



HEEL AND TOE ONLINE

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ATHLETICS VICTORIA SHIELD COMPETITION WINDS UP FOR THE SUMMER

The Athletics Victoria Shield competition has now been completed. A total of 12 home rounds were followed by venue finals and then a grand final. 10 of the 14 competitions included racewalks – good value for money for Victorian walkers.

AV Shield Region Final, South East Region, Knox Athletic Track, Knoxfield, Tuesday 10 February

One final Shield Region final was completed last Tuesday evening at Knox and times were fast. Junior walkers led the way with 18 year old Rhydian Cowley (8:21), 14 year old Amy Burren (9:21), 16 year old Beth Alexander (9:28) and 15 year old Bradley Simpson (9:39) in outstanding form. Clyde Riddoch and Ralph Bennett were the first of the older walkers with very impressive times of 10:11 and 10:19 to finish just behind Michael O'Mahony, another promising U16 walker having his first serious season of walking.

Event 2000m Walk

1.	Cowley, Rhydian	GHY		8:21.4
2.	Burren, Amy	MAL	INV	9:21.8
3.	Alexander, Beth	KNA	F18	9:28.5
4.	Simpson, Bradley	KNA	M16	9:39.7
5.	O'Mahony, Michael	KNA	M16	10:04.1
6.	Riddoch, Clyde	AWA	M40+	10:11.0
7.	Bennett, Ralph	VMA	M40+	10:19.0
8.	Attard, Tamara	KNA	F20	10:44.7
9.	Attard, Bianca	KNA	F14	10:52.0
10.	Hogan, Andrew	MAL	M14	10:52.8
11.	Stadus, Lauren	KNA	F14	11:01.1
12.	Albert, Ashley	MAL	INV	11:18.1
13.	Burren, Sarah	MAL	INV	11:18.2
14.	Steed, Gwen	VMA	M40+	11:36.5
15.	Osmand, Kym	OAK	MOP3	12:01.8
16.	Doran, Anthony	GHY	M40+	12:15.3
17.	Maudsley, Fiona	AWA	F18	12:33.3
18.	Goodings, Liana	AWA	F18	12:34.4
19.	Morrison, John	SAN	MOP1	12:46.7
20.	Van Dongen, Rupert	CCA	MOP2	15:59.8
	Holmes, Janet	VMA	M40+	DQ
	De Pasquale, Joel	KNA	MOP3	DNF
	Buller, Peter	GHY	MOP1	DQ

AV Shield Final, Meadowglen Track, Epping, Saturday 14 February 2009

With the venue champions now decided, the Shield Grand Final was held on Saturday in smoky and uncomfortable conditions.

2000m Walk Under 18, Under 18, Under 16 and Under 14

With a smoke pall hanging over Melbourne from bushfires, the first of the 2000m walks got underway at 10:30AM. Beth Alexander and Bradley Simpson continued on with their fine form of the previous Tuesday evening and finished well ahead of the other junior walkers with 9:32 and 9:41 respectively. A number of the U14 and U16 walkers had just competed in a 1500m walk at the Little Athletics Region Championships an hour before and had then rushed to Epping for a second walk in quick succession.



Michael O'Mahony, Lauren Stadus, Aaron Gardner, Harry Coleman, Beth Alexander and Bradley Simpson in action

1.	Alexander, Beth	KNA	F18	9:32.5
2.	Simpson, Bradley	KNA	M16	9:41.7
3.	O'Mahony, Michael	KNA	M16	10:29.2
4.	Gardner, Aaron	PTN	M14	11:07.5
5.	Stadus, Lauren	KNA	F14	11:09.6
6.	Coleman, Harry	RIC	M16	11:32.6
7.	Maudsley, Fiona	AWA	F18	12:23.3
8.	Cowell, Jacqueline	DIV	F16	13:47.5
9.	Elms, Damien	PTN	M18	14:21.5
10.	Cowell, Lachlan	DIV	M14	14:21.8
11.	Arnold, Madison	PTN	F16	16:01.9
	Hayes, Jackson	BYC	M14	DQ
	Goodings, Liana	AWA	F18	DQ

2000m Walk Open and Masters

At 3:30PM in the afternoon, the second 2000m walk was scheduled, for Open and 40+ walkers. Stuart Kollmorgen had an easy win with 9:00 ahead of Danny Hawksworth (what could he do if he actually decided to walk rather than run!) with 9:26. Masters walkers Ross Reid and Simon Evans were next in with 9:28 and 9:43. Also breaking the 10:00 barrier were Trenton Hawkins (9:46) and Andrew Blood (9:49). Nardene Hammond was the first lady with 10:41 and I beat Aaron McDonough again (all right, he had just run a 1500m but that's no excuse really!).

1.	Kollmorgen, Stuart	COL	MOP1	9:00.4
2.	Hawksworth, Danny	ATE	MOP1	9:26.0
3.	Reid, Ross	COL	MOP1	9:28.2
4.	Evans, Simon	BOH	MOP1	9:43.6
5.	Hawkins, Trenton	PTN	MOP1	9:46.0
6.	Blood, Andrew	BYC	MOP2	9:49.8
7.	Knox, Duncan	ATE	M40+	10:09.2
8.	Keirl, Bernie	DIV	M40+	10:17.6
9.	Jones, Robert	BYC	MOP2	10:18.9
10.	Riddoch, Clyde	AWA	M40+	10:20.4
11.	Erickson, Tim	COB	M40+	10:41.7
12.	Hammond, Nardene	ATE	FOP1	10:45.3
13.	Hammett, Gary	DIV	M40+	10:52.8
14.	McDonough, Aaron	PTN	MOP1	10:53.2
15.	Shaw, Kirstin	WES	FOP2	11:00.5
16.	Olden, Graeme	BOH	MOP1	11:04.3
17.	Elms, Jason	PTN	MOP2	11:11.5
18.	Gardiner, Robert	COL	MOP3	11:13.6
19.	Wallace, Anna	ATE	FOP1	11:54.9
20.	Osmand, Kym	OAK	MOP3	12:11.5
21.	Elms, Donna	PTN	FOP1	12:15.4
22.	Govan, Lee	WEN	M40+	12:16.9
23.	Shaw, Robyn	WES	FOP2	12:30.6
24.	Doran, Anthony	GHY	M40+	13:32.4
25.	Lyon, Kelly	RIC	FOP2	13:37.7
26.	Ellis, Bob	RIC	MOP2	14:06.9
27.	Buller, Peter	GHY	MOP1	14:37.9
28.	Long, David	PTN	MOP2	14:49.4



Stuart Kollmorgen, Danny Hawksworth, Nardene Hammond, Trenton Hawkins and Simon Evans in action

NSW STATE CHAMPIONSHIPS, SYDNEY OLYMPIC PARK, 13-15 FEBRUARY 2009

The NSW Open and U18 State Championships were scheduled last weekend and the 5000m walks were beauties.

The women's event was a high quality race which produced a great win to 24 year old English champion Jo Jackson who was having one last race before flying back home after her 6 week stay at the AIS. Her time of 20:46 took 15 secs off her PB, set last weekend in Brisbane. Cheryl Webb continued her excellent season with a big PB time of 21:19 for second place (19 secs faster than Brisbane last weekend). This time catapults her to third on the all-time lists behind Kerry Saxby and Jess Rothwell. Beki Lee and Jess Heazlewood were next across the line, smashing their personal best times with 22.50 and 23.26 respectively. Next in was Shannon Jennings, only 16, whose 24.19 was yet another World Youth qualifier.

The men's race was also a high quality affair. Rapid improving 21 year old Ian Rayson took the men's title in a big PB time of 20.27. Ian is chasing a 20 km berth in the World University Games and looks spot on target with his track performances. Juniors Kyle Malone and Derek Mulhearn rounded out the placing with impressive walks of 22.53 and 23.38 respectively.

Women 5000 metre Race Walk Open, Saturday 14 February, 5:10PM

1.	Jackson, Johanna	24	United Kingdom	20:46.58
2.	Webb, Cheryl	33	Blacktown Ci	21:19.19
3.	Beki, Lee		Asics Wests	22:50.36
4.	Heazlewood, Jess	22	Sydney Unive	23:26.57
5.	Jennings, Shannon	16	Nepean Distr	24:19.86
6.	Grant, Lisa	24	Girraween At	24:59.65
7.	Knapton, Susan	22	Nepean Distr	25:22.55
8.	Hazelwood, Brianna		Sydney Unive	25:25.22
9.	Ebejer, Vanessa	24	Blue Mountai	26:03.69
10.	Bonham, Jillian		Gosford Athl	26:46.10
11.	Ebejer, Charlene	23	Blue Mountai	29:53.49
	Fagan, Nicole	20	Sydney Pacif	DQ
	Alldis, Fiona		U.T.S. North	DQ

Men 5000 metre Race Walk Open, Saturday 14 February, 5:10PM

1.	Rayson, Ian	21	Mingara Athl	20:27.14
2.	Malone, Kyle	18	Nepean Distr	22:53.84
3.	Mulhearn, Derek	19	Parramatta C	23:38.95
4.	Mulhearn, Jordan	17	Parramatta C	24:52.04
5.	Pisani, James	19	Bankstown Sp	25:43.02
6.	Dredge, Mark	48	Mingara Athl	27:00.26

Jordan Mulhearn and Shannon Jennings backed up the next day to win the NSW Under 18 3000m walk titles in convincing style.

Men 3000 metre Race Walk Under 18 , Sunday 15 February, 3:10PM

1.	Mulhearn, Jordan	17	Parramatta C	13:46.62
2.	Washburn, Steven	15	Nepean Distr	14:35.59
3.	Birch-Ward, Kurtis	14	Sutherland D	16:29.02

Women 3000 metre Race Walk Under 18, Sunday 15 February, 3:10PM

1.	Jennings, Shannon	16	Nepean Distr	14:21.72
2.	Bettioli, Amy	14	Nepean Distr	15:07.21
3.	Gilroy, Darcy	16	Illawarra Bl	15:30.08
4.	Bettioli, Emma	15	Nepean Distr	15:35.01
5.	Southern, Shay		Asics Wests	15:56.04
6.	Klein, Kirsty	15	Asics Wests	16:01.41
7.	Gralton, Ebony	16	Asics Wests	16:47.45
8.	Porley, Tabitha	14	Blue Mountai	17:37.72
	Andreou, Stephanie	14	Campbelltown	DQ

SA STATE CHAMPIONSHIPS, SANTOS STADIUM, ADELAIDE, 13-15 FEBRUARY 2009

South Australia also held their State championships last weekend and the good performances continued. 16 year old Paige Hooper won the Open 5000m in 23:50, yet another World Youth qualifier for her. Evergreen Darren Bown won the men's 5000m in a sparkling 20:21.15. When you consider that his best ever is 20:00, this is pretty good at 34 years of age. 16 year old Blake Steele also walked excellently to take second with a PB time of 22:59.74. Boy, we have some talented young walkers around.

Girls 1500 Metre Walk U/14

1.	Lotta Danner	13	FLINDERS	7:18.73
2.	Kizzy Grice	13	SOUTHERNS	11:37.56

Women 5000 Metre Walk Open

1.	Paige Hooper	16	ENFIELD HARRIERS	23:50.08
2.	Lauren Harrington	15	PEMBROKE	25:23.77

3.	Kelly Watson	28	ELIZABETH	26:41.70
4.	Amber Tuscharski	15	WESTERN DISTRICTS	29:15.40
5.	Sandy Brunner	66	UNATTACHED	29:32.68

Women 5000 Metre Walk U/18

1.	Kristie Goznik	15	ELIZABETH	25:25.94
2.	Claire Xian	17	FLINDERS	25:46.49
3.	Samara Holliday	15	FLINDERS	27:59.87

Men 5000 Metre Walk Open

1.	Darren Bown	34	ELIZABETH	20:21.15
2.	Blake Steele	16	TEA TREE GULLY	22:58.74
3.	Kim Mottrom	24	UNATTACHED	23:32.04
4.	Peter Crump	48	SPC	26:28.13
5.	James Hoare	62	FLINDERS	33:02.02

Men 5000 Metre Walk U/18

1.	Daniel Crouch	14	PEMBROKE	32:54.41
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VRWC CLUB RACES, ALBERT PARK, SUNDAY 15 FEBRUARY 2009

Not to be left out, Victorian walkers produced their own excellent performances on Sunday morning in our monthly Albert Park races. **Rudolf Skrucany** and **Terry O'Neill** decided to test themselves out over the 20km distance with Terry pleased to break the 2 Hour barrier and Rudolf doing a 7 minute PB for 2:18. But the highlights were in the 10 km walk where international reps Tom Barnes, Rhydian Cowley, Jess Rothwell, Regan Lambie and Megan Szirom all toed the start line. **Tom Barnes** surged to the front from the gun and was rewarded with a 10 sec PB time of 42:41. 19 year old **Jess Rothwell** was not far behind and walked with great consistency for a wonderful PB time of 44:01, the fourth fastest ever done by an Australian woman. 2008 World Cup rep **Rhydian Cowley**, still a teenager, was next in with 45:57, showing that he is getting back into good shape after a demanding final year of secondary school. 14 year old **Ryan Andidormi** was next in with 56:29 in his first ever 10 km race – what a fantastic performance.

Thanks to Stuart Cooper for all the great photos



Recording great 10km times – Tom Barnes, Jess Rothwell and Rhydian Cowley – and then warming down

20 km Open Walk

1.	O'Neill, Terry	59:08	01:59:39
2.	Skrucany, Rudolf	67:06	02:18:46

10 km Open Walk

1.	Barnes, Tom	08:15	16:41	25:18	33:59	42:41 (PB)
2.	Rothwell, Jess	08:37	17:21	26:10	35:10	44:01 (PB)
3.	Cowley, Rhydian	08:52	18:10	27:32	36:55	45:57
4.	Andidormi, Ryan	10:55	26:06	33:30	44:54	56:29 (PB)
5.	Armstrong, David	11:35	23:07	34:36	46:07	57:38
6.	McIntyre, Gayle	11:31	23:07	34:43	46:15	57:41
7.	Dickinson, Murray	11:56	23:54	36:10	48:37	01:10
8.	Holmes, Janet	12:20	25:10	38:06	51:05	64:04
9.	Feldman, Liz	DNF				
	Lambie, Regan	DNF				
	Szirom, Megan	DNF				
	Dickenson, Russ	DNF				

In the 5km walk, Stuart Kollmorgen, Beth Alexander and Brad Simpson backed up after their Shield Final walks the previous day and took the first 3 places in the VRWC race. While Stuart was quickest overall with 23:53, it was **Beth Alexander** who took our attention with her PB time of 24:28, only 3 secs outside the World Youth standard. Well done to Beth on a great walk. And welcome to Mishelle Hendrickson who had her first ever racewalk to record a good 34:50.

5 km Walk Open

1.	Kollmorgen, Stuart	23:53
2.	Alexander, Beth	24:28 (PB)
3.	Simpson, Bradley	25:34
4.	Dickenson, Russ	28:00
5.	Gardiner, Bob	29:50
6.	Steed, Gwen	30:05
7.	Wallace, Anna	30:37
8.	Shaw, Kirstin	30:47
9.	Elms, Jason	31:33
10.	Elms, Donna	33:03
11.	Hendrickson, Mishelle	34:50
12.	Wicks, Barrie	35:47

3 km Walk Open

1.	Elms, Damien	19:30
2.	Stanway, Marlaine	22:09
3.	Onley, Gordon	26:03

2 km Walk Under 12

1.	McLaren, Stacey	13:28
2.	Crea, Gabriella	13:31



Stuart Kollmorgen, Ryan Antidormi, Anna Wallace, Mishelle Hendrickson, David Armstrong and Beth Alexander



Kirstin Shaw, Gwen Steed, Gabriella Crea, Stacey McLaren, Liz Feldman and Rudolf Skrucany

And finally, to readjust the 10 km all time list for Australian women to reflect Jess's fantastic walk last weekend

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	41.30	Kerry Saxby-Junna	N	20/06/61	1	Ath Aust Website	27/08/1988	27
2	42.15	Jane Saville	N	05/11/74	6	Eisenhutzenstadt	8/05/1999	24
3	43.28	Gabrielle Blythe	V	09/03/69	-	Hawkesbury	10/07/1993	24
4	44.01	Jess Rothwell	V	18/06/89	1	Albert Park, Melbourne	15/02/2009	19
5	44.27	Anne Pembroke-Manning	N	13/11/59	1	Melbourne	21/01/1996	26
6	45.10	Natalie Saville	N	07/09/78	2	Melbourne	27/02/1997	18
7	45.15	Lisa Sheridan Paolini	N	10/12/62	1	Sydney	17/08/2000	37
8	45.18	Jill Barrett-Maybir	Q	13/07/64	3	Melbourne	27/02/1997	26
9	45.19	Sue Cook	V	23/04/58	1	Brisbane	28/06/1987	39
10	45.20	Cheryl Webb	N	03/10/76	26	World Cup 20km	2/05/2004	27
11	45.22	Wendy Muldoon	V	27/05/71	1	Melbourne	19/07/1998	27
12	45.25	Lorraine Young Jachno	V	21/09/59	1	Melbourne	19/05/1991	31
13	45.38	Sally Pierson	V	10/03/63	1	Melbourne	8/05/1982	20
14	45.40	Simone Wolowiec	V	12/02/74	1	Melbourne	14/12/1997	23
15	45.41	Claire Woods-Tallent	S	06/07/81	28	Olympic 20 km, Beijing	21/08/2008	27
16	45.51	Jane Lewry Barbour	S	09/05/61	2	Melbourne	21/01/1996	24
17	46.06	Jenny Jones Billington	Q	20/04/67	1	Canberra	28/08/1993	26
18	46.06	Teresa Letherby	Q	05/04/72	3	Melbourne	17/12/1995	23
19	46.23	Kellie Wapshott	V	23/03/81	2	Aust 20 km, Melbourne	23/02/2008	26
20	46.30	Megan Szirom	V	18/08/77	1	Melbourne	2/06/2007	29

PROCLAMATION PARK WALKING, WEDNESDAY 11 FEBRUARY 2009

Thanks for Simon Baker for passing on the results from last Wednesday evening's Proc. Park walks

1500m	U14 Girls	Jess Callaway	7:58
	U13 Girls	Bianca Attard	8:05
	U11 Boys	Reese Walmsley	9:00
		Sean Miles	10:34
1100m	U10 Girls	Kirsten Walberg	7:08
	U10 Boys	Kyle Swan	7:13
	U9 Boys	Michael Miles	7:50
	U8 Boys	Hayden Walmsley	9:54

WHAT'S HE SAYING

This photo from our VRWC races on Sunday shows Terry O'Neill and Damien Elms. Readers are invited to submit a suitable caption!



CRYPTIC CROSSWORD

Janet Holmes and Tony Johnson were the successful solvers of last week's cryptic crosswords

He gets to work on new digs (13)
Better to favour the gifted (10)

Archaeologist
P referable

Evident
Favour=prefer, gifted=able

They let us in and how it bewitches us (9)	Entrances	Double meaning
Play back some terrific scenes of futuristic fantasy (3-2)	SciFi	
In a way, reclaims the supernatural (8)	Miracles	Anagram of reclaims

I pushed out a challenge for readers to come up with some walking related crosswords and I have received two. Firstly, Tony Johnson has come up with some cryptic crossword ones as follows – all are related to Australian racewalking.

Why Kent's been sidelined (4,5)	B - - - - N - - -
Great PB made a tart demur! (4,6)	- D - - - U - - - -
Isn't it time Rick's only dream was realised? (3,8)	- I - - - - C - - - -
Did you hear Jan consumed residences while puzzling? (5,6)	- A - - - - - L - - -
Stan had a keen eye for a real champ (6,6)	- - T - - - - E - - - -

Then next week I have a walking crossword from Russell McFarlane. Thanks to Tony and Russell for their contributions.

WHAT'S COMING UP

A reminder to our elite walkers that **entries close** with Athletics Australia on **Thursday 19 February** for the **Australian 20 km championships**, scheduled for Fawkner Park on Saturday 7th March. Junior walkers intending to walk in the 10 km events on this day also need to meet this entry closure date. Use the online entry form on the AA website. Point your browsers to http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=343&OrgID=887&cfid=27683966&cftoken=94400229&dts=92200953949

Good luck to all our Victorian walkers who will be competing in the Victorian Open and Under 20 Championships at Olympic Park in Melbourne this weekend. Walkers in action will include international reps **Jared Talent, Chris Erickson, Tom Barnes, Rhydian Cowley, Jess Rothwell, Megan Szirom** and **Regan Lamble**. Wow, can you afford to miss this! Walk times are

Friday 20 th Feb	6:30PM	Open and Under 20 Women 5000m walks
Saturday 21 st Feb	5:50PM	Open and Under 20 Men 5000m walks

The Australian Masters Games also kicks off on Saturday in Geelong. Good luck to all our Masters walkers who will be contesting a 10 km road walk and 1500m and 5000m track walks.

Then on Thursday 2th February, the Victorian Masters walkers will meet at the Burwood East track to contest the annual AMA 4x800m walk relay. Have you got your team organised yet?

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

Feb 19-22, 2009	Victorian Open and U20 T&F Championships, Olympic Park, Melbourne Entries closed with AV at 5PM on Thursday 5 February Draft timetable : Open/U20 Women 5000m – Friday 19 th , 8:10PM, Open/U20 Men 5000m, Sat 20 th 4:10PM
Feb 21-25, 2009	2009 Australian Masters Games, Geelong - http://www.AustralianMastersGames.com
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 Entries close with AV at 5PM on Thursday 12 February
Sat 28 Feb, 2009	Sydney Track Classic (5000m walk), Sydney Olympic Park Aths Centre. Entries close Tues 17 Feb 2009
Sat 7 March, 2009	2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne Entries close with AA at midnight on Thursday 19 February 20 km Men/Women – 7:30AM, U20 10 km Men/Women - 8AM
19-21 March, 2009	Australian T&F Champs – includes U18 Interstate Youth Match which has U18 5000m walks.
Sun 22 Mar, 2009	VRWC and VMA Track races, Mentone Athletics Track
21-22 March, 2009	Victorian Little Athletics State Championships, Olympic Park, Melbourne.
Mar 28-29, 2009	Victorian Masters T&F Championships, Box Hill This is an AV Overage and VMA combined championship with all Masters categories. Entries close with AV at 5PM on Thursday 12 March
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, Parramatta Park, Sydney, NSW

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	6th IAAF World Youth Championships, Bressanone, Italy - http://www.iaaf.org/wyc09/preview.html

July 28 – Aug 8, 2009 **18th World Masters Athletics Championships Stadia, Lahti, Finland** - <http://english.wma2009.org/>
Aug 15-23, 2009 **12th 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, 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 **13th IAAF World Championships in Athletics, Daegu, Korea**.
Aug 12-22, 2011 **26th 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 **14th 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>)