



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2007/2008 Number 4
21 October 2008



VRWC CLUB RACES, SUNDAY 19 OCTOBER 2008, ALBERT PARK

Our summer season opening at Albert Park on Sunday was a pretty low key affair with only a small number of walkers in attendance but that mirrors the experience of previous years with walkers perhaps still in light training in the break between seasons. The weather was good for walking so those who did come down were able to enjoy solid workouts. Ralph Bennett and Kylie Irshad took the honours over the 15 km distance while Nicholas Mirarchi and Heather Carr were fastest over the 10 km. I must give a special mention to Cassie Raselli who did her first ever 10 km race and finished a creditable equal third after keeping Pam Tindal company for the entire distance. Thanks to Stuart Cooper for the photos as usual.



Cassie Raselli, Pam Tindal, Ralph Bennett, Mark Donahoo, Kylie Irshad and Nicholas Mirarchi

15 km Open

1.	Bennett, Ralph	59:09	1:25:33
2.	Donahoo, Mark	59:35	1:27:49
3.	Skrucany, Rudolf	1:12:32	1:48:39

1.	Irshad, Kylie	59:35	1:27:49
2.	Feldman, Liz	1:01:50	1:32:28
3.	Elms, Donna	1:11:53	1:45:35

10 km Open

1.	Mirarchi, Nicolas	52:42
2.	Reid, Ross	54:40
3.	Elms, Jason	1:07:36

1.	Carr, Heather	57:09
2.	McIntyre, Gayle	58:03
E3	Tindal, Pam	1:02:36
E3	Raselli, Cassie	1:02:36
5.	Griffiths, Christine	1:59:37

In our shorter distance races, Stuart Kollmorgen and Amelia Finnegan were the fastest - Stuart showed everyone a clean pair of heels in the 5 km to record 24:19 while Amelia Finnegan was the fastest 3 km walker with a very impressive 15:21. Well done to 12 year olds Lucas Taylor and Stephanie George who both completed the 5 km walk in good times of 30:28 and 29:41 respectively. Special mentions also to Gayle McIntyre who walked the 10 km, had a short break and then fronted again for the 5 km (now that's what I call enthusiasm) and to Anna Wallace who walked very well to record a good PB over the 3 km distance.

5 km Open

1.	Kollmorgen, Stuart	24:19
2.	Taylor, Lucas	30:28
3.	Wicks, Barrie	33:59
4.	Wood, Robin	35:07

1.	Shaw, Kirstin	26:58
2.	George, Stephanie	29:41
E3	Steed, Gwen	29:45

E3	McIntyre, Gayle	29:45
5.	Holmes, Janet	32:17
6.	Johnson, Celia	34:18

3 km Open

1.	Cosic, Filip	16:12
2.	Elms, Damien	21:11
1.	Payne, Emily	17:57
2.	Wallace, Anna	19:05

3 km Under 15

1.	McShanag, Connor	17:35
1.	Finnegan, Amelia	15:21



Amelia Finnegan, Stuart Kollmorgen, Lucas Taylor, Gayle McIntyre, Stephanie George and Anna Wallace

We had only a smattering of walkers in our Under 12 and Under 9 age groups because of the Little Athletics Coaching Seminar being run at Collingwood (I hear it went very well) – Jasmine Irshad was the fastest in the 2 km and Gabriella Crea (who missed the start so had her own special race of one!) was the fastest over 1 km.



Jasmine Irshad, Stacey McLaren, Lee Taylor, Ethan McShanag and Sam Candotti

2 Km Under 12

1.	Irshad, Jasmine	11:49
2.	McLaren, Stacey	13:44

1 km Under 9

1.	Candotti, Sam	06:21
2.	McShanag, Ethan	07:22
1.	Crea, Gabriella	06:12
2.	Taylor, Lee	07:40

Judges: Lloyd Nicholls, Peter Vysma
Officials: Harry Summers, Tim Erickson, Lou Mirarchi, Susan Taylor, Elke Raselli
Competitors: 36

ATHLETICS VICTORIA SHIELD COMPETITION KICKS OFF

Unfortunately, the early rounds of competition from the Geelong and Bendigo regions are not yet online but I do have the first couple of AV Summer Season results to report.

Vern Curnow Shield Competition (Gippsland Athletics), Round 1, Newborough, Tuesday 14 October 2008

It is good to see Gippsland athletes with the chance to compete in their own three round competition this summer. The competition kicked off on Tuesday 14th October at the Joe Carmody Track, Newborough and saw four clubs in attendance - Gippsland Athletics, South Coast Athletics, Traralgon Harriers and Wellington. A 2000m walk was on the agenda and Cassie Raselli was the clear winner.

2000m Walk

1.	Cassandra Raselli	U16	10.34.59
2.	Ben Green	U14	14.22.02
3.	Howard Smith	O40	15.09.02

North West Region Round 1, Aberfeldie, Saturday 18 October 2008

Although Round 1 of AV competition is a non-walks week, the North West region offer an invitational 1500m and 14 of us decided to dust of the cobwebs in the 30°C heat. Paul Kennedy showed a clear pair of heels while the rest of us mere mortals. Good to see Nardine Hammond back in action after a few years away starting her family.

1500m Walk - Invitation

1.	Paul Kennedy	MUU	6:39.5
2.	Mark Donahoo	ATE	7:49.1
3.	Jason Elms	PTN	8:15.4
4.	Nardine Hammond	INV	8:15.7
5.	Carly Bertrand	KSB	8:24.1
6.	Tim Erickson	COB	8:30.0
7.	Donna Elms	PTN	8:51.2
8.	Melissa Desira	WES	8:52.2
9.	Beth Barbour	ATE	9:30.6
10.	Robyn Shaw	WES	10:15.9
11.	Rachael Tully	ATE	12:03.1
12.	Laura Buttigieg	WES	12:26.5
13.	Kirstin Shaw	WES	12:26.8
14.	S. Tankovic	INV	12:27.3

I'm also pleased to see that Athletics Victoria is hosting a North East Area competition this summer at Albury with clubs Border, Wangaratta and Wodonga. That brings to 8 the number of AV regions in action – North East, Gippsland, Bendigo, Ballarat, Geelong, Metropolitan North West, Metropolitan South East and Metropolitan East. At a time when other States are struggling overall with numbers, AV is recording increasing membership levels and providing greater opportunities for their athletes.

WALKERS IN ACTION IN LAST WEEK'S MELBOURNE MARATHON

I am sure that a few walkers were in action in last weekend's Melbourne marathon but special mention to **Tom Barnes** and **Rhydian Cowley**. Tom walked the full marathon distance, finishing in around 3:30:37. Rhydian ran the half marathon, finishing as the first U18 (and possibly the first U20) runner in 1:20:24. Of course, both performances were potentially faster than that as the crowd of thousands of competitors at the start means that everyone loses a bit in the first couple of kilometres. Well done lads!

2008 AUSTRALIAN 50 KM PROGRAM FINALISED, SUNDAY 14 DEC 2008

Details have now been finalised for the 2008 Australian 50 km championship, to be held at Fawkner Park in Melbourne on Sunday 14 December. 20 km events for men and women and 10 km events for junior men and women have been added on the program (timetable below). Note that AA has had to put cutoff times on the events - the route is relatively narrow and large fields would be an issue. These cutoff times are in line with what was done last year. The associated events should be seen as an opportunity for our aspiring elite walkers to race in a high quality event. **Those Victorians who enter the Australian championship are automatically entered in the associated Victorian championship. No separate entry is needed.**

7.00am	Australian 50km Road Walking Championship	cut-off: 5 hours
7.00am	Victorian 50km Road Walking Championship	cut-off: 5 hours
8.00am	20km Walk: Men and Women	cut-off: 2 hours Men, 2 hours 15 minutes Women
8.30am	10km Walk: Men and Women	cut-off: 56 minutes Men, 60 minutes Women

Entry online at the Athletics Australia website (http://www.athletics.com.au/community/events/50km_road_walking_championships)
Note that the 20 km and 10 km events no longer require separate start times for men and women. IAAF has relaxed this restriction for road events. Obviously pacing of women by men is not allowed - common sense should prevail in mixed races.

NAME THE MYSTERY WALKERS – LAST WEEK'S WINNER ANNOUNCED



Last week's photo (reproduced above again) proved very popular with our older club members as the walkers shown were all long term competitors and all very talented walkers. I have settled on the following final answer and am pretty confident it is correct:

From left to right: **Harry Summers, Mark Wall, Martin Richardson, Dave Cash, Bill Dyer (leg and part of head only visible), Mike Harvey, Bruce Dudon, Mark Donahoo, Willi Sawall, Mark Dossetor, Paul Copeland, Simon Baker, Clarrie Jack**

The best answer came from **Mark Wall**, emailing all the way from England. Not only did he guess all 13 names, he also speculated that it is probably Peter Vysma obscured behind Harry on the far left. He also pointed out Colin Donald who is bent over his TV screen/monitor used to display times and he correctly guessed that the year would have been either 1983 or 1984 because Martin Richardson was still racing and Michael Harvey was wearing a Junior Champion's registration number. Now that's the sort of detail that is hard to go past. Well done Mark.

Other very good answers came from Bill Dyer (12), Mike Harvey (12), Frances Attard (11), Simon Baker (11), Harry Summers (10), a consortium of Terry O'Neill and Clarrie and Ian Jack (9), Heather Carr (8) and Nathan Deakes (6). Nathan's effort was a pretty good one considering that he did start competing until well after most of these walkers had given it all away.

The event was actually the 1984 Victorian 15 km event. 1984 was a top year for Victorian walkers with 5 of them selected in the Australian Olympic walk team – David Smith, Michael Harvey, Andrew Jachno, Simon Baker and Willi Sawall. These five fought out many of the Victorian championships on offer that year and the times read very impressively, some 24 years on. For completeness, here is a blow by blow description of the Victorian champs that year.

5 January 1984, VAA Open Men 10,000m, Collingwood Harriers Track

The year started off with David Smith in full flight, setting a new Commonwealth Record of 39:41.0 in winning the Victorian 10,000m track title. This followed on from his Commonwealth 5000m record time of 19:20.6, done at the Aberfeldie track in September 1983. David then went on to win the Australian Olympic 20 km trial followed by an excellent 10th place in the Moscow Olympic 20 km walk. This was one of his few appearances in a Victorian championship for 1984 and his overall absence opened up the remaining races to the other plethora of talented walkers that Victoria boasted at that time.

1.	Smith, David	Williamstown	39.41.0
2.	Baker, Simon	Oakleigh	42.28.0
3.	Jachno, Andrew	Essendon/EMH	42.32.0

March 1984, VAA Open Men 5,000m, Olympic Park

Andrew Jachno, at only 21 years of age, was quickly establishing himself as one of our top walkers. He had already represented Australia at the 1982 Commonwealth Games 30 km event and on this occasion he pushed David Smith hard in the Victorian 5000m championship. Although David crossed the line first, he was disqualified and the title consequently went to Andrew with a massive PB. An incredibly versatile walker, he went on to win the 1984 Australian 50 km title and represented Australia at the 1984 Olympics in the 50 km event. It was unusual to see such a young walker excel at all distances. Simon Baker and Willi Sawall, who took the minor medals, were also duly selected in the 1984 Olympic team.

1.	Jachno, Andrew	Essendon/EMH	19.41.8
2.	Baker, Simon	Oakleigh	20.21.8
3.	Sawall, Willi	Ballarat Harriers	20.40.0

7 April 1984, VAA Open Men 20 km, Albert Park

Willi Sawall, 42 years old, and Michael Harvey, 21 years old, took the gold and silver respectively. Willi was still able to produce huge performances even though he was 'old' when measured against his young opponents. No one ever took Willi for granted when the starter's pistol fired.

1.	Sawall, Willi	Ballarat Harriers	1.23.27
2.	Harvey, Michael	Waverley	1.28.40

3.	Jachno, Andrew	Essendon/EMH	1.34.29
4.	Copeland, Paul	Ringwood	1:34:58
5.	Donahoo, Mark	Collingwood	1:35:36
6.	Knox, Duncan	Essendon/EMH	1:36:30
7.	Cash, David	Mentone	1:37:17
8.	Dossetor, Mark	Box Hill	1:37:47
9.	Summers, Harry	Box Hill	1:41:14
10.	Dudon, Bruce	Essendon/EMH	1:41:41
11.	Cust, John	Ringwood	1:42:13
12.	Dickinson, Murray	Vic Vets	1:46:01
13.	Barrow, Geoff	Mentone	1:56:36
14.	Morrison, John	Mentone	2:02:13

Teams	1. Essendon/EMH	7 Pts (Jachno, Knox, Dudon)
	2. Mentone	14 Pts (Cash, Barrow, Morrison)

2 June 1984, VAA Open Men 15 km, Albert Park

This win saw a big PB for Simon and was one of his last major races before the 1984 Olympic 20 km event. This is the event featured in the photo. He had come from nowhere in 2 years to be one of our top walkers. Again, the depth is obvious with the minor medal times of Willi Sawall and Michael Harvey.

1.	Baker, Simon	Oakleigh	1.02.29
2.	Sawall, Willi	Ballarat Harriers	1.02.47
3.	Harvey, Michael	Waverley	1.03.51

15 July 1984, VAA Open Men 50 km, Albert Park

With the top walkers preparing for the Olympics, the 50 km title was up for grabs and 23 year old Bill Dyer, already a seasoned international, had the race to himself to win his second Victorian 50 km title with a big PB time of 4:11:08.

1.	Dyer, Bill	Box Hill	4.11.08
2.	Summers, Harry	Preston	4.33.59
3.	Vysma, Peter	MUAC	4.40.21

9 September 1984, VAA Open Men 30 km, Albert Park

With the top walkers still absent, Mark Dossetor, another talented young walker at only 20 years of age, was able to win the last title of the winter season. It took him a further 5 years to gain international selection in the 1989 World Cup team.

1.	Dossetor, Mark	MUAC	2.28.08
2.	Donahoo, Mark	Collingwood	2.29.56
3.	Jack, Clarrie	Glenhuntly	2.33.03

NAME THE MYSTERY WALKER – REVISITING THE PHOTO FROM 2 ISSUES AGO



The above photo from 2 weeks ago has led to an email from Stephen Egan, President of the Bayswater Bullets Little Athletics Club. He commented as follows

The photo was actually first used in the Herald (or maybe The Sun) newspaper just after the Interstate meet and the article is in the Knox Centre's early scrapbooks. It was also used on the back cover of the VLAA 20th Annual Report when Simon Baker was in the Olympic team.

I have attached a bit of trivia of this Interstate meet that Bruce had lent me. A letter sent by the VLAA and a telegram wishing Bruce luck before the event. Also, a photo of Bruce when he won the Knox Little Athletics Centre's only and very first State Gold Medal for the walk at the VLAA 1969 State Champs. This feat led to the criteria for the Knox Centre's

prestigious “John Bennett Memorial Trophy” with details on link <http://www.klac23.org.au/jbmemorialtrophy.htm>

Bruce is a former athlete of our club, Bayswater.

Back to the Interstate meet, Trevor Billingham had proposed and organised this very first interstate Little Athletics competition at Olympic Park for Under 12 athletes with each State selecting 20 athletes. This was known as the “Interstate Challenge” and involved Victoria, New South Wales and Western Australia but NSW was one Centre in Botany-Randwick and WA was also one Centre in Perry Lakes, as that was all that was formed at this time. This began the process for the Australian Little Athletics Union (pre Australia Little Athletics) a few years later. Victoria's uniform at this meet was a navy blue t-shirt which Bruce had donated to the Knox Centre.

Regards

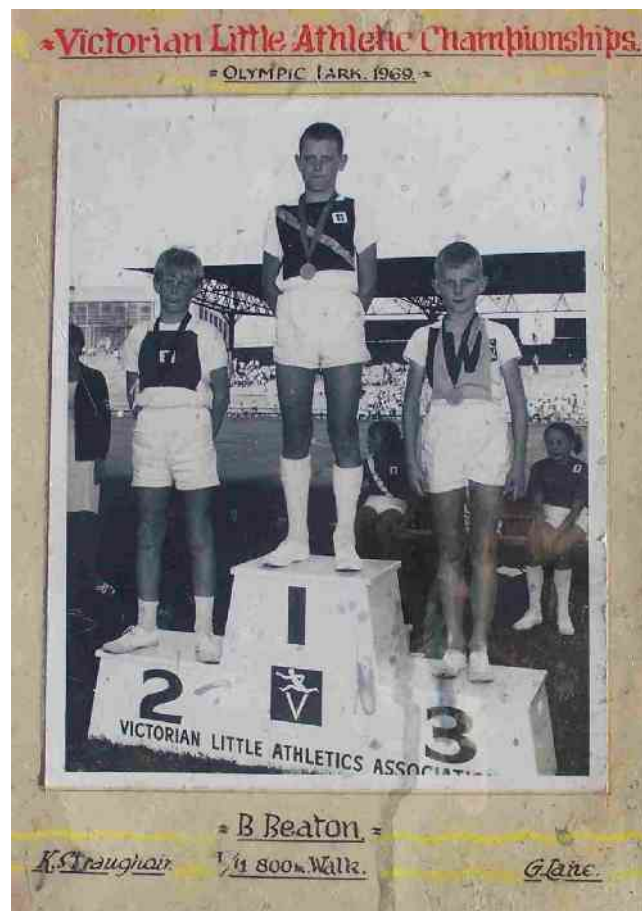
Stephen Egan

President - Bayswater Bullets Little Athletics Club

Chairperson & History Co-Ordinator - Knox Centre 40th Anniversary Sub-Committee

<http://www.klac23.org.au/KLAC1968-2008.htm>

Thanks Stephen. Both websites listed are worth a good look as they contain lots of superb information. And for completeness, here is the photo that was mentioned – Bruce Beaton winning the 1969 State Champs Gold medal in the U11 800m Walk – Knox venue's first ever LA State gold medal. K Straughan was second and G Lane was third.



A NEW RACWALKING BOOK FROM JEFF SALVAGE

If you enjoyed Jeff Salvage's photos from the 2008 Olympic Games walks, you should consider getting his new book “Two Feet Goes Race Walking”. I have ordered a copy from Amazon Booksellers and am waiting for the snailmail delivery from the US. Here is Jeff's announcement of his new venture.

I am very pleased to announce my new full color race walking photo book "Two Feet Goes Race Walking." Many of you have enjoyed my coverage of the Olympic Games, World Cup, and National Championships. Now, in one place are my best photographs of the world's and nation's best race walkers. You can see a preview of all the photos included at <http://www.twofeetgallery.com/twofeetgallery/NewGallery/RW1342.asp>. The book is \$20 + shipping and handling and is available at Amazon.com, ISBN: 978-0965532877. Amazon ordering may be done via link http://www.amazon.com/Two-Feet-Goes-Race-Walking/dp/0965532879/ref=sr_1_1?ie=UTF8&s=books&qid=1223982544&sr=8-1

This is not Jeff's first venture into this area. He has previously created 4 other coffee table books from his travels - “Two Feet Travels” (a best of), “Two Feet in Nepal”, “Two Feet in Africa” and “Two Feet in South America”. Have a browse of his websites <http://www.racewalk.com> and <http://www.twofeetgallery.com>.

THIS WEEK'S MYSTERY PHOTO

Ok – this week's mystery photo is a more recent one. Your job is to

- name the 3 walkers (and the countries they represented)
- name the event and correctly identify the exact date on which it was held
- name at least one person from the background photo – now in fairness to me, it has to be someone that I know as I have to adjudicate on this one.

Happy researching!



THIS WEEK'S WALKING CARTOON

Thanks to Rob Elliott of Guernsey who provided this week's cartoon. Guernsey, one of England's channel islands, has had an annual Church to Church walk (just under 20 miles) for many years and this walk is the subject of this particular cartoon. Rob commented


Hi Tim

Attached cartoon whose character had us laughing as youngsters (and older). The cartoonist who created the character also used to do us one offs occasionally before the Church walk, but not using "Stone de Croze". The attached one was just one I had in the computer. Joke might be lost you as an Australian but any Guernseyman would see the funny side, knowing the Stone de Croze character! His name comes from "Stone the crows" which is a Guernsey phrase. Perhaps Len Duquemin can explain!!

Rob Elliott, Guernsey



And here is a bit more info about the cartoon character himself – Stone De Croze.



STONE DE CROZE, THE ORIGINAL GUERNSEYMAN


Since March, 1970, when I asked Alan Guppy to create a weekly strip cartoon character for the Children's Page of the Guernsey Evening Press and Star, his first thoughts were not what his character would say but what he would wear.

So he dressed his inimitable Guernseyman in a traditional guernsey and put words into his mouth which sounded like the real Guernsey accent. He called him Stone de Croze and he first appeared in print on Monday, April 6, 1970.

Since he took his first public bow, Stone de Croze has slowly but surely matured, especially when it was realised that his weekly following included readers from every strata of society, from eight to eighty. Stone de Croze quickly endeared himself to every reader.

In his own delightful way he has commented on the island scene through his characters, and has also introduced others from Alderney, Sark, Herm and, of course, Jersey.

Guppy's sense of fun and fantasy brings a laugh a minute in this delightful first volume of his selected cartoons. I hope you enjoy it.



CAREL TOMS,
Features Editor, Guernsey Evening Press and Star.

WHAT'S COMING UP

Next weekend, Athletics Victoria competition continues with 7 of the 8 Victorian regions in action. Those running Round 2 will have 2000m walks. Those running Round 4 are in the non-walks week. So that means 2000m walks at Box Hill, Knox, Ballarat and Aberfeldie.

Sat 25 Oct	Meet 2. North East Track & Field (NORTH EAST AREA)	Alexandra Park, Albury
Sat 25 Oct	AV Shield - Round 2 (EAST REGION)	Hagenauer's Reserve (Box Hill), Box Hill
Sat 25 Oct	AV Shield - Round 2 (SOUTH EAST REGION)	Knox Athletic Track, Knoxfield
Sat 25 Oct	AV Shield - Round 4 (BENDIGO REGION)	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 25 Oct	AV Shield - Round 4 (GEELONG REGION)	Landy Field (Geelong), South Geelong
Sat 25 Oct	AV Shield - Round 2 (BALLARAT REGION)	Llanberris Reserve (Ballarat), Ballarat
Sat 25 Oct	AV Shield - Round 2 (NORTH WEST REGION)	Moonee Valley Athletics Centre (Aberfeldie), Essendon

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

Victorian & National Fixture – Summer 2008/2009

Sat 25 Oct, 2008	AV Shield Competition, Round 2 (2000m walk)
Sat 1 Nov, 2008	AV Shield Competition, Round 3 (3000m/1500m walks)
Nov 7-9, 2008	Victorian All Schools T&F Championships, U14-U18, Olympic Park, Melbourne
Sat 15 Nov, 2008	AV Shield Competition, Round 4
Sat 22 Nov, 2008	AV Shield Competition, Round 5 (2000m walk)
Sun 23 Nov, 2008	E.M.H's Super Sunday (Junior T&F Meet) Olympic Park, Melbourne 800m Walk U12 U13, 1500m Walk U14 U15, 2000m Walk U16 U17 U18
Sat 29 Nov, 2008	AV Shield Competition, Round 6 (3000m/1500m walks)
Nov 29 – Dec 6, 2008	8th Pacific School Games, Canberra
Sat 6 Dec, 2008	AV Shield Competition, Round 7
Sat 13 Dec, 2008	AV Shield Competition, Round 8 (2000m walk)
Sun 14 Dec, 2008	2008 Australian 50 km championship, Fawkner Park, Melbourne
Sat 10 Jan, 2009	AV Shield Competition, Round 9 (3000m/1500m walks)
Sat 10 Jan, 2009	Canberra GP Series Meet (probably no walks this year due to early scheduling)
Jan 14-18, 2009	Australian Youth Olympic Festival, Sydney (5000m walk)
Sat 17 Jan, 2009	AV Shield Competition, Round 10
Thur 22 Jan, 2009	AV Shield Competition, Round 11 (2000m walk)
Jan 24-26, 2009	Victorian Country Championships, Landy Field, Geelong
Sat 31 Jan, 2009	AV Shield Competition, Round 12 (3000m/1500m walks)
Sat 7 Feb, 2009	AV Shield Competition, Region Finals (2000m walk)
Sat 7 Feb, 2009	Australia Cup GP Series Meet, Queensland (elite 5000m walk?)
Sat 14 Feb, 2009	AV Shield Competition, Shield Final (2000m walk)

Feb 19-22, 2009 **Victorian Open and U20 T&F Championships, Olympic Park, Melbourne**
Feb 21-25, 2009 **2009 Australian Masters Games, Geelong** - <http://www.AustralianMastersGames.com>
Feb 27-Mar 1, 2009 **Victorian Youth T&F Championships, Olympic Park, Melbourne**
Sat 7 March, 2009 **2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne**
Mar 28-29, 2009 AV Overage & Victorian Masters T&F Championships, venue TBC
Apr 3-5, 2009 **Australian U20 All Schools, U20 & U23 Championships, SA (includes 10,000m walk)**

2008 IAAF Race Walking Challenge (remaining races)

Sept 21, 2008 IAAF Race Walking Challenge Final, Murcia, Spain

2009 International Fixture

May 24, 2009 EAA Race Walking Cup, Metz, France
July 1-12, 2009 **25th World Summer Universiade Games, Belgrade, Serbia** - <http://www.universiade-belgrade2009.org/en>
July 8-12, 2009 **IAAF World Youth Championships, Bressanone, Italy**
July 28 – Aug 8, 2009 **XVIII World Masters Athletics Championships Stadia, Lahti, Finland** - <http://english.wma2009.org/>
Aug 15-23, 2009 **IAAF World Championships in Athletics, Berlin, Germany.** See <http://www.iaaf.org/wch09/index.html>
Oct 10-18, 2009 **World Masters Games, Sydney.** See <http://www.2009worldmasters.com>

2009 IAAF Race Walking Challenge

Mar 14-15, 2009 Chihuahua, Mexico
Apr 4-5, 2009 Rio Major, Portugal
Apr 18-19, 2009 Wuxi, China
May 1, 2009 Sesto S Giovanni, Italy
May 30, 2009 Krakow, Poland
June 20, 2009 La Coruna, Spain
Aug 15-23, 2009 IAAF World Championships, Berlin
Sept 19, 2009 IAAF Challenge Final, Saransk, RUS

EAA Permit Walks 2009

Mar 8, 2009 Lugano, Switzerland
Mar 28, 2009 Dudince, Slovakia
Mar 28, 2009 Ibiza, Spain
Apr 25, 2009 Podebrady, Czech Republic
June 12, 2009 Altyus, Lithuania
June 28, 2009 Dublin, Ireland

2010 International Fixture

May 15-16, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**
July 20-25, 2010 **World Junior Championships, Moncton, Canada**
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2011 International Fixture

Aug 24-Sept 4, 2011 **IAAF World Championships in Athletics, Daegu, Porea.** See <http://www.iaaf.org/wch09/index.html>

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)