



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2007/2008 Number 6  
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### ATHLETICS VICTORIA SHIELD COMPETITION

The walkers were out in force once again last weekend with the Athletics Victoria Shield competition including 3000m and 1500m track walks. We were finally treated to a cooler weekend and most walkers made the most of it. I am able to report on all venues except for Geelong which is not yet posted on the AV website.

#### South East Region, Box Hill, Thursday 30 October 2008

The South East region competed on the Thursday evening and numbers were down, perhaps indicating the difficulty of getting to mid week competitions. Stephanie George was the only 1500m walker but it did not stop her from recording a very good 7:35. Over the 3000m distance, David Armstrong and Cassie Raselli had a great tussle with Cassie just pipping David with 15:41.3.

##### 1500m Walk

1.	George, Stephanie	SCA	F14	7:35.40
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##### 3000m Walk

1.	Raselli, Cassandra	SCA	F18	15:41.30
2.	Armstrong, David	DIV	MOP	15:41.80
3.	Evans, Simon	BOH	MOP	15:49.50
4.	Brazel, Hilary	ANW	F18	15:50.50
5.	Benke, Geza	OLM	MOP	17:57.10
6.	Gardiner, Robert	COL	MOP	18:24.50
7.	Olden, Graeme	BOH	MOP	18:40.20
8.	Worsnop, Chris	OLX	MOP	19:08.50
9.	Lyon, Kelly	RIC	FOP	21:32.90
10.	Cowell, Jacqueline	DIV	F16	22:18.30

#### Ballarat Region, Llanberris Reserve, Ballarat, Saturday 1 November 2008

Numbers were good at Ballarat again, with Rachel Tallent easily the best. It's good to see Erin Adamcewicz back in business and Daryl Biggin beat me on times again (but I was at least a bit closer this week).

##### 1500m Walk

1.	Jones, Madison	BYC	F14	9:37.80
2.	Cullum, Lachlan	BYC	M14	11:13.69
3.	Hayes, Jackson	BYC	M14	11:17.47
4.	Stowe, Jack	BYC	M14	11:17.52

##### 3000m Walk

1.	Tallent, Rachel	BYC	FOP	15:06.30
2.	Blood, Andrew	BYC	MOP	15:50.49
3.	Adamcewicz, Erin	ATE	FOP	16:01.68
4.	Biggin, Daryl	BYC	MOP	16:29.27
5.	Nunn, Paul	WEN	M40+	16:31.81
6.	Tallent, Ebony	BYC	F16	17:16.60
7.	Platt, Belinda	EKA	FOP	19:06.24
8.	Jones, Peter	BHA	MOP	20:40.24
9.	Hammond, Terry	BHA	MOP	20:56.13

#### South East Region, Glenhuntly, Saturday 1 November 2008

Wow, the walkers were on fire at Glenhuntly last weekend. Amy Burren scorched through the 1500m in 6:45 while Amelia Finnegan was not far behind with her time of 7:02. This venue has a lot of talented young walkers and they were on show in the best possible way. While Amy was winning the 1500m, Beth Alexander was doing the same thing over the 3000m distance and her 14:36 must be a big PB. Kylie Irshad was also in great form with her 15:03 for second place and Gayle McIntyre was another big improver with her 15:49 in the Over 40 section.

##### 1500m Walk

1.	Burren, Amy	MAL	F16	6:45.90
2.	Finnegan, Amelia	KNA	F14	7:02.40
3.	Burren, Sarah	MAL	F14	7:44.80
4.	Albert, Ashley	MAL	F16	7:45.50
5.	Collins, Talie	MAL	F16	8:14.10
6.	Attard, Bianca	KNA	F14	8:15.40
7.	Kaiser, Joshua	FKN	M16	8:32.40
8.	Ventura, Amy	MAL	F16	9:28.20

##### Event 3000m Walk

1.	Alexander, Beth	KNA	F16	14:36.60
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2.	Irshad, Kylie	SCA	FOP	15:03.90
3.	Attard, Tamara	KNA	F20	15:40.10
4.	McIntyre, Gayle	VMA	W40+	15:49.90
5.	Steed, Gwen	VMA	W40+	17:31.50
6.	Holmes, Janet	VMA	W40+	17:37.70
7.	Chapman, Kahlia	AWA	FOP	18:07.20
8.	Barrow, Geoff	MEN	MOP	19:08.30
9.	Osmand, Kym	OAK	MOP	19:23.90
10.	Morrison, John	SAN	MOP	19:28.70
11.	Goodings, Liana	AWA	F18	19:40.60

#### North West Region, Coburg, Saturday 1 November 2008

Another good turnout in the North West region saw 23 walkers in action. Paul Kennedy made the most of the absence of team mate Tom Barnes and was an easy winner in the 3000m walk with 13:59, ahead of the Preston duo of Trenton Hawkins and Aaron McDonough. Kirstin Shaw was the fastest of the women with 16:18 ahead of the Caitlin Campbell, the youngest walker in the field. Aaron Gardner did a big PB to win the 1500m with 7:56 while Preston team mate Lauren Gelov, who did a PB in the morning at LAs, was back in action in the afternoon with another good time of 8:53.

#### 3000m walk

1.	KENNEDY, PAUL	MUU	MOP	13:59.46
2.	HAWKINS, TRENTON	PTN	MOP	14:50.37
3.	MCDONOUGH, AARON	PTN	MOP	15:28.97
4.	DONAHOO, MARK	ATE	MOP	15:36.84
5.	COSIC, FILIP	ATE	M18	16:05.85
6.	SHAW, KIRSTIN	WES	FOP	16:18.88
7.	KNOX, DUNCAN	ATE	M40+	16:27.62
8.	CAMPBELL, CAITLIN	ATE	F16	16:38.32
9.	ERICKSON, TIM	COB	M40+	16:41.44
10.	ELMS, JASON	PTN	MOP	17:33.33
11.	ELMS, DONNA	PTN	FOP	17:34.43
12.	HAMMOND, NARDENE	ATE	FOP	17:35.50
13.	TRAINE, ESTHER	COB	FOP	21:48.77
14.	GOGGIN, BERNARD	COB	M40+	23:32.20

#### 1500M Walk

1.	GARDNER, AARON	PTN	M14	7:56.80
2.	GELOV, LAUREN	PTN	F14	8:53.40
3.	CAMPBELL, REBECCA	ATE	F14	9:00.20
4.	BARBOUR, BETH	ATE	F14	9:20.00
5.	MARSH, MEGAN	COB	F14	11:23.20
6.	WALLACE, ANNA	ATE	FOP	11:23.40
7.	PINDER, GRACE	KSB	FOP	11:46.50
8.	TULLY, RACHAEL	ATE	FOP	11:46.70
9.	BUTLER, LAURA	KSB	F14	12:21.70



Beth Barbour, Rebecca Campbell, Aaron Gardner and Lauren Gelov in action in the 1500m walk at Aberfeldie

#### Bendigo Region, La Trobe Uni Track, Bendigo, Saturday 1 November 2008

And saving the best till last, Duane Cousins set the track on fire with his 5:56 1500m walk time in Bendigo. For those of you who were wondering if we were going to see Duane this summer, I think your question has now been answered. Peter Curtis was next in, nearly a lap behind. Overall the times were very good considering most of the walkers are quite young. Welcome back Duane!

### 1500m Walk

1.	Cousins, Duane	EAG	5:56.17
2.	Curtis, Peter	SBE	7:24.66
3.	Whiley, Ebony	EAG	7:57.86
4.	Jones, Jeremiah	EAG	7:59.90
5.	Heiden, Dane	BEU	8:00.00
6.	Wilson, Jessey	EAG	8:16.22
7.	Major, Annette	EAG	8:16.60
8.	Maskell, Ben	EAG	8:45.31
9.	Jones, Ebony - Jade	EAG	9:47.81
10.	Wellard, Ian	BYM	9:48.81
11.	Watson, John	BYM	10:40.87
12.	Flanagan, James	SBE	11:55.92

### Results from Proclamation Park Walking Club races, Wednesday 29<sup>th</sup> October 2008

I received an email from Simon Baker to advise that there is another mid-week racing venue in action for those who live in the Eastern suburbs and might be looking for a hitout. I don't know too much about it but he passed on the following brief results.

U6 300m	1 <sup>st</sup>	Daniel Cowan	2:35
U9 1100m	1 <sup>st</sup>	Simon Duval	6:41
U12 1500m	1 <sup>st</sup>	Elizabeth Cowan	9:23
U16 1500m	1 <sup>st</sup>	David Cowan	8:16

He advised that 3000m, 1500m and 1100m races are held every Wednesday, starting 7PM sharp at Proclamation Park (Ringwood track, next to Cadbury's!), access from Eastlink via Maroondah Highway or Canterbury Rd. All ages and abilities welcome. Contact Denise Bannon (9870 9143) or Alan Johnson (9262 2839) for further information.

And of course, our various Masters venues also have mid week races with walks on offer. It's a busy season!

### LAST WEEK'S MYSTERY PHOTO



The photo was taken at the start line of the 1982 Commonwealth Games 30 km racewalk, on the Wynnum-Manly foreshore just outside Brisbane. From left, the walkers are **Guillaume LeBlanc (CAN)**, **Elisha Kasuku (KEN)**, **Mike Parker (NZ)**, **Marcel Jobin -at back (CAN)**, **Kevin Taylor (NZ)**, **Rob Elliot (GRN)**, **Andrew Jachno (AUS)**, **Willi Sawall (AUS)**, **Francois LaPointe – at back (CAN)**, **Chand Ram (IND)**, **Steve Barry (WAL)** . You can also see a bearded **Paul Jenes (AA statistician extraordinaire)** lurking incognito in the background.

**Andrew Jachno** was the first to correctly answer but he had a slight advantage over other readers as he was in the photo. He also points out that Guillaume LeBlanc was “wearing the ol' nostalgic Marathon 80's”. And now onto the Games themselves and a full report on the walk:

The Brisbane Games are still hailed as one of the very best. Everything went so well from the moment Matilda, a 13-metre mechanical kangaroo, helped out with the opening ceremonies. Once again, a boycott was avoided and the sun shone throughout the duration of the XII Games.

Forty-six nations participated in the Brisbane Games with a new record total of 1,583 athletes and 571 officials. As hosts, Australia headed the gold medal table ahead of England, Canada, Scotland and New Zealand respectively.

The men's 200m gold was shared by England's Mike McFarlane and Scotland's Allan Wells, with judges unable to separate the pair at the winning post.

Nine sports featured at the Brisbane Games – athletics, badminton, boxing, cycling, lawn bowls, shooting, swimming and diving, weightlifting and wrestling. Australia and England were locked in the tightest medal tussle ever seen at any Games with nothing separating them day after day.

Country	Gold	Silver	Bronze	Total
Australia	39	39	29	107
England	38	38	32	108
Canada	26	23	33	82

### 30 Km Walk – 1982 Commonwealth Games

With his 2 outstanding 30 km times and his similar split in the Canberra 20 miles, Willi Sawall had the 3 top ranking times in the Commonwealth and he was once again an unbackable favourite. But as in 1978, it was a case of a great season followed by a disappointing finale. Willi was once again nursing injuries in the final weeks leading up to the Brisbane race and he entered the Games a different walker.

The 30 km event was held on the Wynnum-Manly foreshore and started in cool morning conditions with a slight breeze fanning the 19 competitors but by the finish it was quite humid and steamy. Thousands of spectators lined the 2.5 km course and cheered the competitors on throughout the event.

Steve Barry, a plasterer from Cardiff in Wales, had been unlucky to miss selection for England in the 1980 Olympics but had shown great form since then over the shorter distances and was one of the minor medal chances behind favourite Sawall. Willi headed off hard as usual with everyone else chasing. It was Barry who bridged the gap at the 7.5 km mark and he was never headed after that, finishing in 2:10:16 to break the Games record by 12 minutes. His comment after the race “Everything hurts now but I’m elated – I’ll get plastered tonight.”

Barry, whose father David was nine times Wales walk champion, crossed the finish line to the cheers of a large Welsh contingent, not only from the Games Village, but also including local residents who strung flags and signs out their windows.

The minor medals were taken by Canada with veteran Marcel Jobin taking silver in 2:12:16 and the young Guillaume Leblanc taking bronze in 2:14:56. Sawall struggled home in fourth with 2:14:56, knowing that any of his three 2:08 times would have secured him the gold. He commented “Once I moved over a certain pace, I started to limp so it was all I could do to push through the pain and finish the race.”



#### Steve Barry shadows Willi Sawall early in the race and subsequently celebrates as he wins in record time

A second young Canadian, Francois Lapointe, was fifth in 2:17:02 while I struggled to finish 6<sup>th</sup> in 2:19:45, still not fully recovered from the effects of a bout of flu. Andrew Jachno, the third Australian, finished a creditable 9<sup>th</sup> in 2:24:15 after being forced to take a cordisone injection for a troublesome leg injury.

Barry said he had found the course quite good but had been troubled by the muggy conditions late in the race. He was pleased with his time as he had been hoping to clock around 2 hours 12 mins – some 3 minutes inside his previous best.

1. Steve Barry	Wales	2:10:16
2. Marcel Jobin	Canada	2:12:24
3. Guillaume Leblanc	Canada	2:14:56
4. Willi Sawall	Australia	2:15:23
5. Francois Lapointe	Canada	2:17:02
6. Timothy Erickson	Australia	2:19:45
7. Roger Mills	England	2:21:54
8. Murray Lambden	Isle of Man	2:22:18
9. Andrew Jackno	Australia	2:24:15
10. Robert Elliott	Guernsey	2:24:28
11. Michael Parker	New Zealand	2:26:07
12. Graham Young	Isle of Man	2:27:04
13. Paul Blagg	England	2:30:42
14. Mutai Kiplangat	Kenya	2:34:51

15. Kevin Taylor	New Zealand	2:37:37
16. Elisha Kasuku	Kenya	2:39:32
17. John Mutinda	Kenya	2:50:54
Chand Ram	India	DNF
Robert Lambie	Isle of Man	DQ

### THIS WEEK'S MYSTERY PHOTO

This week's photo is a bit grainy but that only adds a bit of flavour to the task. Name the event, the year, the city and the walkers. Most of them went on to represent Australia at one time or another so it is a pretty impressive gathering of young talent.



### ONE LAST LOOK AT THE 1970 LITTLE ATHLETICS INTERSTATE MATCH

Thanks to Stephen Egan who has rummaged out and forwarded me a scan of the finish of the Under 12 Boys 800m walk in the 1970 Little Athletics Interstate match, taken from the Sun newspaper of 3 March 1970.



This completes the story which has unfolded over the last two newsletters. For the record, the results in the boys' and girls' walk events were

**Under 12 Boys 800m Walk**

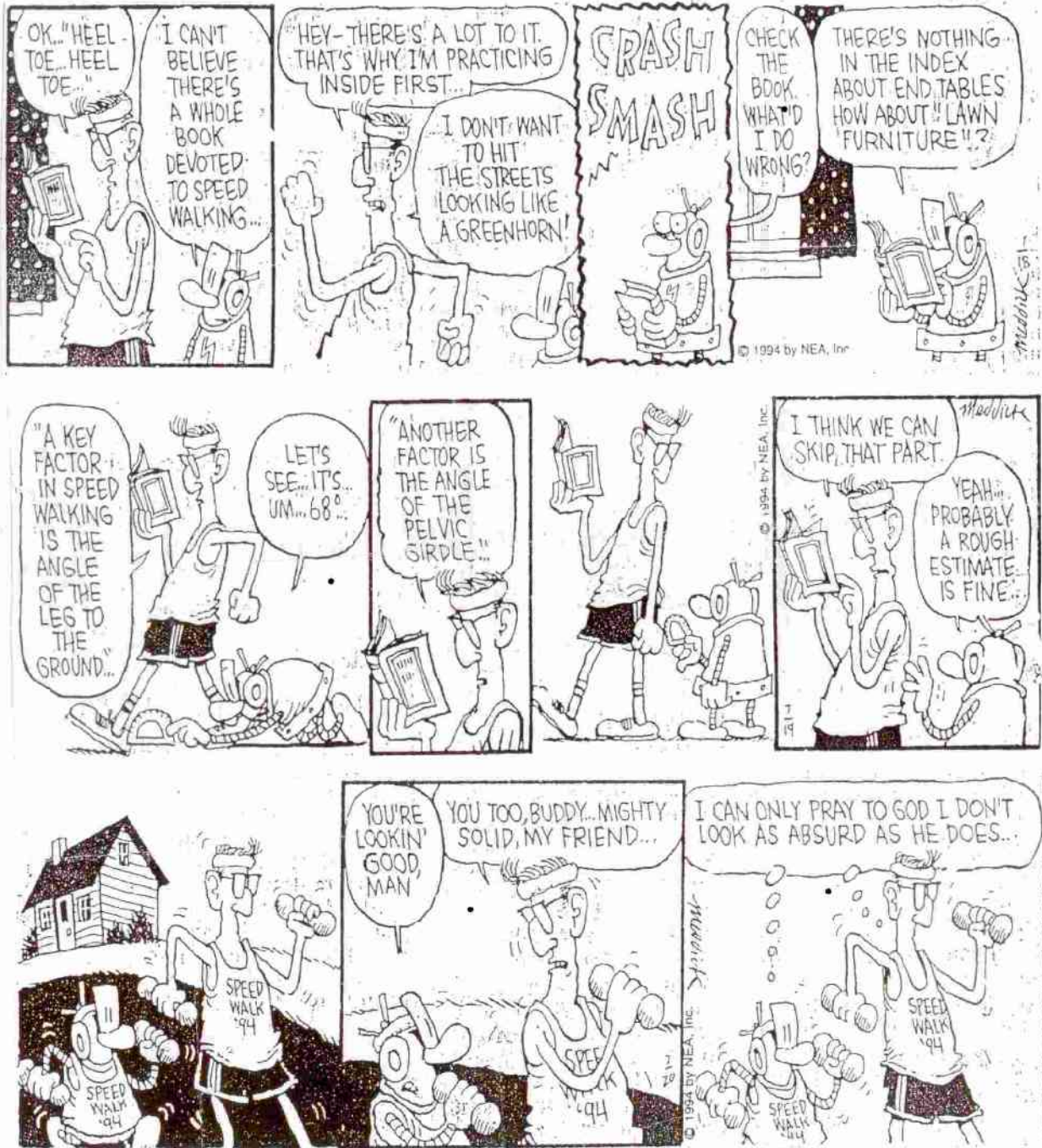
1. Simon Baker (VIC) 4:09.5
2. B Murray (NSW)
3. P. Hendricks (WA)

**Under 12 Girls 800m Walk**

1. B Dagge (VIC) 4:23.8
2. P. Lioulioukos (VIC)
3. C. Patmore (NSW)

**THIS WEEK'S WALKING CARTOON**

This week's cartoon is amongst my favourites, titled 'SPEED WALK 94' and from the 'Monty' comic strip by Jim Meddick, published by Newspaper Enterprise Association, Inc



## 2009 WORLD UNIVERSITY GAMES SELECTION CRITERIA NOW PUBLISHED

Selection criteria for the 2009 University Games (Belgrade, Serbia, July 1-12, 2009) has been released by Athletics Australia – see [http://www.athletics.com.au/community/412/high\\_performance\\_news/2009\\_wug](http://www.athletics.com.au/community/412/high_performance_news/2009_wug) . Brief summary is as follows:

Entrants: for the half-marathon, 10,000m and walk for men and women, a maximum of three (3) athletes, all of whom have achieved the entry standard for the event in the year before the University Games or two (2) who have not achieved the entry standard.

Qualifying period: extends from 1 Sept 2008 up to the date set by AA for final Team entries. I'm unsure when that actually is, based on my reading of the document.

The official trials are the AA 20km champs on Saturday 7<sup>th</sup> March 2009. Qualifying standards are the same as in 2007

Men	20 Km Walk	1:28:00
Women	20 Km Walk	1:38:00

## NEW JAPANESE 50 KM RECORD, OCTOBER 2008

The following news brief announced a new Japanese 50 km record for Yuki Yamazaki.

*TAKAHATA (JPN, Oct 26): Yuki Yamazaki set a national record of 3:41:29 at 50 km walk. The 24-years old Olympic 7<sup>th</sup> placer improved his own Japanese mark from this April by 26 seconds. He was also 11<sup>th</sup> in Beijing at 20 km and eight placer at World Championships 2005.*

I didn't think such a great walk should go without a bit more coverage so I dusted off the keyboard and went to work. Yuki, born 16 January 1984 in Toyama, is still only 24 years of age but has been competing internationally with distinction since 2000. That is a long apprenticeship and illustrates that a top performance like this only comes after years and years of careful planning and hard work. Walkers aren't born overnight. His international vests are

IAAF/Coca Cola World Junior Championships	20	10000m	45:19.21	Santiago de Chile	19/10/2000
2 <sup>nd</sup> IAAF/Westel World Youth Championships	4	10000m	43:55.32	Debrecen	14/07/2001
IAAF/Coca Cola World Junior Championships	5	10000m	42:02.76	Kingston, JAM	17/07/2002
15 <sup>th</sup> Asian Athletics Championships	2	20km	1:21:54	Manila	22/09/2003
28 <sup>th</sup> Olympic Games	16	50km	3:57:00	Athens	27/08/2004
28 <sup>th</sup> Olympic Games	DNF	20km	-	Athens	27/08/2004
10 <sup>th</sup> IAAF World Championships in Athletics	8	50km	3:51:15	Helsinki	12/08/2005
The XXIX Olympic Games	11	20km	1:21:18	Beijing	16/08/2008
The XXIX Olympic Games	7	50km	3:45:47	Beijing	22/08/2008

As his IAAF profile (<http://www.iaaf.org/athletes/biographies/letter=0/athcode=179953/index.html>) confirms his consistent and steady rise to the top. Consider his 20 km and 50 km yearly progression:

20 Kilometres Race Walk	2001	1:25:59	Kobe	28/01/2001
	2002	1:20:43	Kobe	27/01/2002
	2003	1:20:38	Kobe	26/01/2003
	2004	1:22:28	Kobe	25/01/2004
	2005	1:23:57	Piacenza	02/10/2005
	2006	1:23:09	Kobe	29/01/2006
	2007	1:25:07	Osaka	06/05/2007
	2008	1:21:18	Beijing	16/08/2008
50 Kilometres Race Walk	2004	3:55:20	Wajima	11/04/2004
	2005	3:50:39	Wajima	17/04/2005
	2006	3:43:38	Wajima	16/04/2006
	2007	3:47:40	Kobe	15/04/2007
	2008	3:41:55	Wajima	13/04/2008

His path to the 2008 Olympics was not without difficulty. In the 2007 IAAF World Championship 50 km walk in Osaka, until 30km, he was contending for a medal until the 30 km mark until he started to fade. But he was still an outside chance for a top 8 finish until redirected by race officials and forced to enter the stadium prematurely. He was then disqualified for crossing a finish line without completing the entire course (reminiscent of Duane Cousin's 1996 Olympic 50 km experience). Had he finished in the top eight, he would have clinched a place in the Olympic team. Thus he was in the centre of media attention as a 'Tragic athlete who missed making Olympic team because of an error by officials.'

However, Yamazaki never blamed organiser or officials. "I am disappointed for being disqualified, of course, but even without misdirection, I doubt I would have finished in the top eight," he said. "I should have been careful about counting laps myself. I have nobody to blame but myself."

Undaunted, Yamazaki continued to train hard and the results followed early in 2008. In January, he won the 20km Walk at the National Championships for the first time in six years. Next, in April, he won the National Championships at 50km for the fourth straight year. In the process he set a National record of 3:41:55. Thus, for the second consecutive Olympics, Yamazaki was selected to walk both 20km and 50km in the Olympic Games.

You can read this and much more about this talented walker at <http://www.iaaf.org/news/athletes/newsid=46713.html>



Left: World Athletics Championships 2007 in Osaka - Japanese race walker Yuki Yamazaki is carried away by helpers after crossing the finishing line of the 50km race. He came in as fifth but was disqualified (photographer Eckhard Pecher)  
Right: Yuki wins the 2008 Pino Dordoni Memorial (photographer Lorenzo Sampaolo)

KNOX LITTLE ATHLETICS CENTRE 40<sup>th</sup> ANNIVERSARY FAMILY FUN DAY – SATURDAY 22 NOVEMBER



And a plug for the Knox Little Athletics Centre 40<sup>th</sup> Anniversary "Come Back to Knox" Family Fun Day coming up in a few weeks.

When: 22 Nov 2008 - 11am to 3pm  
Where: Knox Athletics Facility, Bunjil Way, Knoxfield, VIC, 3180  
Web: <http://www.klac23.org.au/KLAC1968-2008.htm>

"We are looking for all those who have been involved with the Knox Little Athletics Centre and its clubs anytime since 1968 to come down and help celebrate with us its 40<sup>th</sup> Anniversary. Memorabilia will be on display as well as the showing of the "Moments in Time" DVD video of the Centre's history plus a chance to catch up with old friends. The Knox Centre has traditionally produced many great junior walk athletes with some great junior coaches such as Alan Johnson, David Blackwood and more recently Frances Attard and Elke Raselli. BBQ by the Wantirna Lions club starting at 11:00am."

#### WHAT'S COMING UP

Athletics Victoria Shield competition goes into recess for a week now because next weekend sees the Victorian All Schools Track and Field Championships for U14-U18 at Olympic Park. Our young walkers will all be in action and we are expecting some fast times. The AV website lists the walk times as follows but check your letter from AV for final confirmation of times.

Sat 8 <sup>th</sup> November	11:10 AM	U15 & U16 3000m Walk
	12:25 PM	U14 1500m Walk
Sun 9 <sup>th</sup> November	4:05 PM	U17 & U18 5000m Walk

**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**

Nov 7-9, 2008	<b>Victorian All Schools T&amp;F Championships, U14-U18, Olympic Park, Melbourne</b>
Sat 15 Nov, 2008	AV Shield Competition, Round 4
Sun 16 Nov, 2008	VRWC Summer Championships and AGM, Albert Park
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	<b>8<sup>th</sup> Pacific School Games, Canberra</b>
Sat 6 Dec, 2008	AV Shield Competition, Round 7
Sat 13 Dec, 2008	AV Shield Competition, Round 8 (2000m walk)
Sun 14 Dec, 2008	<b>2008 Australian 50 km championship, Fawkner Park, Melbourne</b> (20 km and 10 km walks also)
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	<b>Australian Youth Olympic Festival, Sydney</b> (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	<b>Victorian Country Championships, Landy Field, Geelong</b>
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	<b>Victorian Open and U20 T&amp;F Championships, Olympic Park, Melbourne</b>
Feb 21-25, 2009	<b>2009 Australian Masters Games, Geelong</b> - <a href="http://www.AustralianMastersGames.com">http://www.AustralianMastersGames.com</a>
Feb 27-Mar 1, 2009	<b>Victorian Youth T&amp;F Championships, Olympic Park, Melbourne</b>
Sat 7 March, 2009	<b>2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne</b>
Mar 28-29, 2009	<b>AV Overage &amp; Victorian Masters T&amp;F Championships, venue TBC</b>
Apr 3-5, 2009	<b>Australian U20 All Schools, U20 &amp; U23 Championships, SA</b> (includes 10,000m walk)

**2009 International Fixture**

May 24, 2009	EAA Race Walking Cup, Metz, France
July 1-12, 2009	<b>25<sup>th</sup> World Summer Universiade Games, Belgrade, Serbia</b> - <a href="http://www.universiade-belgrade2009.org/en">http://www.universiade-belgrade2009.org/en</a>
July 8-12, 2009	<b>IAAF World Youth Championships, Bressanone, Italy</b> - <a href="http://www.iaaf.org/wyc09/preview.html">http://www.iaaf.org/wyc09/preview.html</a>
July 28 – Aug 8, 2009	<b>XVIII World Masters Athletics Championships Stadia, Lahti, Finland</b> - <a href="http://english.wma2009.org/">http://english.wma2009.org/</a>
Aug 15-23, 2009	<b>IAAF World Championships in Athletics, Berlin, Germany</b> - <a href="http://www.iaaf.org/wch09/index.html">http://www.iaaf.org/wch09/index.html</a>
Oct 10-18, 2009	<b>World Masters Games, Sydney</b> - <a href="http://www.2009worldmasters.com">http://www.2009worldmasters.com</a>

**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	Krackow, 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 28, 2009	Dublin, Ireland

**2010 International Fixture**

May 15-16, 2010	<b>IAAF World Race Walking Cup, Chihuahua, Mexico</b>
July 20-25, 2010	<b>World Junior Championships, Moncton, Canada</b>
Oct 3-14, 2010	<b>Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdeldhi2010.com/">http://www.cwgdeldhi2010.com/</a>

**2011 International Fixture**

Aug 24-Sept 4, 2011	<b>IAAF World Championships in Athletics, Daegu, Porea.</b> See <a href="http://www.iaaf.org/wch09/index.html">http://www.iaaf.org/wch09/index.html</a>
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Tim Erickson, Secretary, VRWC

[terick@melbpc.org.au](mailto:terick@melbpc.org.au)

Home: 03 90125431 Mob: 0412 257 496

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