



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2009/2010 Number 02  
8 October 2009



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### VRWC RUNNERS WORLD SPONSORSHIP CONTINUES THIS SUMMER

Neil Ryan of Runners World Kew has come to the fore again and offered a further round of VRWC Sponsorship this summer season with the **top VRWC male and female walkers to each receive Cash \$500 plus Gift Voucher \$500**. The VRWC Committee will review the performances done by club members in any of the following events (as well as any other major ones that I have missed)

- the 5 VRWC summer season races
- the various AV championships (Schools, Country and State T&F champs)
- the VLAA T&F championships
- the various AA championships
- the VMA and AMA championships

The relevant dates read as follows (with a cutoff on Sunday 11 April 2010)

Sun 25 Oct 2009	VRWC Summer Season opening, Albert Park.
6-8 Nov, 2009	Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
Sun 15 Nov 2009	VRWC Summer Championship races, Albert Park
Sun 22 Nov 2009	2009 Australian 50 km championship, Fawkner Park, Melbourne (invitational 20km & 10km U20 as well)
4-7 Dec 2009	Australian All Schools T&F Championships, Hobart
Wed 9 Dec 2009	VRWC track walks, Collingwood Harriers Track, 6.30pm - 7.30pm
Sun 10 Jan 2010	VRWC Summer Season road races, Albert Park
22-24 Jan 2009	Victorian Country Championships, Newborough
Sat 13 Feb 2010	Australian Open and U23 Summer 20 km road championships, Hobart (10km U20 races also)
Thur 18 Feb 2010	Victorian 5000m track Open and U20 walk titles (in conjunction with an AV All Comers Meet)
26-27 Feb 2010`	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
11-14 Mar 2010	Australian U14-U18 and U20 Track and Field Champs: Sydney
20-21 Mar 2010	VLAA State T&F Championships
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
11 April 2010	VRWC Track race combined with VMA Summer 5000m Champs as per other years

Thus our top male / female walker could come from any of Masters, Open, Junior or Little Athletics and all appropriate racing performances will be considered. The VRWC committee will draw up a short list at the end of the season and vote as we did in the winter. We are looking for our TOP two walkers when compared to their peers (open ended but definitely workable). Additional criteria read as follows

- The winners must be VRWC members
- The winners must race in at least 2 of the 5 VRWC Summer Season races and any combination of other events from the above list.
- Walkers on AIS or VIS scholarships are not eligible.

Thanks to Neil for his continuing generous support – make sure you say thank you in the best possible way by using his shop for your sporting needs.

### ATHLETICS VICTORIA SHIELD COMPETITION KICKS OFF

The Athletics Victoria Shield competition kicked off last Saturday with two of our three country based regions, Bendigo and Geelong. Next weekend, Shield kicks off for Ballarat and our 3 city based regions. The Little Athletics season has also started now at most Victorian venues so our summer season is well and truly alive.

#### Bendigo Region AV Shield Programme 1, LUBAC, Saturday 3 October

You could be mistaken for thinking that there was only one club in Bendigo as Eaglehawk YMCA fielded 7 of the 9 walkers on show. Jeremiah Jones and Jessie Palfreyman were the fastest over the 2000m distance while Geoff Major, at 73 years of age, showed that he can still match it with his younger team mates.

**Boys 2000 Meter Race Walk**

1.	Jones, Jeremiah	12	Eaglehawk YM	10:45.57
2.	Savage, Joshua	14	Eaglehawk YM	12:00.66
3.	Wellard, Ian	41	Bendigo YMCA	12:50.41
4.	Major, Geoffrey	73	Eaglehawk YM	13:46.05
5.	Watson, John	59	Bendigo YMCA	14:21.89

**Women 2000 Meter Race Walk**

1.	Palfreyman, Jessie	19	Eaglehawk YM	10:37.55
2.	Heard, Amanda	14	Eaglehawk YM	11:19.10
3.	Campbell, Grace	13	Eaglehawk YM	11:39.80
4.	Jones, Ebony-Jade	15	Eaglehawk YM	13:44.22

**Geelong Region AV Shield Programme 1, Landy Field Athletics Track, Saturday 3 October**

James Seid-Christmass carried on from his great winter season form with a very quick 9:26 to finish 20 secs ahead of Josh Dillon. Jmara Hockley-Samon won the women's walk but not by much with Tyne Boddy walking very well to be only 7 secs in arrears.

**Women Open 2000 Meter Race Walk**

1.	Hockley Samon, Jmara	Athletics CH	10:30.80
2.	Boddy, Tyne	Corio	10:37.70
3.	Brunton, Caitlin	Unattached	10:43.70
4.	Payne, Emily	Corio	11:12.80
5.	Walker, Megan	Corio	12:05.20
6.	Boddy, Lana	Corio	12:46.50

**Men Open 2000 Meter Race Walk**

1.	Seid-Christmass, James	Corio	9:26.40
2.	Dillon, Josh	Unattached	9:46.70
3.	Walker, Jared	Corio	10:38.00
4.	Dillon, Nathan	Unattached	14:10.90

**FOCUS ON MEXICAN STAR EDER SANCHEZ**

**Eder Sanchez (second from right) in the lead pack in the 2009 IAAF 20km World Championship in Berlin**

Last week, the IAAF website (<http://www/iaaf.org>) published the following great article on young Mexican walk star Eder Sanchez.

After returning from Saransk, Russia where he took top spot in the 2009 IAAF Race Walking Challenge standings, receiving a cheque from the IAAF for \$30,000 for the achievement, Mexico's Eder Sanchez explained how 2009 has been the best season of his life.

"This has been the best year of my career, and I hope there will be even better seasons to come. I am extremely happy to have been named the 'best walker in the world' this year, it is not something that everyone can claim and it gives me special joy to be able to re-establish Mexican walkers as among the best internationally," explained Sanchez.

In Saransk, Sanchez established in a new national record 38:57 for the 10km distance which bettered the previous standard set by former Pan American 50km champion Cristian Berdeja in 2002 (39:03). It was the perfect cap to a year in which he became World bronze medallist at 20km in Berlin.

### Career highlights...

On 18 March 2005, Sanchez won the 10,000m Walk at the Regional Youth Olympics in Toluca, Mexico and the following day travelled to Tijuana to take part in his first international high calibre competition: the Grand Prix Caminata. He finished an excellent fifth overall and was the third Mexican to cross the finish which meant he would take part in his first senior IAAF World Championships in Athletics in Helsinki, Finland. Sanchez would finish eighth in the Finnish capital and the second best Latin American behind World champion and Ecuadorian legend Jefferson Perez.

A year later he won the 20km silver at the Central American and Caribbean Games in Cartagena but in 2007, although he was the fourth best walker in the world at 20km he was not selected to compete at the Pan American Games in Rio de Janeiro. Nevertheless, he did take part in the Osaka IAAF World Championships where he finished an excellent fourth.

For a short-lived moment he was in bronze medal position when Spain's Francisco Javier Fernandez – who had crossed the finish in second – was disqualified meaning he and Tunisia's Hatem Goula would in turn step on the podium but the Spanish Federation lodged a protest which was accepted by the Jury of Appeal and Fernandez was reinstated.

In 2008, Sanchez took part in the IAAF World Race Walking Cup in Cheboksary, Russia where he won a superb third place in a 1:18:34 personal best; three months later he competed in his first Olympic Games where he was 15th.

### Steady international improvement

“People have noticed that I have been climbing up the ladder of international race walking. I am now among those at the top and my aim is now to get even better and stay at the top. Now the world sees me as one of the favourites, they see Mexico as a potential winner; they say ‘here come the Mexicans’. Now my aim is to complete a whole Olympic cycle; I was able to compete at the Central American Games but not at the Pan American Games. For the next four years that will be my goal.”

This year, Sanchez stepped on the podium in all four of the Race Walking Challenge races which he competed in (first in Chihuahua, third in Wixi, bronze at the World Champs in Berlin and third in Saransk); in all four of his races he was given only one warning and it was only because of the swine flu virus that he could not compete in more Challenge races.

“In all my races this year, I finished in the top three and the judges have noticed my technique is good. Only in China I was given a yellow card, in Russia I finished with a clean board. The judges know that Mexicans have a good school and a good technique, and they appreciate us more,” commented Sanchez proudly.

“In Athletics we have great Mexican competitors and we will give a lot more as soon as the new generation gets going. I am excited because race walking is a discipline which is recognized and respected around the world. For instance in Russia they held a wonderful final banquet hosted by the President of Mordovia and he too recognized all the efforts we are making. Personally, he even told me he considers me a great rival for the Russians just as I consider them great competitors,” said the 23-year-old.

### Target Chihuahua

The next big competition for Sanchez will be the IAAF World Race Walking Cup in Chihuahua, Mexico next May 2010.

“My target in Chihuahua will be to finish in the top 5 and if the podium is accessible I will go for it. It's a tough course and even more so for foreign walkers but I can adapt well and I hope in a good result,” concluded the young man whose parents Victor Sanchez and Graciela Teran were both respectable walkers.

Katya Lopez for the IAAF

To finish off this analysis, some stats on the 23 year old Mexican.

**Personal Best** - a very impressive list with 3 done this year, including his 18:40.11 done in Sydney in February

3000 Metres Race Walk	11:14.01	Cork	04/07/2009
5000 Metres Race Walk	18:40.11	Sydney	28/02/2009
10,000 Metres Race Walk	40:46.29	Monterrey	04/07/2004
10 Kilometres Race Walk	38:31.00	Saransk	19/09/2009
20 Kilometres Race Walk	01:18:34	Cheboksary	10/05/2008

**Main performances at major championships** – in the top ten in six of his eighth appearance thus far, with three of them medalling.

21st IAAF World Race Walking Cup	10km	2	41:01	Naumburg	01/05/2004
10th IAAF World Junior Championships	10000m	4	41:01.64	Grosseto	17/07/2004
10th IAAF World Championships in Athletics	20km	8	1:20:45	Helsinki	06/08/2005
22nd IAAF World Race Walking Cup	20km	-	DNF	La Coruña	13/05/2006
11th IAAF World Championships in Athletics	20km	4	1:23:36	Osaka	26/08/2007
23rd IAAF World Race Walking Cup	20km	3	1:18:34	Cheboksary	10/05/2008
The XXIX Olympic Games	20km	15	1:21:53	Beijing	16/08/2008
12th IAAF World Championships in Athletics	20km	3	1:19:22	Berlin	15/08/2009

## MORE THOUGHTS ON AUSTRALIAN RACEWALKING

Stu Cooper emailed me with some further comments, prompted by Bob Cruise's thought provoking article on the success of Australian racewalking. Thanks Stu...very apt.

It was interesting in the previous issue to see Bob Cruise's response to Tim O'Shaughnessy's inquiry re walking's success. I think he covered the reasons pretty comprehensively. Yes, the AIS has been a huge factor - without it we'd probably have no world-class performers and may even be going backwards. I think his point about the sport's family quality is also very valid; in fact I'd take it a step further. I feel that family aspect is at least partly due to the fact that race walking stands alone amongst athletics sports as one that has had to fight virtually every day of its life for acceptance as a legitimate sporting pursuit. The attacks upon it rarely cease, and the achievements of its practitioners are either ignored or accepted grudgingly at best by the media, Barry Beergut, and even many other athletes - not to mention anyone who can aim a movie camera, freeze frames and squeal that as far as obeying the rules is concerned, the Emperor's wearing no clothes.

We who race walk for the love of it, the companionship and genuine fitness it affords (yes, and wrestle with the contentious elements of its rule enforcement), are probably drawn together in a kind of tribal solidarity. We keep putting the wagons in a circle and fending off the never-ending attacks from the Pig-Ignor-Indians. Within that circle we keep doing what we do best with our racing, coaching and judging programs, while sending out skirmish parties comprising the likes of Sawall, Cook, Pierson, Baker, Saxby-Junna, A'Hern, Harvey, Tallent, Adams, Deakes and Saville who land blows on the world stage that few other Aussie athletes can emulate (not consistently, anyway), drawing usually muted kudos and, paradoxically, even more bone-headed attacks (as Nathan Deakes would testify.) This has to have bred a certain toughness amongst us, the kind of spirit that helps us bond with each other competitively and socially with a kind of frontier resolve, regardless of standard attained. Whilst doing so, it's fortuitous that we are able to face the taunters and denigrators with just four words, perhaps more in keeping with their own sporting tastes: 'Look at the scoreboard.'

## AA RACEWALK JUDGING SEMINAR

As advised in a previous newsletter, Athletics Australia will be conducting a Walk Judging Seminar in Melbourne on Saturday, 21 November 2009. The Seminar is open to those interested in becoming Walks judges and for existing judges to upgrade their present level. This is the weekend of the Australian 50km championship so why not make it a big weekend by taking in both activities. Enrolment form available at <http://www.vrwc.org.au/2009%20VIC%20Walk%20Judges%20Seminar%2021%20Nov.pdf>

## ADDITIONAL INFORMATION ON THE VRWC RACES ON SUNDAY 25 OCTOBER

I have received confirmation from David Gynther, the Athletics Australia Competition Manager, that any 10km or 20km performances done in **our VRWC races on Sunday 25<sup>th</sup> October will be eligible for submission as 2010 World Cup qualifiers**. A couple of our Victorian girls were keen to race so I contacted David and we went through the appropriate checklist to ensure that the races could be upgraded. Of course, there are still official trials for the Junior 10km and Open 20km walks so you still have to perform on the big day to ensure selection. But every qualifier helps your case! Any walkers chasing qualifiers for next year are welcome to join us at Albert Park on that Sunday morning. Entry is on the day. The timetable is as follows

Sunday 25 <sup>th</sup> October 2009, VRWC Events	Albert Park
9.00am	20km, 15km, 10km
10:30am	Open
	5km, 3km
	Under 15
11.00am	3km
	2km
	Under 12
	1km
	Under 9

## OUT AND ABOUT

KREMS (AUT, Oct 3): Polish walkers dominated the Austrian 50 km walk championships last weekend with winner Rafal Sikora improving to 3:52:33 while second Lukasz Nowak recorded 3:58:57.

KOCISE (SLOVAKIA, Oct 4): The 85<sup>th</sup> International Peace Marathon (the oldest marathon in Europe) was held in Kocise in East Slovakia on Sunday (see <http://www.iaaf.org/news/kind=100/newsid=47937.html>) in cold conditions and in strong winds. Two former Slovakian racewalkers were in action – Peter Tichy coming 11<sup>th</sup> in 2:30:08 to take second in the Slovakian championship and Pavol Blazek who came 97<sup>th</sup> in 3:13:29.

BEIRUT (LEBANON, Oct 3): I always knew that the French worked hard to keep their language alive and this is reflected in the recently completed Francophone Games (see <http://www.jeux2009.org>) which are put on by La Francophonie, an international organization representing governments with French as the mother or customary language or where there is a notable affiliation with the French language or culture. Approximately 3000 participants from 46 countries participated in the 2009 Jeux de la Francophonie which were held in Beirut in Lebanon from September 27 to October and racewalks were amongst the Track and Field disciplines contested.

### 20km Walk for Men, 8AM, Saturday 3 October 2009

1. DAVAUX Herve' FRA 1:25:35
2. SEBAI Hassanin TUN 1:28:30

3.	MOULINET Bertrand	FRA	1:31:02
4.	RUEST Jocelyn	DNB	1:47:46
5.	BEYA	COD	1:48:49
	GOMEZ Inaki	CAN	DNF

**10km Walk for Men, 815AM, Saturday 3 October 2009**

1.	CHAIMA Trabbssi	TUN	48:27
2.	GINAUDEAU Christine	FRA	49:10
3.	HUZZEY Megan	CAN	50:15
4.	CRIVELLO Marina	CAN	54:19

**FROM THE ARCHIVES**

The article by Stu Cooper in last week's newsletter and the photo of him walking with Mark Wall in England prompted me to go back through my old albums and, lo and behold, I found a couple of great photos from the 1977 Victorian 50km championship 32 years ago (ouch!) including one with Stu and Mark in it.



**Stuart Cooper, Mark Wall and Rick Keam in action in the 1977 Victorian 50 km – 10 laps of Albert Park Lake**



**Winner Willi Sawall has his time called by Race Secretary Alan Minter as he starts a new lap around the lake.**

When I emailed this photo to Stu yesterday, he responded

*Wow! I'd no idea this one existed. I recall that race well ... the three of us were all battling for the 6<sup>th</sup> spot in the Victorian team for the national 50km in Adelaide. Back then it was a huge deal to gain a Vic singlet in any event, and I was the only one there who'd never represented his State. I broke away at the 30k feeding station and put in a big 5k lap, which got me the final team spot.*

For the record, the final results read as follows

1.	Willi Sawall	Ballarat Harriers	4:04.54.0
2.	Tim Erickson	Ivanhoe	4:19.20.0
3.	Clarrie Jack	Glenhuntly	4:30.07.0
4.	Peter Vysma	MUAC	4:41.00.0
5.	Ian Jack	Glenhuntly	4:42.00.0
6.	Stu Cooper	SSH	4:49.43.0
7.	Mark Wall	Box Hill	5:16.21.0
8.	Cliff Barling	Williamstown	DNF (35km in 3:34:33)

Tom Daintry	Collingwood	DNF (35km in 3:45:55)
Claude Martin	Collingwood	DNF (30km in 3:10:05)
Mike Porter	Mentone	DNF (30km in 3:19:37)
Rick Keam	Ringwood	DNF (35km in 3:22:20)
Vin Mead	Glenhuntly	DQ

I also remember it well – I was only 3 minutes in arrears of Willi at the 30km mark (2:24 vs 2:27) but finished 18+ minutes back after dying in the final 20km. No such worries for Willi – this was his big breakthrough. Within 3 years, he had reduced his 50km time to 3:46:34, a time that still ranks as the 4<sup>th</sup> best ever by an Australian nearly 30 years later.

The VRWC newsletter for July 1977 reported as follows:

**Open Men 50km Championship, Albert Park, Sunday 10 July 1977**

*Willi Sawall became the fastest road 50km man in the Commonwealth when he recorded 4:05:34 (compared to Bob Dobson's 4:09:09) in winning the title in less than ideal conditions – a cool overcast day with harsh cold winds at times. This race has already made people sit up and take notice.*

*Tim Erickson also walked a PB in this race with 4:19:20, a bit slower than he wanted but then a better day could see him do a far better time. Nevertheless, 4-19 is nothing to complain about.*

*Clarrie Jack took 10 minutes off his best to lift himself above Noel Freeman on the all time rankings. His time of 4:30:07 will take a bigger battering later this year as Clarrie struggled in the latter stages, as did most of the others.*

*Peter Vysma, short of training but none the less a dangerous prospect, did 4:41:00 which, although slower than his best, will be improved in Adelaide.*

*Ian Jack lifted himself into the alltime rankings with his PB of 4:42:00. Ian has won respect from many quarters with this time but Adelaide could see him under 4-40..*

*Stuart Cooper got a richly deserved PB with 6<sup>th</sup> place in recording 4:49:43 and this won him his first State singlet. He too will do much faster in South Aust.*

*Final finisher was Mark Wall who recorded a 14-min PB of 5:16:21, suffering from the cold conditions and some bad luck. He will, or should, be closer to 5 hours in Adelaide, given a mild or even warm day.*

*Retirees who deserve a mention are Rick Keam in his first ever attempt at 50km and Mike Porter who, a fortnight prior to this race, did a 3:41:25 marathon.*

*50km Team: S. Cooper, T. Erickson, C. Jack, I. Jack, W. Sawall, P. Vysma (Emergencies C. Martin, M. Wall)*

The newsletter also reported on the Victorian Junior (Under 19) 10km title that had been contested the week before.

**Junior 10km Championship, Albert Park, Saturday 2<sup>nd</sup> July 1977**

*Mark Nugent won his second State Junior title as well as taking the handicap in recording 47:47 in good but slightly cool conditions. Bill Dyer tried to stick with Mark but found the pace a bit tough, so he settled down to a more comfortable one and was rewarded with 2<sup>nd</sup> in 49:56.*

*Duncan Knox is possibly one of the most extraordinary athletes I've seen. Just seven days prior to this event, he recorded 3:03:46 in the State Marathon title, and in this walk he took the bronze in 50:31. Duncan builds into his races, walking his best in the latter stages. Barrie Birtchnell, after setting out with Bill Dyer, found the pace a bit too hot and his time of 52:03 is not a true indication of his ability.*

*Rob Brown took the vital 5<sup>th</sup> spot in a sound exhibition of consistency by recording 53:55 which earned him State selection.*

*Dennis Bunworth and Alain Martin also showed consistent form in their efforts, recording 54:54 and 58:02 respectively.*

*Juniors are U-19s, so one is pleased to see U-13's and U-14's giving it a go, for these are the U-19's of the future. A new face in M. Harvey recorded 59:23, quite a respectable time. (apologies but I don't know these lads' christian names), David Salkowski 60:49, Malcome Coleman 61:23 and R. Nelson 64:38 were all promising performers.*

*10km Team: B. Birtchnell, R. Brown, W. Dyer, D. Knox, M. Nugent (Emergencies D. Bunworth, A. Martin).*

It is interesting to note that many of these names are still walking or officiating over 30 years later – Tim Erickson, Clarrie Jack, Peter Vysma, Stu Cooper, Mark Wall, Bill Dyer and Duncan Knox – and many of the others are still interested in the sport and on the newsletter distribution list – Rick Keam, Willi Sawall, Ian Jack, Mike Porter, Dennis Bunworth and Mick Harvey - yes the young first time walker M. Harvey was none other than Mick Harvey who went on to represent Australia in a record 10 World Cup appearances. How that's a bit of history.

To complete the story, the Australian championships were duly held in Elizabeth, a northern suburb of Adelaide. Willi and I fought out the 50km title on a tough undulating course that was later acknowledged to be about ½ mile too long (they were still measuring it during the first lap of the race) but I was a lot closer to him on that occasion. Peter Vysma made it a clean sweep, taking the bronze for the second time in a row. In the Junior race, Mark Nugent split the top two NSW walkers Rod Huxley and Michael Woods.

**1977 Australian 50km Championship, Adelaide**

1.	Willi Sawall	VIC	4:14:08
2.	Tim Erickson	VIC	4:17:15
3.	Peter Vysma	VIC	4:34:33

**Australian Junior 10km Championship, Adelaide**

1.	Rod Huxley	NSW	47:30.0
2.	Mark Nugent	VIC	48:40.0
3.	Michael Woods	NSW	48:59.0

## WHAT'S COMING UP

AV Shield competition gets into full swing this Saturday with all 6 venues in action and most racing over 3000m/1500m.

10/10/09	AV Shield - Round 1 (SOUTHEAST REGION)	Ballam Park Athletic Track, Frankston
10/10/09	AV Shield - Round 2 (BENDIGO REGION)	La Trobe University Bendigo Athletics Complex, Bendigo
10/10/09	AV Shield - Round 2 (GEELONG REGION)	Landy Field (Geelong), South Geelong
10/10/09	AV Shield - Round 1 (BALLARAT REGION)	Llanberris Reserve (Ballarat), Ballarat
10/10/09	AV Shield - Round 1 (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
10/10/09	AV Shield - Round 1 (EAST REGION)	Proclamation Park (Ringwood), Ringwood

The Melbourne Marathon is on Sunday and I expect to see a few of our walkers testing themselves out over either the half or full marathon distance.

The World Masters Games start on Saturday in Sydney (see <http://www.2009worldmasters.com>) with a number of our VRWC Masters walkers competing in the racewalks. Hopefully I will be able to report on their performances in next week's newsletter.

## 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 most 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)
26-27 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, 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	<b>IAAF World Race Walking Cup, Chihuahua, Mexico</b>
July 3-10, 2010	<b>Oceania Masters Championships, Tahiti</b>
July 19-25, 2010	<b>World Junior Championships, Moncton, Canada</b>
14-26 Aug, 2010	<b>World Youth Olympics, Singapore</b>
Oct 3-14, 2010	<b>Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

### 2011 International Fixture

July 7-17, 2011	<b>World Masters T&amp;F Championships, Sacramento, California, USA</b>
Aug 27-Sept 4, 2011	<b>13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea</b>
Aug 12-22, 2011	<b>26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.</b> See <a href="http://www.sz2011.org/eng/index.htm">http://www.sz2011.org/eng/index.htm</a>
July 7-17, 2011	<b>19<sup>th</sup> World Masters Athletics Championships Stadia, Sacramento, USA</b>

### 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**

Tim Erickson, Secretary, VRWC

[terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 90125431 Mob: 0412 257 496

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