



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 48
27 August 2013



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TIM'S WALKER OF THE WEEK

My Walker of the Week this time around goes to Geelong walker **James Christmass**. James was a very promising Junior walker many years ago but, like many of our young walkers, he disappeared from the scene early on, only to appear again in Interclub one summer day in early 2009, many years later!

He had obviously kept himself fit in the interim because it did not take him long to hit his straps, especially on the track where he had plenty of speed. Joining VRWC during the 2009 winter season, he contented himself with 3km and 5km races and did not extend his repertoire to include the 10km distance until Easter 2010 when he won the M40 event at the Australian Masters championships in Perth with a time of 53:50.

Since then he has chipped away at his PBs and he was rewarded on Saturday with a **48 second 10km PB of 50:47**. James, who is now trained by Jim Leppik, is in serious training for the World Masters Championships which will be held in Porto Alegre, Brazil, in October (see <http://www.wma2013.com>). Now aged 45, he has entered a new age group, always an exciting prospect for a Masters walker. Good luck James!



James Christmass in action on Saturday at Middle Park

AUSTRALIAN ROADWALK CHAMPS, SUNDAY 1ST SEPTEMBER

This Sunday sees the **Australian Roadwalk Championships** at Symmons Plains, just outside Launceston and we have good fields entered in all the events. Some bits and pieces for those going down

- Current entry list - <http://www.rwa.org.au/documents/2013%20Road%20Walks%20Entries%202013.8.13-TE.pdf>
- Athletics Australia event page at http://www.athletics.com.au/home/competition/events/australian_race_walking_champi.
- Timetable is on this page but one late addition - AA tells me that the **U10 Invitational 1km for Boys and Girls**, which has been advertised on the AA Championships website, will take place at **8:45AM**. AA advise that they will be taking entries

up to 8.30AM at the northern end of the garages.

- A Team Managers meeting will be held on Saturday 31 August at the Colonial Hotel, Launceston at 6:30pm. Race numbers and any final information will be distributed at this time. For managers who cannot make this meeting, race numbers may be picked up from the Event Management on race day.
- The weather looks good but anything is possible so come prepared for warm/cold/hot/dry!

I look forward to seeing many of our walking fraternity there.

WHAT'S COMING UP

For those Victorian walkers not going to Launceston, we have our usual club races at Middle Park

Saturday 31st August 2013, Middle Park		
VRWC EVENTS: Entries close for all events at 2.00pm sharp.		
2.15pm	8km	Open
2.15pm	6km	Open
2.15pm	4km	Open
2.15pm	4km	Under 15
2.30pm	1km	Under 9
2.40pm	2km	Under 12

A reminder of our VRWC / Australian Centurions 24 Hour Walk carnival on 14-15 September at Middle Park. Read more about it and check out the entry form at <http://www.centurions.org.au/event2013.shtml>.

And finally, the Victorian 50km Roadwalk Championship will be held at Middle Park on Sunday 15th September. Competitors must enter with AV - see <http://www.athsvic.org.au/events/detail/2013-av-walk-series-50km-walk>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 24 AUGUST

Perfect conditions greeted the 62 walkers who contested our annual 'Beat Your Season Best Time' races at Middle Park on Saturday. It was a prizes day with the winner of each division getting the choice of the prizes tables. Thanks to those who brought additional items for the table. We used our new chip timing system for the Open and U15 events - we continue to bed it all down and it is going well. Thanks to Terry Swan for his usual swathe of photos - see <http://www.vrwc.org.au/coppermine>.

The 10km event saw **Margaret Beaumont** 1:24:01 and **Adam Garganis** 48:26 both beat their season bests to win. To cap of her fine walk, Margaret broke her own W75 club record to boot. **James Christmass** walked excellently for a big PB of 50:47 as did **Andrew Jamieson** whose 50:41 would have been even better if had not been forced to stop midrace.

10km Open			F/T Place	
1.	Margaret Beaumont	1:24:01	2	W75 Club Record 0:51
2.	Karyn O'Neill	1:08:21	1	
1.	Adam Garganis	48:26	1	
2.	Gerard Feain	59:16	7	
3.	Geoff Barrow	1:08:10	9	
4.	James Christmass	50:47	3	PB 0:48
5.	Ian Beaumont	1:25:14	10	
6.	David Armstrong	1:00:20	8	
7.	Andrew Jamieson	50:41	2	
8.	Bernie Keirl	57:55	6	
9.	Simon Evans	53:50	4	
10.	Aaron McDonough	54:22	5	
	Harry Summers	DNF		
	Mark Donahoo	DNF		
	Russ Dickenson	DNF		

Carly Bertrand 32:46, **Anthony Doran** 32:37, **Gwen Steed** 18:14 and **John Morrison** 20:28 won the Open 5km and 3km races, Gwen breaking her W70 club record by 10 secs. And special mentions to **Donna Urquhart** for her 42 sec PB time of 28:07 and **Jesse Osborne** for his very fast time of 12:18.

5km Open			F/T Place	
1.	Carly Bertrand	32:46	8	
2.	Donna Urquhart	28:07	3	PB 0:42
3.	Heather Carr	27:29	2	
4.	Celia Johnson	33:20	9	
5.	Liz Feldman	29:52	5	

6.	Donna Elms	31:18	7
7.	Marlene Gourlay	29:46	4
8.	Michelle Laufer	25:10	1
9.	Karla Bulte	30:39	6
10.	Beverley Hugo	41:26	10

1.	Anthony Doran	32:37	3
2.	Jason Kozica	23:38	1
3.	Barrie Wicks	38:17	4
4.	Kyle Swan	23:52	2
5.	Alex Poore	40:17	5

3km Open

F/T Place

1.	Gwen Steed	18:14	1	W70 Club Record 0:10
2.	Pam Mews	28:28	4	
3.	Emily Swan	20:21	3	
4.	Chloe McNicol-Davidson	18:50	2	

1.	John Morrison	20:28	3
2.	Paul Kennedy	17:22	2
3.	Jesse Osborne	12:18	1
	Jim Crawford	DQ	

It was a family affair in the U15 3km race as **Madeleine Feain** 19:30 and **Lachlan Feain** 17:28 won the day. Others to do well included **Gabbie Crea** with a PB of 18:05 and **Reese Walmsley** with a fast 13:49.

3km Under 15

F/T Place

1.	Madeleine Feain	19:30	6	PB 0:17
2.	Taylor Vasiljevic	16:24	2	
3.	Gabbie Crea	18:05	5	PB 0:02
4.	Jessica Lillie	17:57	4	
5.	Paige De Lisen	16:23	1	
6.	Brodie Richardson	17:06	3	
	Hayley Woolfe	DQ		

1.	Lachlan Feain	17:28	2
2.	Reese Walmsley	13:49	1
3.	Hayden Walmsley	18:20	3

The U12 and U9 races were won by **Alexandra Hay** 14:46, **Corey Dickson** 10:12, **Gemma Lillie** 5:54 and **Marcus Byron** 5:28. We also welcomed **Mikayla Cipriani** and **Nikolaj Djordjevic** who had their first walks with us.

2km Under 12

F/T Place

1.	Alexandra Hay	14:46	5	PB 0:48
2.	Kathleen O'Mahony	10:55	1	
3.	Lee Taylor	13:22	4	
4.	Brianna Lillie	12:01	2	
5.	Mikayla Cipriani	13:07	3	First time with us

1.	Corey Dickson	10:12	1	
2.	Harry Hockley Samon	11:19	2	
3.	Nikolaj Djordjevic	11:46	3	First time with us

1km Under 9

F/T Place

1.	Gemma Lillie	05:54	1	Eq PB
2.	Charlotte Hay	06:33	2	
1.	Marcus Byron	05:28	1	PB 0:04
2.	Angus Hay	07:54	2	
3.	Thomas Kennedy	08:30	3	
	William Kennedy	DQ		

Thanks as usual to our may officials and judges. Sorry if I missed anyone.

Officials: Tim Erickson, Ralph Bennett, Simon Baker, Don McLaren, Stacey McLaren, Susan Taylor, Ian Laurie, Justin McLaren (bike)

Race Entry / Results: Mark Donahoo, Damien Elms

Judges: Peter Vysma (Chief), Gordon Loughnan, Lloyd Nicholls, Damien Elms, Michael Bodey

Canteen: Marlaine Stanway, Kate Suich

Photos: Terry Swan



Celia Johnson, Tony Doran, John Morrison, Donna Urquhart, Gwen Steed and the train - Jason, Kyle, Adam and Reese



Jesse Osborne, James Christmass, Andrew Jamieson, Harry Summers, Margaret and Ian Beaumont



William Kennedy, Alexandra Hay, Thomas Kennedy, Mikayla Cipriani and Nikolaj Dgeorgic

ACT WALKERS CLUB ROADWALKS, NATIONAL GALLERY, CANBERRA, SATURDAY 24 AUGUST

Thanks to Robin Whyte for the latest results from Canberra. 31 walkers in total and lots of good times. Well done everyone!

5km Walk

1.	Ashleigh Resch	25:18
2.	Zoe Hunt	26:12
3.	Ally Durr	28:12
4.	Robin Whyte	30:27
5.	Helena Bialecki	31:25
6.	Mick Saunders	35:37
7.	Monika Short	36:21
8.	Derek Robinson	36:21
9.	Jennifer Gilchrist	36:29
10.	Geoff Barker	37:38
11.	Robyn Saunders	38:38
12.	Warren Butler	39:55
13.	Val Chesterton	42:56
14.	Cilla Chapman	44:40
15.	Pat Fisher	45:04
16.	Greg Durr	45:33
17.	Charlie Durr	45:35

2km Walk

1.	Callum Burns	09:57
2.	Gabby Hunt	10:05
3.	Thomas Hopkins	10:31
4.	Mitchell Baker	11:30
5.	Laura Burns	11:35
6.	Karina Hopkins	11:52
7.	Dylan Eddowes	11:53
8.	Emily Hopkins	12:37
9.	Barbara Eddowes	14:09
10.	David Mackenzie	15:07
11.	Bob Chapman	16:23
12.	Rod Gilchrist	16:33
13.	Samantha Papantoniou	17:10
14.	Jack Thackray	17:14

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 24 AUGUST

Thanks to Kim Mottrom for the latest report from the South Australian Walkers Club in Adelaide.

Sunday morning had me walking a marathon and Justin walking a half marathon. With Peter Crump training for longer distances and Troy Hooker out ill this week, we had no competitors in our longer event on Saturday. However, we had great weather and some big PBs from a lot of our athletes. Over 6km Justin Hill took over a minute and a half off his best. The 3km saw a good race between Anna Cross and Danielle Walsh, with Anna shaving a few seconds off her PB and Danielle taking over a minute off hers. Ahead of next week, Sarah Damin has continued her improvement, slicing over 20 seconds off her PB as well. Special mention to Mark Hooker who walked a 33 second PB over 3km. His time of 18:45 as an 8 year old is a great effort, and he's also improved a lot this season. For the record, Justin Hill took out the half marathon walk at our State Marathon festival on Sunday in 1:48:51 and I took out the marathon walk in 3:47:25. Another nice day and a great course.

Open 6km

1.	Kim Mottrom	25:41
2.	Justin Hill	27:07
3.	Lachlan Wilkinson	39:03
4.	Bill Starr	41:49
5.	Barb Cain	42:09

Open 3km

1.	Anna Cross	14:39
2.	Danielle Walsh	14:53
3.	Sarah Damin	16:43
4.	Rhiana Hooker	17:47
5.	Samantha Findlay	18:25
6.	Tristan Camilleri	18:26
7.	Louisa Mitchell	18:38
8.	Mark Hooker	18:45
9.	Chloe Upton	20:07
	Alix Harlington	DNF

Open 1.5km

1.	Beth Cross	7:20
2.	Rhiannon Lovegrove	7:29
3.	Jake Vidler	7:57
4.	Rachel Kameniar	9:01
5.	Victoria Upton	10:36
6.	Sophie Kaeniar	11:04
7.	Aleesha Vidler	12:02

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 24 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide: Yacht handicaps, Prizes and good walking conditions. Course a little short which favoured the slower walkers.

8k yacht handicap

1.	M83	Colin Hainsworth	1:01:33	80.37%
2.	W60	Edna Bates	1:06:47	61.09%
3.	M54	Norman White	58:48	58.88%
4.	W53	Marie Maxted	49:53	75.65%

4k yacht handicap

1.	M70	Roger Lowe	30:09
2.	W68	Jill Rogers	31:55

3.	M75	Paul Boyce	32:19
4.	M75	Rodger Barber	28:53

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 25 AUGUST

Thanks to Rick Cattermole for news of the latest Racewalking Club of Western Australia roadwalks in Perth.

In a very cool and wet Sunday morning at Wilson, the RaceWalking Club of WA held its final walk for the Winter. Numbers were down once again but hopefully, with a promise of many more new walkers from a Little Athletic Center, next season (Summer) will be a bit brighter for our Club. Summer Brown returned from a very serious foot injury to walk the last race, a 1.5km, and showed us plenty of speed.

5km Open

1.	Breanna Brown	29.23
2.	Christopher Gerken	30.35
3.	Caitlin Gerken	30.57

3km Open

E1.	Tina Kezic (equal)	20.57
E1.	Tim Kezic (equal)	20.57

1.5km Open

1.	Summer Brown	8.39
2.	Ryan Kezic	9.48 PB

2013 ERWL RACE 7, ALLIANZ PARK, COPTHALL, SUNDAY 24 AUGUST

The Enfield Race Walking League was in action again on Sunday in Cophall, London. Ron Wallwork reports:

In contrast to the last race held in extremely hot conditions, light rain persisted throughout this one and times reflected this. Fabian Deuter's time was almost a minute faster than last time. Sixteen year-old Arthur Domingos made a promising debut. This was the last of the three races held in conjunction with LICC meetings and the ERWL on behalf of the thirty-nine race walkers who took part, is indebted to the LICC team for including a walk in their meetings.

5 km Men (© = Centurion - * = pb)

1.	Fabian Deuter	Hillingdon AC	23.28	SM
2.	Francisco Reis	Ilford AC	24.23	M50
3.	Steve Uttley	Ilford AC	26.26	M55
4.	Steve Allen	Barnet D AC	28.06	M55
5.	John Ralph	Enfield HAC	28.37	M55
6.	Ken Bobbett	Hillingdon AC	28.51	M65
7.	Stuart Bennett	Ilford AC	29.02	M55
8.	Andy Cox	Hillingdon AC	29.06	M60
9.	Steve Allen ©	Ilford AC	29.12	M55
10.	Malcolm Martin	Surrey WC	29.14	M55
11.	Gary Smith	Enfield HAC	29.40	M55
12.	Shaun Lightman	Surrey WC	29.53	M70
13.	Michael Harran	Surrey WC	29.54	M75
14.	Dan Maskell	Surrey WC	30.50	M65
15.	Sean Pender	Enfield HAC	30.52	M60
16.	Jon May	Enfield HAC	32.22	M60
17.	Russell Vroobel	Hillingdon AC	33.34	M50
18.	Ron Powell	Enfield HAC	33.36	M75
19.	Bill Sutherland ©	Highgate H	38.42	M65
20.	Dave Ainsworth ©	Ilford AC	39.36	M60
21.	Bernie Hercock	Enfield HAC	41.24	M75

5km Women

1.	Sue Barnett	Enfield & H AC	31.48	W60
2.	Angela Martin	Paddocks Wood *	32.27	W45
3.	Jo Miles	Hillingdon AC	34.12	W60
4.	Linda Spinks	Enfield & H AC	35.00	W45

3km

1.	Arthur Domingos	CQD	16.39	U15
2.	Peter Howard	Enfield & H AC	22.51	M7

24 HEURES INTERNATIONALES DES SEYCHELLES À LA MARCHÉ, SEYCHELLES, 21-24 AUGUST

Now to a walking event with a difference: the inaugural 24 Heures Internationales des Seychelles à la Marche which was held over four days last week in the Seychelles. The Seychelles? Well, the the Republic of Seychelles actually - it is a 115-island country spanning an archipelago in the Indian Ocean, some 1,500 kilometres east of mainland Africa, northeast of the island of Madagascar.

For a country far from anywhere with no racewalking history of any sort, they certainly jumped in the deep end, staging 6 Hour racewalks on four successive days on different islands to make a grand total of 24 hours of walking.

- 21 August - Stage 1 (Mahé Island)
- 22 August - Stage 1 (Praslin Island)
- 23 August - Stage 1 (La Digue Island)
- 24 August - Stage 1 (Mahé Island again)

The article <http://www.nation.sc/article.html?id=117653> reports on what must have been a fantastic event. Some key facts

- Anna Barra, a young teacher and middle distance runner, won overall with 169.880 km.
- Hong Kong athlete Leung Ting Kin led the men's race from start to finish to win with a distance of 161.040 km, ahead of teammates Chan Wai On and Bill Purves.
- 225 walkers in total contested the event.
- 39 walkers achieved distances in excess of 100km.

Men

1.	Leung Ting Kin	169.880 km
2.	Chan Wai On	154.302 km
3.	William Purves	148.990 km

Women

Anna Barra	161.040 km
Chan Chun Fing	155.140 km
Kwa Sin Yin	150.980 km



Anna Barra leads Leung Ting Kin (photo <http://www.nation.sc/article.html?id=117653>)

17TH PANAMERICAN JUNIOR CHAMPIONSHIPS, MEDELLIN, COLOMBIA , 24-25 AUGUST

The PanAmerican Junior Championships were held in Medellin, Colombia, last weekend and 10,000m track walks were on offer.

10,000m Walk Men - Saturday 24 August

Victory went to Mexican Erwin Gonzalez Castellanos with a PB time of 40:36.85. Second placed Brian Pintado of Ecuador also recorded a PB with his time of 41:21.97 while the bronze went to Colombian Kenny Martin Perez with 41:53.86. Fourth placed Guatamalan Jose Alejandro Barrondo established a new Guatamalan age group record with his time of 42:00.98. A high quality event with the first 9 all bettering 44 minutes.

1.	Erwin Gonzalez Castellanos	94	Mexico	40:36.85
2.	Brian Pintado	95	Ecuador	41:21.97
3.	Kenny Martin Perez	94	Colombia	41:53.86

4.	José Alejandro Barrondo	96	Guatemala	42:00.98
5.	Marco Antonio. Rodriguez Pardo.	94	Bolivia	42:12.83
6.	Bruno Fidelis	94	Brazil	42:58.49
7.	Richard Vargas	94	Venezuela	43.16.08
8.	Paola Cesar Yurivilca Calderon	96	Peru	43:25.87
9.	Esteban Soto	94	Colombia	43:34.85
10.	Jürgen Everhard Grave Chavez	96	Guatemala	44:54.89
11.	Franco Chocho	96	Ecuador	45:56.39
12.	Fernando Cjuro Ninan	94	Peru	46:08.41
13.	Ricardo Ortiz Rivera	95	Mexico	47:25.78

10,000m Walk Women - Sunday 25 August

Brazilian walker Elysle Albino took gold with a time of 50:26.44 in front of Colombian Sara Patricia Pulido with 50:44.19 while bronze went to Guatemalan walker Maritza Rafaela Poncho Tzul with 50:50.37.

1.	Elysle Albino	94	Brazil	50:26.44
2.	Sara Patricia Pulido	94	Colombia	50:44.19
3.	Maritza Rafaela Poncio Tzul	94	Guatemala	50:50.37
4.	Jessica Hanco Merca	95	Peru	51:02.94
5.	Carolina Mariño	94	Colombia	53:13.09
6.	Cheskaya Rosales	96	Venezuela	58:07.05
	Emily Pistor	94	Brazil	DQ
	Sonia Irene Barrondo García	95	Guatemala	DQ

RACING ROUNDUP

DUBNICA (SVK): The 11th Athletics Bridge (EA Area Permit) on August 21st in Dubnica, Slovak Republic, saw 11 medallists from last week's World Championships in Moscow, among them four winners. The meet also included a 3000m walk which saw Matej Tóth in action but on this occasion he was beaten by team mate Antón Kučmín. Results shown below.

1.	Kučmín, Antón	840607	Slovak republic	11:00,68
2.	Tóth, Matej	830210	Slovak republic	11:03,96
3.	Sudol, Grzegorz	780828	Poland	11:21,32
4.	Duša , Majdán	870908	Slovak republic	11:36,42
5.	Babík, Zdenko	840109	Slovak republic	12:06,44
6.	Rízek, Milan	780105	Slovak republic	12:08,42
7.	Jelonek, Jakub	850707	Poland	12:15,05
8.	Úradník, Miroslav	960324	Slovak republic	12:19,19

TONSBERG (NOR, Aug 23-24): Erik Tysse won the 5000m walk at the Norwegian Championships in Tønsberg last weekend, his time of 18:59.17 guaranteeing an easy victory. Merete Helgheim won the women's 3000m walk title with 14:19.62.

Men's 5000m Race Walk

1.	Erik TYSSE	NOR	80	18:59.17
2.	Håvard HAUKENES	NOR	90	20:57.11
3.	Joakim SÆLEN	NOR	93	21:21.91

Women's 3000m Race Walk

1.	Merete HELGHEIM	NOR	81	14:19.62
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WALKING SHORTS

- The Marciaitaliana website reported that Irish walker Jamie Costin married long time partner Zuzana Malikova on Saturday August 24th: http://www.marciaitaliana.com/ita/dettaqli_news.aspx?id=1549
- And keeping to an Irish theme, check out the website for Robbie and Marian Heffernan <http://www.robmandmarianheffernan.com/>
- You can't go past Jeff Salvage' stories and photos from the World Championship walks - he has now completed the extensive coverage for all three racewalks: <http://www.racewalk.com/Photostory2013WorldChampionships/2013WorldChampionships.asp>
- Jeff's very insightful commentary on the championships (race walking wise) makes for interesting, albeit controversial, reading: <http://www.racewalk.com/PhotoStory2013WorldChampionships/2013WorldChampionshipsCommentary.asp>

- I will be watching with interest for the results of the the 19th Prague Grand Prix 10km race which will feature a women's elite field for the first time in its history. The IAAF Silver Label Road Race will take place on September 7th and will feature equal prize money for both sexes. The fastest runner in the women's field is Afera Godfay of Ethiopia who has a 31:08 best. She is joined in the race by Kenyan's Esther Chemtai and Lucy Njeri. The race will feature Gemma Steel and Susan Partridge of Great Britain (Steel has been on great form on the US Road Racing circuit while Partridge finished in 10th place at the IAAF World Championships Marathon in Moscow). Also in the race is the very talented 18 year old **Anezka Drahotova** of the Czech Republic, who finished 7th in the World Championships 20km Race Walk in Moscow after winning the European Junior title in the 10000m Race Walk and making the final in the 3000m Steeplechase.
- Russ Dickenson obviously has too much free time on his hands so has been busy with his photo editing - the result is a great picture of Masters walker Kelly Ruddick. I reported in last week's newsletter that Kelly had recorded a 10km road time of 45:26 to better her pending W40 World Record. I think Russ has captured the occasion well!



2014 OCEANIA RACEWALKING CUP SELECTION CRITERIA ANNOUNCED

RWA and AA have jointly announced details for the 2014 Oceania Racewalking Trophy competition which will take place in Hobart on Sunday 2nd February 2014, in conjunction with the 2014 Australian 20km roadwalk championships. You can read more (including the full selection criteria document) at <http://www.rwa.org.au/aevents-2.shtml>.

RWA and AA will jointly select teams of up to four U23 male/female walkers and up to three U20 male/female walkers to compete against Open and U23 teams from New Zealand. To be eligible for selection, athletes must officially enter the competition (online entries will open in due course on the AA website) and must have reached the qualifying times listed below.

U23 Men	20km	1:45:00
U23 Women	20km	2:00:00
U20 Men	10km	0:47:00
U20 Women	10km	0:53:00

Once entries close, the team will be selected from those suitably qualified walkers who have entered.

Kind regards and good luck to all those U20 and U23 walkers vying for spots.

RWA NEWSLETTER NOW ONLINE

The Racewalking Australia Executive now produce a regular newsletter to highlight the many areas in which RWA is currently working and to keep member clubs up to date with our latest undertakings. The latest edition (number 5) has now been emailed to all member clubs and is available online for general reading - see <http://www.rwa.org.au/afrwcnwslts.shtml>.

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.

2013 Australian/Victorian Winter Season Key Dates

Sept 1, 2013 Australian Roadwalk Championships, Symmons Plains racewalk (near Launceston), TAS
Sept 14-15, 2013 VRWC & Australian Centurions 24 Hour Roadwalk, Middle Park, VIC
Sept 15, 2013 Vic 50km Championship, RWA Women's 50km Championship, Middle Park, VIC
October 5-12, 2013 **Australian Masters Games, Geelong**, See <http://www.australianmastersgames.com>.

2013 International Fixture

Oct 14, 2013 MTR 10km roadwalk, Hong Kong. See <http://www.hkaaa.com/page.php?pid=759&mid=199>
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil**. See <http://www.wma2013.com>

2013/2014 Australian Summer Season Key Dates

Dec 6-8, 2013 Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013 Australian 50km Race Walking Championships, Melbourne (Vic)
Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (Tas)
Incorporating the Oceania Racewalking Cup (Aust vs NZ)
Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 5000m walks

2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au/>
May 3-4, 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
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>
2017 **29th Summer Universiade, Taipei**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
July 2020 **32nd Olympic Games, City TBA: Istanbul, Madrid, Tokyo**

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