



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2007/2008 Number 17  
21 January 2009



### AROUND THE TRACKS

#### Athletics Victoria Shield Competition, North West Region, Aberfeldie Athletics Track, Saturday 17 January 2009

While the Eastern and South Eastern venues had non-walk weeks, the North West venue did offer it's usual invitational 1500m walk and a few of us took the opportunity to kick-start the post-Christmas half of the season.

##### 1500m Walk invitation

1.	Tim Erickson	COB	MOP	7:50.5
2.	Carly Bertrand	KSB	F14	8:33.6
3.	Donna Elms	PTN	FOP	8:36.0
4.	Georgia Bertrand	KSB	F14	9:14.6
5.	Robyn Shaw	WES	FOP	9:17.7
6.	Ian Upton	KSB	MOP	9:30.3

The Ballarat, Bendigo and Geelong venues all had walks on offer but the results have not yet been posted on the AV website.

#### Proclamation Park Walk Club, Ringwood, Wednesday 14 January 2009

Thanks to Simon Baker for passing on these brief results from last week's Proclamation Park walks

U9	Simon Duvall	1100m	7:00
U10	Kirsten Wolburg	1100m	7:07
U13	Bianca Attard	1500m	8:18
U14	Jess Callaway	1500m	9:41
U16	Michael O'Mahony	1500m	7:41 (PB)

### VRWC RACES, CLIFTON HILL, SUNDAY 18 JANUARY 2009

Our VRWC track races last weekend were a low key affair with many of our walkers still away on holidays and with many of our younger walkers away on a Little Athletics camp. But those who did come along produced some good results.

#### Open 5000m walk, 9AM

Pam Tindal and Ralph Bennett had a good battle out front in our first race of the day with Pam recording 26:24 as against Ralph's 26:30. But the big mover of the day was Rudolf Skrucany who went though the 3000m in a PB time of 17:59 and then kept on going for a big 5000m PB time of 30:56. At the other end of the age scale, youngsters Andrew Hogan and Jasmine Irshad walked their first ever 5000m together to cross the finish line in 36:45.

1.	Bennett, Ralph	26:30
2.	McDonough, Aaron	28:23
3.	Skrucany, Rudolf	30:56 (PB)
4.	Gardiner, Bob	31:58
5.	Hogan, Andrew	36:45
1.	Tindal Pam	26:24
2.	McIntyre, Gayle	28:27
3.	Holmes Janet	29:45
4.	Steed, Gwen	30:02
5.	Irshad, Jasmine	36:45



Pam Tindal, Ralph Bennett, Andrew Hogan, Jasmine Irshad and Rudolf Skrucany in action in the 5000m

### Masters 3000m walk, 9:45AM

Ralph and Rudolf were back in action a few minutes later in the 3000m walk and both recorded very good second race results. Heather Carr was also in the mix with a fast 15:54.

- |    |                   |       |
|----|-------------------|-------|
| 1. | Bennett, Ralph    | 15:49 |
| 2. | Skrucany, Rudolf  | 19:10 |
| 3. | Summers, Harry    | 22:00 |
| 1. | Carr, Heather     | 15:54 |
| 2. | Feldman, Liz      | 16:54 |
| 3. | Elms Donna        | 20:03 |
| 4. | Johnson, Celia    | 20:22 |
| 5. | Stanway, Marlaine | 22:51 |

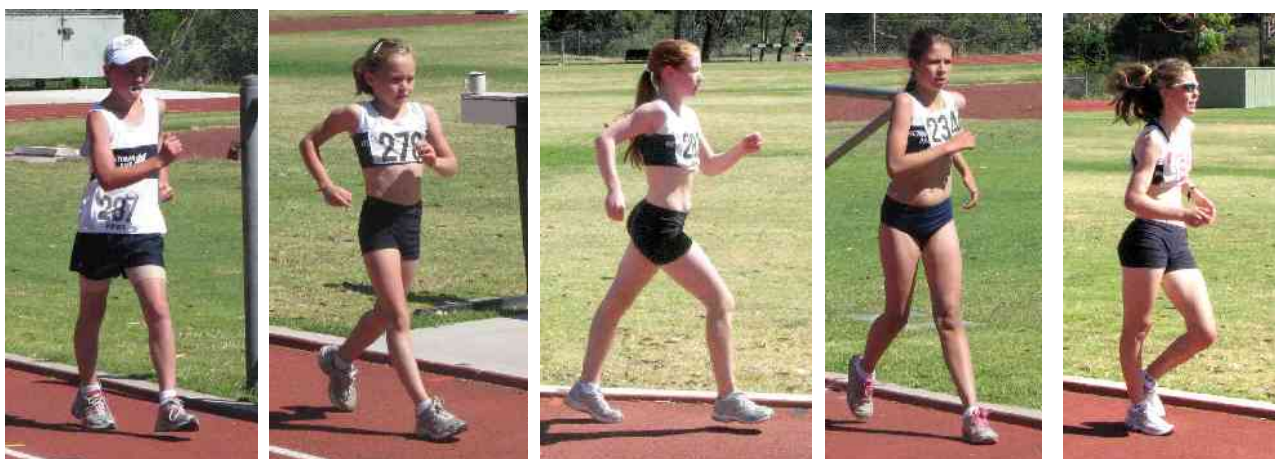
Finally a small selection of our younger walkers contested Under 20 3000m and Under 14 1500m events. Beth Alexander was particularly impressive with her 14:59 for the 3000m.

### Under 20 3000m 10AM

- |    |                  |         |
|----|------------------|---------|
| 1. | McShanag, Connor | 19:31   |
|    | Elms, Jason      | DQ      |
|    | Elms, Damien     | DQ      |
| 1. | Alexander, Beth  | 14:59.5 |
| 2. | Barbour, Beth    | 20:04   |

### Under 14 1500m 10:40AM

- |    |                 |       |
|----|-----------------|-------|
| 1. | Stadus, Lauren  | 08:29 |
| 2. | McLaren, Stacey | 10:10 |
| 3. | George, Hayley  | 11:32 |



Connor McShanag, Hayley George, Lauren Stadus, Beth Barbour and Beth Alexander on the track at Collingwood

Judges: Peter Vysma, Gordon Loughnan, Judy Mason  
Officials: Ron Miller, Tim Erickson, Harry Summers, Bob Gardiner

## AUSTRALIAN YOUTH OLYMPICS, SYDNEY, 14-18 JANUARY 2009

The fifth Australian Youth Olympic Festival (AYOF) was held in Sydney over the last week and some great results were posted by young athletes from around the world. You can see full details at the 2009 AYOF website <http://www.olympics.com.au>. The meet included 5000m walks on the Saturday evening and Athletics Australia had selected 6 of our most promising U18 walkers to represent us. All 6 walkers had been training at the AIS in Canberra and were in good shape for this first competition of the year.

### 5000m Walk Boys, 6:00 PM, Saturday 17 January 2009

Dane Bird-Smith, 16, and Sean Fitzsimmons, 17, raced toe to toe throughout the Boys 5000m Walk with Dane marginally ahead until late in the event when Sean was disqualified. It was an evenly walked race with both boys passing 3000m in 12:37. Dane's winning time of 20:58.26 was a big PB and 20 minutes later he was back on the track running a leg in the Australian Boys 4x400m relay team. His time of 51.5 helped them secure the bronze medal – that's a big double! 16 year old Blake Steele, the third of the Australians, also walked a big PB time of 22:22.71 to secure third place. This is certainly a talented group of boys who are all aiming for the 2009 World Youth Championships later this year.

- |    |                 |           |               |
|----|-----------------|-----------|---------------|
| 1. | Dane Bird-Smith | Australia | 20:58.36 (PB) |
| 2. | Zhi Zhang       | China     | 22:10.94      |
| 3. | Blake Steele    | Australia | 22:22.71 (PB) |
| 4. | Sean Fitzsimons | Australia | DQ            |

### 5000m Walk Girls, 6:00 PM, Saturday 17 January 2009

In the Girls 5000m walk, 14 year old Chinese girl Yanxue Mao and Australia's Paige Hooper, 16, 4<sup>th</sup> placegetter at the last World Youth Championships, had a great battle for most of the race. After going through 3000m together in 13.50, the Chinese girl was slowly getting the upper hand and held a 13 second break when Paige was disqualified at 4000m. Mao went on to win in 23.33.83 from Shannon Jennings, 16, who walked up to form finishing in 24.20.35. Australia's third walker, Kristie Gosnik, took the bronze medal with 25:21.44.

1.	Yanxue Mao	China	23:33.83
2.	Shannon Jennings	Australia	24:20.35
3.	Kristie Gosnik	Australia	25:21.44
4.	Natash Murrhy	New Zealand	25:21.44
5.	Ishka Flynn-Pittar	Oceania	28:26.40
6.	Paige Hooper	Australia	DQ

The AYOF website (<http://www.olympics.com.au/index.cfm?objectid=8C744993-CC89-11DD-89D809DFA822AA36>) contains the following great profile of young Dane Bird-Smith.

### Bird-Smith walks in father's footsteps

18<sup>th</sup> December 2008

In the space of a year and a half, 16-year-old Dane Bird-Smith has risen to the top of Australia's junior walking ranks and is hoping selection for the Australian Youth Olympic Festival (AYOF) athletics team will further develop his talents.

The young walker from Brisbane, who recently won gold in the 5000m walk at the Pacific School Games, is looking forward to competing at the AYOF and is excited about the prospect of comparing his results to global standards.

"Being at an international level and finding out about the high level of competition in my age group is one of the benefits of the event," Bird-Smith said.

"The Australian Youth Olympic Festival is a good way to kick-start any international career and hopefully with a good performance I'll get to see where I stand among other athletes."

For Bird-Smith, race walking has always been in his blood with father David Smith representing Australia at the Moscow Olympic Games in 1980 and at Los Angeles in 1984 where he finished 10<sup>th</sup> in the 20km walk.

Now his coach, Dane Bird-Smith credits his father's

influence to his rapid progression in the sport.

"I was injured at the time and dad encouraged me to take up race walking," Bird-Smith said.

With ambitions to go to the World Youth Championships, Walking World Cup and Junior World Championships as well as qualifying for the London Olympic Games in 2012, Bird-Smith is hoping the achievements of dual Beijing Olympic medal winner Jared Tallent can spur him on at the AYOF

"After watching Jared Tallent get his two medals in Beijing it brought the sport into good light and encouraged me to further pursue my career in walking," he said.

Bird-Smith will finalise preparations for the AYOF with the Australian Institute of Sport (AIS) in Canberra, where he will train with Tallent and other international walkers.

The year 12 student will travel to Sydney during mid-January to compete in the Athletics competition, before resuming his training with the AIS.

Lloyd Green

AOC



**Dane in action in over the 10 km distance in Melbourne on December 14<sup>th</sup> 2008**

From memory, Dane's walking PBs are 5:45 (1500m), 12:12 (3000m), 20:58 (5000m) and 45:00 (10 km). His running is just as impressive with PBs including 48.5 (400m) and 4:03 (1500m).

## MT STROMLO – ONLY FOR THE BRAVE

Walkers from many of our Australian cities have their favourite hill session – for Ballarat walkers, it might be Mt Buninyong; for Adelaide walkers in years past, it was Mt Barker; for Melbourne walkers, it was probably somewhere in the Dandenongs; for me and Chris it was Mt Macedon. For Canberra based walkers, you can't go past Mt Stromlo. The 3.6 km service road winds its way up the mountain, finishing at the Mt Stromlo Observatory. It is a tough climb with the steepest section in the final one kilometre.

Of course, it looks a lot different now. Up to 6 years ago, the mountain and surrounding areas were heavily wooded with pine plantations and the walk had its own special magic. When the infamous firestorm swept through Canberra on 18<sup>th</sup> January 2003, taking 400 homes and two lives along the way, the Mt Stromlo area was completely engulfed and Australia's oldest active observatory, atop the mountain, was extensively damaged. Helicopter observations revealed its handful of giant domes as either burnt to the framework or molten masses of metal.



**Mt Stromlo in January 2004 - a year after the fires – the white observatory buildings stand stark against the denuded slopes (photo by Tim Leach – see [http://www.mso.anu.edu.au/gallery2/main.php?g2\\_itemId=3915](http://www.mso.anu.edu.au/gallery2/main.php?g2_itemId=3915))**

The observatory complex was eventually rebuilt and now operates once again under the auspices of the Australian National University but the area remains open and treeless. Never fear, the hill is the same as ever and just as tough! In fact, now that you can see the top of the hill high above you, it may even be a psychologically tougher walk.

The AIS walkers have been testing themselves on Mt Stromlo for many years but, rather than just restrict themselves to the final 3.6 km climb, they currently start a further 10+ km away and walk the undulating valley road first. So they hit the final climb well and truly warmed up and ready to attack! I asked AIS walks coach Brent Vallance to give me some information on this training session and he has come up with the goods again – thanks Brent!

My first ever visit to Stromlo was on one of Simon Baker's camps in January 1996, where some of us did 3x3.6km Hill reps (Dominic McGrath, Duane Cousins and myself), where the second rep was handicapped, and we raced to the top. My fastest was 16:44 that day. Simon Baker told me recently he used to do this session as an afternoon session, after he had already walked a 20km session in the morning.

The Hill of Stromlo itself is 3.6km long. Our Guys have been doing a 14km Hill from the bottom of Cotter Rd at the Cotter Dam up to the top of Mt Stromlo. The course is marked every km so they generally record 5km and 10km splits and their total time for the 3.6km section of the Mt Stromlo Hill. Nathan Deakes has walked that last 3.6km in 15:38 at the end of the 14km Hill. Adam and Jared are yet to match this. Nathan has always aimed to break 16:00min for the last Hill and has done so most times out there in recent years.

Craig Hilliard told me he used to start his squad a little further up the road from the Pumping station, which made the walk a 12km session, without the flat section to ease into the session before the Hill.

Often to increase the volume of the walk, Ronnie Weigel had his squad doing the first 2.5km out and back for an extra 5km or twice for 10km before then taking on the hill.

I can only provide times from either my training records of athletes that I have coached or my memory of what I have seen done before.

- Jared in late 2007 walked 19km in 1:24:50 with the last 14km in 61:07, which is the fastest time by any athlete on the Cotter Rd/Mt Stromlo 14km.
- Nathan Deakes' best is 61:24 for 14km also done in a 19km walk in early 2002.

- Adam Rutter walked a time of 63:37 on the hill when he was just 18 years old on his second ever visit to Mt Stromlo so is clearly the fastest ever junior on the hill.
- Nick A'Hern and Valentin Konnonen walking 62:50, and 63:03 in early 2000 when I was out there.
- Nathan Deakes walked the last 3.6km in 15:38 at the end of the 14km Hill in January 2005.

So somewhat of an inaccurate All-Time list would look like this:

Jared Tallent	61:07
Nathan Deakes	61:24
Luke Adams	61:34
Craig Barrett (NZ)	62:44
Nick A'Hern	62:50
Valentin Konnonen (FIN)	63:03
Adam Rutter	63:17
Dion Russell	is in here somewhere, I'm still waiting for him to return my call
Brent Vallance	64:57
Chris Erickson	65:10

No real surprises that our highest Olympic Games finishers are at the top of the list!

Jo Jackson from England walked a very impressive 70:17 in January 2008, before going on to win the Australian Championships in a PB of 1:31:40. This is the fastest I have seen by a female athlete, but I've heard others recall a day Kerry Saxby walked under 69:00.



**Adam Rutter keeps AIS walks coach Brent Vallance on the run as he powers up Mt Stromlo**

As part of the Under 20 walking camp held earlier this month in Canberra, our younger walkers travelled to Mt Stromlo to test themselves over the final 3.6 km section and the general consensus was that it was a real gut-buster.



**Left: First juniors to the top – Derek Mulhearn and Daniel Payne**



**Right: The juniors outside the old observatory shell – Kyle Malone, Daniel Payne, Lauren Harrington, Claire Xian, Melissa Hayes, Rachel Tallent, Beth Alexander, Brook Keys, Derek Mulhearn and Natalie Laurie**



**Climbing the hill – Natalie Laurie, Claire Xian, Beth Alexander, Rachel Tallent and Lauren Harrington**

**2000 OLYMPIC WALK CHAMPION TESTS POSITIVE FOR EPO**

Yet another top walker has tested positive to EPO – this time it is Athanasia Tsoumeleka, the 2000 Olympic champion. Read the press release at <http://www.canadaeast.com/sports/article/543316>. It is fair to say that there is nowhere to hide with the new testing regimes in place.

ATHENS, Greece - Former Olympic champion Athanasia Tsoumeleka tested positive for the banned blood-booster erythropoietin in a retesting of a sample she provided two days before the opening of the Beijing Olympics.

Tsoumeleka, the 20-kilometre walk champion at the 2004 Athens Games, confirmed she was told that a retesting of the urine sample she gave on Aug. 6 tested positive for EPO.

But she expressed doubts about the second procedure and announced her retirement from competition, effective immediately.

"I was informed that there is a problem with a positive test for (EPO) in a sample I submitted on Aug. 6, 2008. I will not try to excuse myself, even though I have not knowingly made use of this substance," Tsoumeleka told radio station Skai. "The fact that samples are tested more than once - that is, opened not in my presence - makes me feel uneasy about the whole process.

"My unfortunate involvement . . . forces me to put an end to the high-level competitive sports I love so much and not wait to continue after the expiration of my expected punishment."

In Beijing, Tsoumeleka finished ninth in the 20-kilometre walk in a personal best of one hour 27 minutes 54 seconds.

She was almost three and a half minutes behind winner Olga Kaniskina of Russia.

Tsoumeleka's positive test result was the latest affecting Greek athletes.

Fani Halkia, the 2004 Olympic 400-metre hurdles champion, was dropped from the team in Beijing and expelled from the athletes' village after testing positive for the anabolic steroid methyltrienolone. Fourteen other Greeks, including 11 weightlifters, tested positive for the same substance before the Olympics.

Vassilis Sevastis, the head of Greece's athletics federation SEGAS, said he would not comment on Tsoumeleka's case and her statement.

"Greece is full of EPO ... nothing has been done to curtail doping in the past 20 years," sports doctor Stavros Hatzos told Skai radio station.

The International Olympic Committee announced last October that it would retest urine samples provided by athletes at Beijing.

Frozen samples were sent to the World Anti-Doping Agency-accredited laboratory in Lausanne, Switzerland. The IOC announced that among the tests carried out on the urine would be one for CERA, the new generation of EPO.

**WHAT'S COMING UP**

The next week or so sees a lot of competitions with walks on offer in every one. There are, of course, the usual AV Shield competitions. Also, this weekend sees the Victorian Country Track and Field championships at Geelong. And finally on Thursday 29<sup>th</sup> January, we have 5000m walks on at Olympic Park at 6:30PM. These 5000m walks are 'enter on the night'. Simply be there before 6PM and put your entry in and you are set to go. With Melbourne temperatures soaring towards 40°C today and yesterday, let's just hope that we see cooler conditions soon.

Tue 20 Jan	AV Shield - Round 11 (BALLARAT REGION)	Llanberris Reserve, Ballarat
Tue 20 Jan	AV Shield - Round 11 (NORTH WEST REGION)	Moonee Valley Athletics Centre, Aberfeldie
Thu 22 Jan	AV Shield - Round 11 (SOUTH EAST REGION)	Knox Athletic Track, Knoxfield
Thu 22 Jan	AV Shield - Round 11 (EAST REGION)	Reischiek's Reserve, Doncaster
24-26 Jan	Victorian Country Championships	Landy Field, Geelong
Tue 27 Jan	AV Shield - Round 8 (SOUTH EAST REGION)	Knox Athletic Track, Knoxfield
Tue 27 Jan	AV Shield - Round 8 (NORTH WEST REGION)	Moonee Valley Athletics Centre, Aberfeldie
Thu 29 Jan	5000m Track Walk, 6:30PM	Olympic Park, Melbourne

Sat 31 Jan	AV Shield - Round 12 (SOUTH EAST REGION)	Duncan MacKinnon Reserve, Murrumbeena
Sat 31 Jan	AV Shield - Round 12 (EAST REGION)	Hagenauer's Reserve, Box Hill
Sat 31 Jan	AV Shield - Round 12 (BENDIGO REGION)	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 31 Jan	AV Shield - Round 12 (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sat 31 Jan	AV Shield - Round 12 (NORTH WEST REGION)	Moonee Valley Athletics Centre, Aberfeldie

Next, a reminder that entries are now open for the various Victorian Track and Field championships

- [Victorian Open and Under 20 T&F Championships](#) 20-22 Feb 2008
- [Victorian Youth T&F Championships](#) Feb 27-Mar 1, 2009
- [AV Overage & Victorian Masters T&F Championships](#) Mar 28-29, 2009

And looking further ahead, all Victorian Masters walkers have a chance to compete in a 4x800m walk relay on Thursday 26<sup>th</sup> February at East Burwood. Alan Lucas advises:

There is no particular need to contact me beforehand as the events are entered on the night, though I am happy to answer any questions. The events are the same format as last year and will be held at EB on Feb 26<sup>th</sup> at 7pm, Events are in decade age groups though an older member can step down to a younger division if required. I do ask that everybody wears correct VMA uniform and wears a number front and back. It can be any number as long as it is the same front and back and easy to read. VMA will be paying the entry fee for the teams however if anyone wants to do the later walk which is a choice of 10/15 or 25 minutes or any of the other events listed, then we would appreciate a \$2 donation. For the faster walkers they may find the 15 or 25 minutes a good opportunity to have a hard hit out over 3k or 5k. Basically it is up to everyone to organise their own teams but I am happy to collect names for individuals who may want to enter but I can't guarantee that they will get into a team. Any other queries please let me know.

#### 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**

Tues 20 / Thur 22 Jan	AV Shield Competition Round 11 (2000m walks)
Jan 24-26, 2009	<b>Victorian Country Championships, Landy Field, Geelong</b>
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 walks for men and women)
Sat 14 Feb, 2009	AV Shield Competition, Shield Final (2000m walk)
Sun 15 Feb, 2009	VRWC events, Albert Park
Feb 20-22, 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>
Thur 26 Feb, 2009	AMA Postal Relay events (4 x 800m walk), East Burwood, 7PM
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>
Sun 22 Mar, 2009	VRWC and VMA Track races, Mentone Athletics Track
Mar 28-29, 2009	<b>AV Overage &amp; Victorian Masters T&amp;F Championships, Box Hill</b>
Apr 3-5, 2009	<b>Australian U20 All Schools, U20 &amp; U23 Championships, SA</b> (includes 10,000m walk)
Apr 10-13, 2009	<b>Australian Masters T&amp;F Championships, Adelaide</b>

#### **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

#### **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>6<sup>th</sup> 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>18<sup>th</sup> World Masters Athletics Championships Stadia, Lahti, Finland</b> - <a href="http://english.wma2009.org/">http://english.wma2009.org/</a>
Aug 15-23, 2009	<b>12<sup>th</sup> 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, 2009	Rio Maior, Portugal
Apr 18-19, 2009	Wuxi City, China
May 1, 2009	Sesto San 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.cwgdelhi2010.com/>

**2011 International Fixture**

Aug 27-Sept 4, 2011 13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.  
Aug 12-22, 2011 26<sup>th</sup> World Summer Universiade Games, Shenzhen, China. See <http://www.sz2011.org/eng/index.htm>

**2012 International Fixture**

July 27-Aug 12, 2012 Olympic Games, London. See <http://www.london2012.com/>

**2013 International Fixture**

Aug 10-18, 2013 14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia

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