



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### NSW 10,000M RACEWALK CHAMPIONSHIPS, SATURDAY 3 JANUARY 2009

It is a quiet time of the year for Australian walkers with one exception – NSW walkers contested their State 10,000m walk titles last Saturday at Campbelltown in what turned out to be quite good conditions. Cheryl Webb easily won the women's championship with an excellent 46:25 while Luke Adams displayed his usual class to win the men's event with 41:00. The big mover was Ian Rayson who walked a huge PB time of 41:56. Well done on a big breakthrough Ian!

#### NSW Women's 10,000m walk championship

1.	Webb, Cheryl	46:25.19
2.	Fagan, Nicole	50:57.99
3.	Grant, Lisa	52:47.49
	Lloyd, Nancy	DNF
	Knapton, Susan	DNF
	Alldis, Tina	DNF

#### NSW Men's 10,000m walk championship

1.	Adams, Luke	41:00.08
2.	Rayson, Ian	41:56.79
3.	Dredge, Mark	55:53.23
4.	Thompson, John	1:00:06.10
5.	Smith, John	1:06:07.86
6.	Psarianos, Tony	1:10:09.75
7.	Mulhearn, Derek	DNF

With Ian's fine time, he pushes his way up my very unofficial Australian 10 km all time rankings. As always, let me know of any major errors or omissions. Ian is now 18<sup>th</sup> – here are the top 30.

Rank	Name	Time	Date	Event
1	David Smith	38.06	25/09/1986	Sydney
2	Nathan Deakes	38.09	9/06/2001	Krakow
3	Jared Tallent	38.59	16/08/2008	Beijing Olympic 20 km (2 <sup>nd</sup> 10 km split)
4	Nick A'Hern	39.10	13/01/1991	Sydney
5	Luke Adams	39.14	16/08/2008	Beijing Olympic 20 km (2 <sup>nd</sup> 10 km split)
6	Andrew Jachno	39.29	26/08/1990	Brisbane
7	Adam Rutter	40.12	23/02/2008	Aust 20 km, Melbourne
8	Simon Baker	40.35	8/07/1989	Ornskoldsvik
9	Steve Beecroft	40.46	5/01/1992	Melbourne
10	Liam Murphy	41.00	26/07/2003	SA State 20km
11	Darren Bown	41.00	19/02/2005	Adelaide
12	Jon Gawley	41.01	8/05/1999	NSW State u20
13	Paul Copeland	41.05	5/01/1992	Melbourne
14	Dion Russell	41.05	1/04/1995	Ath Aust website
15	Chris Erickson	41.14	10/05/2008	Cheboksary, Russia (first 10 km split in 20 km)
16	Willi Sawall	41.16	1982	VIC State
17	Brent Vallance	41.38	8/02/1998	Canberra
18	Ian Rayson	41.57	3/01/2009	Sydney, NSW Title (Track)
19	Troy Sundstrom	41.58	18/08/2000	Sydney
20	Mike Harvey	42.06	1/07/1990	Ornskoldsvik
21	Rob McFadden	42.12	28/03/1992	Adelaide
22	Michael McCagh	42.13	18/09/2005	Fed Champ - NSW
23	Douglas Connelly	42.29	26/10/2001	Sydney
24	Duane Cousins	42.31	8/02/2002	Canberra
25	Tim Erickson	42.32	28/06/1980	London, England
26	Greg Robertson	42.45	9/02/1991	Hobart
27	Anthony Miles	42.47	1991	Aust u20
28	Tom Barnes	42.52	24/08/2008	Aust 20 km, Melbourne (first 10 km split)
29	Mark Donahoo	43.25	1988	VIC State
30	Scott Hollaway	43.35	8/02/2002	Canberra

## OUR TOP WALKERS GATHER IN CANBERRA

Our top walkers have descended on Canberra once again this January for another of the high intensity walking camps that AIS walks coach Brent Vallance manages to put together via what can only be described as untold amounts of string pulling and arm twisting.

Last year, the camp focused on how walkers adapt to altitude training and a whole bevy of scientific tests were scheduled to complement the month's hard training. This year, the focus is on how athletes acclimatise to heat and the exercise physiologists are at it again, testing, sampling and gathering statistics as the walkers go about their daily training schedules. 22 elite walker are in attendance – and that includes overseas walkers Johanna Jackson (UK), Zusana Malikova (Slovakia), Kim Hyun-sub (Korea) and Jamie Costin (Ireland). A number of Mexican walkers were also intending to come but last minute visa problems in transit prevented them from completing their trip. UK National walks coach Andi Drake and Korean coach Bohdan Bulakowski are also attending the camp. On the local front, walkers attending include Cheryl Webb, Claire Tallent, Megan Szirom, Jess Rothwell, Jillian Hosking, Jess Heazlewood, Bekki Lee, Nicole Fagan, Regan Lamble, Jared Tallent, Adam Rutter, Chris Erickson, Ian Rayson, Brendon Reading, Dane Bird-Smith, Daniel Coleman, Rhydian Cowley and Sean Fitzsimons. All these walkers will spend the entire month of January at the AIS.

The numbers are further swelled by a further 14 junior walkers who are doing a 12 day training camp at the AIS – Daniel Payne, Derek Mulhearn, Kyle Malone, Steele Blake, Brooke Keys, Natalie Laurie, Melissa Hayes, Paige Hooper, Beth Alexander, Shannon Jennings, Rachel Tallent, Kristie Goznick, Lauren Harrington and Claire Xian.

This is the largest group of elite walkers ever assembled in Canberra and we should see the benefits as the year progresses. Well done to Brent on this fantastic initiative.

The camp started a few days ago and the walkers have been mixing training sessions on the road with initial physiological and biomechanical testing. These tests will be repeated later in the camp to gauge improvement. A few photos this week to give everyone a flavour of what is going on.



**I was lucky enough on Tuesday morning to see AIS walkers Jared Tallent and Adam Rutter power through an 'easy' 88 min 20 km training spin**



**Also in action on the training track – Bodhan Bulakowski on bike, following Jamie Costin (Ireland), Kim Hyun-sub (Korea) and Brendon Reading**



**Jess Rothwell, Jillian Hosking and Jo Jackson (England) out for an early morning stroll**



**Cheryl Webb wired up for biomechanical testing**



**Some of the junior walkers in action – Derek Mulhearn, Brooke Keys, Melissa Hayes, Daniel Payne, Blake Steele, Beth Alexander, Rachel Tallent, Shannon Jennings and Paige Hooper**



**In the cold plunge pool after training – brrrrr.....**

**FROM THE ARCHIVES – THE 1983 WORLD VETERANS CHAMPIONSHIPS, MELBOURNE, AUSTRALIA**

I zoomed in on the 1991 World Veterans' championships in last week's newsletter. This week, I focus my attention on the 1987 World Veterans' Championships in Melbourne. This was our first chance to host this important event and it turned out to be a huge event. The walks in particular gave Australia a chance to show its depth and talent.

**1987 World Veterans' Championships, Melbourne, Australia**

The 1987 Drake International VII World Veterans' Games were voted a great success despite Melbourne's fickle weather. Torrential rain, oppressive heat and gale force winds threatened to completely disrupt the program at times but meet director Ray Callaghan and his vast army of officials handled the delicate situation successfully.

Incessant rain overnight on the Monday, after only two days of competition, continued into Day 3, causing many headaches for organizers as they wrestled with the inclement weather. Regular bulletins were announced until a decision was made to postpone the hurdles – declared unsafe – and all field events on Gosch's Paddock until the following day. The Wednesday, which had been specifically left as a rest day, certainly came in handy! The hurdles and Field events were conducted on that day in near perfect warm conditions.

Luckily the roadwalks were conducted on the Sunday in ideal conditions. In fact, VRWC member Murray Dickinson was the Race Organiser for the road walks, the marathon and the cross country and he gained wide acceptance and many plaudits fro his imaginative choice of venues, efficient organisation and meticulous attention to detail and athletes needs.

**10km and 20 km roadwalks, Sunday 29<sup>th</sup> November 1987**

The first walking events to be held were the 10km and 20km roadwalks. These were held simultaneously around the picturesque Botanical Gardens in ideal conditions on Sunday 29<sup>th</sup> November. Twelve Games records and five World Bests illustrated the quality of competition in all age divisions in the largest field ever assembled for a World Veterans Championships.

Taking full advantage as the host nation, Australia amassed 22 medals overall in the two road walking events, with gold medal honours going to Sheila Miller (W45), Joan Hooper (W50), Marj Colthup (W60), Nance Jeffreys (75), Willi Sawall (M45), Bob Gardiner (M50), Vic Townsend (M65) and Gus Theobold (M90).

The large field in the men's 20km event saw Olympic and Commonwealth Games star Willi Sawall took overall victory in a smart 1:33.54, 65 secs ahead of his nearest rival, M40 winner Bernard Biuggelli (SUI). 46 year old Sawall, from Ballarat Victoria, who has been an automatic selection in all Australian Walk teams for over a decade, defeated British international Bob Dobson, 1:36.28 and NSW Veteran Champion John Smith, 1:37.49. Other Australians prominent in this division were the race director Murray Dickinson, 1:38.41 (4<sup>th</sup>), ACT's Robin Whyte, 1:41:54 (6<sup>th</sup>) and Victorian George Paton, 1:46.15 (9<sup>th</sup>).

In the women's 10 km event, overall victory went to the brilliant New Zealander Jane Jackson, 51.38, after a thrilling battle with defending champion, Britain's Lilian Millen, 51.52, with W35 winner Visha Sedlak (USA) 52.38 third.

W35	1	Sedlak Viisha	USA	52:38	2	Jane Johnson	AUS	53:41	3	Heather McDonald	AUS	53:55
W40	1	Jane Jackson	NZL	51:38	2	Lilian Millen	GBR	51:52	3	Gwen Vines	AUS	54:45
W45	1	Sheila Miller	AUS	54:33	2	Penny Hall	AUS	56:49	3	Stella Cashman	USA	57:31

W50	1	Joan Hooper	AUS	54:51	2	Beverly Lavek	USA	57:22	3	Gerda Bornwasser	FRG	59:28
W55	1	Olga Meyer	FRG	57:00	2	Mary Worth	GBR	57:53	3	Beryl Dooley	AUS	1:02:41
W60	1	Marj Colthup	AUS	1:03:26	2	Mai-Britt Johansson	SWE	1:22:22				
W65	1	Britta Tibbling	SWE	59:51	2	May Bengtsson	SWE	1:03:13	3	Eva Wistrom	SWE	1:03:31
W70	1	Kay Kenneth-Low	NZL	1:08:42	2	Nora Wedend	SWE	1:13:19	3	Liesel Schepe	FRG	1:27:17
W75	1	Nance Jeffreys	AUS	1:14:48	2	Ailsa Forbes	NZL	1:16:22	3	Margit Lindgren	SWE	1:16:47
W80	1	Marilla Salisbury	USA	1:40:03								
M40	1	Bernaef Biuggeli	SUI	1:34:39	2	George White	AUS	1:36:48	3	Dave Thomson	AUS	1:37:16
M45	1	Willi Sawall	AUS	1:33:54	2	Bob Dobson	GBR	1:36:28	3	John Smith	AUS	1:37:49
M50	1	Bob Gardiner	AUS	1:39:27	2	Dave Stevens	GBR	1:39:56	3	Harry Summers	AUS	1:45:39
M55	1	Louis Marquis	SUI	1:43:17	2	Ken Walters	AUS	1:48:13	3	Peter Worth	GBR	1:48:24
M60	1	Robert Mimm	USA	1:49:09	2	Theo Orr	AUS	1:52:42	3	Alan Scott	SWE	1:54:35
M65	1	Victor Townsend	AUS	2:00:17	2	George Heller	USA	2:05:04	3	Julius Stuetzle	FRG	2:07:59
M70	1	Max Gould	CAN	2:06:09	2	Don Johnson	USA	2:09:28	3	Jack Webber	AUS	2:17:18
M75	1	James Grimwade	GBR	1:56:19	2	Tom Daintry	AUS	2:01:18	3	Giulio De Petra	ITA	2:12:20
M80	1	Sigurd Tormgen	NOR	2:23:06	2	P. Hosangadi	IND	2:50:14	3	Bert Warburton	AUS	3:00:09
M90	1	Gus Theobold	AUS	2:35:47								

### 5000m track walks, Friday 4<sup>th</sup> December 1987

Competitors were once again blessed with ideal conditions on both tracks for the many walk events on Friday 4<sup>th</sup> December. Great competition in most age divisions ensured fast times and more Games and World records were broken. Australians once again dominated most events and amassed an incredible total of 24 individual medals – nine gold, eight silver and seven bronze.

Reigning world champions Marj Colthup W60, and the ageless Gus Theobold M90, both retained their respective titles and were dual gold medallists, winning both the track and road walk. Overall, gold medals were won by Sheila Miller W45, Joan Hooper W50, Jean Albury W55, Marg Colthup W60, George White M40, Murray Dickinson M45, George Nevitt M65, Tom Daintry M75 and Gus Theobold M90.

W35	1	Sedlak Viisha	USA	24:50.34	2	Heather McDonald	AUS	25:11.16	3	Jane Johnson	AUS	26:18.13
W40	1	Jane Jackson	NZL	24:50.85	2	Lillian Millen	GBR	25:01.62	3	Caron Bean	GBR	27:10.43
W45	1	Sheila Miller	AUS	26:52.51	2	Penny Hall	AUS	27:14.61	3	Marlaine Stanway	AUS	27:23.94
W50	1	Joan Hooper	AUS	26:35.39	2	Beverly Laver	USA	28:06.38	3	Dawn Keys	AUS	29:12.22
W55	1	Jean Albury	AUS	26:46.92	2	Mary Worth	GBR	28:21.18	3	Beryl Coocey	AUS	30:37.66
W60	1	Marj Colthup	AUS	30:10.92	2	Shirley Brasher	AUS	30:23.06	3	Elsbeth Thierauf	FRG	35:47.51
W65	1	Britta Tibbling	SWE	29:32.85	2	May Bengtsson	SWE	32:04.96	3	Eva Wistrom	SWE	32:42.43
W70	1	Kay Kenneth-Low	NZL	35:48.01	2	Nora Wedemo	SWE	37:03.11	3	Hildegard Keuchel	FRG	38:22.00
W75	1	Ailsa Forbes	NZL	36:22.59	2	Nance Jeffreys	AUS	37:27.63	3	Margit Lindgren	SWE	38:02.50
W80	1	Marilla Salisbury	USA	43:08.68								
M40	1	George White	AUS	22:00.89	2	Bernard Biuggeli	SUI	22:16.37	3	Don Cox	GBR	22:46.93
M45	1	Murray Dickinson	AUS	22:59.50	2	Bob Dobson	GBR	23:02.32	3	John Smith	AUS	23:11.43
M50	1	Dave Stevens	GBR	22:54.83	2	Bob Gardiner	AUS	23:12.31	3	Alex Jordana	FRA	23:48.90
M55	1	Louis Marquis	SUI	24:34.03	2	Max Green	USA	24:52.88	3	Ken Walters	AUS	25:18.51
M60	1	Robert Mimm	USA	26:02.33	2	Theo Orr	AUS	26:55.89	3	Alan Scott	SWE	27:26.20
M65	1	George Nevitt	AUS	27:08.59	2	Carlo Bomba	ITA	27:08.21	3	Enar Sundberg	SWE	29:30.40
M70	1	Max Gould	CAN	29:39.46	2	Don Johnson	USA	30:11.80	3	Torsten Stale	SWE	31:35.77
M75	1	Tom Daintry	AUS	28:02.26	2	Frank McGuire	AUS	31:13.29	3	Giulio De Petra	ITA	31:36.30
M80	1	Sigurd Tormden	NOR	33:13.73	2	P. Hosangadi	IND	38:57.81	3	Bert Warburton	AUS	-
M85	1	Paul Spangler	USA	39:14.54	2	Bert Gardiner	AUS	40:59.24				
M90	1	Gus Theobold	AUS	35:18.54								

### Teams Results

Australia demonstrated its racewalking dominance in these World Games by winning all eight teams events – 2 womens and 6 mens - in the record field of 330 walk competitors. This was the first time a clean sweep had ever been seen at this level. Winning teams were

**Combined Womens 35/40/45 Years** Jane Johnson 53:41, Heather McDonald 53:55, Sheila Miller 54:33, Gwen Vines 54:45, Penny Hall 56:49.

**Combined Womens 50/55 Years** Joan Hooper 54:51, Dawn Keys 59:38, Lorraine Craig 61:21, Jan Henry 62:49, Beryl Doocey 62:41

**Mens 40 Years** George White 96:48, Dave Thomson 97:16, Bruce Dudon 97:39

**Mens 45 Years** Willi Sawall 93:54, John Smith 97:49, Murray Dickinson 98:41

**Mens 50 Years** Bob Gardiner 99:27, Harry Summers 105:39, Bob Chapman 108:48

**Mens 55 Years** Ken Walters 108:13, Ray Hangan 113:34, John McNamee 113:46

**Combined Men's 60 and 65 Years** Theo Orr 112:42, Stan Jones 115:43, Clive McKay 119:10, Vic Townsend 120:17, Noel Anderson 112:17



W75 10km Road Walk Champion Nance Jeffreys (seen above).



Marg Colthup (VIC) (above centre) set new W60 national marks in the recent World Titles, 5000/30.10.92 and 10000/03.26.

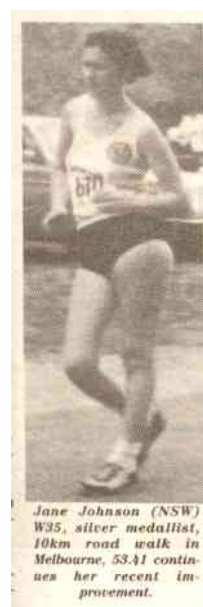


Medal winners in the W40 10km Road Walk, left to right: Lilian Millen (GBR), Jane Jackson (NZ) and Gwen Vines (AUS).

W75 Nance Jeffreys, W60 Marj Colthup, W40 medallists Lilian Millen (GBR), Jane Jackson (NZ) and Gwen Vines (AUS)



M50 Bob Gardiner and Harry Summers, W35 Jane Johnson



Jane Johnson (NSW) W35, silver medallist, 10km road walk in Melbourne, 53.41 continues her recent improvement.

And to complete the report, the various World and Australian records set by our walkers

**World Records set by Australians**

5000m Walk	W50	Joan Hooper	26:35.39
5000m Walk	W55	Jean Albury	26:42.92
10 km Walk	W50	Jean Hooper	54:51
10 km Walk	W75	Nance Jeffreys	1:14:58
20 km Walk	M90	Gus Theobald	2:35:47
5000m Walk	M90	Gus Theobald	35:18.54

**Australian Records**

5000m Walk	W35	Heather McDonald	25:11.16
5000m Walk	W50	Jean Hooper	26:35.39
5000m Walk	W55	Jean Albury	26:46.92
5000m Walk	W60	Marg Colthup	30:10.92
5000m Walk	M50	Bob Gardiner	23:12.31
5000m Walk	M55	Ken Walters	25:18.51
5000m Walk	M75	Tom Daintry	28:02.26
5000m Walk	M90	Gus Theobald	35:18.54
10 km walk	W50	Joan Hooper	54:51

10 km Walk	W60	Marg Colthup	1:03:26
10 km Walk	W65	Stella Murnane	1:11:04
10 km Walk	W75	Nance Jeffreys	1:14:48
20 km Walk	M45	Willi Sawall	1:33:54
20 km Walk	M50	Bob Gardiner	1:39:27
20 km Walk	M55	Ken Walters	1:48:13

### THIS WEEK'S WALKING CARTOON



This famous cartoon, published in 1956, shows Don Keane leading the field in typical fashion. Don, originally from WA, represented Australia at the 1952 and 1956 Olympics and was the Australian record holder over a whole variety of distances. You can read a full profile on Don at <http://vrwc.org.au/tim-archive/wv-don-keane.pdf>

### YOUTUBE OLYMPIC WALKS

The Public Record Office in Victoria has placed online detailing information and pictures of the 1956 Olympic Games. Point browsers to [http://wiki.prov.vic.gov.au/index.php/1956\\_Olympics\\_Photo\\_Index](http://wiki.prov.vic.gov.au/index.php/1956_Olympics_Photo_Index) for some brilliant stuff.

### WHAT'S COMING UP

Our Victorian Shield competition kicks off next Saturday at all venues. Most venues are running with Round 9 which features 3000m and 1500m walks.

Sat 10 Jan	AV Shield - Round 9	SOUTH EAST REGION	Duncan MacKinnon Reserve, Murrumbena
Sat 10 Jan	AV Shield - Round 9	EAST REGION	Hagenauer's Reserve, Box Hill
Sat 10 Jan	AV Shield - Round 9	NORTH WEST SHIELD	Harold Stevens Athletic Track, Coburg North
Sat 10 Jan	AV Shield - Round 10	BENDIGO REGION	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 10 Jan	AV Shield - Round 11	GEELONG REGION	Landy Field, South Geelong
Sat 10 Jan	AV Shield - Round 9	BALLARAT REGION	Llanberris Reserve, Ballarat

And a reminder that entries close with Athletics Victoria on Thursday 8 January for the Victorian Country Track and Field Championships, to be held on 24-26 January in Geelong.

### 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 10 Jan, 2009	AV Shield Competition, Round 9 (3000m/1500m walks)
Jan 14-18, 2009	<b>Australian Youth Olympic Festival, Sydney</b> (5000m walk)
Sat 17 Jan, 2009	AV Shield Competition, Round 10
Sun 18 Jan, 2009	VRWC races – RWA Summer Postal Races, Clifton Hill athletics track
Thur 22 Jan, 2009	AV Shield Competition, Round 11 (2000m walk)
Jan 24-26, 2009	<b>Victorian Country Championships, Landy Field, Geelong</b> (entries close Thurs 8 Jan 2009)
Thur 29 Jan, 2009	VRWC track races, Olympic Park, 6PM
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)
Sun 15 Feb, 2009	VRWC events, Albert Park

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>  
 Entries close 5 December 2008 so get to it! Time is running out.  
 Thur 26 Feb, 2009 AMA Postal Relay events (4 x 800m walk), East Burwood, 7PM  
 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**  
 Sun 22 Mar, 2009 VRWC and VMA Track races, Mentone Athletics Track  
 Mar 28-29, 2009 **AV Overage & Victorian Masters T&F Championships, Box Hill**  
 Apr 3-5, 2009 **Australian U20 All Schools, U20 & U23 Championships, SA** (includes 10,000m walk)  
 Apr 10-13, 2009 **Australian Masters T&F Championships, Adelaide**

#### **Victorian & National Fixture – Winter 2009**

Sunday 7 June, 2009 Lake Burley Griffin Carnival, Canberra  
 July 11-12, 2009 Racewalking Australia Winter Postal Challenge  
 Sun Aug 30, 2009 Australian Roadwalking Championships, NSW (Sydney?)

#### **2009 International Fixture**

May 24, 2009 EAA Race Walking Cup, Metz, France  
 July 1-12, 2009 **25<sup>th</sup> World Summer Universiade Games, Belgrade, Serbia** - <http://www.universiade-belgrade2009.org/en>  
 July 8-12, 2009 **IAAF World Youth Championships, Bressanone, Italy** - <http://www.iaaf.org/wyc09/preview.html>  
 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** - <http://www.iaaf.org/wch09/index.html>  
 Oct 10-18, 2009 **World Masters Games, Sydney** - <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 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.cwgdh2010.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>)