



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2011/2012 Number 35  
29 May 2012



**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/>*

### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week went to 23 year old **Tanya Holliday** who won the South Australian 20km championship on Saturday 19 May with 1:31:28, a PB by 1:45 and a time which pushes her to sixth on the Australian all-time ranking list. She gets better with every outing and has now pushed her way into our top echelons.

This week, there is no need to vote as I have decided that one performance stands out – that of 19 year old **Rachel Tallent** who powered through to a wonderful time of 48:13 (a 27 sec PB) in taking silver behind Kelly Ruddick in the Victorian Country Open 10km Roadwalk in Ballarat on Sunday. This comes of top of her fine performance in Saransk earlier this month in the World Race Walking Cup and bodes well for her next big race in the 2012 World Junior Championships in July in Barcelona.



**Rachel Tallent on her way to a PB time of 48:13 last Sunday morning in Ballarat**

### NSWRWC - KEVIN STONE MEMORIAL OPEN, TENCH RESERVE, JAMISONTOWN, SAT 12 MAY

First a catchup from a few weeks ago at NSWRC in Sydney. I have to wait until the results appear on their website before I can get them. Great walks by 14 year old **Tyler Jones** (big 10km PB of 50:57). **Kyle Malone** (58:49 for 12km), **Kyle Bedford** (9:35 for 2km) and **Leah McDonald** (9:53 for 2km).

#### Long Division 12km

1.	Kyle Malone	58.59
2.	Cheryl Webb	59.45
3.	Derek Mulhearn	60.31
4.	Jay Felton	61.09
5.	Kirsty Klein	63.40
6.	Lauren Bourke	63.55
7.	Ian Jessurun	67.27
8.	Matthew Killen	73.39
9.	Joan Purcell	90.28
	Steven Washburn	DNF

#### Medium Division - 10km

1.	Tyler Jones	50.57
----	-------------	-------

#### U16 Division - 2km

1.	Kyle Bedford	9.35
2.	Leah McDonald	9.53
3.	Harrison Mavin	10.07
4.	Eliza Delaine	10.29
5.	Dylan Richardson	10.49
6.	Ryan Thompson	11.09
7.	Ally Grujoski	11.48
8.	Travis Barendregt	12.47
9.	Daniella Salisbury	13.03

#### U12 Division - 1km

1.	Samantha Brown	5.17
2.	Sybella McKay	5.31

2.	Tom Doyle	54.19	3.	James Plummer	5.58
3.	Robert Murphy	55.46	4.	Renee Hardy	6.06
4.	Amanda Barendregt	62.31	5.	Flynn Ross	6.14
5.	Bryony Beasley	63.11	6.	Logan Barendregt	7.09
6.	Demi Psarianos	69.13	7.	Brooke Martin	7.10
7.	Caitin Plummer	69.56	8.	Aiden Hardy	7.23
	Jasmine Dighton	DNF	9.	Jada Thomson	7.38
			10.	Emily Challinor	9.56
				Lachlan Beecroft	DQ

#### Short Division - 5km

1.	Amy Bettiol	26.46
2.	Lucy Francis	26.47
3.	Nathan Brown	26.49
4.	Aiden Kerr	27.27
5.	Adam Mylonas	30.00
6.	Rhiannon Minett	30.35
7.	Raluca Bastucscu	33.19
8.	Nicolle Challinor	34.20
	Stephanie Grujoski	DNF
	Peter Greenland	DQ

### ANSW TEAM WALKS CHAMPIONSHIPS, TENCH RESERVE, JAMISONTOWN, SUNDAY 20 MAY

Thanks to Angela Denney for forwarding to me the results of the first NSW State Championship walks for the winter. Since they were Teams Championships, you will see some women walking in men's events to make up teams. AIS Olympian **Adam Rutter** obviously had a pleasant 10km Sunday stroll and helped **Kyle Malone** through to an excellent 46:36. **Steven Washburn** was also in good form with 48:33. **Lauren Bourke** and **Kirsty Klein** finished together in the Women's 10km with 51:50. **Tyler Jones** (25:17 for 5km), **Kyle Bedford** (15:23 for 3km) and **Leah McDonald** (15:30 for 3km) were the best of the younger walkers.

#### Men 10k Race Walk CC Open

1.	Rutter, Adam	26	Sydney Pacif	46:36	
2.	Malone, Kyle	21	Nepean Distr	46:36	
3.	Washburn, Steven	18	Nepean Distr	48:33	
4.	Mulhearn, Derek	22	Sydney Unive	50:48	
5.	Mulhearn, Jordan	20	Sydney Unive	51:33	
6.	Dredge, Mark	51	Mingara Athl	57:53	1st 45-54
7.	Albanese, Anthony	51	South Sydney	58:37	2nd 45-54
8.	Noble, Vanessa	20	Sydney Unive	1:00:04	
9.	Connors, Robert	64	Nsw Masters	1:15:07	3rd 55+

#### Team Scores

1.	Sydney University	17	4 5 8
----	-------------------	----	-------

#### Women 10k Race Walk CC Open

1.	Bourke, Lauren	22	Mingara Athl	51:50	
2.	Klein, Kirsty	18	Asics Wests	51:50	
3.	Waterfield, Celia	29	Mingara Athl	58:35	
4.	Psarianos, Dimitra	19	South Sydney	1:04:59	
5.	Willis, Mary	50	Nsw Masters	1:06:52	1st 45-54
6.	Challinor, Nicolle	40	Gosford Athl	1:11:26	1st 35-44
7.	Redzic, Angela	42	Nsw Masters	1:17:02	2nd 35-44
8.	Brown, Judy	62	Nsw Masters	1:21:24	1st 55+

#### Team Scores

1.	Central Coast	10	1 3 6
2.	Nsw Masters	20	5 7 8

#### Men 5k Race Walk CC Under 18

1.	Jones, Tyler	14	Wyong Athlet	25:17
2.	Doyle, Tom	15	South Sydney	26:08
3.	Bettiol, Amy	17	Sydney Pacif	26:20
4.	Murphy, Robert	16	South Sydney	26:57
5.	Killen, Matthew	17	Wyong Athlet	27:07
6.	Gibbons, Carl	16	Westlakes At	27:10
7.	Kerr, Aidan	14	Sydney Pacif	27:44
8.	Grujoski, Stephanie	15	South Sydney	28:54
9.	Brown, Nathan	14	Parramatta C	29:04
10.	Plummer, Caitlin	15	Sydney Pacif	32:06
11.	Grujoski, Ally	13	South Sydney	34:20

**Team Scores**

1.	South Sydney	14	2 4 8
2.	Sydney Pacific	20	3 7 10

**Women 5k Race Walk CC Under 18**

1.	Denney, Hannah	17	Randwick Bot	27:25
2.	Romer, Madyson	15	Bankstown Sp	27:49
3.	Dighton, Jasmine	16	Illawong and	28:43
4.	Barendregt, Amanda	16	Nepean Distr	29:21
5.	Beasley, Bryony	15	Nepean Distr	32:16

**Men 3k Race Walk CC Under 14**

1.	Bedford, Kyle	12	Nepean Distr	15:23
2.	Mavin, Harrison	11	Sydney Pacif	16:22
3.	Richardson, Dylan	12	Mingara Athl	16:37
4.	Millican, Hayden	12	Sydney Pacif	17:10
5.	Thomson, Ryan	12	Nepean Distr	17:32
6.	Barendregt, Travis	12	Nepean Distr	19:20
7.	Plummer, James	11	Sydney Pacif	20:17
8.	Little, Morgan	10	Sydney Pacif	21:40
9.	Walter, James	9	Sydney Pacif	22:22
10.	Little, Bayden	9	Sydney Pacif	22:23

**Team Scores**

1.	Nepean District	12	1 5 6
2.	Sydney Pacific	13	2 4 7
3.	Sydney Pacific	27	8 9 10

**Women 3k Race Walk CC Under 14**

1.	McDonald, Leah	12	Parramatta C	15:30
2.	Francis, Lucinda	13	Sydney Pacif	15:43
3.	Brown, Samantha	11	Parramatta C	17:29
4.	Minnett, Rhiannon	14	Bankstown	18:38
5.	Salisbury, Daniela	12	Sydney Pacif	19:57
6.	Crichton, Sophie	12	Sydney Pacif	20:10

**Team Scores**

1.	Sydney Pacific	11	2 4 5
----	----------------	----	-------

<b>BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 20 MAY</b>
---

Thanks to Paul Rance for news of the most recent Bendigo Walkers Club events on Sunday 20<sup>th</sup> May at Lake Neanger which saw close competitive racing in the 1.5km and 5km handicap events.

In the 1500m event Carissa Brook held off a late charge from Madison Hill to secure a strong victory in a time of 9.49 while Madison finished 2<sup>nd</sup> in 9.12 and Zahra Hayes raced to the line to be 3<sup>rd</sup> in 8.49 with all 3 placegetters producing personal best performances. Jeremiah Jones finished 4<sup>th</sup> and produced a time of 8.20 to claim fastest time honors by just 1 second over Ebony Whiley in 5<sup>th</sup> place with 8.21.

In the 5km race Catherine Heard produced a personal best time of 35.11 to score a fine win with Annette Curtis close up in 2<sup>nd</sup> place also with a personal best effort of 34.51 with Geoff Major taking 3<sup>rd</sup> place in 36.29. The 5km race distance took Geoff past 3000 kilometres in Club events in his 660<sup>th</sup> Club race. Colin Cleary finished close up in 4<sup>th</sup> place in 37.11 with Barb Bryant 5<sup>th</sup> 30.17 and Amanda Heard in 6<sup>th</sup> place with fastest time of 27.46.

<b>VRWC RACES, MIDDLE PARK, SATURDAY 26 MAY 2012</b>
--

Some 70 walkers braved the dismal weather last Saturday and assembled at Middle Park for first of our handicap start days. These are always popular events with everyone having a chance of victory. Since this was a prizes day, the racing was even more competitive as everyone strove to be the first to the finish line. Overall, the standard of walking was impressive with PBs spread throughout all events. As usual, you can check out Terry Swan's photos at <http://www.vrwc.org.au/coppermine>.

The 8km event saw **Simone O'Neill** and **Jason Kozica** take the overall handicap honours while fastest time honours went to **Marlene Gourlay** 47:08 and **Brad Simpson** 38:56. Brad has been in great form the last few weeks and this was definitely his best race so far. **Simon Evans** 40:56 was also in fine walking form.

8km Open H'cap Start	Start time	Finish Time	Act Time	Act Place
1. Simone O'Neill	00:00	0:53:20	53:20	3
2. Celia Johnson	00:29	0:54:50	54:21	4
3. Liz Feldman	06:17	0:55:06	48:49	2

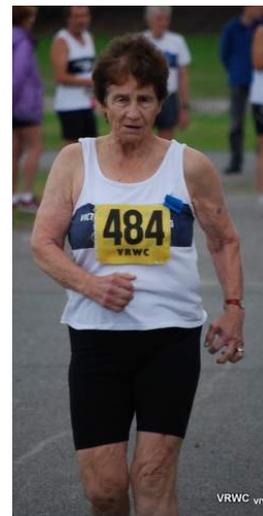
4.	Karyn O'Neill	01:18	0:55:45	54:27	5
5.	Marlene Gourlay	08:47	0:55:55	47:08	1
1.	Jason Kozica	11:26	0:50:36	39:10	2
2.	Nicholas Mirarchi	11:23	0:54:37	43:14	5
3.	Rudolf Skrucany	01:58	0:54:41	52:43	10
4.	Ralph Bennett	09:48	0:55:05	45:17	6
5.	Simon Evans	14:23	0:55:19	40:56	3
6.	Bob Gardiner	05:10	0:55:21	50:11	8
7.	Brad Simpson	16:35	0:55:31	38:56	1
8.	Gerald Sofianos	02:25	0:57:17	54:52	12
9.	Gerard Feain	10:22	0:57:52	47:30	7
10.	Steve Jordan	01:22	0:59:42	58:20	13
11.	Scott Nelson	17:52	1:00:04	42:12	4
12.	Alan Lucas	08:50	1:00:10	51:20	9
13.	Tony Johnson	05:56	1:00:43	54:47	11



**Brad Simpson, Simone O'Neill, Marlene Gourlay and Jason Kozica**

The 4km Handicap Start events were also numerically large events and it was outmarker **Pam Mews** who held onto her early lead and finished ahead of all the other Open walkers to win the women's Handicap event. **Lucas Taylor** started well back but he walked very strongly to come through the men's field and win the handicap as well as take fastest time with 19:48. **Michelle Laufer** was the fastest of the women with 20:33.

4km Open H'cap Start	Start time	Finish Time	Act Time	Act Place
1. Pam Mews	00:00	35:39	35:39	9
2. Michelle Laufer	17:18	37:51	20:33	1
3. Gwen Steed	12:22	37:56	25:34	6
4. Nicole Hallett	13:19	38:28	25:09	5
5. Heather Carr	17:08	39:04	21:56	3
6. Jan Morrey	10:39	39:12	28:33	7
7. Donna Elms	14:39	39:19	24:40	4
8. Amelia Finnegan	18:41	39:57	21:16	2
9. Cathy Huse	10:52	40:40	29:48	8
Chloe McNicol-Davidson	12:43	DNF		
1. Lucas Taylor	18:01	37:49	19:48	1
2. John Morrison	09:23	38:40	29:17	4
3. James Christmass	19:21	39:25	20:04	2
4. Mick Gray	15:33	39:34	24:01	3
5. Bruce Conboy	10:12	39:50	29:38	5
6. Barrie Wicks	10:04	40:02	29:58	6
7. Alex Poore	05:57	41:23	35:26	7
Gordon Onley	02:25	DQ		



**Michelle Laufer, Cathy Huse, Lucas Taylor and Pam Mews**

The U15 4km Handicap Start events were won by **Emily Swan** and **Reese Walmsley**, both starting mid field and coming through strongly. Fastest times went to **Jasmine Irshad** 19:56 and **Billy Allamby** 19:20. **Kyle Swan** also showed good speed with his time of 19:57.

4km U15 H'cap Start		Start time	Finish Time	Act Time	Act Place
1.	Emily Swan	05:43	28:37	22:54	4
2.	Madelaine Feain	02:32	29:44	27:12	10
3.	Jasmine Irshad	10:10	30:06	19:56	1
4.	Emily Hamilton	08:24	30:09	21:45	2
5.	Paige De Lisen	07:44	30:22	22:38	3
6.	Philippa Huse	06:29	30:30	24:01	7
7.	Gabriella Crea	04:02	30:37	26:35	9
8.	Carly Bertrand	05:24	30:57	25:33	8
9.	Rachael Guy	07:29	31:27	23:58	6
10.	Jade Sanders	08:24	31:52	23:28	5
11.	Rebecca Campbell	04:14	DNF		
1.	Reese Walmsley	08:00	28:46	20:46	3
2.	Billy Allamby	10:07	29:27	19:20	1
3.	Callum Evans	04:05	29:30	25:25	4
4.	Cody McNicol-Davidson	03:29	29:40	26:11	5
5.	Kyle Swan	10:03	30:00	19:57	2
	Jake Oliva	00:00	DQ		

The Under 12 and Under 9 walkers had scratch races but we still calculated their Handicap placings to determine our prize winners – and the prizes went to **Mackayla Davison**, **Hayden Walmsly**, **Freya Evans** and **Jared Hodges**. Fastest times winners were **Brodie Richardson** 10:55, **Corey Dickson** 10:41, **Gemma Lillie** 6:22 and **Jared Hodges** 6:20.

2km U12 Handicap		Actual Time	Act Place
1.	Mackayla Davison	11:22	4
2.	Jemma Eastwood	11:27	5
3.	Kathleen O'Mahony	11:37	8
4.	Brodie Richardson	10:55	1
5.	Brianna Lillie	11:28	6
6.	Jessica Lillie	11:29	7
7.	Georgia Bertrand	11:09	2
8.	Mikhala Hodges	11:21	3
9.	Anaya Hodges	14:32	9
1.	Hayden Walmsley	11:24	2
2.	Corey Dickson	10:41	1
3.	Liam Evans	13:02	3
1km U9 Handicap		Actual Time	Act Place
1.	Freya Evans	07:23	2
2.	Gemma Lillie	06:22	1
1.	Jared Hodges	06:20	1



**Billy Allamby, Jasmine Irshad, Emily Swan, Reese Walmsley and Brodie Richardson**



**Mackayla Davison, Gemma Lillie, Jared Hodges, Corey Dickson, Freya Evans and Hayden Walmsley**

As usual, thanks to our many supporters and helpers. Sorry if I missed anyone.

- Course Setup:** Bob Gardiner, Harry Summers, Peter Vysma  
**Officials:** Tim Erickson, Mark Donahoo, Damien Elms, Mark Davidson, Paul Kozaris, Mark O'Mahony, Susan Taylor, Bob Hallett, Harry Summers  
**Judges:** Peter Vysma (Chief), Damien Elms, Michael Bodey, Gordon Loughnan, Lloyd Nichols  
**Canteen:** Barb Gardiner, Kate Suich  
**Photos and Video:** Terry Swan and Frances Attard

And talking of video, I have uploaded Frances Attard's latest two videos from our winter season. They are

- AV 5km Teams Championship day on 6 May: [http://www.youtube.com/watch?v=ZCoWP8z\\_Ygg](http://www.youtube.com/watch?v=ZCoWP8z_Ygg)
- AV 10km Championship day on 19 May: <http://www.youtube.com/watch?v=9Eo-38A8nZE>. Thanks Frances!

### STYLE AWARD POINTS FOR THIS WEEK

Our judges awarded more Style Award points this week at Middle Park and the votes (3/2/1) were many and varied. Well done to the walkers who caught the judges' eyes for just the right reasons!

<b>Open / U15 Men</b>		<b>Open / U15 Women</b>		<b>U12 / U9 Boys</b>		<b>U12 / U9 Girls</b>	
James Christmass	5	Emily Hamilton	6	Corey Dickson	9	Gemma Lillie	7
Simon Evans	5	Jade Sanders	5	Hayden Walmsley	5	Mikhala Hodges	7
Callum Evans	5	Heather Carr	3	Liam Evans	4	Anaya Hodges	4
Bob Gardiner	3	Philippa Huse	3	Jared Hodges	3	Jessica Lillie	3

Bras Simpson	3	Amelia Finnegan	3	Georgia Bertrand	2
John Morrison	2	Jasmine Irshad	2	Brianna Lillie	2
Gerard Feain	2	Nicole Hallett	2	Kathleen O'Mahony	1
Alan Lucas	1	Paige De Lisen	1		
Rudolf Skrucany	1	Rebecca Campbell	1		

### VICTORIAN COUNTRY ROADWALK CHAMPIONSHIPS, BALLARAT, SUNDAY 27 MAY

The next day, our Victorian walkers were back in action again, this time at Lake Wendouree in Ballarat, when the Victorian Country Championships were contested. Good weather conditions and a fast 1km loop in North Gardens proved a winning formula and there were a lot of good walks across the board. Sabrina George was there with her camera and I have uploaded a selection of shots to the Ballarat Racewalking Club photo gallery – see <http://www.ballaratracewalkers.com/coppermine>.

The first events on offer were the Open 10km championships which saw **Kelly Ruddick** and **Rachel Tallent** in control. Kelly powered through to a wonderful time of 46:52 (a 1 sec PB) while Rachel, fresh from her walk in this month's World Walking Cup in Russia, recorded 48:13 (a 27 sec PB) for silver. The men's championship saw a close battle between **James Christmass** and **Paul Rance** with James eventually getting the upper hand with 54:44 against Paul's 54:51. The bronze medals went to **Sarah Brennan** 55:10 and **Russ Dickenson** 58:00.

#### Open Men 10 km Road Walk

1.	James Christmass	COR	0:54:44
2.	Paul Rance	SBE	0:54:51
3.	Russ Dickenson	SCA	0:58:00
4.	Terry O'Neill	GPA	0:59:24
	Andrew Blood	BHA	DNF

#### Open Women 10 km Road Walk

1.	Kelly Ruddick	BHA	0:46:52	PB 0:02
2.	Rachel Tallent	BYC	0:48:13	PB 0:27
3.	Sarah Brennan	BYC	0:55:10	
	Kirstin Shaw (INV)	WES	0:55:11	
4.	Amanda Heard	EAG	0:58:42	
	Robyn Shaw (INV)	WES	1:07:05	
	Karyn O'Neill	GPA	DQ	



**Rachel Tallent, Kelly Ruddick, James Christmass and Paul Rance**

The Victorian Country Underage championships saw plenty of PBs as the younger Country based walkers contested events ranging from U14 3km to U20 5km. Winners were **Josh Kaiser**, **Stephanie George**, **Ross Darlow**, **Megan Walker**, **Hayley George** and **Rodney Davis**. Special mention to **Jemima Montag** who walked by invitation, being Melbourne based. Her 3km time of 14:34 was exceptional.

#### U20 Men 5 km Road Walk Championship

1.	Joshua Kaiser	SCA	23:49	PB 0:22
----	---------------	-----	-------	---------

#### U18 Women 5 km Road Walk Championship

1.	Stephanie George	SCA	26:22
2.	Jmara Hockley-Samon	CHI	28:28

3.	Ebony Whiley	EAG	29:49	
4.	Kobie Somerfield	BHA	30:04	PB 3:29
	Carly Bertrand (INV)	KSB	32:46	

**U16 Boys 3 km Road Walk Championship**

1.	Ross Darlow	EKA	15:50	PB 1:33
----	-------------	-----	-------	---------

**U16 Girls 3 km Road Walk Championship**

	Jemima Montag (INV)	MAC	14:34	
1.	Megan Walker	COR	16:25	

**U14 Girls 3 km Road Walk Championship**

1.	Hayley George	SCA	16:53	
2.	Jemma Peart	BYC	17:02	PB 0:29

**U14 Boys 3 km Road Walk Championship**

1.	Rodney Davis	WEN	19:13	PB 1:01
----	--------------	-----	-------	---------



**Josh Kaiser, Ross Darlow, Megan Walker, Stephanie George and Hayley George**



**Jemima Montag**

**The start of the U9 and U12 Racewalking Victoria championships**

The U12 and U10 walkers contested Racewalking Victoria championships and this provided a chance for the next generation to test themselves out. The results were very impressive with nearly all the walkers recording PBs. Winners were **Oliver Watts, Georgia Bertrand, Bailey Ohlsen and Alanna Peart**.

**U12 2 km Road Walk Championship**

1.	Oliver Watts *	BALL	18:22	
1.	Georgia Bertrand	VRWC	10:58	PB 0:09
2.	Mackayla Davison	VRWC	11:06	PB 1:31
3.	Amy Canavan	BALL	11:50	PB 0:33

4.	Alanna Peart	BALL	11:56	PB 3:34
5.	Zahra Hayes	BEND	12:19	PB 1:22
6.	Madison Hill	BEND	12:22	PB 2:15
7.	Olivia Davis	BALL	15:58	

#### U10 1 km Road Walk Championship

1.	Bailey Ohlsen *	BALL	09:25	
1.	Alanna Peart	BALL	05:43	PB 0:22
2.	Carissa Brook	BEND	06:07	PB 0:19
3.	Andie Montag	VRWC	06:37	
4.	Leah Canavan	BALL	07:03	PB 1:36
5.	Mia Darlow	BALL	07:05	PB 2:37

The Ballarat Walkers won the annual Redmac Trophy for the most points scored overall, a fitting result for the home team.

Thanks to the many Ballarat Racewalking Club members who acted as officials and to event coordinator Daryl Biggin. Thanks also to our judges, most of whom travelled up from Melbourne for the morning.

**Judges:** Judy Mason (Chief), Peter Vysma (DQ Board), Shane Bertrand, David Cash, Ralph Bennett, Suzanne Callaway, Stuart Cooper, Paul Nunn

### SARWC ROAD RACES, ADELAIDE PARKLANDS, ADELAIDE SATURDAY 26 MAY

Thanks to Peter Crump for his weekly report from Adelaide

Our longer distances again, with only two weeks to LBG. Only three starters and two finishers for the 12km, taken out by **Peter Crump**. **Kim Mottrom** walked a PB over the shorter 6km distance as he and **Justin Hill** concluded their recovery week from last week's 20km hit out. Over the 3km, **Anna Cross** and **Alix Harlington** again pushed each other hard to record PB times, just as for **Rhiannon Lovegrove** and **Beth Cross**. A number of additional distances were offered to our junior walkers, to provide them with variety of distances over which to race.

#### 12Km

1.	Peter Crump	1:06:23
2.	Jim Hoare	1:28:03
	Megan Szirom	DNF

#### 6Km

1.	Kim Mottrom	26:55
2.	Justin Hill	30:16
3.	Jemma Potezny	33:39
4.	Amber Tuscharski	35:52
5.	Lachlan Tyler-Dowd	37:25
	Yvette Becker	DNF
	Julia Potezny	DNF

#### 3Km

1.	Anna Cross	15:41
2.	Alix Harlington	15:46
3.	Kelly Ashby	15:57
4.	Rhiannon Lovegrove	16:30
5.	Beth Cross	16:33
6.	Rhiana Hooker	18:22
7.	Peter Walsh *	22:14
8.	Troy Hooker *	22:14

#### 2.5Km

1.	Sarah Damin	17:31
----	-------------	-------

#### 1.5Km

1.	Jessica Stephens	9:16
----	------------------	------

#### 1.5Km (Come & Try and Club Rule)

1.	Ayeisha Wallace	10:02
2.	Summer Pelentsov	12:41
3.	Ryan Hooker	13:20
4.	Mark Hooker	13:21
5.	Corey Harlington	14:04
6.	Riley Szirom	16:49

#### 1.1Km

1.	Joe Cross	5:54
2.	Jayden Goode	5:56
3.	Sarah Nipperess	7:15
4.	Jacob Nipperess	7:57

### SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 26 MAY

Thanks to Colin Hainsworth for the weekly South Australian Masters walk results. It was great to see walking legend **Peter Fullager** judging. Colin commented: *5km and 10km yacht handicap prize walks. Couple of short steepish hills. Rain held off until competition completed, then began during presentation of prizes, etc.*

#### 10km Yacht Handicap

M60	Kevin Finn	1.04.29	71.44%
M68	Graham Harrison	1.12.05	69.68%
M65	Geoff Byham	1.05.27	74.14%
M66	George White	0.57.47	84.93%
M82	Colin Hainsworth	1.17.48	78.89%

#### 5km Yacht Handicap

W63	Jan Layng	39.27	64.93%
M74	Rodger Barber	36.58	71.33%
W58	Linda Whitelaw	38.20	63.04%
W61	Helen Suridge	35.16	70.90%
W64	Lillian Harpur	44.32	58.25%

W59	Edna Bates	1.29.35	57.10%	M61	Jeff Kennett	45.51	49.41%
W52	Marie Maxted	1.09.14	68.36%				
M78	David Robertson	1.23.38	68.77%				

### ACT WALKERS CLUB ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 26 MAY

Thanks to Robin Whyte for his weekly report from Canberra. **Harry Bates** was in good form with 35:34 for 7km.

#### 7km walk

1.	Harry Bates	35:34
2.	Ann Staunton-Jugovic	38:25
3.	Zoe Hunt	41:07
4.	Robin Whyte	43:11
5.	Karina Hopkins	45:16
6.	Helena Bialecki	45:40
7.	Kate Black	49:39
8.	Doug Fitzgerald	49:46
9.	Bob Chapman	54:51
10.	Val Chesterton	62:53

#### 2km walk

1.	Ashleigh Resch	10:16
2.	Gabby Hunt	10:20
3.	Emily Hopkins	12:27
4.	Thomas Hopkins	13:51
5.	Jack Thackray	16:59
6.	Catherine Bialecki	19:45

#### 1km walk

1.	Thomas Hunt	08:06
----	-------------	-------

### QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 27 MAY 2012

Thanks to Noela McKinven for Sunday's walk results from Brisbane. **Jessica Pickles** recorded 50:32 to tick off the required per-departure time before her World Juniors race in July. I note from the results that **Brad Aiton** and **Jesse Osborne** must have walked with her as all 3 finished pretty much together. A great 3km time by **Clara Smith** 14:27 as well as the usual high quality walk by **Dane Bird-Smith** with 44:12.

#### 10km Walk

1.	Dane Bird-Smith	44.12
2.	Brandon Dewar	44.13
3.	Ignacio Jimenez	50.29
E4.	Brad Aiton	50:31
E4.	Jesse Osborne	50.31
6.	Jessica Pickles	50.32
7.	Peter Bennett	50.39
8.	Donna Beikoff	70.47

#### 3km Walk

1.	Clara Smith	14.27
2.	Mikaela Woodward	16.28
3.	Aimee Brackin	17.47
4.	Elara Crook	19.27
5.	Maurice Dauphinat *	23.59

#### 2km Walk

1.	Ryan Pinchen	11.28
2.	Thalia Martin	13.11
3.	Jade-E Pearson	15.52

#### 5km Walk

1.	Mel Hayes	25.13
2.	John Musters	33.00
3.	Katya Martin	33.44
4.	Noela McKinven	37.15
5.	Christiane Dauphinat	40.48

#### 1.5km Walk

1.	Jasmine-Rose McRoberts	11.18
2.	Simone Berndt	11.20

### WA RACE WALKING CLUB WALKS, WILSON, SUNDAY 27 MAY

Thanks to Terry Jones for these results from Perth.

#### Ron Davies Trophy U20 M 10K

1.	Dale Hennighan	51.28
----	----------------	-------

#### Open 5K

1.	Mitchell Lees	30.15
2.	Lesley Romeo	37.44

#### Anne Murray Trophy U20 W 5K

1.	Mikayla Johns	30.44
2.	Isabella Tolardo	35.17
3.	Ariana Tolardo	35.59
4.	Aimee Reid	37.26

#### Open 1.5K

1.	Courtney Johns	9.43
2.	Olivia Skepper	10.25
3.	Amy Holland	10.55

### 2012 HAWKESBURY RELAY FOR LIFE

I met 85 year old NSW walker **Heather Lee** at the Australian Masters Championships in Melbourne over Easter. There, she shattered the W85 racewalk records for 1500m (11:36.90), 5000m (41:25.35) and 10km (1:24:06 - 96.17%) with dominant displays.

Last weekend she showed her versatility with another wonderful performance, this time at the annual Relay For Life at the Hawkesbury Showground. This 24 Hour event, for individuals and teams, raises money for the NSW Cancer Council, with all proceeds going to cancer research, support, education and local services. Just as she did in last year's event, she walked for the full 24

Hours and covered 76km. After it was all over, she had this to say about the event:

*Tim, the Relay was a great success as always and we raised about \$70,000 more than last year and money is still coming in, so that's good. I finished the 24 hour walk covering 76 klms overall but had support from friends who make a difference and keep up the momentum. Unfortunately the battery in the footpad of my Garmin watch gave up the ghost half way through and I had to manually count the laps, not the best way to do it. I had half the completed time in klms from the watch and then had to count laps of 370 metres, each one separately. I would like to send you a tribute that I received yesterday of which I am very proud. It makes it all very worthwhile. Race walking is one thing but walking to make a difference is a completely different thing. It gives me a purpose. Hope to see you again somewhere and soon. Regards, Heather.*

And to the tribute to which Heather refers - check out <http://heatherlee.com.au/news/nicola-lester-and-heather-lee-relay-for-life-2012>. Heather, you are a legend! Well done.



**Heather in Melbourne at Easter**



**Heather with Nicola in Hawkesbury last weekend**

### OVERSEAS SHORTS

PODOLSK (RUS, May 20): wins for Tatyana Korotkova 43:57 and Sergey Sergachev 39:16 at the Russian Walking Grand Prix in Podolsk on May 20<sup>th</sup>.

GDAŃSK (POL, May 26): Track walk results from the Józef Żylewicz Memorial Meet in Gdansk in Poland last Saturday. Full results: <http://www.domtel-sport.pl/insidethecode/files/3129-pl.pdf>

#### Men 5000m Walk

1.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	19:17.82
2.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	19:30.58
3.	Patryk ROGOWSKI	89-04-11	MKL Szczecin	19:49.14
4.	Tomasz ŻMUDZKI	90-06-19	KL Lechia Gdańsk	20:25.46
5.	Paweł GAWROŃSKI	90		21:48.77

#### Women 5000m Walk

1.	Justyna ŚWIERCZYŃSKA	87-02-26	PLKS Gwda Piła	22:15.65
2.	Monika KRAWCZUK	88-05-16	AZS-AWFis Gdańsk	22:38.24
3.	Monika KAPERĄ	90-02-15	AZS-AWF Katowice	22:47.62
4.	Natalia PŁOMIŃSKA	92-07-30	KU AZS PWSZ w Kaliszu	23:09.70
5.	Agnieszka ELLWARD	89-03-26	KL Lechia Gdańsk	23:39.29

### LES 6 HEURES DE NEUILLY SUR MARNE, FRANCE, 27 MAY 2012

Thanks to Emmanuel Tardi for passing on the results of last weekend's 6 Hour walk (individuals and teams) in Neuilly sur Marne in France. A first lap of 2.475km was followed by laps of 2.075km. There is a short video at <http://www.youtube.com/watch?v=7i2mbccxJOU&feature=colike> but Emmanuel advises it shows mostly the walkers from the shorter 2 Hour competition.

#### 6 Hour Championship - Men

1.	LASSALLE Emmanuel	(Amiens UC)	56 km 425 m	6:07:20
2.	THIBAUD Philippe	(Club Athlétique Agéen)	56 km 425 m	6:13:12
3.	BUNEL Dominique	(Neuilly sur Marne Athletisme)	54 km 350 m	6:02:42
4.	ROUAULT Jean Marie	(Omnisports Pithiviers)	52 km 275 m	6:00:58

5.	GUERARD Thierry	(ASPAR)	52 km 275 m	6:04:19
6.	BUNEL Pascal	(Neuilly sur Marne Athletisme)	52 km 275 m	6:11:56
7.	KORZHYK Aleksei	(ASCF Gagny)	50 km 200 m	6:00:44
8.	BOVIN Laurent	(AM St Thibault des Vignes)	50 km 200 m	6:03:36
9.	GICQUEL Bernard	(PLM Conflans)	50 km 200 m	6:04:00
10.	DIEN Daniel	(Neuilly sur Marne Athletisme)	50 km 200 m	6:12:40
11.	MARECHAL Pascal	(AC Chateau-Thierry)	50 km 200 m	6:13:15
12.	LETESSIER Gilles	(PLM Conflans)	48 km 125 m	6:01:12
13.	CASELLI Pierre	(NL)	46 km 050 m	6:01:47
14.	PICOT Gérard	(Pass Running)	43 km 975 m	6:01:39
15.	BRASTEL Yves	(EFSRA)	43 km 975 m	6:09:35
16.	GAYS Stephane	()	39 km 825 m	6:00:14
17.	PICHON Jean	(AM St Thibault des Vignes)	39 km 825 m	6:04:38
18.	GLASER Jean-Bernard	(Neuilly-sur-Marne Athlétisme)	39 km 825 m	6:10:03
19.	MONTIGNY Patrick	(Elan Chevilly Larue)	37 km 750 m	6:08:39
20.	COURCY Jean Claude	(NL)	35 km 675 m	6:00:59

#### 6 Hour Championship - Women

1.	MOURGUES Martine	(NL)	48 km 125 m	6:08:03
2.	PEREVALO Iryna	(Neuilly-sur-Marne Athlé)	46 km 050 m	6:00:33
3.	ANXIONNAT Claudine	(Athlétic Vosges Entente Clubs)	46 km 050 m	6:12:39
4.	QUINQUETON Bernadette	(AM Saint-Thilbault)	39 km 825 m	6:15:18

### RWV WANDELWEEKEND, SCHIEDAM, HOLLAND, 26-27 MAY 2012

The Continental Centurions were formed in 1973 and, in that same year, the first Continental Centurion number was allocated. Continental Centurion 1 is Jan Vos, who is still an active walker today. The rules are the same as for the other Centurion groups – walk 100 miles within 24 hours in sanctioned competition to become a Centurion. In the Netherlands, an annual race walking event is held, either in Weert (around the Iron Man lake, organised by the O.L.A.T.) in odd years (2007, 2009, 2011 etc.) or in Schiedam (in the Beatrix park, organised by the R.W.V.) in even years (2008, 2010, 2012 etc.). This carnival includes a 24 hours/100 Miles race, a 100 km race, a 50 Miles race and a 50 km race. This is the only opportunity to obtain the Continental Centurion title, the Honderdman title or the Kennedyvriend title.

This year it was R.W.V.'s turn to run the annual event and it was held in Scheidam last weekend. Alas, unseasonably hot weather took its toll in the 24 Hour, 100km and 50km events - of the 40 starters in the 24 Hour event, only seven walkers completed the 100 miles distance and only two new Continental centurions were added to the overall list, taking the count to 390 members. By the time the 50 Miles event started later in the day, the weather had cooled and hence 48 of the 56 participants completed the full 50 Miles (80.46km) within the stipulated 16 hours. English walking legend **Sandra Brown** won the 100 Mile (160.934 km) with 20:30:23, some 5 minutes ahead of Dutch walker **Frank van der Gulik**. Frank then continued on for the full 24 Hours to complete a distance of 172.744 km. I was lucky enough to catch Sandra on email soon after the event and she commented as follows:

*Hi Tim*

*It was super to join our Dutch friends for their long distance walks weekend. Nine UK walkers were there to do various races. After weeks of rain, the weather suddenly turned fantastically bright and sunny just in time for the weekend. Very wonderful in its way, but the heat caused a some problems. Only seven of the 41 walkers in the 24h completed 100 miles, a lower success rate than usual. So we had no new Continental Centurions among the English walkers this year, but we'll be back another year for this great weekend of walking. I also hope that we can make a party at the Nijmegen to Rotterdam in 2013. At Schiedam all the walkers performed very creditably especially given the hot conditions.*

*Gerrit de Jong who, as you know, maintains excellent databases of Centurion performances in all jurisdictions, told me when we arrived that this was my 40<sup>th</sup> Centurion 100. He's absolutely right. I had missed this, though I was aware of this being my 149<sup>th</sup> event with 100 miles or more! Gerrit says that he has the most completions by a man, at 28. Frank van der Gulik and I enjoyed each others company and he was just 5 minutes behind me at the finish.*

*The organisation and support provided by our RWV friends, and the atmosphere of the whole weekend, were excellent as always.*

#### 100 Miles

1.	Sandra Brown (d)	Surrey WC	49	160.934	20.30.23
2.	Frank van der Gulik	sv de LAT	77	160.934	20.35.37
3.	Fabiaan De Roeck (C389)	RWV	64	160.934	21.05.28
4.	Harm Voortman	LAT	63	160.934	21.32.24
5.	Jantinus Meints		58	160.934	21.50.33
6.	Adrie Zoon	RWV	55	160.934	22.23.29
7.	Hein Sanders (C390)	RWV	64	160.934	23.15.01

#### 24 Hours

1.	Adrie Zoon	RWV	55	24.05.54	172.744
2.	Sandra Brown (d)	Surrey WC	49	20.30.23	160.934
3.	Frank van der Gulik	sv de LAT	77	20.35.37	160.934
4.	Fabiaan De Roeck	RWV	64	21.05.28	160.934

5.	Harm Voortman	LAT	63	21.32.24	160.934
6.	Jantinus Meints		58	21.50.33	160.934
7.	Hein Sanders	RWV	64	23.15.01	160.934
8.	Christopher Flint	London Vid	44	24.04.38	150.149
9.	Bertus van Ginkel	RWV	61	23.59.45	147.214
10.	Wim van Cappelle	Ciko'66	55	20.50.27	141.309
11.	Ger Reneerkens	Unitas	58	24.00.07	132.504
12.	Marry Heuvelman-Goudriaan (d)	RWV	43	21.43.01	125.609
13.	Sailash Shah	Lancashire	64	20.16.27	117.759
14.	Cor Brassier	Laatste L.	52	19.14.16	113.834
15.	Jurgen Mol	wsv Mol	74	23.58.21	112.879
16.	Ilona Klinkendon (d)	RWV	63	15.41.41	109.909
17.	Arie Klootwijk	Pr.Marijke	55	15.41.41	109.909
18.	Dwight de Kluijver	KNBLO	76	16.08.15	109.909
19.	Con Bollmann	RWV	44	16.16.11	109.909
20.	Jan Dinnissen		55	17.34.12	109.909
21.	Hanny Klumpkens (d)	OLAT	49	18.22.00	109.909
22.	Ernst Westerhoff	OLAT	39	15.29.05	105.984
23.	Remi Cnudde	Parkvr.	55	15.43.39	105.984
24.	Jannie Bos (d)	FLAL/LAT	55	15.47.55	105.984
25.	Hans Pranger	OLAT	43	16.56.49	105.984
26.	Peter van den Brink	OLAT	64	18.34.11	105.984
27.	Willie Janssen		53	20.31.27	105.984
28.	Iain Thomson	Surrey WC	47	21.35.39	105.984

#### 50 Miles (48 finishers within the required 16 Hours)

1.	Rob Tersteeg	RWV	52	80.463	09.22.03
2.	Ed Voogt	RWV	59	80.463	09.43.40
3.	Martien van Achterberg	RWV	43	80.463	10.27.37
4.	Ties van den Berg de Arend		63	80.463	10.27.37
5.	Gareth Davies	AVAAC	61	80.463	10.34.19
6.	Luc Soetewij	RWV	61	80.463	10.36.01
7.	Eric-Jan van Oorschot	OLAT	65	80.463	10.44.33
8.	Wilko van Nieuwenhuyzen	OLAT	66	80.463	10.49.37
9.	Herwin Weststrate	WK DIO	84	80.463	10.54.35
10.	Jajo Wit	LAT	51	80.463	10.57.16

See <https://plus.google.com/photos/111266892624563277883/albums/5474505031222226689?banner=pwa> for some great photos.

### SA RACE WALKERS CLUB CELEBRATES 50 YEARS

A special plug for the South Australian Race Walking Club 50<sup>th</sup> Birthday celebration in July:

The SA Race Walkers Club is celebrating its 50<sup>th</sup> birthday and wants to get the message out to as many previous members as possible. If you are, or know of, a past SA member, please let them know about our celebration.

We have a special dinner planned for the evening of the 7<sup>th</sup> July, to be held at the Clearview Bowling Club, Gordon Avenue Clearview, starting from 6.00pm. Full details including RSVP can be found on the SARWC web site at <http://racewalking.com.au/announcements/sawc50thanniversarydinner>. Bookings are essential, as we are unable to cater for walk ups on the night.

Interstate visitors are more than welcome if you expect to be in Adelaide over that weekend.

Please contact Steve Harlington through the SARWC web site (<http://www.sarwc.org>) if you have any memorabilia or photos that you would like to lend us for the event.

### WALKING IN THE NEWS

A few more racewalking links that have come to light this week:

New Zealand's TV3 presenter Meghan sheds some light on racewalking and on Quentin Rew, NZ's 2012 racewalking rep. [http://www.youtube.com/watch?v=FlaCBcuwn74&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=FlaCBcuwn74&feature=youtube_gdata_player)

Sky Sports zooms in to look at Jo Jackson and British Olympic Walking [http://www.skysports.com/skysportsnews/video/0,28704,13987\\_7777218,00.html](http://www.skysports.com/skysportsnews/video/0,28704,13987_7777218,00.html)

Czech athletics magazine interview with Zuzana Schindlerova (will need to translate from Czech – Google Chrome does it automatically): <http://www.atletika.cz/rozhovor-mesice/rozhovor-kvetna-2012-zuzana-schindlerova/>

## 2012 ALF ROBINSON FOUNDATION GRANTS

When former Racewalking Australia President Alf Robinson died in 1977, a Foundation was setup, seeded by an initial sum of money donated by Mr. Harold and Mrs. Cora Brennan. This Foundation was designated 'The Alf Robinson Memorial Race Walking Foundation'. It was envisaged that the interest from this Foundation would be used on an ongoing basis to assist Australian racewalkers on the international stage.

The funds within this Foundation are held in trust by Athletics Australia and a Board of Trustees, made up of representatives of Athletics Australia and Racewalking Australia. The trustees will review all submissions and allocate the available funds to those walkers they consider most appropriate.

Both Athletics Australia and Racewalking Australia view this Foundation as a developmental fund which should focus on either our most promising junior walkers or those open aged walkers under the age of 25 years who show the potential to achieve internationally.

The amount of money to be allocated each year is not large and the Board of Trustees will decide the number of walkers amongst whom to distribute funding and the level of support to be given to each walker.

There will be one funding allocation per calendar year. In 2012, the closing date for funding submissions is **Friday 6 July**. Access [https://sitedesq.imgstg.com/eventsregform/index.cfm?fuseaction=display\\_event\\_detail&EventID=12226&OrgID=887](https://sitedesq.imgstg.com/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=12226&OrgID=887) to apply.

You can read more about this Fund and its history at [http://www.rwa.org.au/alf\\_robinson\\_foundation.shtml](http://www.rwa.org.au/alf_robinson_foundation.shtml).

## WHAT'S COMING UP

Next Saturday sees us back at Middle Park for more club Points races.

<b>Saturday 2<sup>nd</sup> June 2012, Middle Park</b>			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	10km	Points Races	Open
2.15pm	5km	Points Races	Open
2.15pm	3km	Points Races	Open
2.15pm	3km	Points Races	Under 15
2.30pm	1km	Points Races	Under 9
2.40pm	2km	Points Races	Under 12

Then it's off to Canberra for the annual LBG carnival. I will be handing out final carnival information to all our competitors this Saturday at Middle Park. For our final team listing, check out <http://www.vrwc.org.au/2012%20Canberra%20Entry%20List.pdf>

## 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.

### 2012 Victorian/Australian Winter Season Key Dates

Sun June 10, 2012	LBG Carnival, Canberra
Sun June 24, 2012	AV Schools Roadwalks, Middle Park
Sun 14 July, 2012	RWA State Challenge, each club in its own State
Sun 29 July, 2012	Victorian Roadwalk championships, Middle Park
Sun 26 Aug, 2012	Australian Roadwalk Championships, Adelaide

### 2013 Victorian/Australian Summer Season Key Dates

13-20 Oct 2012	Alice Springs Masters Games, Alice Springs, N.T.
3-11 Nov 2012	Pan Pacific Masters Games, Gold Coast, QLD. See <a href="http://www.mastersgames.com.au">www.mastersgames.com.au</a>
12-17 Mar 2013	Australian Junior Athletics Championships, Perth, WA
11-14 April 2013	Australian Open Athletics Championships, Sydney, NSW

### 2012 International Fixture

July 10-15, 2012	<b>14<sup>th</sup> World Junior Championships, Barcelona, Spain</b>
July 27-Aug 12, 2012	<b>30<sup>th</sup> Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

### Remaining 2012 IAAF Race Walking Challenge Dates

Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN	

### 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**  
5-12 October 2013 Australian Masters Games, Geelong  
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

#### **2014 International Fixture**

5-6 May 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**  
July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**  
July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

#### **Looking even further forward**

August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
July 2020 **32<sup>nd</sup> Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto: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>)