



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 10
7 December 2010



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AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS, DONCASTER, VIC, 4-5 DECEMBER 2010

The Australian All Schools Track and Field championships were held last weekend at the Doncaster track in suburban Melbourne but not until after a bit of a scare with the track partially flooded on the Friday after another week of heavy rain. Luckily conditions cleared for the weekend and, although very heavy under foot, Saturday and Sunday were hot and sunny.

The new competition format saw restricted participation with only 3 age groups contested (U14, U16 and U18) and fields limited to 2 athletes per State. So it was a smaller affair compared to the huge competition we saw in Hobart last December. But it was at least a high quality competition for those athletes lucky enough to be in the right age group and able to get in the top 2 positions within their respective state teams.

The U14 and U18 walks were held on the Saturday afternoon in torrid conditions. While the shade temperature was in the low thirties, the temperature on the track must have been in the forties and the bowl shape design of the field meant still and humid conditions. It is a credit to the walkers that they still achieved good times in such conditions. Thanks to Sabby George for the following great photo which sums it up very nicely! I have uploaded this one and lots of others to <http://vrwc.org.au/coppermine/>



The U16 walks were held on the Sunday morning and conditions had improved a bit at that stage.

Walks medals were well spread with VIC (2G, 3S, 1B), NSW (2G, 1S, 3B), QLD (2G, 1S), SA (1 S), TAS (1B) and WA (1B) all in the mix. Congratulations to all our medallists.

Girls 3000m Walk U14	1 Jemima Montag	VIC	2 Zoe Boldiston	VIC	3 Kirra Jeffcoat	NSW
Boys 3000m Walk U14	1 Tyler Jones	NSW	2 Ethan Dhu	NSW	3 Louis Rose	TAS
Girls 5000m Walk U18	1 Rachel Tallent	VIC	2 Jessica Pickles	QLD	3 Kirsty Klein	NSW
Boys 5000m Walk U18	1 Brad Aiton	QLD	2 Blake Steele	SA	3 Lewis Clark	VIC
Girls 3000m Walk U16	1 Amy Bettiol	NSW	2 Jmara Hockley Samon	VIC	3 Jasmine Dighton	NSW
Boys 3000m Walk U16	1 Jesse Osborne	QLD	2 Nathan Brill	VIC	3 Zac Partington	WA

The first walk event of the meet was the U14 girls 3000m and Victorians Jemima Montag and Zoe Boldiston dominated, finishing in 14:49.56 and 15:09.56 respectively, well clear of third placed walker Kirra Jeffcoat of NSW. The U14 boys event, up next, was the opposite with NSW walkers Tyler Jones 15:11.10 and Ethan Dhu 15:45.62 walking away from the field and taking the first two places convincingly ahead of Louis Rose of Tasmania. In both events, top contenders failed to finish. Tayla-Paige Billington was caught up in the girls race, injuring her leg and being forced out, while Billy Allamby suffered an asthma attack in the boy's event and was also sidelined.

Girls 3000m Walk U14, Saturday 4 Dec, 3:30PM

1.	Jemima Montag	VIC	14:49.56
2.	Zoe Boldiston	VIC	15:09.56
3.	Kirra Jeffcoat	NSW	15:53.61
4.	Holly Hughes	WA	16:04.79
5.	Piper Douglas	SA	16:28.45
6.	Katya Martin	QLD	16:35.13
7.	Tahlia Hunt	TAS	16:58.96
8.	Emma Norris	WA	17:39.51
9.	Katrina Riese	QLD	18:42.76
10.	Julia Potezny	SA	19:01.35
	Zoe Hunt	ACT	DNF
	Tayla-Paige Billington	NSW	DNF

Boys 3000m Walk U14, Saturday 4 Dec, 4:50PM

1.	Tyler Jones	NSW	15:11.10
2.	Ethan Dhu	NSW	15:45.62
3.	Louis Rose	TAS	16:12.21
4.	Cooper Owen	VIC	17:17.77
5.	Ben Slimming	SA	19:24.53
6.	Triston Vincent	QLD	21:24.33
	Billy Allamby	VIC	DNF

**U14 walkers Zoe Boldiston, Jemima Montag, Billy Allamby, Tyler Jones, Ethan Dhu and Cooper Owen**

The U18 5000m events were held concurrently and the pace was very slow initially with no one willing to push out in the oppressive conditions. After 3 laps, Brad Aiton took the initiative and surged to the front, taking Blake Steele with him. Eventually Blake slowed and it was Brad who crossed the line first in 22:40.71 (a very good time after the slow start) against Blake's 22:59.11 with Victorian Lewis Clark third in 24:21.91. In much the same way, Rachel Tallent asserted her dominance in the women's race, winning well in 25:15.02 ahead of Jessica Pickles 25:42.63 and Kirsty Klein 25:57.26.

Boys 5000m Walk U18, Saturday 4 Dec, 6:05PM

1.	Brad Aiton	QLD	22:40.71
2.	Blake Steele	SA	22:59.11
3.	Lewis Clark	VIC	24:21.91
4.	Steve Washburn	NSW	25:01.31
5.	Bradley Simpson	VIC	26:01.10
6.	Zac Partington	WA	26:58.14
	Mason Heath	SA	DNF

Girls 5000m Walk U18, Saturday 4 Dec, 6:05PM

1.	Rachel Tallent	VIC	25:15.02
2.	Jessica Pickles	QLD	25:42.63
3.	Kirsty Klein	NSW	25:57.26
4.	Hilary Brazel	VIC	26:41.59
5.	Hannah Watson	WA	27:01.32
6.	Sophie Eberhardt	TAS	28:07.75
7.	Kate Holt	WA	28:15.09
8.	Dimitra Psarianos	NSW	29:10.72
9.	Meghann Griffin	ACT	31:59.20
10.	Megan Guy	TAS	32:19.08



**Left: U18 walkers Jessica Pickles, Kirsty Klein, Hilary Brazel, Rachel Tallent and Hannah Watson
Right: Rachel takes the lead**



**Left: U18 walkers Brad Simpson, Zac Partington, Brad Aiton, Lewis Clark, Steve Washburn and Blake Steele
Centre and right: Lewis Clark and Brad Aiton (that's some booming stride!)**

We had to wait until Sunday morning to see the U16 events and luckily conditions were better. The Boys' event lived up to all expectations and proved a battle royale between Jesse Osborne and Nathan Brill. A 1:32 first lap and a 4:00 first kilometre set the scene with the boys neck and neck. Eventually age proved the difference as 15 year old Jesse moved away from 14 year old Nathan Brill to win in a new championship record time of 12:45.00. Nathan hung on for second in 13:07.35, a PB, while behind him PBs came thick and fast for the other boys. Zac Partington walked fantastically to come through the field to take bronze with 13:38.78, especially considering that he had walked in the U18 5000m the previous afternoon. One of the big improvers was Victorian Ryan Antidormi who recorded a 28 sec PB to take fourth place with 13:54.32.

The Girls' event was also a fascinating race to watch with the big four heading out together – Amy Bettiol, Jmara Hockley-Samon, Jasmine Dighton and Amelia Finnegan. The race complexion changed completely when Amelia was sick at the end of lap one and it was obvious that her challenge was then over. To her credit, she saw out the race further down in the field while the other three continued to battle it out. Amy Bettiol proved the best on the day and walked away to win comfortably in 14:45.35 ahead of Jmara 15:03.93 and Jasmine 15:15.32.

Boys 3000m Walk U16, Sunday 5 Dec, 10:05AM

1.	Jesse Osborne	QLD	12:45.00.
2.	Nathan Brill	VIC	13:07.35
3.	Zac Partington	WA	13:38.78
4.	Ryan Antidormi	VIC	13:54.32
5.	Jay Felton	NSW	14:21.43
6.	Kurtis Birch-Ward	NSW	14:40.63
7.	Robbie Gilchrist	WA	16:00.78
	Mitchell Walker	TAS	DQ
	Harry Bates	ACT	DQ

Girls 3000m Walk U16, Sunday 5 Dec, 11:05AM

- | | | | |
|-----|---------------------|-----|----------|
| 1. | Amy Bettiol | NSW | 14:45.35 |
| 2. | Jmara Hockley Samon | VIC | 15:03.93 |
| 3. | Jasmine Dighton | NSW | 15:15.32 |
| 4. | Amy Morssinkhof | QLD | 15:19.31 |
| 5. | Kate Holt | WA | 15:35.06 |
| 6. | Zoe Hunt | ACT | 15:35.33 |
| 7. | Holly Hughes | WA | 15:51.07 |
| 8. | Rachelle Taylor | TAS | 16:05.28 |
| 9. | Eloise Jackson | QLD | 16:47.89 |
| 10. | Amelia Finnegan | VIC | 16:50.83 |
| | Jemma Potezny | SA | DQ |



U16 walkers Jasmine Dighton, Jmara Hockley-Samon, Amy Bettiol, Ryan Antidormi, Jesse Osborne and Nathan Brill

Finally, here are a small selection of photos from Stuart Cooper. I have uploaded all his photos to the VRWC website gallery also – thanks Stu.



Brad Aiton, Zoe Boldiston, Jemima Montag, Blake Steele and Rachel Tallent

SA INTERCLUB ROUND 5, ST ALBANS RESERVE, ENFIELD, SATURDAY 4 DEC 2010

Most States did not schedule interclub competitions alongside the Australian All Schools but South Australia and NSW were exceptions. In SA, the fields were very sparse as all the junior walkers were in Melbourne. It was a case of Darren Bown and Peter Crump having a final race before fronting at Fawcner Park in Melbourne next Sunday

3000m Walk

- | | | |
|----|-------------|-------|
| 1. | Darren Bown | 13:21 |
| 2. | Peter Crump | 15:59 |

ATHLETICS NSW CLUB PREMIERSHIP ROUND 6, BANKSTOWN, SATURDAY 4 DECEMBER 2010

NSW interclub at Bankstown featured walks last weekend with the best times coming from Nicole Fagan 24:43.18 and Chris Lockwood 14:19.61.

Women 1500 metre Race Walk All Age

1. Ireland, Susan 25 Epping Distr 8:15.02

Women 3000 metre Race Walk All Age

1. Heazlewood, Brianna 25 Sydney Unive 15:41.84
2. McDonald, Jasmyn 11 Parramatta C 16:31.26
3. Barendregt, Amanda 14 Nepean Distr 17:35.55
4. Minett, Rhiannon 12 Bankstown Sp 18:38.79

Women 5000 metre Race Walk All Age

1. Fagan, Nicole 21 Sydney Pacif 24:43.18
2. Noble, Vanessa 18 Sydney Unive 28:12.05

Men 1500 metre Race Walk All Age

1. Barendregt, Travis 10 Nepean Distr 9:01.27

Men 3000 metre Race Walk All Age

1. Lockwood, Chris 46 Nepean Distr 14:19.61
2. Fazldad, Nathan 16 Asics Wests 14:28.56
3. Barrett, Doug 58 U.T.S. North 19:21.04
4. Hyde, Victor 65 Sydney Unive 23:31.60

Men 5000 metre Race Walk All Age

Malone, Kyle 19 Nepean Distr DNF

LUKE ADAMS: ONE OF NSW'S FINEST EVER ATHLETES

Athletics NSW has published a great interview with walker Luke Adams, put together by David Tarbotton and Ron Bendall – see <http://www.nswathletics.org.au/news/index.cfm?fuseaction=NewsItem&NewsID=16480>. I reproduce it here for our newsletter readers.

Without doubt Luke Adams (Bankstown) has compiled one of the most impressive international records in race walking, including two Olympics, four World championships, three Olympics, 15 Australian teams over 11 years. Particularly outstanding are the three Commonwealth Games silver medals, but on the world stage his six top 10 finishes at Olympics and World Championships are superb. Additionally Adams has never failed to place outside the top 10 at any of his World Championships or Olympics. Aged 34, Adams is still going strong in an endurance event where athletes reach their peak in the 30s. We take this opportunity to interview one of NSW's best athletes.

ANSW: How did you start in athletics?

Luke: I began my love affair with athletics at the age of four years with Ryde Little Athletics at Dunbar Park. From that year on I never missed a season.

ANSW: What events/sports did you do in your teens?

Luke: In athletics; I always competed in every event except the pole vault as it wasn't really offered as an option and did so every year right through until the end of high school. But I did start to focus on the endurance events, running the 800,1500, 2000m steeplechase and 3000m as well as the high jump. I started walking in high school as well. I played cricket and soccer until the last two years of high school when it became apparent I needed to focus my energy on athletics to reach my lofty goals.

ANSW: You went to the World Juniors at 17 years, but it would be another five years before you represented Australia and a further four years (aged 26y) before you made an Olympics or World Championships. What were the challenges in this period? Did you consider quitting? What advice do you have?

Luke: The biggest challenge during this period was quite simply injury. I think all the years of getting kicked in the shins and so on in soccer from a very young age pre-disposed me to some serious shin injuries and then once one thing breaks down everything seems to get unbalanced. It became a very hard road to get back to an injury free status. I even had a qualifying time for the Atlanta Olympics in '96 but injuries prevented my real progress into the world senior ranks. Before the Sydney Olympics I had surgery on my shins to rectify compartment syndrome. The surgery forced me to rush my preparations for the Olympic trials. I competed, narrowly missed the team then broke down again and had to go under the knife again.

Other challenges to me during these years were typical for a teenager becoming a young adult in a big city. Chasing girls and having a good time and wanting to do all the things your friends were doing was always a big temptation that often got the better of me. Burning the candle at both ends became my motto.

Did I consider quitting? Absolutely. Not making the big senior teams and being injured all the time while trying so hard was very disconcerting. I think I came close to stopping many times but somehow I hung in there. Actually, I remember an NSWIS talk that was arranged for athletes with former world beating stars of the sport speaking to us. On this particular occasion I think it was Ralph Doubell and John Walker speaking to us. John offered some advice that night which really helped me. He talked of his career and the various highs and lows but pointedly he talked of his "injury riddled" periods and said if you hang in there

through the injured periods, sooner or later you'll get a run of no injuries and that would be the time for you. I walked away from that night with the hope of things to come, burning with ambition.

Another thing that helped me through this time was the big decision to move away from my family and friends in Sydney and the many distractions the city held for me. I moved to Canberra and started training with the best Australian walkers who were very serious and professional in their approach to the sport making them among the best in the world!

I also can't forget the biggest supporters of my career, my parents. Without their support my athletics career would have been short-lived.

ANSW: Six straight top-10s at an Olympics or Worlds is amazing. How have you been so consistent?

Luke: A number of elements are important here aside from the obvious – being highly motivated and very dedicated. The most important element I'd say is being professional. I am competing against guys who have been selected out of all their peers at a young age to pursue race walking and have trained very hard for years with every resource at their disposal. The only way to compete with such professionals is to become professional yourself in every possible way. I did have help however. After two years in Canberra I was offered an AIS scholarship. The scholarship gave me the resources I needed to train professionally. Persistence at all times is also vital.

I also had the fortune of being coached in my early years in Sydney by Yvonne Melene. She believed in me and really laid the foundations for my athletics career.

ANSW: And to that Commonwealth Games 20km walk in Delhi and the rock on the road?

Luke: Well it was a purely horrible moment for me after setting the pace throughout the entire race, making all the right moves and breaking the entire field. I had resisted easily the one attack Jared Tallent had made during the race at the 14km mark. He turned around after 17km and saw that he couldn't break me so he slowed considerably and moved aside to let me lead yet again. I put in a little teaser surge initially and then with 2.3km to go launched a big attack. I walked away from him instantly opening up a lead and then out of nowhere I hit the blob of concrete and stumbled to the ground. I hit it quite hard and the shock and concern of injury really threw me. Just as Alberto Contador rode past Andy Schleck in the Tour De France this year when Schleck's chain came off giving him the winning break, so too Jared took his chance and surged away from me at this unfortunate time, opening up a winning margin that he retained in the final lap. So naturally I felt robbed of my chance for gold in Delhi.

ANSW: What are your goals over the next few years?

Luke: Athletically speaking I'm currently putting the training plan together for the next two years with the major goals being the Olympics in London in 2012 and the World Championships in Daegu next year. I will prepare for both the 20km and 50km events and assess my best strategy to win either or both of these events at both Championships. My goals are set at the highest level possible, now it's time to go and achieve them.

ANSW: Thanks Luke for your time and best wishes for the next few years.



Luke (number 4) leads through the first 1km in the 2010 IAAF Race Walk Challenge final in Beijing in September. He finished in a PB time of 38:41!

Luke's International Record reads very impressively

1994	World Junior s	10,000 metres Walk	24th	44:09.59
1999	Race Walking World Cup	20 km Walk	55th	1:30:11
2001	Universiade	20 km Walk	10th	1:28:02
2002	Commonwealth Games	20 km Walk	2nd	1:26:03
2002	Race Walking World Cup	50 km Walk	29 th	4:07:08
2003	World Championships	20 km Walk	5th	1:19:35

2004	Olympic Games	20 km Walk	16th	1:23:52
2004	Race Walking World Cup	20 km Walk	14th	1:21:24
2005	World Championships	20 km Walk	10th	1:21:43
2006	Commonwealth Games	20 km Walk	2nd	1:21:38
2006	Race Walking World Cup	20 km Walk	18th	1:22:11
2007	World Championships	20 km Walk	7th	1:23:52
2008	Olympic Games	20 km Walk	6th	1:19:57
		50 km Walk	10th	3:47:45
2008	Race Walking World Cup	20 km Walk	7th	1:19:15
2009	World Championships	20 km Walk	18th	1:22:37
		50 km Walk	6th	3:43:39
2010	Commonwealth Games	20 km Walk	2nd	1:22:31

MORE VRWC RESULTS ONLINE

Thanks to **Pam Tindal** who has typed up the full result set from the 1992/1993 Summer Season, including those for all VRWC walks, the Victorian All Schools, Victorian Open and Underage Championships and the NEC classic meet which was also held in Melbourne that year. I have now uploaded it to the VRWC website (<http://www.vrwc.org.au>). Just to give you a glimpse of the quality and depth of walking during that period, the results from the NEC Meet walks are extracted below.

NEC Classic, Olympic, Park, Melbourne, Thursday 25th February 1993

Nick A'Hern was too good for the opposition in the Open Men's 5000m but note the depth with the first 11 all under 22:30. Plenty of names here – Simon Baker, Craig Brill (Nathan's dad), Mark Donahoo, Duncan Knox to mention a few. Kerry Saxby was untouchable in the 3000m, winning in a time of 11:52, just 1 sec outside her 1991 world record of 11:51.26. A young Jane Saville showed great form to finish second in 12:27 and later that same year she made her first senior Australian team.

5000m Walk Open Men

1.	A'Hern, Nick	AIS	19.19
2.	Beecroft, Steven	VIC	19.55
3.	Baker, Simon	AIS	20.37
4.	Copeland, Paul	VIC	21.20
5.	Brill, Craig	VIC	21.27
6.	Harvey, Michael	VIC	21.29
7.	Donahoo, Mark	VIC	21.32
8.	Russell, Dion	VIC	22.02
9.	Bourke, Stephen	VIC	22.05
10.	Cousins, Duane	VIC	22.19
11.	Thomas, Mark	VIC	22.27
12.	McGrath, Dominic	VIC	22.34
13.	Knox, Duncan	VIC	22.55
14.	Coleman, Mark	VIC	23.00
15.	Lockwood, Chris	VIC	23.09

3000m Walk Open Women

1.	Junna-Saxby, Kerry	AIS	11.52
2.	Saville, Jane	NAS	12.27
3.	Jones, Jenny	QAS	12.49
4.	Blythe, Gabrielle	AIS	13.09
5.	Saltet, Jantien	NAS	13.34
6.	Vanstan, Carolyn	VIC	13.38
7.	Muldoon, Wendy	VIC	14.01
8.	Wolowiec, Simone	VIC	14.49

And a reminder that I am always looking for anyone willing to add to the online results pool. All you need is a computer and fingers!

WHAT'S COMING UP

It's an action packed next 8 days in Melbourne with an AA Racewalk Judging Seminar at the VRWC headquarters next Saturday, the Australian 50km on Sunday at Fawkner Park and VRWC track races the following Wednesday. The scheduled start time is 10:30AM but Diane Lowden says she will try to start earlier if everyone is there.

First to Fawkner Park where 40 of our top walkers will race over 10km, 20km or the ultimate 50km. The full entry list can be sourced at <http://www.athletics.com.au/freestyler/files/50km%20walks%20entries%20as%20of%201%20Dec.pdf>. The timetable reads:

Sunday 12 December, Fawkner Park, Melbourne

7.00AM	Australian 50 km championship
8.00AM	Open 20km non-championship walk, Men and Women
8:30AM	Under 20 10km non-championship walk, Men and Women

While there are only 4 entries for the Australian 50km, the race will still be of great interest.

- **Jared Tallent** won this same event at Fawkner Park last year in 3:38:56 and he will be keen to defend his title and put yet another great 50km time on the board.
- **Luke Adams**, fresh from his great walk in Delhi, will be keen to have another shot at Jared. He is no slouch over the 50km distance, having finished 6th in the 2009 World Champs in Berlin with a PB time of 3:43:39.
- **Ian Rayson** may be only 22 years of age but he is a young walker in a hurry. Second in this year's Australian 20km championship in Brisbane in August and with a 20km PB of 1:26:30, he comes off a couple of very strong Canberra 20 mile performances over the last two years and will be hoping for a big time in his first ever 50km. A sub 4 hour performance is not out of the question.
- And finally South Australian walker **Peter Crump** will be testing himself over the 50km distance for the first time and is hopeful of a good finish under the 5 hour limit. So lots to watch out for in the blue riband event.



Jared, Luke, Ian and Peter will all front for next weekend's Australian 50km championship

Then to the following Wednesday when our next VRWC summer races are scheduled as follows

Wednesday 15 December, George Knott Athletics Track, Clifton Hill

- 6:30PM VRWC 5000m Walk, Men and Women
- VRWC 3000m Walk, Men and Women
- 7:15PM VRWC 1500m Walk, Men and Women

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.

2010/2011 Australian/Victorian Summer Season Key Dates

- Sat 11 Dec, 2010 AA Racewalk Judging Seminar, VRWC Headquarters, Middle Park Bowling Club, Middle Park, VIC
- Sun 12 Dec, 2010 **Australian 50km Walk Championship** (incl. 20Km Open, 10km U20 invit), Fawkner Park, Melbourne
- Wed 15 Dec, 2010 VRWC Track races, George Knott Reserve, Clifton Hill, 6:30PM start time
- 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
- April 21-24 **Australian Masters Athletics Championships**, Brisbane

2011 Australian/Victorian Winter Season Key Dates

- Sunday May 29, 2011 Australian Masters 20km championships, Middle Park, VIC
- Sun 12 June 2011 Lake Burley Griffin Racewalk Carnival, Canberra, ACT
- Sun 10 July 2011 Victorian Schools Roadwalking Championships, Middle Park, VIC
- 20-21 August, 2011 Australian Roadwalking Championships, Canberra, ACT

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 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>
- Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
- Sept 7-13, 2010 **4th Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

2011 IAAF RaceWalking Challenge Series (Category 1 events)

Sat 5 March 2011 Chihuahua, MEX
Sat 9 April 2011 Rio Major, POR
Sun 24 April 2011 Taicang, CHN
Sun 1 May 2011 Sesto San Giovanni, ITA
Sat 17 Sept 2011 IAAF Race Walking Challenge Final, La Coruna, ESP

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 10-15, 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**
2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

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

2015 **15th IAAF World Championships in Athletics, Beijing, China**
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>)