



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ANOTHER YEAR DONE

Wow, another year gone and, for the third time in a row, I managed to get out a newsletter every week. In fact, this year sees a record 53rd newsletter due to the way the calendar has fallen. The newsletter has been significantly larger this year and has included a lot more interstate and overseas results. Thanks to the many interstate people who feed their weekly results to me and thanks to all those who have fed in photos or news items or ideas which have then developed into articles.

NSW CATHOLIC COLLEGE CARNIVAL, HOMEBUSH, SYDNEY, FRI 17 SEPTEMBER 2010

Thanks to Angela Denney for forwarding the walk results from the Combined Catholic College Carnival which was held at Homebush in Sydney just over a week ago. Fast walking in particular by Nathan Fazldad.

Event 65 Boys 15+ 1500 Metre Race Walk

1.	Fazeldad, Nathan	16	M.C.S.	6:21.55
2.	Mulheran, Jordan	18	M.C.S.	7:34.44
3.	Santa maria, Adrian	17	M.C.S.	7:35.44
4.	Mumberson, Blake	16	Wollongong	8:35.61
5.	Saul, Jarrod	18	Lismore	8:36.17
6.	Sharp, Adam	18	Southern Syd	10:43.76

Event 66 Girls 12-14 1500 Metre Race Walk

1.	Grujoski, Stephanie	13	C.G.S.S.S.A.	7:39.35
2.	Barendregt, Amanda	14	Parramatta	7:42.07
3.	Plummer, Caitlin	13	Broken Bay	7:46.63
4.	Robson, Emma	14	Lismore	7:53.92
5.	Martin, Samantha	14	C.G.S.S.S.A.	8:15.99
6.	Estrada, Natasha	14	Parramatta	8:34.76
7.	Nichols, Zara	14	C.G.S.S.S.A.	8:42.43
8.	Dickerson, Georgina	13	Bath Wil Forb	8:50.89
9.	Shanahan, Emily	13	Wollongong	9:05.36
10.	Shina, Adriana	13	Parramatta	9:18.35
	Robson, Natalia	12	Lismore	DQ

Event 67 Boys 12-14 1500 Metre Race Walk

1.	Murphy, Robert	14	M C C	8:07.53
2.	Anestoudis, Johnathan	13	M.C.S.	8:32.79
3.	Wilkinson, Benjamin	14	Bath Wil Forb	8:42.55
4.	Wotherspoon, Jordan	13	Lismore	9:08.55
	Roberts, Matthew	13	Broken Bay	DQ

Event 68 Girls 15+ 1500 Metre Race Walk

1.	Bettiol, Amy	15	Broken Bay	7:08.74
2.	Denney, Hannah	15	C.G.S.S.S.A.	7:36.73
3.	Knight, Kelsey	16	Lismore	7:41.47
4.	Scott, Kate	18	Southern Syd	8:20.11
5.	Willott, Kelsey	17	Bath Wil Forb	8:48.17
6.	Shina, Isabella	15	Parramatta	8:49.10
7.	Plunkett, Emma	17	C.G.S.S.S.A.	10:40.84
	Banks, Jessica Lee	15	Bath Wil Forb	DQ

QRWC ROAD WALKS, MURARRIE, BRISBANE, SUNDAY 19 SEPTEMBER, 2010

Thanks to Peter Aiton for these results from last week.

Dave Smith 20km	Men:	(1) Ignacio Jimenez	1.52.26	(2) Peter Bennett	1.52.27
Open 10km	Men:	(1) John Harris	1.05.15	(2) Patrick Sela	1.09.45
	Women:	(1) Noela McKinven	1.19.15	(3) Dick Keatinge	1.21.56
5km	Men:	(1) Brad Aiton	23.24		
	Women:	(1) Marybeth Paviell	38.54		
3km	Girls:	(1) Mikaela Woodward	18.10		
2km	Boys:	(1) Ryan Pinchen	12.00		

The senior events were also Queensland Masters Long Course Championships

20km Men M45	(1)	Ignacio Jimenez	1.52.26
20km Men M50	(1)	Peter Bennett	1.52.27
10km Men M70	(1)	Patrick Sela	1.09.45
10km Men M85	(1)	Dick Keatinge	1.21.56
10km Women W65	(1)	Noela McKinven	1.19.15

SARWC - CITY TO BAY, ADELAIDE, SUNDAY 19 SEPTEMBER 2010

Thanks to Peter Crump for his report on the annual City to Bay fun run in which a number of SAWCW competed.

The annual (Adelaide) City to Bay was held in cool conditions with a little light rain from time to time, which did not deter the 31,000 participants in the 12, 6 and 3km community fun run events. Our local walkers lined up at the start of the pack for the 12km, courtesy of the elite privileges and promptly made way for the hordes behind. Darren Bown (also known as Bowen or Brown) again took out line honours, with a well paced 51:31, while female line honours (and third across the line) went to Tanya Holliday in 57:11. It was almost a Holliday trifecta, with Samara taking second and Gloria being pipped by just over half a minute by Jemma Potezny for third. Blake Steele walked a pretty handy time to take second for the 12km distance. Results (excluding those runners who enter as walkers for the thrill of seeing their names in the results list) were

Darren Bown	51:31	Tanya Holliday	57:11
Blake Steele	55:22	Samara Holliday	1:08:45
Kim Mottrom	58:32	Jemma Potezny	1:10:29
George White	1:04:35	Gloria Holliday	1:11:11
Peter Crump	1:06:26	Allegra Steele	1:12:07
Jim Hoare	1:27:30	Sandy Brunner	1:15:22
		Barb Cain	1:27:30

PB SERIES #3, GOLD COAST CITY ATHLETICS TRACK, FRIDAY 24 SEPTEMBER 2010

Dane Bird-Smith led home a small field in the 3000m walk at the Gold Coast PB Series meet in Queensland on Friday night. Brad Aiton and Kenza Benzenati chose to run instead with Brad recording 9:46.96 for the 3000m and Kenza 5:29.64 for the 1500m.

Men 3000 Metre Race Walk

1.	Bird-Smith, Dane	18	QRW	12:03.54
2.	Dewar, Nick	18	QRW	12:46.89
3.	Osborne, Jesse	15	QRW	13:32.31

ACTR&FWC ROADWALKS, STROMLO FOREST PARK, SATURDAY 25 SEPTEMBER 2010

Thanks to Val Chesterton for Saturday's Canberra racewalks which were held at the new Stromlo Forest Park venue. Good walking by Brendon Reading (47:09 for 10km) and Harry Bates (24:48 for 5km).

<p>10km walk</p> <ol style="list-style-type: none"> 1. B Reading 47.09 2. A Staunton Jugovic (f) 60.00 3. R Whyte 63.17 4. H Bialecki (f) 67.18 5. M Short (f) 68.44 6. R Gilchrist 69.54 7. G Barker 72.38 8. J Short 74.43 9. J Gilchrist (f) 78.52 	<p>5km walk</p> <ol style="list-style-type: none"> 1. H Bates 24.48 2. M Reading 26.57 3. J Bates (f) 32.26 4. L Wilkinson 33.09 5. M Banfield 35.09 6. B Chapman 38.14 7. C Chapman (f) 38.18 8. R Thompson (f) 44.14
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3km walk			1km walk		
1.	C Burns	18.01	1.	G Hunt (f)	6.08
2.	C Doherty	23.12	2.	S Burns	7.42
3.	J Thackray	24.36			
4.	V Chesterton (f)	26.26			

NICOLE FAGAN WINS IN CAIRNS

The Oceania Athletics Championships drew to a close on Sunday after a week of racing in tropical Cairns. **Nicole Fagan** had been selected for Australia to contest the 10,000m track walk on Saturday morning and she won in **52:40** in the hot and humid conditions. Talking of Cairns, Commonwealth Games walkers **Luke Adams** and **Chris Erickson** are doing some heat acclimatisation there before flyint out to Delhi this Friday.

FINAL PHOTOS – IAAF WALKING CHALLENGE FINAL, BEIJING, SAT 18 SEPTEMBER

Thanks to Brent Vallance for the following photos from the IAAF Racewalk Challenge final in Beijing a week ago (it was reported in last week's newsletter).



The start of the men's event – Luke Adams far right looking at his watch



Jared Tallent (in middle in white singlet) and Adam Rutter (second from right in white cap) in the lead group



**Left: Men's winner Wang Zhen crosses the finish line in an astounding 37:44
Centre: Chris Erickson passes the 6km mark in 23:18
Right: Women's winner Tatyana Sibileva crosses the finish line in 41:53**



The start line of the women's event. Jess Rothwell (number 6) and Claire Tallent (number 5) are in the mix



Jess and Claire mid race

CHINESE NATIONAL ROADWALKING CHAMPIONSHIPS, BEIJING, 18-20 SEPTEMBER 2010

I would normally only quote the top 10 finishers in most national championships but I make an exception for China given the extraordinary results that they achieve on the home front and given that this translates to the world walking stage where they are second only to Russia. In conjunction with the IAAF Challenge Series Final in Beijing just over a week ago, they staged their own Chinese Championships with U18 10km walks being held on the Saturday alongside the IAAF race and with the other event being staged on the Sunday and Monday. Brent Vallance managed to find the results and has forwarded them to me – thanks Brent!

The U18 boy's championship saw 15 year old Li Tianlei win in an extraordinary time of 38:57 while the second and third placed boys also broke 40 minutes. In the girls' event, the first two places were awarded the same time of 44:55 with third placed 45:10 not far behind.

U18 Men 10 km walk, Saturday 18 September

1.	Li Tianlei	CHN	13/01/95	38:57	PB
2.	He Yongqiang	CHN	27/11/93	39:42	PB
3.	Zhao Qi	CHN	14/01/93	39:56	PB
4.	Wang Kaihua	CHN		41:26	PB
5.	Sun Zhixiang	CHN		41:59	PB
6.	Xu Jie	CHN		42:02	PB
7.	Ding Xianyu	CHN		42:02	PB
8.	Yin Jiaying	CHN	16/03/94	42:14	PB
9.	Yu Jiandong	CHN	06/12/93	42:21	PB
10.	Wang Yingqi	CHN	01/11/93	42:33	PB
11.	Guo Ziyang	CHN		42:49	PB
12.	Liu Xu	CHN	11/12/94	42:52	PB
13.	Li Qiang	CHN		42:55	PB
14.	Wei Xubao	CHN	01/02/93	43:23	
15.	He Jun	CHN	08/03/94	43:26	PB
16.	Yan Dexiang	CHN	18/06/93	43:30	PB
17.	Zhao Yinliang	CHN	06/01/93	43:39	PB
18.	Wang Mingli	CHN	23/12/94	43:55	PB
19.	Lu Shouming	CHN	28/01/94	43:59	PB
20.	Ren Hongjie	CHN	21/11/94	44:05	PB
21.	Geng Yudong	CHN	13/06/94	44:07	PB
22.	Li Zhengzheng	CHN	29/10/93	44:07	PB
23.	Zhang Lei	CHN	26/05/93	44:32	PB
24.	Liu Fuyu	CHN	09/09/93	44:34	PB
25.	Qu Guanchen	CHN	18/12/94	44:37	PB

U18 Women 10 km walk, Saturday 18 September

1.	Lu Xiuzhi	CHN		44:55	PB
2.	Luo Xingcai	CHN	0.93	44:55	PB
3.	Liu Huan	CHN	0.93	45:10	PB
4.	Mao Yanxue	CHN		45:29	PB
5.	Xie Lijuan	CHN	14/05/93	46:01	PB
6.	Liu Shuyu	CHN	0.93	46:04	PB
7.	Ji Fangfang	CHN	04/11/94	46:22	PB
8.	Mao Jie	CHN		46:27	PB
9.	Zhu Dan	CHN		46:56	PB
10.	Ma Ling	CHN	13/12/93	48:13	PB
11.	Fu Jia	CHN		48:19	PB
12.	Li Ping	CHN	0.93	48:25	PB
13.	Li Wanfang	CHN	0.93	48:39	PB
14.	Dong Genmiao	CHN		48:42	
15.	Ju Yannan	CHN	25/09/93	48:55	PB
16.	Dai Longjiao	CHN	21/01/93	49:04	PB
17.	Ma Yimei	CHN	29/04/94	49:04	PB
18.	Wang Chen	CHN	18/02/94	49:17	PB
19.	Zhao Huimin	CHN	12/10/93	49:45	PB
20.	Li Qiuye	CHN	0.93	49:52	PB
21.	Zhao Xingxing	CHN	10/05/93	50:07	PB
22.	Kang Xin	CHN	17/05/94	50:47	PB

The Sunday saw the longer events – 30km and 50km for men. I wonder if the 30km walk might have been U23 given the ages of the walkers listed. It was won by Chen Ding in 2:12:16. The 50km was won in 3:47:54. Perhaps a number of their top 50km walkers might have chosen to contest the 20km events the next day.

30 km walk, Sunday 19 September

1.	Chen Ding	CHN	05/08/92	2:12:16	PB
2.	Wang Zhendong	CHN	11/01/91	2:12:36	PB
3.	Liu Rusi	CHN		2:16:20	
4.	Niu Wenbin	CHN	20/01/91	2:16:46	PB

5.	Song Denhui	CHN	12/05/91	2:22:41	
6.	Cheng Min	CHN		2:23:45	
7.	Li Zhengfa	CHN		2:25:02	
8.	Xu Xianlong	CHN	02/02/91	2:25:48	PB
9.	Rong Yufei	CHN		2:27:23	
10.	Fan Yawen	CHN	15/04/92	2:29:13	
11.	Zhao Ziyang	CHN	29/07/91	2:29:18	PB
12.	Li Xuewei	CHN		2:29:19	PB
13.	Wang Xiao	CHN		2:32:23	
14.	Wang Hao	CHN	16/08/89	2:32:47	
15.	Jiao Bate	CHN	06/01/91	2:34:37	PB
16.	He Yue	CHN	25/04/92	2:39:48	PB
17.	Zhang Qiaowei	CHN	14/01/92	2:42:11	
	Luo Yadong	CHN		DQ	
	Hu Wanli	CHN	27/05/92	DQ	
	Yang Yang	CHN	06/06/92	DNF	
	Wang Ziheng	CHN		DQ	
	Xin Yianyu	CHN		DNF	
	Zhang Hang	CHN		DNF	
	Sun Feng	CHN	11/05/92	DNF	
	Cong Fudong	CHN	28/05/92	DNF	

Open Men 50 km walk, Sunday 19 September

1.	Xu Faguang	CHN	17/05/87	3:47:54	PB
2.	Li Lei	CHN	29/11/87	3:58:17	
3.	Wu Qianlong	CHN	30/01/90	3:58:33	SB
4.	Du Yunpeng	CHN	06/09/88	4:01:49	
5.	Zhan Ende	CHN	03/03/90	4:07:40	PB
6.	Kang Wenduo	CHN	09/10/83	4:08:57	SB
7.	Zhang Kuo	CHN	12/12/89	4:09:44	PB
8.	Hou Yang	CHN	08/07/85	4:11:40	SB
9.	Wang Guangfei	CHN	09/04/89	4:14:35	
10.	Yin Mingxing	CHN	25/10/88	4:15:22	
11.	Geng Zhiyao	CHN	15/08/87	4:16:00	
12.	Ge Hui	CHN	21/12/87	4:17:51	
13.	Han Jijiang	CHN		4:28:37	
14.	Cui Yasen	CHN	28/02/87	4:29:12	SB
15.	Yang Xiaoliang	CHN	12/06/82	4:32:39	PB
	Huang Zhengyu	CHN	14/08/88	DNF	
	Bo Xiangdong	CHN	01/10/87	DNF	
	Gou Xiaoxin	CHN	18/01/86	DQ	
	Bai Xuejin	CHN	06/06/87	DNF	
	Gao Chao	CHN	04/01/89	DNF	
	Cui Zhide	CHN	11/01/83	DNF	
	Ye Haiqing	CHN	05/07/89	DNF	
	Chen Xinrong	CHN	17/06/90	DNF	
	Yang Yanxiong	CHN	12/12/90	DQ	
	Jiang Kechao	CHN		DQ	
	Xu Dexing	CHN	20/08/88	DNF	
	Zhang Xingchen	CHN	23/02/87	DNF	
	Wang Hongwei	CHN	10/10/89	DNF	

Sunday also saw U17 10km championships and once again the standard was superb with winning times of 44:43 and 47:13.

U17 Men 10 km walk, Sunday 19 September

1.	Ceng Qingsheng	CHN	03/04/95	44:43	PB
2.	Hou Zhijie	CHN	0.94	45:01	PB
3.	Tao Zhiqiang	CHN	02/02/94	45:16	PB
4.	Chen Zhongwei	CHN	04/07/94	45:25	PB

U17 Women 10 km walk, Sunday 19 September

1.	Ni Yuanyuan	CHN	06/04/95	47:13	PB
2.	Wang Zhenzhen	CHN	03/02/95	48:01	PB
3.	Yang Lei	CHN	29/11/95	48:47	PB
4.	Su Yingqiu	CHN	01/02/95	50:04	PB
5.	Fu Shuang	CHN	27/03/95	50:44	PB
6.	Zhang Jing	CHN	22/01/96	50:46	PB
7.	Gao Shan	CHN	08/04/95	51:11	PB
8.	Zhou Jie	CHN	03/09/96	51:29	PB

Monday saw the 20km events for Open and U20 men and women and a completely different set of walkers fronted for what were high quality events. I'll let the results speak for themselves.

Open Men 20 km walk, Monday 20 September

1.	Li Jianbo	CHN	14/11/86	1:22:11	
2.	Yu Wei	CHN	11/09/87	1:23:17	
3.	Cui Zhide	CHN	11/01/83	1:24:29	SB
4.	Han Yucheng	CHN	16/12/78	1:24:51	SB
5.	Liu Jianmin	CHN		1:25:41	
6.	Si Tianfeng	CHN	17/06/84	1:25:42	
7.	Chen Xinrong	CHN	17/06/90	1:25:48	PB
8.	Bai Xuejin	CHN	06/06/87	1:26:36	SB
9.	Zhu Chundong	CHN	01/01/90	1:28:12	PB
10.	Xu Fanguang	CHN	17/05/87	1:29:02	
11.	Shi Songbo	CHN	04/03/88	1:30:11	SB
12.	Wu Shuncheng	CHN	06/12/87	1:30:44	
	Bo Xiangdong	CHN	01/10/87	DQ	
	Yang Tao	CHN	12/12/89	DNF	
	Miao Yanxi	CHN	03/08/84	DQ	
	Kang Wenduo	CHN	09/10/83	DNF	
	Hou Yang	CHN	08/07/85	DNF	
	Liu Yong	CHN	01/03/83	DQ	
	Zhang Defu	CHN	05/06/84	DNF	
	Yang Xiaoliang	CHN	12/06/82	DNF	
	Zhao Chengzhang	CHN	11/09/90	DQ	
	Ye Haiqing	CHN	05/07/89	DNF	
	Zhang Kuo	CHN	12/12/89	DNF	
	Su Hongguang	CHN		DNF	
	Fan Yilong	CHN		DQ	
	Wang Leilei	CHN	14/02/89	DNF	

Open Women 20 km walk, Monday 20 September

5.	Qieyang Shenjie	CHN	11/11/90	1:30:33	PB
6.	Sun Huanhuan	CHN	15/03/90	1:30:35	PB
7.	Yang Mingxia	CHN	13/01/90	1:30:37	SB
8.	Shi Yang	CHN	24/01/83	1:30:44	SB
9.	Yang Yawei	CHN	16/10/83	1:31:27	SB
10.	Bo Yanmin	CHN	29/06/87	1:31:32	SB
11.	He Dan	CHN	22/07/84	1:32:18	SB
12.	Wang Shanshan	CHN	16/06/87	1:32:50	SB
13.	Shi Tianshu	CHN	07/06/88	1:33:59	
14.	Song Xiaoling	CHN	21/12/87	1:34:40	SB
15.	Nie Jingjing	CHN	01/03/88	1:34:58	SB
16.	Li Li	CHN	22/02/87	1:35:08	
17.	Kang Jinzi	CHN	25/01/90	1:35:12	PB
18.	Xu Liqin	CHN	06/02/90	1:35:50	PB
19.	Liu Ke	CHN	02/10/90	1:36:24	SB
20.	Sun Xueping	CHN	10/12/88	1:36:58	SB
21.	Xu Qing	CHN	17/04/85	1:38:53	SB
22.	Jiang Jing	CHN	23/10/85	1:39:54	SB
23.	Tong Chengcheng	CHN	20/10/89	1:40:06	SB
24.	Zhang Xin	CHN	17/08/89	1:40:23	SB
25.	Zhou Tongmei	CHN		1:41:06	SB
26.	Song Meiyong	CHN	08/09/89	1:41:08	
27.	Sun Lihua	CHN	30/09/83	1:41:14	
28.	Huang Jing	CHN	28/02/88	1:41:16	
29.	Yu Miao	CHN	02/04/89	1:42:07	SB
30.	Huang Wei	CHN	31/08/87	1:42:29	SB
31.	Mu Juan	CHN	20/06/89	1:42:38	
32.	Xu Yaozhi	CHN	20/05/90	1:46:14	
33.	Chen Hongmei	CHN		1:47:52	
34.	Wang Xue	CHN	14/02/90	1:48:58	
	Ke Lijun	CHN	12/09/88	DQ	
	Li Shuang	CHN	04/01/85	DNF	

U20 Men 20 km walk, Monday 20 September

1.	Cai Zelin	CHN	11/04/91	1:22:35	
2.	Cong Fudong	CHN	28/05/92	1:25:04	
3.	Wang Zhendong	CHN	11/01/91	1:25:30	
4.	Zhang Hang	CHN		1:25:50	PB
5.	Yang Yang	CHN	06/06/92	1:26:27	PB
6.	Wang Gang	CHN		1:27:01	

7.	Hu Wanli	CHN	27/05/92	1:27:14	PB
8.	Sun Chenggang	CHN		1:28:18	
9.	Men Fuqiang	CHN	22/06/92	1:29:03	
10.	Wang Zipeng	CHN		1:29:58	
11.	Qiao Donglin	CHN	04/02/91	1:30:54	PB
	He Yue	CHN	25/04/92	DNF	
	Chen Haoding	CHN	06/11/92	DQ	
	Zhang Qiaowei	CHN	14/01/92	DNF	
	Wang Ziheng	CHN		DQ	
	Lai Runping	CHN		DQ	
	Sun Feng	CHN	11/05/92	DQ	

U20 Women 20 km walk, Monday 20 September

1.	Gao Ni	CHN	14/09/91	1:31:21	PB
2.	Zhao Jing	CHN	18/02/92	1:33:52	
3.	Wang Min	CHN	02/12/91	1:35:24	PB
4.	Li Hua	CHN	15/01/91	1:35:34	SB
5.	Gong Qiuyan	CHN		1:36:13	
6.	Zhang Ting	CHN	08/06/92	1:36:32	PB
7.	Yang Lixia	CHN	18/09/91	1:36:41	
8.	Chen Shuangyan	CHN	14/08/91	1:37:21	SB
9.	He Qin	CHN	23/03/92	1:39:20	
10.	Li Jingjing	CHN	24/01/92	1:40:51	PB
11.	Dan Hongying	CHN		1:41:03	
12.	Tong Lingling	CHN	25/01/92	1:41:11	
13.	Xiao Junying	CHN	16/06/92	1:43:16	PB
14.	Liu Yingzhu	CHN		1:44:16	PB
15.	He Fenfen	CHN	15/04/92	1:44:46	
16.	Zhang Qianqian	CHN		1:45:05	PB
17.	Li Maocuo	CHN		1:45:14	
18.	Kang Bin	CHN	08/01/92	1:45:45	
19.	Zuo Qiong	CHN		1:46:11	
20.	Yang Liu	CHN	26/02/92	1:48:08	
21.	Chen Xue	CHN	23/01/92	1:48:15	PB
22.	Li Wei	CHN	02/12/92	1:49:24	PB
23.	Xi Feng	CHN	02/06/91	1:49:48	PB
	Cao Xuilian	CHN		DNF	

RUSSIAN RACE WALKING CUP, RUSSIAN, SATURDAY 11 SEPT 2010

Thanks to Brent also for the results from the Russian Race Walking Cup which was held a couple of weeks ago. It is a newsworthy event on two fronts

- The usual high quality and depth on display
- The fact that three of their walkers (Vladimir Kanaikin, Sergey Morozov and Igor Yerokhin) returned from 2 year doping bans that expired on 8th September 2010 (3 days before these championships). They had all gone out with rh-EPO violations in 2008 and are now back on deck. The enforced holidays do not seem to have effected their performances as they took top honours in their respective events.

20km Walk Men

1.	Vladimir Kanaikin	RUS	1:22.23
2.	Sergey Morozov	RUS	1:22.45
3.	Antaloly Kukushkin	RUS	1:24.43
4.	Aleksandr Bibaev	RUS	1:25.24
5.	Konstantin Maksimov	RUS	1:27.22
6.	Aleksey Khimin	RUS	1:27.37
7.	Aleksey Golovin	RUS	1:27.39

35km Men

1.	Igor Yerokhin	RUS	2:29.42
2.	Ivan Zhanov	RUS	2:38.08
3.	Semen Lovkin	RUS	2:41.19
4.	Anton Sivakov	RUS	2:41.23
5.	Ruslan Vershinin	RUS	2:43.30
6.	Vladislav Khafizov	RUS	2:47.33

20km Women

1.	Yelena Kruchinkina	RUS	1:32.01
2.	Tatiana Korotkova	RUS	1:35.05
3.	Nelly Lekareva	RUS	1:35.48
4.	Antonina Petrova	RUS	1:37.02

5.	Svetlana Soloviova	RUS	1:37.52
6.	Irina Yumanova	RUS	1:38.41
7.	Nina Okhotnikova	RUS	1:39.17
8.	Irina Musikhina	RUS	1:41.26
9.	Svetlana Trifonova	RUS	1:41.39
10.	Natalya Kholodilina	RUS	1:42.00
11.	Yelena Prituzhalova	RUS	1:42.50
12.	Oksana Yeryomina	RUS	1:44.21
13.	Yevdokiya Korotkova	RUS	1:47.00
14.	Anastasiya Pozdeyeva	RUS	1:48.34

10km Junior Women

1.	Mariya Tyureva	RUS	45.47
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10km Junior Men

1.	Mikhail Ryzhov	RUS	42.57
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GAVAN BREEN SAYS HELLO

I received an email last week from former VAWC club member Gavan Breen who now lives in Alice Springs. He was passed on a copy of our recent VRWC newsletter with the article on the Healesville trips as he featured in one of the photos. It was great to touch bases with Gavan as he and I trained together for a while in the early seventies. He sent the following photo of himself walking in the Alice Springs King of the Mountain event a few weeks ago and wanted especially to be remembered to the older club members. Coincidentally, I featured Gavan in an article in one of the newsletters in 2007. See <http://www.vrwc.org.au/tim-archive/wv-gavan-breen.pdf>



FOUND ON YOUTUBE

Thanks to Russ Dickenson for pointing me to the following YouTube short film from the 1960 Olympic 50km walk.
<http://www.youtube.com/watch?v=5ahc-Ra-PM8>

While checking it out, I came across two other great little YouTube videos from the 1968 Olympic 20km.
<http://www.youtube.com/watch?v=O1c3iNgTpeI&feature=related>
<http://www.youtube.com/watch?v=aa4F2XXtdzo&feature=related>

It is great to see all the new material coming online.

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/>
Walks are to be held on Saturday 9th October at the Delhi Gate precinct.

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