



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 15 JANUARY 2011

It was our biggest round of Athletics Victoria Shield competition so far this summer with 119 walkers in action across 6 venues. That is fantastic! With venues choosing a late afternoon start time (4PM in most cases), the 2000m walks were held in hot and sunny conditions but times were good across the board.

AV Shield - Ballarat Region - Round 11, Llanberris Reserve, Ballarat

Kelly Ruddick was back in action again this week with yet another PB, this time recording a time of 8:38.24 for the 2000m walk. This beats the current Ballarat record by some 15 secs and beats Kylie Irshad's W35 Victorian Masters Record by over 40 secs. I am looking forward to seeing Kelly in action in the Victorian Country 5000m championship this Friday evening. Andrew Blood also walked well to take second with 10:19.69 while Daryl Biggin had his first walk for the summer, recording 11:30.68 (beat ya, Daryl).

Mixed 2000 Meter Race Walk

1.	Ruddick, Kelly	W	BALLARAT HAR	8:38.24 (PB 19 secs)
2.	Blood, Andrew	M	BALLARAT YCW	10:19.69
3.	Bootsman, Collin	M	WENDOUREE AC	10:33.36
4.	Biggin, Daryl	M	UNATTACHED	11:30.68
5.	Prendergast, Maurice	M	BALLARAT YCW	12:04.96
6.	Ruddick, Kevin	M	BALLARAT HAR	12:11.35
7.	Jones, Robert	M	BALLARAT YCW	12:29.59
8.	Govan, Lee	M	WENDOUREE AC	12:42.89
9.	Peart, Jemma	W	BALLARAT YCW	13:29.32
10.	Blood, Timothy	M	BALLARAT YCW	14:04.55
11.	Jones, Peter	M	BALLARAT HAR	14:06.53

AV Shield - Bendigo Region - Round 11, La Trobe University Bendigo Athletics Complex, Bendigo

Bendigo Walkers Club president Paul Rance continues to impress in Bendigo, winning this week with a fast 9:30.27. Ebony Whiley was the top female with 10:39.95. It's a fair while since Paul walked that fast.

Mixed 2000 Meter Race Walk

1.	Rance, Paul	M	SOUTH BENDIG	9:30.27
2.	Whiley, Ebony	W	EAGLEHAWK YM	10:39.95
3.	Savage, Joshua	M	EAGLEHAWK YM	11:19.18
4.	Heiden, Dane	M	SOUTH BENDIG	11:20.15
5.	Jones, Jeremiah	M	EAGLEHAWK YM	11:30.58
6.	Carter, John	M	SOUTH BENDIG	13:18.09
7.	Watson, John	M	BENDIGO YMCA	14:46.47
8.	Jones, Ebony-Jade	W	EAGLEHAWK YM	15:38.80

AV Shield - East Region - Round 11, Reischiek's Reserve, Doncaster

14 yo Nathan Brill continues to show everyone a clean pair of heels in The East Region competition, this time winning in a huge PB time of 8:15.5. Jason Kozica was just a few secs outside his PB to take second with 9:17.2 while Hilary Brazel with 9:44.7 (another one to PB) was the first of the women. This was our largest walk venue with 33 competitors.

Event 12 Mixed 2000 Meter Race Walk

1.	Brill, Nathan	M	BOX HILL AC	8:15.5 (PB 23 secs)
2.	Kozica, Jason	M	ST KEVINS AC	9:17.2
3.	Brazel, Hilary	W	ATHLETICS NU	9:44.7 (PB 6 secs)
4.	Tindal, Pam	M	CROYDON AC	10:12.1
5.	Evans, Simon	M	BOX HILL AC	10:22.3
6.	Beaton-Wells, Michael	M	OLD SCOTCH C	10:42.7
7.	Cochrane, Andrew	M	OLD SCOTCH C	10:57.3
8.	Hammett, Gary	M	DIAMOND VALLEY AC	11:00.2
9.	Reid, Ross	M	COLLINGWOOD	11:12.2
10.	Dickenson, Russ	M	SOUTH COAST	11:27.3
11.	Jack, Clarrie	M	RICHMOND HAR	11:29.0

12.	Armstrong, David	M	DIAMOND VALLEY AC	11:30.5
13.	Gardiner, Robert	M	COLLINGWOOD	11:33.9
14.	Benke, Geza	M	OLD MELBURNIANS AC	11:45.0
15.	Vernal, Stephen	M	ATHLETICS NU	11:57.9
16.	Noonan, Patrick	M	ST KEVINS AC	12:09.6
17.	Owen, Cooper	M	DIAMOND VALLEY AC	12:17.4
18.	Facey, Stuart	M	OLD SCOTCH C	12:21.0
19.	Worsnop, Christoph	M	OLD XAVERIANS AC	12:27.4
20.	Laurie, Natalie	M	ATHLETICS NU	12:36.7
21.	Wright, Jacob	M	ATHLETICS NU	12:37.2
22.	Cooke, Brianna	W	DIAMOND VALLEY AC	12:40.2
23.	Olden, Graeme	M	BOX HILL AC	13:06.3
24.	Cooper, Stuart	M	ST STEPHENS	13:15.9
25.	Summers, Harry	M	BOX HILL AC	13:54.7
26.	Laurence, Peter	M	DIAMOND VALLEY AC	14:10.9
27.	Carre, Simone	W	BOX HILL AC	14:21.3
28.	Garganis, Hannah	W	COLLINGWOOD	14:57.4
29.	Neale, Anthony	M	COLLINGWOOD	15:58.7
30.	Boylen, Adele	W	COLLINGWOOD	17:01.7
	Neale, Peter	M	COLLINGWOOD	DQ
	Onley, Gordon	M	ST STEPHENS	DQ
	Fitts, John	M	RICHMOND HAR	DQ

AV Shield - Geelong Region - Round 11, Landy Field, Geelong

Josh Dillon and Lewis Clark continue to lead the field at Geelong and it was great to see the first four all well under 10 mins. Jmara Hockley-Samon was the best of the women with 11:05.8.

Mixed 2000 Meter Race Walk

1.	Dillon, Joshua	M	CORIO AC	8:49.2
2.	Clark, Lewis	M	ATHLETICS CH	9:07.2
3.	Walker, Jared	M	CORIO AC	9:39.0
4.	Seid-Christmass, James	M	CORIO AC	9:48.0
5.	Hockley Samon, Jmara	W	ATHLETICS CH	11:05.8
6.	Walker, Megan	W	CORIO AC	12:17.4
7.	Hockley-Samon, Harry	M	ATHLETICS CH	13:43.1
8.	Jenkins, Alan	M	ATHLETICS CH	14:38.6
9.	Lockwood, Jade	W	CORIO AC	16:58.3
10.	Mirarchi, Thomas	M	CORIO AC	17:13.7
11.	Lockwood, Jill	W	CORIO AC	19:18.9

AV Shield - North West Region - Round 11, Moonee Valley Athletics Centre, Moonee Ponds

With Trenton Hawkins out of action after a water skiing accident, Paul Kennedy was untroubled to win the 2000m walk with his usual high standard time of 9:03.88 ahead of Mark Donahoo and Aaron McDonough.

Mixed 2000 Meter Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	9:03.88
2.	Donahoo, Mark	M	ATHLETICS ES	9:36.58
3.	McDonough, Aaron	M	PRESTON AC	9:41.05
4.	McShanag, Connor	M	ATHLETICS ES	10:22.17
5.	Shaw, Kirstin	W	WESTERN ATHL	10:30.72
6.	Knox, Duncan	M	ATHLETICS ES	10:40.67
7.	Erickson, Tim	M	COBURG HARRI	11:05.92
8.	Campbell, Caitlin	W	ATHLETICS ES	11:36.78
9.	Elms, Donna	W	ATHLETICS ES	11:40.61
10.	Smithson, Kimberley	W	PRESTON AC	11:46.32
11.	Shaw, Robyn	W	WESTERN ATHL	11:49.76
12.	Bertrand, Carly	W	KEILOR ST BE	12:37.10
13.	Wallace, Anna	W	ATHLETICS ES	12:39.72
14.	Irons, Julia	W	KEILOR ST BE	13:15.75
15.	Petersen, Timothy	M	ATHLETICS ES	13:23.38
16.	Henderson, Keely	W	PRESTON AC	13:50.20
17.	Abfalter, Maria	W	KEILOR ST BE	13:55.07
18.	Hodgart, Claire	W	WESTERN ATHL	14:19.73
19.	Stobaus, Anne	W	KEILOR ST BE	14:44.43
20.	Musgrave, Caitlyn	W	PRESTON AC	14:57.13
21.	Long, Izaak	M	PRESTON AC	15:36.19
22.	Ireland, Roslyn	W	BRUNSWICK AC	15:37.67
23.	Dunstone, Phillip	M	WESTERN ATHL	16:07.74
24.	Matthews, Rhiannon	W	KEILOR ST BE	16:16.83
25.	Irons, Elaine	W	KEILOR ST BE	16:51.23
26.	Rickard, Ian	M	BRUNSWICK AC	16:57.73
27.	Rickard, Tess	W	BRUNSWICK AC	17:06.76

28.	Ireland, Olive	W	BRUNSWICK AC	17:09.97
29.	Campbell, Jessica	W	PRESTON AC	18:17.20
	Crea, Gabriella	W	ATHLETICS ES	DQ

AV Shield - South East Region - Round 11, Duncan MacKinnon Reserve, Murrumbeena

Brad Simpson 9:03.8 and Matt Felton 9:20.2 were the top male walkers at Murrumbeena while Kylie Irshad 9:58.5 was the fastest of the women.

Mixed 2000 Meter Race Walk

1.	Simpson, Bradley	M	KNOX AC	9:03.8
2.	Felton, Matthew	M	KNOX AC	9:20.2 (PB 15 secs)
3.	Irshad, Kylie	W	VICTORIAN MA	9:58.5
4.	Taylor, Lucas	M	KNOX AC	10:05.2
5.	Tam, Aaron	M	KNOX AC	10:31.9
6.	Riddoch, Clyde	M	ATHLETICS WA	10:39.2
7.	Sanders, Jade	W	CASEY CARDIN	11:02.1
8.	Attard, Tamara	W	KNOX AC	11:07.3
9.	Bennett, Ralph	M	VICTORIAN MA	11:10.4
10.	Eastwood, Jessie	W	KNOX AC	11:20.7
11.	Lucas, Alan	M	VICTORIAN MA	11:30.4
12.	Attard, Bianca	W	KNOX AC	11:56.3
13.	Osmand, Kym	M	OAKLEIGH AC	12:13.1
14.	Doran, Anthony	M	GLENHUNTLY A	12:22.4
15.	Steed, Gwen	W	VICTORIAN MA	12:38.6
16.	Brennan, Jonty	M	INVITATIONS	12:44.2
17.	Guy, Rachael	W	CASEY CARDIN	12:52.4
18.	Van Dongen, Rupert	M	CASEY CARDIN	12:56.1
19.	Hutton, Philip	M	GLENHUNTLY A	13:08.5
20.	Morrey, Jan	M	OAKLEIGH AC	13:14.3
21.	Johnson, Celia	W	VICTORIAN MA	13:34.5
22.	Attard, Michaela	W	KNOX AC	13:57.6
23.	Morrison, John	M	SANDRINGHAM	14:12.3
	De Pasquale, Joel	M	KNOX AC	DNF
	Zeleznikow, John	M	GLENHUNTLY A	DQ
	Barrow, Geoff	M	MENTONE AC	DQ

ACT RACE & FITNESS WALKING CLUB WALKS, AIS WARMUP TRACK, BRUCE, THURS 13 JANUARY

Thanks to Val Chesterton for the latest results from Canberra.

1500m M Reading 6.53 C Burns 8.07 K Hopkins(f) 8.22 T Hopkins 8.40 K Baker(f) 8.47 J Donovan 10.02 S Burns 10.02
D Fitzgerald 10.31 A Scott(f) 11.26 F Harris(f) 12.32

3000m C Heywood 15.07 E Hosking(f) 16.17 C Hosking(f) 16.40 R Whyte 18.05 J Bates(f) 19.20 B Thomas 19.29 H Bates DNF

WESTERN AUSTRALIA STRIVE INTERCLUB, PERTH, FRIDAY 14 JANUARY 2011

Western Australian Interclub kicked off again last Friday evening with Zac Partington 14:38.5 and Lyn Ventris 14:46.0 in great form.

Mixed 3000 Meter Race Walk

1.	Partington, Zac	M96	AWA	14:38.5
2.	Ventris, Lynette	W56	BUN	14:46.0
3.	Unicomb, Carla	W98	CUR	17:47.4
4.	Hill, Jeremy	M98	CUR	18:03.0

Lyn Ventris, who will enter the W55 Masters division this year, looks set to continue her rewriting of the record books based on her time of 14:46.0. I checked Clyde Riddoch's record lists on the VMA website and the 3000m walk Australian (AR) and World (WB) standards read as follows

W40	AR	LYNETTE VENTRIS	WA	14m 05.7	2001
W45	AR/WB	LYNETTE VENTRIS	WA	13m 57.43	2002
W50	AR/WB	LYNETTE VENTRIS	WA	13m 54.3	2007
W55	AR	HEATHER CARR	VIC	15m 08.4	2007
	WB	HEATHER CARR	AUS	15m 11.0	2007

Yes, Lyn currently holds the World Bests for the W45 and W50 divisions and I suspect Heather Carr's W55 World Best of 15:11.0 might take a bit of a hammering soon. Well done Lyn – fantastic walking!

ATHLETICS SA PREMIERSHIP CUP ROUND 9, ST ALBANS RESERVE, CLEARVIEW, SAT 15 JANUARY

The latest South Australian Premiership Cup results see Darren Bown 13:18.7 and Paige Hooper 15:43.0 best over 3000m and Claire Xian 7:33.9 best over 1500m.

3000 Metre Race Walk

1.	Darren Bown	74	ELIZ	13:18.7
2.	Paige Hooper	92	EH	15:43.0
3.	Peter Crump	60	SPC	16:40.3
4.	James Hoare	46	FLIN	22:15.1

1500 Metre Race Walk U/16

1.	Claire Xian	91	FLINX	7:33.9
2.	Allegra Steele	90	TTGX	8:20.9
3.	Daniel Crouch	94	PEMX	8:51.1
4.	Jessica Stephens	96	ELIZ	9:13.9

LAUNCESTON 12 HOUR TRACK RACE, LAUNCESTON, SUNDAY 16 JANUARY 2010

The annual Launceston 6 Hour and 12 Hour track races were held at the Northern Athletic Track in Launceston last Sunday. With a 5:30AM start and a 5:30PM finish, it was a long day and sunny with warm conditions adding an extra element of stress for the entrants. There were two walkers amongst the runners and they walked well with provisional results as follows

12 Hour Walk

1.	Michelle Thompson	VIC	96.417 km
2.	Steve Jordan	VIC	79.385 km

Michelle, a current member of VRWC, set a new **W40 Australian Best for the 12 hour track walk** (beating the current record by a whopping 8 km) and she was only 1 km outside the Australian Best, held by Carol Baird of ACT. Michelle must like this event as she holds the records for the 6 Hour run (61.919 km in 2009) and the 12 Hour Run (109.055 km in 2010). This year she has successfully transitioned to the walk and has added yet another event record to her list.

Melbourne walker Steve Jordan also walked well to complete 78.555km in the tough conditions. Their next outing will be in the Coburg 6 Hour walk on Saturday 5th March.

RWNZ GRAND PRIX SERIES - 15KM ROADWALK, DEVONPORT, NZ, SUNDAY 16 JANUARY 2010

Thanks to David Sim for his report on the second Racewalking New Zealand Grand Prix walk for the summer

The second event in the RWNZ Grand Prix Series was held at Ngataringa Bay, Devonport on Sunday. The event was held in conjunction with the RWA 15km Championships. The race attracted a field of 11, 2 women and 9 men and attracted out of town visitors Graeme Jones and Matthew Holcroft. These two walked stride for stride at the front of the field for all but the last 3 laps when Graeme Jones pulled away and then Mike Parker move into second. Maggie Bradley saw off her only rival in the women's grade to claim both the RWA championship and the maximum points in the Grand Prix. Conditions on the day were ideal, although the temperature did increase substantially as the race went on.

15km Women

1.	Maggie Bradley	1:42:15
2.	Shirley Barber	1:49:16

15km Men

1.	Graeme Jones	1:16:43	
2.	Mike Parker	1:17:25	
3.	Matthew Holcroft	1:22:54	
4.	David Sim	1:28:54	
5.	Rodney Thorne	1:35:45	'B' division
6.	Trevor McCoid	1:37:56	
7.	Bob Sanders	1:53:15	'B' division
8.	Werner Schmidt	1:53:41	'B' division
9.	David Barber	1:56:18	'B' division

The third race in the series, a 3000m track event, is to be held on January 22nd at Hastings in conjunction with the Sylvia Potts Classic. See all the News, Photos and Results on <http://www.racewalkingauckland.org/> or <http://www.racewalkingnewzealand.org/>.

OTHER OVERSEAS RESULTS

In last week's newsletter, I reported on the 5000m indoor race held on 6th January in Banska Bystrica in Slovakia. Rudolf Skrucany has sent me a great photo that he picked up off the web. It shows winner Matej Toth lapping 8th placed finisher, junior walker Peter Tichy Jr. The numbers match the race placings! Thanks Rudolf ... Matej is now in Canberra training with our walkers as part of the annual AIS walks camp.



LOOKING FOR A GOOD FITNESS WORKOUT?

I am a regular subscriber to Wendy Bumgardner's About.com Walking Blog (<http://walking.about.com/>) and last week's email contained a link to a great little workout that I thought was worth sharing.

The Crowded Gym Circuit Workout

Gym too crowded to workout? This Crowded Gym Circuit is perfect for working your entire body in one space with only minimal equipment needed. Grab a mat, a jump rope and 3 sets of dumbbells (light, medium and heavy), find a corner and get moving. For a 30-minute workout, go through the entire series of exercises one time. For a 60-minute workout, repeat each circuit twice. See <http://exercise.about.com/library/blcrowdedgymcircuit.htm?nl=1>

THE GOSSIP

A big 'Get Fixed Soon' to **Hilary Brazel**. Hilary did a big PB in the 2000m walk at Doncaster on Saturday with 9:44.7 and then fronted for the steeple chase event. Alas, disaster struck at the water jump as she landed awkwardly and badly rolled her ankle. Xrays showed no breaks so now it's onto further testing to check for ligament damage. I chatted with her on Monday night and it is still very swollen so it's a case of wait and see at this stage. Fingers crossed, Hilary.

I have posted on the VRWC notice board a Christmas Card from **Anand Thillaisundaram** and **Kelly Davidson** in Scotland.. I was then inspired to have a chat via email and here is what Anand had to say

Hi Tim.

Great to hear from you. We are pleased that the card made it through ok. Yes, we are approximately 7 months from returning to Melbourne!! Lots still to be done here, which means stress levels are likely to be higher than average until we board our flight!

Reading the newsletter has made us feel part of the club and in touch over the last 9-10 months. Worrying though that everyone is walking faster and faster, and I have not had any training or race exposure in Scotland. May well be starting from the bottom again when I return.

It will be great to be back, for the friends, the walking and the weather. Will be glad to see the back of this winter - it has been horrid! Give our love to everyone there, and we look forward to the next few months flying by and to seeing everyone very soon.

Regards, Anand.



We await your return, Anand and Kelly, and look forward to having you back walking with us at Middle Park.

MORE FROM THE AIS WALKS CAMP

Some more photos from the AIS walks camp in Canberra/Threadbo, this week from AIS Coach Brent Vallance. Thanks Brent!



**Left: Track work at The AIS - Perseus Karlstrom (SWE), Matej Toth (SLV), Dane Bird-Smith (AUS), Inaki Gomez (CAN) and Alex Wright (GBR) – five walkers from five different countries!
Right: Jared Tallent (AUS), Matej Toth (SLV) and Ato Ibanez (SWE)**



**Left: Phil Reading on the bike, looking after Alex Wright and Jo Jackson of England
Right: Attacking Mt Stromlo - Ato Ibanez (SWE), Blake Steele (AUS), Alex Wright (ENG) and Perseus Karlstrom (SWE)**



**Left: Just finished a set of 5x2km intervals at Threadbo and showing it - Blake Steele (AUS), Brent Vallance (Camp Coordinator), Quentin Rew (NZ) and Ato Ibanez (SWE)
Right: A day out at Threadbo - Nicole Fagan and Regan Lamble (photo by Cheryl Webb)**



Lunch at the Jindabyne Sport & Rec. Centre – the whole group – some 30 walkers, the AIS testing staff and the camp coordinators. What a group!

WHAT'S COMING UP

We have a couple of catch-up rounds of Athletics Victoria Shield Competitions on Thursday evening as follows

Thu 20 Jan	AV Shield - South East Region - Round 5 (rescheduled)	Knox Athletic Track, Scoresby
Thu 20 Jan	AV Shield - North West Round 5 (rescheduled)	Moonee Valley Athletics Centre, Moonee Ponds

Then this weekend sees the Victorian Country Athletics Championships at Llanberris Reserve in Ballarat. Our country walkers will be contesting a variety of events as follows – good luck everyone.

Friday 6:00pm	Men U20 5000m Race Walk Men 40+ 5000m Race Walk Men Open 5000m Race Walk Women 40+ 5000m Race Walk Women Open 5000m Race Walk
Sat 10:35am	Men U14 1500m Race Walk Women U14 1500m Race Walk Men 60+ 1500m Race Walk
Sat 11:40am	Men U16 3000m Race Walk Men U18 3000m Race Walk Men 50+ 3000m Race Walk Women U16 3000m Race Walk Women U18 3000m Race Walk Women 50+ 3000m Race Walk

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

21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat.
Sun 30 Jan, 2010	VRWC Road Races, Middle Park
Sat 19 Feb, 2011	Australian 20km Walk Championships (incl 10km U20 invit), Hobart Incorporating Oceania Race Walking Championships & IAAF World Race Walking Challenge status Entries close at midnight on Tuesday 1 st February 2011
Thur 24 Feb, 2010	VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks)
Sat 5 Mar, 2011	Australian Centurions 6 Hour Track Walk, Coburg, VIC
10-14 Mar, 2011	Australian Junior (U14-U20) Championships , Sydney Olympic Park, Sydney NSW
Sat 19 Mar, 2011	Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women.

19-20 Mar, 2011 Entries close with AA on March 4th, 2011.
 VLAA State T&F Championships, Olympic Park
 2-3 April, 2011 Victorian Masters T&F Championships, Doncaster
 Sun 10 April, 2011 VMA 5000m track champs and VRWC track races, venue TBA
 16-17 April, 2011 Australian Centurions 24 Hour walk, Coburg, VIC
 April 21-24, 2011 **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

Sun Apr 10, 2011 Hong Kong International 10km (good one for Australians!).
 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, 2011 **4th Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

2011 IAAF RaceWalking Challenge Series (Category A 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

2011 key EAA European Meets

Sun 20 Mar, 2011 Gran Premio Citta di Lugano (EAA Permit Race), Lugano, Switzerland - 20km and 10km
 Sat 26 Mar, 2011 Dudinska 50/EAA Permit Meeting Dudince, Slovakia - 50km, 20km, 10km, 5km
 Sat 9 Apr, 2011 Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic - 20km, 10km, 5km
 Sun 22 May, 2011 9th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
 Sun 26 Jun, 2011 Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill Shield, Dublin, Ireland

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, 2012 **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 Alegro, Brazil**
 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, 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>)