



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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THAT'S IT FOR THE YEAR

Wow...for the second year in a row, I have managed to put out 52 newsletters – one a week without miss. There are a lot of people who regularly contribute to the newsletter and help make it so successful. Sorry if I miss anyone but thanks to

- VRWC Publicity Officer **Stuart Cooper** whose race summaries appear in the Melbourne Age and Herald Sun every Sunday or Monday and who works with me and **Mark Donahoo** to ensure that the race results are typed up each weekend
- VRWC Handicapper **Mark Donahoo** who additionally works out all the Points Competition updates each week and forwards to me
- VRWC Chief Judge **Peter Vysma** who collates the Style Award Points each week and forwards to me
- **Stu Cooper** and **Terry Swan** whose photos appear regularly in the newsletter
- the many people who continue to forward information to me – **Brent Vallance** and **Mark Wall** in particular– it makes the job so much easier.

MORE ON OUR VRWC PHOTO ARCHIVE

As you know, this year Terry Swan and I initiated a VRWC website photo archive (<http://www.vrwc.org.au/coppermine>) and it contains photos from all races from June onwards. As an aid to searching, I have gone through the photos and added a title to each so that now we have a searchable interface. Rather than troll through all the photos, you can search on names and extract just the photos that match.

Just select the 'Search' menu item at the top of the gallery to activate the search facility. Make sure the 'Title' box is ticked and then type in your search request. Here are some examples:

Cooper	This would display all the photos for both Stuart Cooper and Cooper Owen (53 in total)
Stuart Cooper	This would restrict the search to only the photos for Stuart Cooper (15 in total)
Stuart Cooper 2009-07	This would display Stu's photos from July races only (2 in total)
Amy Sarah Burren	This would display only those photos that had both Amy and Sarah Burren in them – 1 only

Once, you drill down to your search photos, you can click on the small thumbnail photo to produce a bigger photo. If you then click on that photo, a popup box then displays the actual photo in its full resolution. You can then right click this photo with your mouse and choose to save it to your own PC. Once there, you can fire up your own photo editing software, brighten it up or crop it as required and eventually get it printed.

IAAF RACEWALKING CHALLENGE FINAL, SARANSK, RUSSIA, SATURDAY 19 SEPTEMBER 2009

The last carnival of the international walking season was completed last Saturday with the IAAF Race Walking Challenge Series Final being held in Saransk in Russia.

Men's 10km Walk

Luke Adams, the 2007 Male Series winner and **Jared Tallent**, the 2008 Male Series winner, were both in the elite male field and hoping for a share in the large prize pool offered by the IAAF. The distance for men and women was 10km rather than the more traditional 20km format of former years and it was a tough ask for our two top walkers to step up to the plate again only 4 weeks after completing the 20km/50km double at the Olympics. But step up they did, making the long trip from Australia to come third and fifth respectively out of the eligible walkers who contested the final. Luke crossed the line in **39:16** while Tallent stopped the clock at **39:28**. For their efforts, they pocketed US\$14,000 and US\$7,000 respectively – well done guys!

Mexico's Eder Sanchez, the World 20km bronze medallist in Berlin, went out hard with Russian Andrey Ruzavin, the 2004 World Junior Champion, with the other main contenders in hot pursuit. However, it was soon Ruzavin all on his own and he powered home to win convincingly in 38:17. His victory probably cheered him up considerably given that he missed selection for both the 2008 Olympics and the 2009 World Champs. Another Russian walker, 18 year old Stanislav Yemelyanov, came through strongly to take second in 38:28, his time demolishing the current World Junior record of Aleksey Bartsaykin, 39:57, which was set in 2008 IAAF World Cup in Cheboksary. Sanchez, although he came third overall in 38:31, was the first eligible Challenge Series walker so he officially won the Series and hence pocketed the \$30,000 winner's cheque.

Jared was quoted on the AA website: *"I finished about where I thought I would. I haven't done as much training as normal over the past few weeks after the world championships and there's been a lot of travel but today was okay. I would have liked to finish a bit higher up but I'm happy, all things considered."*

Brent emailed me some photos (reproduced below) as well as a quick race report:

Hi Tim,

I'm now sitting in Dubai airport, and thought I would write a quick report of the weekends activities in Saransk with some photos. The official results that were distributed had all times incorrect from 3rd to 8th, but am not sure if that has been corrected or not. Unlike the rather sketchy race report and race results that have filtered through via the IAAF site, I can report that Andrey Ruzavin (2004 World Junior Champ) led from the gun, and was never headed. As he was not eligible for the Challenge prize money he was not challenged by the field. Ruzavin looked very strong and comfortable the whole way and even had enough time on the last lap to slow down and wave to the crowd.

The main group behind Ruzavin, which included all the main players in the Challenge Final (Eder Sanchez, Jared Tallent, Luke Adams), went through 5km in 19:28, but at this point Wang Hao dropped off the pace and had fallen back to some 60m behind at 6km. Luke and then Jared were then also dropped by Sanchez and the young Russian Emelyanov. At around 8km Luke moved into second place for the challenge and Jared third, but both were upset by the fast finishing Wang Hao who really smoked the last 3km to finish over the top of our boys, with the other Chinese athlete Zhu just pipping Jared over the last 100m after they had swapped positions most of the race.

Cheers,

Brent



The main pack early



The final two – Ruzavin and Emelyanov

And now onto the top 20 places which read as follows

1.	Andrey Ruzavin	RUS	28 03 1986	07:40	15:23	23:03	30:41	38:17	
2.	Stanislav Emelyanov	RUS	23 10 1990	07:46	15:23	23:18	30:53	38:28	+ 00:11
3.	Eder Sánchez	MEX	21 05 1986	07:41	15:36	23:18	30:52	38:31	+ 00:14
4.	Aleksandr Yargunkin	RUS	06 01 1981	07:45	15:35	23:17	31:07	38:57	+ 00:40
5.	Hao Wang	CHN	16 08 1989	07:44	15:36	23:41	31:28	39:03	+ 00:46
6.	Luke Adams	AUS	22 10 1976	07:47	15:36	23:25	31:18	39:16	+ 00:59
7.	Yafei Zhu	CHN	05 09 1988	07:42	15:36	23:24	31:24	39:26	+ 01:09
8.	Jared Tallent	AUS	17 10 1984	07:47	15:36	23:23	31:29	39:28	+ 01:11
9.	Faguang Xu	CHN	17 05 1987	07:42	15:56	24:04	32:07	40:03	+ 01:46
10.	Andriy Kovenko	UKR	25 11 1973	07:50	16:01	24:11	32:26	40:25	+ 02:08
11.	Sergiy Budza	UKR	06 12 1984	07:59	15:55	24:04	32:24	40:45	+ 02:28
12.	Konstantin Maksimov	RUS	12 10 1982	07:43	15:40	23:42	32:00	40:57	+ 02:40
13.	Jesús Sánchez	MEX	23 03 1976	07:43	16:16	24:38	33:05	41:26	+ 03:09
14.	Sergey Safarov	RUS	26 01 1983	07:51	16:05	24:33	33:05	41:30	+ 03:13
15.	Oleksandr Romanenko	UKR	26 06 1981	07:50	16:15	24:37	33:05	41:34	+ 03:17
16.	Konstantin Kulagov	RUS	14 10 1991	08:15	16:38	25:05	33:36	41:41	+ 03:24
17.	Jamie Costin	IRL	01 06 1977	08:15	16:38	25:03	33:24	41:42	+ 03:25
18.	Oleksiy Shelest	UKR	27 03 1973	08:00	16:27	24:54	33:22	41:51	+ 03:34
19.	Artem Bisyukov	RUS	02 06 1987	08:05	16:31	24:55	33:30	42:15	+ 03:58
20.	Nazar Kovalenko	UKR	09 02 1987	07:59	16:23	25:03	33:46	42:27	+ 04:10

Women's 10km Walk

Early on, little separated Norway's 37-year-old Kjersti Plätzer, the Beijing Olympic 20km silver medallist and last year's overall Challenge winner who was competing in her last ever competition, and the next generation of young Russians. In the absence of Olga Kaniskina, it was Plätzer who took the lead initially, shadowed by 19 year old Tatyana Mineeva and 22 year old Vera Sokolova. Around the half way mark, the two young Russians moved away from Plätzer, with everyone else a long way back. Mineeva (42:04) eventually proved the stronger, beating Sokolova (42:12) by 8 secs with Plätzer hanging on to take third with 42:51. However, it was Plätzer who won the US\$30,000 as overall Challenge winner for the year.



First there were three and then there were two

Mineeva's time was a European junior record, bettering the 42:44 set by Tatyana Kalmykova at the 2008 IAAF World Cup in Cheboksary. Sokolova, the current Russian 20km champion and former World Youth and Junior champion, continued her good form since coming back from virtual retirement. The first 20 places read as follows.

1.	Tatyana Mineeva	RUS	10 08 1990	08:23	16:44	25:09	33:43	42:04	
2.	Vera Sokolova	RUS	08 06 1987	08:24	16:44	25:09	33:43	42:12	+ 00:08
3.	Kjersti Plätzer	NOR	18 01 1972	08:23	16:48	25:23	34:04	42:51	+ 00:47
4.	Olive Loughnane	IRL	14 01 1976	08:38	17:14	25:56	34:40	43:22	+ 01:18
5.	Elisa Rigaud	ITA	17 06 1980	08:33	17:17	25:57	34:41	43:29	+ 01:25
6.	Tatyana Korotkova	RUS	24 04 1980	08:32	17:17	26:09	35:03	43:50	+ 01:46
7.	Lyudmila Arkhipova	RUS	25 11 1978	08:34	17:15	26:07	35:09	44:05	+ 02:01
8.	Claudia Stef	ROU	25 02 1978	08:33	17:17	26:06	35:04	44:11	+ 02:07
9.	Ana Maria Groza	ROU	01 06 1975	08:45	17:34	26:27	35:22	44:15	+ 02:11
10.	Susana Feitor	POR	28 01 1975	08:54	17:51	26:43	35:33	44:25	+ 02:21
11.	Vera Santos	POR	03 12 1981	08:47	17:47	26:51	35:54	44:57	+ 02:53
12.	Inês Henriques	POR	01 05 1980	08:54	17:51	26:45	35:55	45:37	+ 03:33
13.	Antonina Petrova	RUS	25 01 1977	08:52	18:00	27:18	36:36	45:44	+ 03:40
14.	Tatyana Shemyakina	RUS	03 09 1987	08:37	17:57	27:19	36:39	46:05	+ 04:01
15.	Yelena Prituzhalova	RUS	17 09 1989	08:51	18:10	27:37	37:12	46:48	+ 04:44
16.	Nadiia Borovska	UKR	25 02 1981	08:53	18:11	27:51	37:35	47:10	+ 05:06
17.	Anastasiya Yatsevich	RUS	05 06 1985	08:52	18:25	28:16	38:15	48:00	+ 05:56
18.	Olga Povalyayeva	RUS	19 10 1984	08:57	18:34	28:30	38:22	48:10	+ 06:06
19.	Mariya Tyureva	RUS	24 07 1991	09:13	19:00	28:49	38:36	48:13	+ 06:09
20.	Alena Tyurina	RUS	26 10 1990	09:27	19:21	29:13	39:13	49:18	+ 07:14

Perhaps the biggest news surrounding the Racewalking Challenge is the IAAF's cancellation of funding for this and other similar programs next year, due to a massive budget shortfall at the IAAF level. We can only hope that as the world economic crisis clears, such events are reinstated in future years. This Challenge Series has proven very successful over the last few years.

FOCUS ON SARANSK

Brent, Jared and Luke were also treated to an afternoon training session earlier in the week near the Race Walking School in Saransk. Given that Saransk is a city of around 300,000, it is amazing to see a walking group of this size. It is little wonder that the area continues to produce world record holders and world champions. Consider the fact that Saransk coach Victor Chegin coached all 3 walk winners in the 2009 IAAF World Championships – Olga Kaniskina (women's 20 km), Valeriy Borchin (20 km) and Sergey Kiryapkin (50 km).



Out training with the group - Valeriy Borchin (2009 20 km World champion), Sergey Kirdyapkin (2009 50 km World champion) and Tatyana Kalmykova (2005 and 2007 World Youth Champion)

While our Australian racewalking efforts pale into insignificance when compared with the Russian experience, we have consistently performed above expectations in the sport of racewalking and are currently looked upon as one of power houses. It is indeed timely that Bob Cruise has forwarded the following to me for review.

Why are Australian race walkers amongst the best in the world?

Last year, just prior to the Olympics, I was asked by Tim O'Shannesy, distance running development officer with Athletics Australia, why I thought Australian race walkers were so good and whether the walking community had a master plan? Tim's question encouraged me to reflect on why our walkers are where they are today in the international arena. Our recent and past success is due to many factors and influences. Some of these are listed below.

- 1. The National Family of Race Walking:** Race walking in Australia is a small and relatively coherent group of enthusiasts. It is characterised by a number of clubs that have been in existence for nearly 100 years and numerous others that are prepared, in often difficult circumstances and frequently in an environment that in many cases in neither supportive nor encouraging, to provide for administration, coaching and competition. Race walking has groups of followers in all states of Australia, that, despite the above, continue to pursue and support race walking at a local, national and when appropriate at international level. When comparing race walking to any other track and field discipline in Australia it is very apparent that the followers and participants of race walking are members of a dedicated and committed family.
- 2. Our Race Walking Heritage:** We have performed exceptionally at international level over many years. The Europeans regard race walking as their sport. Yet we have compted as equals with them for many years. Walkers such as George Knott, Bob Gardiner, Ron Crawford, Ray Smith, Sue Cook, Sally Pearson, Noel Freeman, Willi Sawall, David Smith, Simon Baker, Kerry Saxby, Nick A'Hern, Jane Saville and currently Nathan Deakes ,Luke Adams and Jared Tallent are our walking heroes. These heroes continue to work with and support our developing athletes. This is something not seen in many other track and field disciplines. Our race walking heritage has been documented in a number of race walking books written by Peter Waddell, Mark Donahoo and Tim Erickson and Bob Cruise. Tim Erickson's 'Heel & Toe' is read widely around the world.
- 3. Coaches:** Australia has many race walking coaches of high quality. These are spread across the country with the majority, not surprisingly, being in the most populated states. Coaches such as Simon Baker, Mark Donahoo, Harry Summers, Paul Rance, Jim Leppik and Tim Erickson in Victoria and Anne Saville and Kevin Stone in New South Wales have contributed significantly to our sport and continue to do so. Likewise David Smith in Queensland (now National Coach of Korea), Phil Holloway and Ric Cattermole in Western Australia, Kerry Saxby-Junna in the Australian Capital Territory and Stan Malbut, John Pearce and Bob Cruise in South Australia. Most of these coaches are happy to coach at junior and youth levels and seek to provide their better athletes with opportunities that will enable them to get to the Australian Institute of Sport on scholarship.
- 4. Australian Institute of Sport:** The AIS was developed specifically for elite athletes. It has, in recent years, taken on a more encompassing role. It now provides support for Athletics Australia youth and junior development squads. The current AIS Race Walking coach, Brent Vallance, has concentrated on promising walkers in their early twenties and this is reaping rewards. The success of Jared Tallent is evidence of the success of this strategy. The AIS has had a number of coaches who have made significant contributions to Australian race walking such as Simon Baker and Craig Hilliard but perhaps no more than German born Ron Weigel. Weigel gave Australian a belief in themselves and a training regime that had not been undertaken previously in this country. The AIS continues to play a major role in the emergence of Australia as one of the best walking nations in the world.
- 5. Judges:** Not often heralded as a contributing success factor race walking judges in Australia have, over the last 30 or so years, become more professional, more uniform in the interpretation of the rules and fairer in their application. Australian judges have been acknowledged internationally and have judged at Olympics, Commonwealth Games, World Championships and World Race Walking Cups. Several have been appointed Chief Judges at these events. But good judging is not attributed only to those international judges but also to most Athletics Australia graded judges. Whereas we may argue that there is currently a propensity to judge knees far more readily than loss of contact, race walk judging in Australia is undoubtedly amongst the best in the world.
- 6. Selectors:** Whereas there is little doubt that the selectors have been more prepared in recent years to send full squads to major events such as Olympics, World Race Walking Cup and Commonwealth Games one cannot be sure whether this is a cause or effect of Australia's race walking success internationally. Nevertheless it is largely the policy of the selectors and Athletics Australia to send full teams when athletes have met the qualifying standards.
- 7. Little Athletics:** Much as we may like to criticise Australian Little Athletics and their sometimes lack of commitment to race walking it is abundantly clear that without Little Athletics, Australia would not have race walkers of the calibra it has. I am not sure whether there are any of our current elite walkers that did not participate in Little athletics.
- 8. Race Walking Australia:** For fifty years the Australian Federation of Race Walking Clubs has conducted race walking events but none more important than the Federation Race Walking Carnival on the long weekend in June. This event is the best attended race walking event on the Australian race walking calendar. It is without doubt the major walking activity of the year in Australia. The work of Peter Waddell and Robin Whyte and the ACT Race Walking Club should be acknowledged. Most, if not all, of our walking heroes have competed and won at this event.

So if the above are our influences do we actually have a model? Perhaps some would say that other track and field disciplines have similar structures. If so what makes race walking different? It is my belief that it is our race walking heritage coupled with a race walking family that, despite the critics and occasionally the internal challenges, has always remained strong. Supported for decades by people such as the Alf and Mabel Robinson, Peter Waddell, Robin White, Jill Huxley, Ron Crawford, Ray Smith, Bert and Bob Gardiner, Harry Summers, Dave Smith, Anne Saville, Kevin Stone, Simon Baker and Tim Erickson along with others that I have failed to mention will keep race walking at the forefront of Australian athletics.

So what do I think makes race walking strong? Treat all who participate as members of a family and provide support to all irrespective of their level of achievement.

Bob Cruise
Sept. 2009

Thanks Bob. Reading this, I can but agree. However, I would probably put the AIS contribution as the most significant factor in the past 30 years. Since it opened in 1981, it has always had one or more walks coaches and a whole swag of walkers on scholarship. Consider the current scholarship holders – Nathan Deakes, Luke Adams, Jared Tallent, Adam Rutter, Chris Erickson, Kellie Wapshott and Claire Tallent. Nowadays, you have to be a professional athlete to compete year after year at the world level and the only real way to do this is via an AIS scholarship. Such things did not exist in my day – thank goodness they now do. I have no hesitation in saying that without the AIS at the peak of the pyramid, we would not be competitive on the world stage.

AUSTRALIA VERSUS NEW ZEALAND WALK

Since last week's newsletter, I have had two further chats with AA Competition Manager David Gynther and all is just about set for our Australia U23 vs New Zealand Walk on Saturday 13 February in Hobart. I hope to meet with David over the next week to sort out the fine details. Stay tuned.

AUSTRALIAN 50 KM CHAMPIONSHIP, CENTENNIAL PARK, SYDNEY, SATURDAY 6 SEPT 1958

The following photo, from Harry Summers, shows the start of the 1958 Australian 50 km championship, held on a 5 km loop in Centennial Park in Sydney on 6th September 1958.



From left to right: Cliff Barling, Noel Freeman, Ralph Field, Irwin Saunders, ?, Ted Edwards, Ted Allsopp, ?, Sid Bray, Harry Summers, Jim Gleeson, ?, Bill Kirby, ?, Gavan Breen, ?, Jim Short. On the right hand side of the photo, amongst the officials, are Norm Goble and Frank O'Rourke.

The race started at 10:30AM with the weather being described as fine and sunny but with a strong cold wind. Ted Allsopp (31 years of age) and Noel Freeman (19 years of age) went to the front immediately and had a 4 second lead over Harry Summers and Cliff Barling after the first 5 km lap. The lead would have been a lot bigger except for the fact that the two leaders had taken a wrong turn and lost an estimated 1½ minutes during the lap. By the end of the second lap, they had increased their lead to nearly 3 minutes and it was simply a case of which of the two would be the stronger in the final laps. Soon after the 30 km mark (passed in 2:35:59), Noel slowed and the question was answered as Ted went on to record a 6 minute win.

1.	Ted Allsopp	VIC	4:24:46.2
2.	Noel Freeman	VIC	4:31:15.2
3.	C. W. (Bill) Kirby	NSW	4:48:49.6
4.	Cliff Barling	VIC	4:58:32
5.	L. Ryman	NSW	5:00:43
6.	Harry Summers	VIC	5:03:47
7.	Jim Short	VIC Individual	5:07:34
8.	Jim Gleeson	VIC	5:08:19
9.	Sid Bray	QLD	5:28:11

10.	L. Woods	NSW	5:30:15
11.	J. Ferguson	NSW	5:31:17
	Ted Edwards	NSW	DQ
	Gavan Breen	TAS	DQ
	Ralph Field	VIC Individual	DNF
	K. Keogh	NSW	DNF
	Irwin Saunders	VIC	DNF
	S. Rudman	Individual	DNF

Teams Race	1	VIC	E. Allsopp, N. Freeman, C. Barling	7 pts
	2	NSW	C. Kirby, L. Ryman, L. Woods	14 pts.

The first 3 finishers all broke the old course record of 4:50:44.2, established by Ron Crawford (NSW) on 18/08/1956.

This result was typical of the battle for supremacy waged between Ted and Noel during the 1958-1959 period. Initially, Noel, as young kid on the block, was forced to play second fiddle to Ted but by 1959 he was starting to win the big ones and forced Ted back to second place over the prestigious 20km distance. He won the 1959 Victorian 20km title in 1:33:29 and the 1960 Victorian 20km title in 1:31:05. With a win in the Olympic 20km trial in 1:32:12, he had his Olympic 20km berth sewn up.

But Noel was aiming big and had targetted the Olympic double - hence this silver medal in his first ever 50km at only 19 years of age. He was second to Ted again in the 1959 Victorian 50km (4.30.06) and went on to win the 1960 Olympic 50km trial in 4:32.28 to book his Olympic double.

History shows that he came 2nd in the 1960 Olympic 20km final but was disqualified when leading the Olympic 50km (which many people felt he could have won). It took a further 48 years before fellow Victorian Jared Tallent could match his Olympic silver in the 2008 Olympics.

GEELONG WALKERS TO KICK OFF

Geelong Walkers Club president Harold Boddy has emailed me with the following announcement.

You are cordially invited to attend the commencement of the Geelong Walkers Club 31st season on **Thursday 8th October** at the **Goldsworthy Reserve Track, Goldsworthy Road, Corio**.

We would like to encourage as many new people, especially Little Athletics children, our stalwarts of the past few years and the many walkers who have competed / walked with the Geelong Walkers Club in the past to come and join us again. We encourage family groups to walk and we do have many mums, dads and even grandparents walking. Don't be discouraged in believing that you have to walk the "race walk" style. This is not the case, our Club caters for all types of walkers from racers, fitness walkers and those who just want to have a stroll and clear the stresses of a weeks work.

Our starting time will be **6.15pm** so please arrive by 6.00pm to sign in. Finishing time depends upon race distance but generally we are completed by 6.45 - 7.00pm. Our program this year will have our traditional events plus some fun events and coaching will be available.

Fees for the new season have remained unchanged - \$3.00 per night for singles and \$7.00 per family.

Our Yearly Registration fees are also unchanged- \$7.00 per single and \$20.00 per family.

We look forward to seeing you at Goldsworthy Reserve, Corio to enjoy the friendship that was so evident last year. If you know of anyone who may be interested please bring them along, the more the merrier.

Please return the attached enclosed Registration Form with payment no later than the 5th November 2009.

If you have any queries, please contact me on my home number 52756737 or 0418 144148.

Yours sincerely

Harold Boddy
President Geelong Walkers Club

See <http://www.gwc.sportingpulse.net> for further details about the Geelong Walkers Club.

VRWC SUMMER SEASON NOW FINALISED

It's been a tricky job trying to put our VRWC summer fixture together because of the huge number of AV, VLAA, VMA and AA events already scheduled but we have now finalised it. It was impossible to avoid all the clashes and, in particular, the first two Sundays clash with VLAA events – my apologies to our younger walkers – we did try but the season is so full that we could not avoid this. Anyway, see the full details at <http://www.vrwc.org.au/vrwc10.html>. The key dates are

Sunday 25 October 2009, VRWC Road Races	Albert Park
Sunday 15 November 2009, VRWC Road Races	Albert Park
Sunday 22 November 2009, Australian and Victorian 50 km	Fawkner Park
Wednesday 9 December 2009, VRWC Track Races	Collingwood Harriers Track
Sunday 31 January 2010, VRWC Road Races	Albert Park
Sunday 11 April 2010, VMA 5000m Track Championships & VRWC Track Races	Track venue to be advised

DATES...DATES...DATES

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

2009 International Fixture

Oct 10-18, 2009 **World Masters Games, Sydney** - <http://www.2009worldmasters.com>

Victorian & National Fixture – Summer 2009/2010

Sat 10 Oct 2009 AV Shield Competition commences at all 6 venues with Round 1
Sun 25 Oct 2009 VRWC Summer Season Opening walks, Albert Park
6-8 Nov 2009 Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
21-22 Nov 2009 Racewalk Judging seminar, Albert Park
Sun 22 Nov 2009 2009 Australian 50 km championship, Fawkner Park, Melbourne (also 20km Open and 10km U20 walks)
4-7 Dec 2009 Australian All Schools T&F Championships, Hobart
22-24 Jan 2009 Victorian Country Championships, Newborough
Sat 13 Feb 2010 Australian Summer 20 km road championships , Hobart
Thurs 18 Feb 2010 Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs: venue TBC, date tentative.
20-21 Mar 2009 Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010 Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010 Easter weekend - Australian Masters T&F Champs, Perth
16-18 April 2010 Australian Open and U23 Track and Field Championships, Perth

2010 International Fixture

May 15-16, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**
July 3-10, 2010 Oceania Masters Championships, Tahiti
July 19-25, 2010 **World Junior Championships, Moncton, Canada**
14-26 Aug, 2010 **World Youth Olympics, Singapore**
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2011 International Fixture

July 7-17, 2011 **World Masters T&F Championships, Sacramento, California, USA**
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>
July 7-17, 2011 **19th World Masters Athletics Championships Stadia, Sacramento, USA**

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**

Tim Erickson, Secretary, VRWC

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