.	46:41
9.	Tommy Taylor	Birchfield H.	49:28
10.	Francisco Reis	Ilford A.C.	50:06

Open Women 10km

1.	Johanna Jackson	Middlesbrough & Cleveland	44:59
2.	Neringa Aidityte	Ilford A.C.	46:29
3.	Fiona McGorum	Leicester W.C.	58:42
4.	Helen Middleton	Enfield & Haringey A.C.	59:24
5.	Sue Barnet	Enfield & Haringey A.C.	65:54

All-Africa Games, Maputo, Mozambique, 11-15 September

Nigeria was the top country at the 2011 All-African Games in Maputo, Mozambique, with 38 medals (17 Golds, 11 Silvers and 10 Bronze medals) ahead of Kenya with 26 medals (10 Golds, 7 Silvers and 9 Bronze medals) and Algeria with 19 medals (7 Golds, 6 Silvers and 6 Bronze medals). In total 22 countries won various medals in the athletics events that concluded last week at the Zimpeto Stadium. In the 20km walks, Tunisian athletes dominated, winning gold and silver in both events.

20km Walk Men

1.	Hassanin Sbei	TUN	1:24:53
2.	Hedi Teraoui	TUN	1:26:44
3.	Gabriel Ngintedem	CMR	1:32:08
4.	Chernet Makoro	ETH	1:33:38
5.	Julius Sawe	KEN	1:34:36
6.	Misebo Minamo	ETH	1:41:00
7.	Nilson Tavares	CPV	1:57:45
	Josphat Sirma	KEN	DQ
	Mulugueta Tesfaye	ETH	DQ

20km Walk Women

1.	Chayma Trabelsi	TUN	1:40:35
2.	Olfaf Lafi	TUN	1:41:25
3.	Aynalem Eshitu	ETH	1:42:19
4.	Emily Ngii	KEN	1:43:28
5.	Asnakech Ararissa	ETH	1:50:32
6.	Grace Thoithi	KEN	1:51:32
7.	Adanech Mengistu	ETH	1:53:37

Polish National 20km Championships , Warsaw, Saturday 17 September

Now to the Polish National 20km Championships which were contested last weekend in Warsaw. Once again, the country showed just how strong it is in our sport of racewalking, especially in the men's event where the first 3 placings were all in the 1:22 range. Emmanuel Tardi was there (yes, he is literally everywhere!) and has kindly sent me some photos - thanks Emmanuel!

20km Men

1.	Augustyn Rafał	OTG Sokół Mielec	1:22:01	
2.	Fedaczyński Rafał	AZS-AWF Katowice	1:22:07	pb
3.	Jelonek Jakub	AZS AWF Kraków	1:22:32	
4.	Losyev Ivan	(UKR)	1:22:38	
5.	Nowak Łukasz	OŚ AZS Poznań	1:23:52	
6.	Tomala Dawid	AZS-AWF Katowice	1:26:31	
7.	Sakharuk Igor	(UKR)	1:26:38	
8.	Dovgun Fedor	(UKR)	1:27:33	
9.	Goławski Rafał	WLKS Iganie Nowe	1:33:31	
10.	Pieńkowski Wiesław	WLKS Iganie Nowe	1:46:31	
11.	Goławski Adam	WLKS Iganie Nowe	1:47:50	
12.	Goławski Janusz	WLSK Iganie Nowe	1:47:50	

20km Women

1.	Dygacz Agnieszka	AZS-AWF Katowice	1:30:56	pb
2.	Flores Ortiz Mirna Sucley	(GUA)	1:32:30	
3.	Ferraro Federica	(ITA)	1:33:36	
4.	Buziak Paulina	OTG Sokół Mielec	1:33:44	
5.	Szwarnóg Agnieszka	KS AZS AWF Kraków	1:34:51	
6.	Fusti Edina	(HUN)	1:36:13	
7.	Perez Herrera Mayra Carolina	(GUA)	1:36:35	
8.	Golba Katarzyna	KS AZS AWF Kraków	1:39:33	
9.	Kapera Monika	PLKS Gwda Piła	1:42:56	
10.	Chruściel Lucyna	KS AZS AWF Kraków	1:43:50	
11.	Nawrocka Monika	KS Agros Zamość	1:43:57	pb
12.	Świerczyńska Justyna	PLKS Gwda Piła	1:45:18	
13.	Serafin Anna	CWKS Resovia Rzeszów	1:45:57	pb
14.	Torma Anett	(HUN)	1:46:38	
15.	Karaś Jolanta	MKS Polonia Warszawa	1:48:56	
16.	Ellward Agnieszka	KL Lechia Gdańsk	1:50:03	



The men's race - Left to right: Ivan Losyev (41), Rafal Fedaczyński (29), Jakub Jelonek (34) and Rafal Augustyn (27)



The women in action - showing first and second placed Agnieszka Dygacz (3) and Sucley Flores Ortiz Mirna (14)

Chinese National Roadwalk Championships, Baoji, 16 - 18 September

And finally to China for their National roadwalk championships which annually showcase the extraordinary depth and quality of walking within that country.

20km Open Women

1.	Wang Shanshan	1:30:01
2.	Yang Mingxia	1:31:00
3.	Nie Jingjing	1:31:00
4.	Sun Huanhuan	1:31:20
5.	Ding Huiqin	1:32:11
6.	Shi Tianshu	1:32:16
7.	Li Li	1:33:20
8.	Yang Yawei	1:33:45
9.	Li Hua	1:33:54
10.	Huang Jing	1:33:57
11.	Bo Yanmin	1:34:21
12.	Jiang Jing	1:35:02
13.	Shi Yang	1:35:50
14.	Wang Min	1:36:00
15.	Sun Xueping	1:36:33
16.	Xu Liqin	1:36:59
17.	Zhang Xin	1:37:04
18.	Kang Jinzi	1:37:37
19.	Mu Juan	1:37:59
20.	Xu Yaozhi	1:38:18
21.	Song Meiyang	1:38:55
22.	Wang Tingting	1:39:17
23.	Huang Wei	1:40:14
24.	Tong Chengcheng	1:40:41
25.	He Dan	1:41:20
26.	Wang Xiaolan	1:42:17
27.	Liu Ke	1:42:40
28.	Chen Shuangyan	1:42:58
29.	Ke Lijun	1:43:38
30.	He Qinqin	1:43:52
31.	Sun Libin	1:44:05
32.	Zhou Tongmei	1:46:35

20km U20 Women

1.	Lu Xiuzhi	1:29:50
2.	Mao Yanxue	1:31:03
3.	Ni Yuanyuan	1:31:56
4.	Luo Xingcai	1:32:03
5.	He Qin	1:32:59
6.	Pei Mowen	1:35:14
7.	Li Maocuo	1:35:40
8.	Xie Lijuan	1:37:17
9.	Tong Lingling	1:37:21
10.	Wang Jiaojiao	1:37:47
11.	Duan Dandan	1:37:52
12.	Dan Hongying	1:38:03
13.	Zhu Dan	1:38:28
14.	Liu Huan	1:39:09
15.	Liu Shuyu	1:39:37
16.	Ma Faying	1:39:43
17.	Fu Jia	1:40:37
18.	Li Wanfang	1:40:48
19.	Wang Zhenzhen	1:40:54
20.	Xiao Junying	1:41:02
21.	Wang Yingliu	1:42:09
22.	Chen Zhen	1:42:14
23.	He Fenfen	1:42:36
24.	Yang Lixia	1:42:55
25.	Xu Lu	1:43:21
26.	Yang Liu	1:43:45
27.	Zhang Shasha	1:44:18
28.	Li Qiuye	1:45:04
29.	Liu Yannan	1:45:29
30.	Sun Xiyuan	1:45:35
31.	Li Yangyang	1:45:42
32.	Xin Shasha	1:45:58
33.	Cao Xuelian	1:46:52
34.	Ju Yannan	1:47:01
35.	Kang Bin	1:47:11
36.	Liu Fengshuang	1:47:27

20km Open Men

1.	Cai Zelin	1:22:03
2.	Xu Dexing	1:23:08
3.	Bian Fongda	1:23:25
4.	Liu Jianmin	1:23:42
5.	Wang Leilei	1:24:07
6.	Yu Wei	1:24:53
7.	Wang Zhendong	1:25:07
8.	Niu Wenbin	1:25:34
9.	Hou Quan	1:25:37
10.	Ji Chunlong	1:26:34
11.	Li Yang Tao	1:26:41
12.	Ge Hui	1:26:59
13.	Sun Chenggang	1:28:04
14.	Zhang Hang	1:29:27
15.	Peng Honhchan	1:29:38
16.	Han Yucheng	1:29:47

20km U20 Men

1.	Chen Ding	1:21:48
2.	Zhao Qi	1:23:37
3.	Su Guanyu	1:23:45
4.	Lin Dexin	1:24:20
5.	Cong Fudong	1:25:16
6.	Wei Xubao	1:25:23
7.	Luo Yadong	1:25:53
8.	He Yongqiang	1:26:51
9.	Xie Sichao	1:27:30
10.	Hu Wanli	1:27:34
11.	Cao Mingjun	1:27:57
12.	Men Fuqiang	1:28:14
13.	Jiang Shan	1:28:15
14.	Han Jijiang	1:28:19
15.	Gao Wenkui	1:28:31
16.	Tong Anqi	1:28:56
17.	Rong Yufei	1:29:11
18.	Wang Guozhen	1:29:13
19.	Li Shijia	1:29:19
20.	Yu Jiandong	1:29:31
21.	Zhang Lin	1:29:34
22.	Li Zhengfa	1:29:55

37.	Li Wei	1:47:54
38.	Chang Xiao	1:48:05
39.	Yin Qiaomian	1:48:18
40.	Yang Lei	1:48:58
41.	Zhao Huimin	1:50:03
42.	Yang Peili	1:50:11
43.	Dong Genmiao	1:50:27

20km U18 Women

1.	Mao Jie	48:20
2.	Sun Yawen	49:35
3.	Wang Chen	49:53
4.	Yao Yu	50:00
5.	Han Xue	50:36
6.	Liu Baijie	50:51
7.	Hu Zhimin	51:00
8.	Zhang Yinyin	51:24
9.	Li Ping	51:56

20km U18 Men

1.	Yin Jiaxing	41:52
2.	Wang Kaihua	41:55
3.	Feng Tianzhu	42:51
4.	Zhang Zhi	43:28
5.	Li Datian	43:47
6.	Liu Xu	43:53
7.	Lu Dahai	43:54
8.	Wang Mingli	44:02
9.	Li Peng	44:16
10.	Lu Hongyue	44:36
11.	Lu Shouming	44:43
12.	Tao Zhiqiang	44:44

IAAF CHALLENGE FINAL, LA CORUÑA, SPAIN, SATURDAY 17 SEPTEMBER

I can't do any better than Paul Warburton's report on the IAAF website - <http://www.iaaf.org/WRC11/news/newsid=62560.html> - so here it is. It certainly sounded like the pace was hot in La Coruna, even if the weather was cooler than expected. Four Australians were in action in what was the last major race for the year.

10km Men

He can race in any city at any time a race demands – and Valeriy Borchin still delivers – just as the Russian did again at the IAAF Race Walking Challenge in La Coruna last Saturday. Late afternoon shoppers in the Spanish city who stopped to linger were startled at the speed Borchin was moving in the second half of the race – and so were his competitors. The 25-year-old moved through the gears to do all was asked of him to take first-place and \$30,000 prize money. And together with the \$60,000 he earned in the IAAF World Championships just over two weeks ago – his shopping bags are a lot fuller than most in world athletics right now.

The race for second saw last year's winner Zhen Wang take home \$20,000, but one had to feel for Joao Vieira 20 seconds back. The Portuguese had gone shoulder to shoulder with Yafei Chu from China in the second half, but had to be content with fourth when a last 100-yard sprint denied him a further \$5,000 for his kit bag.

You needed a sieve to sort out the first 14 at the end of lap one. The opening kilometre in 3:56 was quick by the standards of most mortals, but this throng have god-given talents. The plan appeared to be for the judges to have a good look at everyone without attracting itchy-trigger fingers to mobile phones being used for the first time at this level. Officials on the course were able to send a pre-prepared text to the chief judge's table no walker wanted to receive: an electronic DQ card.

But there is always someone who blinks first, and Jose Ignacio Diaz threw caution to the winds to make 3k in 11:50 and extend the lead by 20 more metres by the end of the next lap. The Mexican was ineligible for the prizes anyway, and sensibly the moneymen were clearly keeping their powder dry and lapping at four-minute pace. However, the fifth circuit saw daylight appear between the main players. Off the back went Australian Luke Adams and out the front went Borchin. In between, Wang gave chase closely followed by Chu, along with a slightly fluid group of five that were swapping the minor places just about every 100 metres.

The seventh tour showed why Borchin is a champion. The watches stopped at 3:47, and Wang was clearly going to be the only one to trouble the double IAAF champion. Next time around was seven seconds quicker still for the leader, and it was all over by the bell. The gap had grown just that bit more, and the rocking head of the Chinese showed that Wang knew it too. Borchin wasn't thinking about the money he had just won as he warmed down. "It's the victory that's most important. This one is just as good as the rest this year," he said. "If you're competing against the best, then any victory is important. It's been a hard few weeks – but I'm glad all the hard work has been rewarded."

Of the Australians, **Luke Adams** 39:46 just pipped **Jared Tallent** 39:49 in what must have been an interesting race within a race, while junior **Dane Bird-Smith** backed up well from his World mountain running exploits the previous weekend for a quick 41:21.

1.	Valeriy BORCHIN	1986	RUS	38:43
2.	Zhen WANG	1991	CHN	38:50
3.	Yafei CHU	1988	CHN	39:07
4.	Joao VIEIRA	1976	POR	39:10
5.	Eder SANCHEZ	1986	MEX	39:14
6.	Robert HEFFERMAN	1978	IRL	39:15
7.	Isamu FUJISAWA	1987	JPN	39:19
8.	Luke ADAMS	1976	AUS	39:46
9.	Ever PALMA OLIVARES	1992	MEX	39:47
10.	Jared TALLENT	1984	AUS	39:49

11.	Pedro Daniel GOMEZ	1990	MEX	40:02
12.	Luis Fernando LOPEZ	1979	COL	41:08
13.	Dane BIRD-SMITH	1992	AUS	41:21
14.	Jesús Angel Garcia BRAGADO	1969	ESP	41:24
15.	Maik BERGER	1979	GER	47:01
16.	Ignasi MELO	1952	ESP	49:43
17.	Antonio GONZALEZ ARRABAL	1962	ESP	51:47

10km Women

It was getting decidedly gloomy by the time Olga Kaniskina crossed the finishing line in first place at the IAAF Race Walking Challenge final. Dozens of flashbulbs greeted the Russian champion, and her delighted smile further illuminated the dusk in La Coruna. One would have thought she had got used to crossing a race walk line first, but the 25-year-old sporting a new tan, looked as happy as if she had just won race number one. Hong Liu also walked to form to take second, but Melanie Seeger leapt in the air after she finished a surprise third. The German outspurred Portuguese Ana Cabecinha for third to belie her poor showing at the IAAF World Championships in Daegu. It almost needed a searchlight to pick out the rest – it had got that dark – but there was home joy for Beatriz Pascual on home soil in sixth, and the ever-consistent Susana Feitor from across the border in Portugal for fifth.

Earlier, a cautious group of 11 worked their way to 3k in around 13:20 – another moderate start for athletes of this calibre. The one surprise was 2009 IAAF World Champion silver medallist Olive Loughane already off the back, and clearly struggling despite the cool early evening temperature. In fact, the organisers had obviously bargained for something a bit hotter, judging by the 7.30pm start time. But most spectators were wearing sweaters at least, and there were even a couple of woolen scarves amongst the 10,000-plus crowd lining the 1k circuit.

It allowed the main protagonists to up the pace to a 21:56 clocking at half way, and by the next lap, the peloton had fragmented to a spearhead of three, another pair five seconds back, and a group of three about the same distance again. Kaniskina, Seeger and Liu were pushing it now, and a 4:11 circuit on the seventh lap blew the race apart. Only Kaniskina and Liu were in contention, with Seeger and Cabecinha still hoping for bronze. The Chinese pushed it to 8k with a startling 3:58 lap. But right behind her was the fluid Russian, and guessing Liu was at her limit – pushed even harder. The eventual winner was gasping like a fish out of water by now, but that was just at the sheer pace of the race at this stage. She took the bell with a 40-metre lead, and the twinkling shop lights reflected her march to victory and the glittering prizes.

Just as happy with her \$14,000 in third was Seeger. “I knew I had it in me,” she said. “I just wanted a second chance to prove it after Daegu – and you don’t know how happy I am.”

Claire Tallent finished 17th with 47:25 to finish what has been a successful international year for her.



Hong Liu, Olga Kaniskina and Melanie Seeger in La Coruna (Véronique Warburton - www.iaaf.org)

1.	Olga KANISKINA	85	RUS	42:39
2.	Hong LIU	87	CHN	42:57
3.	Melanie SEEGER	77	GER	43:09
4.	Ana CABECINHA	84	POR	43:15
5.	Susana FEITOR	75	POR	43:40
6.	Beatriz PASCUAL	82	ESP	43:49
7.	M ^a Jose POVES	78	ESP	44:15
8.	Ni GAO	91	CHN	44:20
9.	Ines HENRIQUES	80	POR	44:28
10.	Olive LOUGHNANE	76	IRL	44:30
11.	Brigita VIRBALYTE	85	LTU	44:33
12.	Claudia STEF	78	ROM	45:53

13.	Vera SANTOS	81	POR	45:58
14.	Julia TACKAS	89	ESP	46:14
15.	Claire TALLENT	81	AUS	47:25
16.	Ainhoa PINEDO	83	ESP	47:35
17.	Rei INOUE	91	JPN	48:23
18.	Sonata MILUSAUSKAITE	73	LTU	49:17
19.	Miriam FERNANDEZ	81	ESP	49:21
20.	Mariela SANCHEZ	85	MEX	50:51
21.	Sara ALONSO	91	ESP	52:37

SYDNEY HALF MARATHON, SUNDAY 18 SEPTEMBER

A beautiful sunny Sydney morning greeted the 35,000 runners from 43 countries as they made their way around four separate courses, across the Sydney Harbour Bridge to the Sydney Opera House finish line in the 11th Blackmores Sydney Running Festival.

While 27-year-old Kenyan Joel Kiplimo Kemboi blitzed the field to take out the 2011 Blackmores Sydney Marathon, our attention was drawn to the 2011 Blackmores Half Marathon which also doubled as the Australian Half Marathon Championship. In that event, Victorian racewalker and part time runner **Rhydian Cowley** finished 5th in 71:00. I think that also means that Rhydian will retain his National University half marathon title. Well done Rhydian on a pretty good morning's work.

CLUB RECORDS CONFIRMED

I have finished processing all the club records from our last winter season races at Middle Park on Sunday 11 September.

Andrew Jamieson	M65 30km Roadwalk	2:39:25
Michelle Thompson	W40 30km Roadwalk	3:07:10
Karyn O'Neill	W55 30km Roadwalk	3:45:30
Heather Carr	W60 30km Roadwalk	3:19:01
Michelle Thompson	Open and W40 50km Roadwalk	5:13:14
Liz Feldman	W60 50km Roadwalk	6:05:43
Jemima Montag	U14-U16 10km Roadwalk	53:18

Now as the summer season approaches, it is time to check out the club track records for the shorter distances like 1500m, 2000m, 3000m, etc. Some of the younger age groups are as yet unclaimed so they are obviously up for grabs. For the latest list of club records, see <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2011-09-16.pdf>.

ANOTHER VRWC RACE VIDEO GOES ONLINE

Thanks to Matt Owen for yet another VRWC race video - check out <http://www.youtube.com/watch?v=S4YvcfCO60Y> for our races at Middle Park from 27th August.

AUSTRALIA VS NEW ZEALAND MATCH BACK ON IN 2012

In February 2010, we held an Australia U23 vs New Zealand 20km match in conjunction with the Australian Summer Roadwalk championships in Hobart. It was hoped that this would then be held every second year and I am pleased to announce that it will be staged in Hobart again next year on **Saturday 25 February 2012**. David Gynther of A.A. and Brett Addison of A.NZ. are both on board for what is once again an official match and it is likely that an U20 10km teams event will be added. The likely makeup of the team competition will be

- 20km: Australia U23 vs NZ Open - up to 4 men and 4 women with the first 3 men and women to count for points
- 10km: Australia U20 vs NZ U20 - up to 3 men and 3 women with the first 2 men and women to count for points.

As in 2010, the event will be designated the **Oceania Racewalking Cup**.

I am still waiting for A.A. to put out the selection criteria and qualifying period (if it is like 2010, it will be performance based with no trial as such to be contested). This is very much a hands up to our U23 and U20 walkers to ensure that they have a good recent 20km or 10km time on the board, if they wish to be considered for selection.

There are a number of opportunities on offer over the summer period. I know that in Melbourne, there will be 3 chances to get a time on the board before Christmas

- Sunday 23 Oct VRWC Roadwalks, Middle Park
- Sunday 20 Nov VRWC Summer Road Championships, Middle Park
- Sunday 11 Dec A.A. 50km Championships (with 20km and 10km invitational events), Fawkner Park

New Zealand are holding trials in conjunction with their National Long Distance Walks Championships on 30 October 2011.

Both teams are self funded - ie you have to pay your own way to Hobart. But as this carnival is the Australian Open 20km championship and the Australian U20 World Walking Cup 10km trial, everyone is going to be there anyway so it should work out well.

I will publish more news as it becomes available.

WHAT'S COMING UP

It's all pretty quiet from a walks perspective over the next few weeks (apart from Little Athletics which is already in full swing) as we enjoy a welcome break between seasons. The first few Victorian dates read as follows

The Athletics Victoria North West Zone will be holding a PB meet at the Aberfeldie Athletics Track on **Saturday 8th October 2011** with events costing \$2. The timetable shows a 2000m walk as the starting event at 1:30PM. It could be a good way to kickstart the summer season so come along and join us there.

Geelong Walkers Club kicks off its 33rd season on **Thursday 13 October** at the Goldsworthy Reserve Track, Goldsworthy Road Corio. Events start at 6:15PM. See http://www.sportingpulse.com/assoc_page.cgi?c=1-7221-0-0-0&sID=139582.

The AV Shield competition starts on **Saturday 15th October**.

The VRWC summer season starts on **Sunday 23 October** with road races at Albert Park.

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.

2011/2012 Australian/Victorian Summer Season Key Dates

7-16 Oct, 2011	13 th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)
Sat 15 Oct 2011	AV Shield Competition starts
Sun 16 Oct 2011	LAVic Coaching Clinic and Judging Seminar
Sun 23 Oct 2011	VRWC Summer Season commences, Middle Park, Melbourne
4-6 Nov 2011	AV Schools T&F Championships, Melbourne
3-5 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
Sun 11 Dec 2011	2011 Australian 50km Championship, Fawkner Park, Melbourne, VIC
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 25 Feb 2012	Australian 20km roadwalk Championships, Hobart, TAS (World Walking Cup trials for 10km and 20km)
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012	Victorian Open T&F Championships, Melbourne
15-19 Mar 2012	2012 Australian Junior Championships, Sydney Olympic Park
5-9 Apr 2012	Australian Masters T&F Championships, Melbourne

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/

2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012	Chihuahua, MEX
29-31 Mar, 2012	Taicing, CHN
Sat 14 Apr, 2012	Rio Major, POR
12-13 May, 2012	IAAF Race Walking Cup, Saransk, RUS
Sun 26 May, 2012	La Coruna, ESP
Sat 2 June, 2012	Sesto San Giovanni, ITA
3-12 Aug, 2012	Olympic Games, London, GBR
Sat 15 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN

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**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City 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>)