



HEEL AND TOE ONLINE

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IAAF RACE WALKING CHALLENGE FINAL, BEIJING, CHINA, SATURDAY 18 SEPTEMBER 2010

The 2010 IAAF Race Walking Challenge Final in Beijing, held on Saturday morning in cooler than expected and overcast weather, lived up to all expectations with superb times across the board. In fact, the men's race exhibited the greatest depth ever seen at this level.

10km Men

The men's race saw most of the walkers together after a first km of around 4 minutes. From then on, the pace quickly picked up with Wang Zhen, Chu Yafei and Australian Jared Tallent leading through the 4km mark with 15:31. The pace continued relentlessly but the field still did not split, the top nine athletes still within two seconds of each other after 6km. The next kilometre was critical as the pack finally broke up and the 7km mark saw the lead pack reduced to five – Chinese walkers Wang Zhen and Chu Yafei along with Italian Giorgio Rubino, Colombian Luis Lopez and Korean Kim Hyun-Sub. Surprisingly home favourite, Berlin 20km silver medallist Wang Hao was 5 seconds in arrears and Jared Tallent 10 secs behind.

Wang and Chu clocked 3:40 for the next km to reach the 8km mark in 30:25, now alone in the lead with the chasing group some 10 seconds back. 17-year-old Wang then made his move, opening a clear lead over the penultimate kilometre. The youngster held on to win in a super fast 37:44, moving to second place in the world all-time list. Wang's result was also a World Junior best, crushing Russian Stanislav Yemelyanov's old mark of 38:28 by 44 seconds, and was an Asian best. The previous Asian record holder Chu Yafei, 22, became only the third man to break 38 minutes, clocking 37:57 for second place. The previous Area record, 38:40, was set this season in Kraków where he won the IAAF Race Walking Challenge. Rubino just held on to the third place ahead of Wang Hao, who almost caught him on the finish line, both walkers clocking personal bests of 38:00. Lopez was fifth in 38:10 and Hyun-Sub was sixth in 38:13. Another young Chinese, 18-year-old Chen Ding, was seventh in 38:23, also surpassing the previous World Junior record and Jared finished eighth in 38:29. The first 15 athletes all set personal bests.

To put this race into perspective, Wang Zhen's winning time of 37:44 was the equal second fastest of all-time. Norwegian Erik Tysse has the fastest time of 37:33, set in Hildesheim in 2006 and he also walked 37:44 last year. But the depth in those races was different. Tysse was the only athlete to dip under 38 minutes before Saturday when Wang Zhen and Zhu went under 38 min and Rubino and Wang Hao were both timed in 38 minutes flat. Wang Zhen's splits were 19.16 and 18.28, meaning he was on sub-37 min pace in the second half of the race. That implies we have much more to see from this young man.

From the local perspective, the performances of the four Australians was amazing with the All-Time list completely rewritten by **Jared 38:29, Luke Adams 38:41, Chris Erickson 38:59 and Adam Rutter 39:20** all doing huge PBs. Rarely do we see a single Australian break 40 minutes but on Saturday our top 4 walkers all did the deed. What a race we are going to see between Jared, Luke and Chris in 3 weeks time in Delhi. See http://www.athletics.com.au/news/news/2010/september/delhi_bound_walkers_impress_in for a nice article on the AA website.



The start of the men's 10km race (<http://www.iaaf.org>)

1.	Wang Zhen	CHN	37:44	
2.	Chu Yafei	CHN	37:57	
3.	Giorgio Rubino	ITA	38:00	
4.	Wang Hao	CHN	38:00	
5.	Luis López	COL	38:10	
6.	Kim Hyun-Sub	KOR	38:13	
7.	Chen Ding	CHN	38:23	
8.	Jared Tallent	AUS	38:29	(30 sec PB)
9.	Luke Adams	AUS	38:41	(33 sec PB)
10.	Park Chil-Sung	KOR	38:42	
11.	Chris Erickson	AUS	38:59	(2:10 PB)
12.	Joao Garcia Vieira	POR	39:06	
13.	Cai Zelin	CHN	39:06	
14.	Matej Toth	SVK	39:07	
15.	Adam Rutter	AUS	39:20	(52 sec PB)
16.	Arai Hirooki	JPN	40:11	
17.	Zhao Chengliang	CHN	40:12	
18.	Yim Jung-Hyun	KOR	41:28	
19.	Oh Se-Han	KOR	42:11	
	Xu Faguang	CHN	DNF	
	Byun Young-Jun	KOR	DQ	
	Eder Sanchez	MEX	DQ	

10km Women

In the women's race, 13 athletes started but it quickly turned into a race of one when Russian Tatyana Sibileva broke away before the first kilometre had been completed. By the 3km mark, she was 10 secs in front of the chasing pack and the lead lengthened as the remaining kilometres were ticked off. The main contenders for the 2010 IAAF Race Walking Challenge were all in the chasing group behind the Russian - Chinese pre-race favourites Liu Hong and Li Yanfei and seasoned German Melanie Seeger.

At the 5km mark Liu Hong, a medallist from the Beijing Olympics and the Berlin World Championships, tried to make a move but a 5-second gap on the other two was hauled in by the 7km mark and it was not until the final couple of kms that the minor places were sorted out. The results show Sibileva winning in 41:53, a personal best and fastest time in the world this year, Liu taking second with 42:30, Seeger third with 42:36 and Li fourth with 42:41, all personal bests. The next three places went to Portuguese walkers Ines Henriques (43:09), Ana Cabecinha (43:17) and Susana Feitor (43:41). The event was not so kind to Australia with **Claire Tallent** DQd at the 8.8km mark when in 5th place and on for a time of around 43:15 and **Jess Rothwell** aggravating her hamstring and forced to take it very easy to finish with what was for her a slow 46:03. The even worse news is that Jess has now withdrawn from the Delhi Games – see <http://www.insideathletics.com.au/meets/2391-rothwell-out-of-commonwealth-games-wroe-gains-individual-spot>

1.	Tatyana Sibileva	RUS	41:53
2.	Liu Hong	CHN	42:30
3.	Melanie Seeger	GER	42:36
4.	Li Yanfei	CHN	42:41
5.	Ines Henriques	POR	43:09
6.	Ana Cabecinha	POR	43:17
7.	Susana Feitor	POR	43:41
8.	Zuzana Malikova	SVK	44:12
9.	He Qing	CHN	44:20
10.	Vera Dos Santos	POR	44:53
11.	Jess Rothwell	AUS	46:03
	Claire Tallent	AUS	DQ
	Li Li	CNN	DQ



Left: Chu Yafei (CHN), Wang Zhen (CHN) and Giorgio Rubino (ITA)
 Right: Liu Hong (CHN), Tatyana Sibileva (RUS) and Melanie Seeger (GER)
 Photos <http://www.iaaf.org>

The performances of the Australian men completely rewrite the Australian all time list which now shows an amazing 9 walkers with performances better than 40 minutes.

	Time	Name	State	DOB	Place	Details	Date	Age
1	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2	38.09	Nathan Deakes	V	17/08/1977	4	Krakow, Poland	09/06/2001	23
3	38.29	Jared Tallent	V	17/01/1984	8	IAAF Challenge Series Final 10km, Beijing	18/09/2010	26
4	38.41	Luke Adams	N	22/10/1976	9	IAAF Challenge Series Final 10km, Beijing	18/09/2010	33
5	38.49	Andrew Jachno	V	13/04/1962	1	Copenhagen, Denmark	23/05/1992	30
6	38.59	Chris Erickson	V	01/12/1981	11	IAAF Challenge Series Final 10km, Beijing	18/09/2010	28
7	39.10	Nick A'Hern *	N	06/01/1969	1	Sydney	13/01/1991	22
8	39.20	Adam Rutter	N	24/12/1986	15	IAAF Challenge Series Final 10km, Beijing	18/09/2010	23
9	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30
10	40.46	Steve Beecroft	V	14/03/1971	2	Melbourne	05/01/1992	20
11	40.50	Mike Harvey	V	05/12/1962	-	Canberra (Aust 20 km split)	27/08/1988	25
12	41.00	Liam Murphy	S	05/06/1979	1	Adelaide (SA State 20km split)	26/07/2003	24
13	41.00	Darren Bown	S	30/06/1974	2	Adelaide	19/02/2005	30
14	41.01	Jon Gawley	N	08/05/1980	?	NSW U20 10km Championship, Sydney	08/05/1999	19
15	41.05	Paul Copeland	V	25/04/1967	3	Melbourne	05/01/1992	24
16	41.05.50	Dion Russell *	V	08/05/1975	1	VIC 10,000m Championship, Doncaster	01/04/1995	19
17	41.16	Willi Sawall	V	07/11/1941	1	VIC 10 km Championship, Melbourne	1982	40
18	41.32.36	Dane Bird-Smith *	Q	15/07/1992	5	World Junior Champs, Moncton, Canada	27/07/2010	18
19	41.38	Brent Vallance	N	30/04/1972	3	Canberra	08/02/1998	25
20	41.46.79	Ian Rayson *	N	04/02/1988	2	Sydney, NSW Title (Track)	03/01/2009	20

PB SERIES #2, GOLD COAST CITY ATHLETICS TRACK, FRIDAY 18TH SEPTEMBER 2010

Big PBs to Brad Aiton (7:58) and Nick Dewar (8:13) on the Gold Coast in Queensland on Friday evening.

Women 15&U 2000 Metre Race Walk

1. Benzenati, Kenza 13 Gold Coast Victory 10:40.72

Men 16-17 2000 Metre Race Walk

1. Aiton, Brad 16 Gold Coast Victory 7:58.92

Men 18-19 2000 Metre Race Walk

1. Dewar, Nick 18 Qld Race Walking Club 8:13.91

MORE OVERSEAS RESULTS

GLEINA (GER, Sep 18): Carsten Schmidt won the German national 50 km title in 4:02:51. The overall winner was Italian guest Jean-Jacques Nkouloukidi in 3:55:40. World Youth champion Hagen Pohle won the Junior 10 km title in 44:29.

BUCHAREST (ROU, Sep 18): Silviu Casandra won the Romanian 50 km walk championship with 4:14:15.

ALYTUS (LTU, Sep 17): Brigita Virbalyte set a new 5000m track walk National Record with 21:31.15.

TALKING NUMBERS

Bob Gardiner forwarded this nice little snippet to me, from the VRWC club newsletter of 6th May 1961. Like now, it was called the 'Heel & Toe', came out weekly and cost 6 pence (5 cents in the modern parlance) to purchase.

Another Club record shattered – 61 starters

Last Saturday, 29th April 1961, must surely go down as a red letter day in the club's history. Yet another two club records were wiped from the books when the unprecedented number of 61 starters moved away with the gun. This huge field dwarfs the previous record of 52, established exactly one year ago.

A most heartening reflection is that it took the club 12 years to beat the long standing figure of 48 starters set up in the days of doubtful walking – back in 1948.

Yet in only 14 months this record has leapt from 48 to 51 to 52 and now to the all time high of 61 – surely conclusive evidence of the gathering strength of our great club.

Our second, best-ever established on the day was the excellent entry of 12 teams which contested the 5 miles interclub Teams Race for 1961 – a welcome improvement as there has been a dearth of entries for this event in recent years.

With club enthusiasm higher than ever before, the news that work on the final stages of our very own clubrooms is about to begin has come at an opportune time. Through the untiring efforts of our Social Committee and the generosity of all those members who have subscribed to the debenture fund, a sufficient amount has been raised to allow us to continue the building almost to completion stage.

The first use of our finished clubrooms is not too far distant, and this historic day will be hastened by the support of all racing members in our Sunday morning working bees, which commence tomorrow week, May 14th at 8.30 a.m. This is your opportunity to show true club spirit by lending a hand each Sunday for a few weeks as from May 14th. These working bees have been great fun in the past, as well as providing us with extra training.

More on the old clubrooms in a future newsletter.

FROM THE ARCHIVES – A HEALESVILLE TRIP FROM THE EARLY 1960'S

Another great photo from Gary Field, from one of the Healesville trips which were discussed in last week's newsletter. This historic photo shows many of the club identities of the time and is from one of the trips from the early 60s. Gary thinks this particular photo was probably taken on one of the sightseeing trips to either Maroondah Dam or Eildon Weir. Believe it or not, we have been able to place all but 6 of the people in the photo. That's pretty amazing after nearly 50 years!

From left to right: **Rod and Evelyn Banbury**, ?, **Brian and Marion Parkinson with their two children**, **Fred Redman and his wife** behind them, **Bob and Molly Gardiner** at the back, **Gary and Ross Field** in front of them and **Norm Goble** crouching down in the front, **Maisie Field**, **Jim Gleeson** at the back, ?, **Kit Goble** in the front, **Ralph Field**, **Lyn and Alan Hancock with Barb Gardiner** in front, ? in check shirt at back, ?, ?, **Les Hellyer** behind **Mary Kelly**, ?, **Frank McGuire**, **Ray Templeton**, **Freda McGuire**, **Bruce Field**, **Norm Marr** and **John Busst**.



SIMON BAKER TALKS RACEWALKING EFFICIENCY

Thanks to former AIS and now top Victorian walks coach Simon Baker for this little introduction to the topic of racewalk efficiency.

Endurance sports require athletes to perform efficiently. This means using the least amount of effort to achieve the outcome. Efficiency may be physiological, based on the amount of chemical energy used to produce the muscular energy needed to perform, or biomechanical, the amount of energy required to move the body through the action.

I will concentrate my thoughts on the biomechanical issue. The racewalking gait is distinct from running and normal walking by the requirements for a moment of double contact and a straightened knee during the contact phase till underneath the body. These demands inflict a biomechanical cost. The heel contact is (usually) placed well in front of the centre of gravity, creating a pivot point at the foot of the support leg, lifting the hip and pushing the body upwards. The loss of the potential absorption of the vertical movement by the knee results in an upwards impulse and possible loss of contact.

Efficiency is therefore a critical element of the walking gait. This is demonstrated by information provided by AIS Coach Brent Vallance who reviewed all the treadmill testing conducted at the AIS of Australia's best walkers. Not surprisingly, the most efficient walkers in terms of ability to operate at a low percentage of maximum aerobic capacity for a given speed are also our

fastest walkers – Nick A’Hern, Jared Tallent, Adam Rutter, Kerry Saxby and Jess Rothwell.

While it is unclear yet if biomechanical efficiency is a significant contributor, I suspect this is the case. I am sure there can be no element of your event left undeveloped in striving to achieve your potential.

The problem for the walker to solve is maximising speed while minimising the braking force generated by the foot landing, maintaining momentum while the body moves over the support leg and minimising the rise and fall of the centre of gravity.

Possible solutions to this include a shorter extension in front (the flat-foot landing) and a post-contact lock of the knee. The former raises the risk of loss of contact with the required higher frequency of stride rate, and the latter is not compliant with the rules, risking DQ. For race walkers, the hip and lower back are the most important means to achieve both efficiency and limit vertical movement while remaining “legal”.

To maintain speed, and reduce effort, the walking action must be efficient. In my mind, two things need to be coordinated in order to achieve maximum efficiency:

- The foot at contact must be moving backward at the speed of walking, moments after moving forward at about twice this speed
- The hip/lumbar must absorb the vertical displacement as the body rotates over the straightened leg to minimise the upwards movement of the centre of gravity.

I consider the hip action critical for both. Of course, glut/hamstrings must act to decelerate the recovery leg, however the strong short lever muscles controlling the hip must complement this effort. Only the hip and lumbar can act to limit vertical movement. Efforts that train this are very specific and should reflect the neuro-muscular coordination.

From the side, the hip should appear to rotate. If you view the walker moving left to right, from the right side (ie as if judging on a track), the hip of the lead leg extends forward at the 3oclock position at double contact, moves counterclockwise to the 12 position at mid stance, back and down to 9 at toe off, and then to 6 at mid recovery. The horizontal motion maximises the leg stride, the vertical motion limits the rise and fall of the centre of gravity, keeping the recovery leg lower to the ground and should also act to reduce the braking action of the contact leg. The lower back should flex somewhat to complement this, although in some athletes this results in some lateral movement of the hips and foot plant which is to be avoided.

The emphasis should not be on the range of motion, however, but on the speed of movement to complement the contact phase and motion of the support leg backwards. An exaggerated hip/lumbar action leading to lateral sway loses energy. A dynamic active action is needed, not an over rotated bouncing action

These actions must be highly coordinated. With strides of 3-4 per second, the entire period of contact is less than 1/3 of a second, so the deceleration and contact phase occurs in thousandths of a second. Most of us are familiar with the awkwardness of race walking after only a week or so without training, due to the loss of that feel for the action. Timing is something only training can in-grain, and the best adaptations require specific work at or just faster than race speed. Slower speed work that drills the action and develops the athletes feel for the active movement of the hips is useful.

I feel many of the up and coming athletes can benefit from drills that help ingrain the hip action, together with the demonstrable value of abdominal work and mobilisation of the lower back and sacrum.

Drill

With single support at mid stride and locked knee, the hip of the non-support leg is rotated through the walk action (forward, up, back down). Do this in front of a mirror to watch that you are not swaying and over extending. This can be done while walking at a relatively slow speed, and brought up to speed with practice

Mexican drills

See article below.

Abdominal work

Transverse abdominal work, upper body rotation with fixed hips, side sit ups, side bends, torso twists, and these exercises done with an isometric contraction of the rectus abdominus

Mobilisation

The distinctive hip drop and rotate during the recovery phase often activates the ilio-psoas muscle complex. Mark Donahoo has commented previously on the issue of lumbar tightness related to ilio-psoas activity, and a common source of injury and irritation can be related to tightness in this muscle group generating lower back restriction and sacrum tightness (which I can more than vouch for!).

The walk action tends to activate this problem, particularly for the slender frames, long backs or weak abdominal individuals (another reason to work on your 6-pack!). A good physio or masseur should be able to help ilio-psoas release. There are stretches that help maintain mobility

And who better to illustrate the various factors than top walker Jared Tallent who is also one of our most efficient technically. I checked my archives and extracted out a few photos to show Jared at this best, illustrating perfect technique at double support, mid stride, full extension back and mid recovery.



THE MEXICAN WALKING DRILLS

Since Simon has mentioned the Mexican Drills in his article, I will explain them a little.

The walking drills that we take for granted nowadays were made popular by the Mexican walkers, under the watchful eye of their coach Jerzy Hauseleber. The Mexican walkers burst onto the international scene in the early 1970s with their flowing styles and awesome speed, seeming to glide effortlessly over the ground when compared to the Eastern European style which emphasised strength but which seemed by comparison to lack finesse. The Mexicans always started their sessions with their walking drills (now simply called Mexican Drills) and the world soon took notice and copied. These drills are typical with drills 11-17 specifically developed by Hauseleber in that seminal period.

1. Walking at slow speed with long strides, emphasising the horizontal rotation of the hips.
2. Walking at slow to moderate speeds, emphasising straightening of the legs. i.e. As the heel makes contact, the leg is straightened and remains braced as it propels the body forward (for walkers with bent knee problems).
3. Walking on the heels and not allowing the soles of the shoes to touch the ground. Maintain correct posture and walk only short distances in this way (50-150m), emphasising the straight support leg. Only very short strides are possible with this exercise which helps to strengthen the shins and quadriceps, thus helping walkers with bent knee and flat landing feet problems.
4. Walking at moderate speed, emphasising the correct rolling action of the feet. i.e. The advancing foot makes contact on the corner of the heel with the toe high. As the body passes over the foot, it rolls over to push off strongly with the toe which remains in contact with the ground until the sole of the shoe is almost vertical.
5. Walking at moderate to fast speed along a marked straight line with the inner borders of the feet falling on, but not over, the line.
6. Walking at moderate speed in a snaking path. This helps to improve hip mobility and a sense of balance.
7. Walking at moderate speed in a figure 8 path. This has the same effect as the previous drill but requires more control.
8. Walking at various speeds with special concentration on the correct arm action. Keeping the shoulders low and the arm bent at approx 90°, the arm is pulled vertically straight back until the hand is just behind the hip. The hand, when in the forward position, should not cross the trunk midline or come higher than mid chest height.
9. Walking slowly with shorter than normal strides and, by rotating the hips, place feet on the opposite sides of a straight line. This develops hip mobility.
10. Walking at moderate speed with correct technique but trying to achieve a feeling of flow and relaxation. This process should be extended gradually to walking at higher speeds.

11. Walking with medium stride lengths along a straight line with arms straight down by the sides. In coordination with the leg movement, alternately rotate the left then right shoulders in an over and back rotation.
12. Walking with long strides, hands clasped in front of the body at shoulder height and the elbows bent to 90°. Keeping the chest straight to the front, move the arms to the right and then to the left in order to balance the pelvis which moves vigorously in the opposite direction, allowing the feet to cross either side of the straight line.
13. Walking with medium strides along a straight line, hold one arm straight by the side whilst rotating the other arm in a wide arc in an over and back rotation. Ensure that you keep your arm rotation coordinated with your leg movement.
14. With arms folded at shoulder level, take medium strides with feet crossing either side of the white line.
15. With arms fully extended and with hands joined in front of the pelvis, push arms to the right then left to balance the pelvis which moves in the opposite direction, allowing the feet to fall either side of the straight line.
16. With arms relaxed at the side, take medium strides, with feet crossing considerably on either side of a straight line.
17. With arms joined behind your back and pressed hard against your bottom to hold the hips forward and the back straight, take medium strides with feet crossing on either side of the straight line.
18. With arms stretched straight out to the side at shoulder level, take medium strides with the feet crossing either side of the straight line.

When to carry out such drills?

- During the warmup before a track session. Up to ½ lap for each drill, depending on the age of the walker.
- During the warmup before a road session. Up to 1 minute per drill, depending on the age of the walker.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2010 International Fixtures

Oct 3-14, 2010 **19th Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2010/2011 Australian/Victorian Summer Season Key Dates

Sat 9 Oct, 2010 AV Shield Competition commences
 Sun 24 Oct, 2010 VRWC Summer Season opens with road walks at Albert Park
 5-7 Nov, 2010 Victorian All Schools T&F Championships U14-U18 , Olympic Park, Melbourne
 Sun 14 Nov, 2010 VRWC Summer Season roadraces and AGM, Albert Park
 4-5 Dec, 2010 Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
 Sun 12 Dec, 2010 Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawkner Park, Melbourne
 21-23 Jan, 2011 Victorian Country T&F Champs, Ballarat
 Sat 19 Feb, 2011 Australian 20km Walk Championships (incl 10km U20 invit), Hobart
 26-27 Feb, 2011 Victorian Youth (U14-U20) T&F Championships, Olympic Park
 4-6 Mar, 2011 Victorian Open T&F Championships, Olympic Park
 10-14 Mar, 2011 Australian Junior (U14-U20) Championships, Sydney Olympic Park, Sydney NSW
 19-20 Mar, 2011 VLAA State T&F Championships, Olympic Park
 2-3 April, 2011 Victorian Masters T&F Championships, Knox

2011 International Fixture

July 6-10, 2011 **7th World Youth T&F Championships, Lille, France**
 July 7-17, 2011 **19th World Masters T&F Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>
 Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
 Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**
 May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
 July 2010 ? **14th World Junior Championships, Barcelona, Spain**
 July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
 July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicang, China**
 July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
 July 2020 **32nd Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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