



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 21
21 February 2011



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

AUSTRALIAN 20KM WALK CHAMPIONSHIPS, CONSTITUTION DOCK, HOBART, SAT 19 FEB 2011

After a day of solid rain, the skies cleared in the final hours leading up to the 6:15PM start time in Hobart last Saturday evening and competitors were faced with quite humid but overall good conditions for these long awaited championships.

With all 4 events starting concurrently, over 40 walkers lined up, with a large crowd in attendance. Jared Tallent went straight to the front, completing the first 2km lap in around 7:55, some 5 secs in front of Luke Adams, Dane Bird-Smith (U20) and Chris Erickson, then a small break to Adam Rutter and another small break to Nathan Deakes in his comeback race. The large contingent of international walkers then came through together with Brendon Reading and a good group of the Junior men tucked nicely into the group.



From then on, it all went pretty much to plan as Jared extended his lead lap by lap, passing the 10km mark in 39:33 and working hard in the second half to win in 1:20:19. This is his 4th win a row in this event and his winning times read very impressively – 1:19:41, 1:19:42, 1:19:15 and 1:20:19. Luke Adams also walked up to form, taking second 1:21:00 and he was never being seriously challenged for the silver. Third place went to Adam Rutter in 1:22:25, his best walk for some time. With the first 3 walkers all under the IAAF A qualifying standard of 1:22:30, they should now have booked themselves trips to this year's IAAF World Champs in South Korea. Chris Erickson held 4th place for 9 of the 10 laps but could not hold off the fast finishing group of internationals, slowing to finish in 1:25:29, just ahead of Nathan Deakes 1:25:38. It was fantastic to see Nathan back in action and walking well once again. Behind them, Ian Rayson 1:26:56 and Brendon Reading 1:27:30 both beat the World University Games standard of 1:28:00 so should have hopefully have done enough to book trips for themselves to China later this year. PBs were hard to come by in the men's 20km event but Rhydian Cowley recorded a 2:19 PB with his time of 1:29:07 and Stuart Kollmorgen recorded a 4:10 PB with his time of 1:34:42 - he has taken 7 mins off his PB since December. Of the internationals, Inaki Gomez (Canada) and Ato Ibanez (Sweden) walked very strong races, storming home to take 4th and 5th respectively. Jamie Costin (Ireland) was with them when taken off by the chief judge at the 18km mark. When interviewed after the race, Jared responded

"I'm pretty happy, it was tough out there in quite unusual Tasmanian humidity so I struggled in the last 10km to be honest. It's a good start to my season and I'm now looking forward to upcoming races in Mexico and China before building towards the 20km and 50km double in Daegu. I've qualified for both events now and came home from Beijing with two medals so that is what I want to see happen at this year's world champs."

The women's 20km race saw Claire Tallent and Jo Jackson (the Commonwealth Games champion) clear out to pass the 10km mark in 46:00, some 15 secs clear of Regan Lambie with Nicole Fagan another 45 secs in arrears. Soon after this, Jo withdrew from the event, leaving the 3 Australian girls in control. From there, the places remained unchanged as Claire recorded her second win in a

row with 1:33:38, Regan took second in a big PB time of 1:35:08 and Nicole took third in a huge PB time of 1:35:55. This will guarantee Claire a berth in this year's World Championship team as she already has 3 A qualifiers. Regan was outside the A standard of 1:33:30 so I expect that she will race in the Chinese leg of the IAAF Challenge to try to capture one of the remaining two spots. Nicole Fagan was well under the 1:38:00 qualifying standard for the World University Games so she has probably sealed team selection to that event with her walk on Sunday. NSW walker Beki Lee was not quite so lucky, her 1:38:16 5th place finish behind Cheryl Webb was just outside the World Uni Games standard. She will have to try to chase selection with further performances. Claire's thoughts after the race:

“Jared seems to be showing the way of late and it’s always great to follow him across the line for first shortly after he finishes. Tonight’s time was outside the qualifying mark but with a few others to my name and now the national championship I have earned selection and that’s what I was chasing. Like Jared I will head overseas to compete before coming back to Australia for some serious base training with Deagu in my sights as of now.”

Men 20km Road Walk Open Australian Championship

1.	Jared Tallent	AIS/VIC	1:20:19	
2.	Luke Adams	AIS/NSW	1:21:00	
3.	Adam Rutter	AIS/NSW	1:22:25	
4.	Inaki Gomez	CAN	1:24:38	
5.	Ato Ibinez	SWE	1:24:55	
6.	Chris Erickson	AIS/VIC	1:25:29	
7.	Nathan Deakes	AIS/VIC	1:25:38	
8.	Perseus Karlström	SWE	1:26:20	
9.	Ian Rayson	ACT	1:26:56	
10.	Brendon Reading	ACT	1:27:30	PB 0:03
11.	Rhydian Cowley	VIC	1:29:07	PB 2:19
12.	Stuart Kollmorgen	VIC	1:34:42	PB 4:10
13.	Mathieu Beurion	FRA	1:41:34	
	Jamie Costin	IRE	DQ	
	Tom Bosworth	ENG	DNF	
	Kyle Malone	SMW	DNF	
	Alex Wright	ENG	DNF	
	Daniel Coleman	TAS	DNF	

Women 20km Road Walk Open Australian Championship

1.	Claire Tallent	AIS/SA	1:33:38	
2.	Regan Lambie	AIS/VIC	1:35:08	PB 1:32
3.	Nicole Fagan	NSW	1:35:55	PB 5:40
4.	Cheryl Webb	AIS/NSW	1:36:55	
5.	Beki Lee	NSW	1:38:16	PB 4:22
6.	Caitlin Brunton	VIC	2:02:48	PB 0:07
7.	Stephanie Stigwood	TAS	2:04:28	
	Tanya Holliday	SA	DNF	
	Johanna Jackson	ENG	DNF	
	Zuzanna Malikova	SVK	DNF	
	Mari Olssen	SWE	DNF	



Nathan Deakes, Adam Rutter, Jared Tallent, Luke Adams, Dane Bird-Smith and Chris Erickson all headed out fast



Regan Lamble, Claire Tallent, Jo Jackson, Nicole Fagan, Mari Olssen, Rachel Tallent and Beki Lee in action

The Junior 10km events were non-championship races but the cream of our young walkers attended. The event was of special significance for the U18 men as it was a chance to put a qualifier on the board for this year's World Youth champs (in the World Youth champs, boys race over 10,000m and girls race over 5000m). It was also a chance for a hitout ahead of State and National track championships next month.

The U20 men's event saw Queensland dominate with the first 5 placings. Dane Bird-Smith, our top junior and 5th at last year's World Junior champs, went out with our top senior men and was rewarded with a big PB and a wonderful time of 40:56. In fact his time was a mere two seconds outside Adam Rutter's Australian U20 10km walk record of 40:54. Brad Aiton recorded yet another World Youth qualifier with a very strong 44:09 (just 9 secs outside his PB). Behind him, the next 5 walkers all walked PBs – Nick Dewar, Jesse Osborne, Brandon Dewar, Nathan Brill (still only 14!) and Harry Bates. We are certainly very strong in this group. Dane's thoughts on his own performance:

I finished the race with an 8:05 last 2 km and that's amazing pace but unfortunately I'd already lost that little bit too much. I'll hopefully be able to get a couple of 20 km races under my belt soon and from there who knows where I can go, we'll just have to see.

In the U20 women's event, Rachel Tallent rounded out the Tallent family dominance to win in 48:40, bettering her own personal best by 51 secs. Beth Alexander also walked excellently to take second with 49:48 while English junior Lauren Whelan was third with 51:15. Rachel, who was just one day short of her 18th birthday on Saturday, is setting her sights on the 2012 World Junior championships and looks right on target. She was also interviewed

It's been a great night for the family, we are all rapt with how we've walked and that's exciting. For me heading to the AIS has been amazing, Brent (coach Brent Vallance) and the facilities are fantastic and to take 50 seconds of my PB is just unreal. World juniors in 2012 are where I want to be so I'll keep working towards that with the Olympics hopefully somewhere in my future, fingers crossed.

Men 10km Road Walk Under 20

1.	Dane Bird-Smith	QLD	40:56	PB 0:36
2.	Brad Aiton	QLD	44:09	
3.	Nicholas Dewar	QLD	45:09	PB 1:45
4.	Jesse Osborne	QLD	45:34	PB 0:12
5.	Brandon Dewar	QLD	45:50	PB 1:44
6.	Nathan Brill	VIC	46:42	PB 0:48
7.	Harry Bates	ACT	49:44	PB 2:56
8.	Lewis Clark	VIC	52:33	

Women 10km Road Walk Under 20

1.	Rachel Tallent	AIS/VIC	48:40	PB 0:51
2.	Beth Alexander	VIC	49:48	
3.	Lauren Whelan	ENG	51:15	
4.	Amelia Finnegan	VIC	54:33	



Alex Wright, Inaki Gomez, Jamie Costin, Ato Ibanez, Rhydian Cowley, Brad Aiton, Brendon Reading and Alex Wright



Jesse Osborne, Ian Rayson, Perseus Karlström, Dane Bird-Smith, Beth Alexander and Harry Bates

Talking rankings, Regan and Nicole move up the 20km Women's All Time rankings with their fine walks on Saturday.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg, Germany	02/05/2004	29
2	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg, Germany	30/04/2000	38
3	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
4	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
5	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg, Germany	02/05/2004	25
6	1:32.02.0	Claire Tallent	S	06/07/1981	10	La Coruna, Spain	19/06/2010	28
7	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
8	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37
9	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31
10	1:34.13.0	Jillian Hosking	A	12/02/1987	3	Hobart, Aust 20km	13/02/2010	23
11	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33
12	1:34.35.0	Wendy Muldoon	V	27/05/1971	1	Melbourne	16/08/1998	27
13	1:34.44.0	Simone Wolowiec	V	12/02/1974	1	Canberra	16/01/2000	25
14	1:34.44.0	Lyn Ventris	W	02/10/1956	1	Melbourne	16/12/2001	45
15	1:35.08.0	Regan Lambie	V	14/10/1991	2	Hobart, Aust 20km	19/02/2011	19
16	1:35.55.0	Nicole Fagan	N	24/07/1989	3	Hobart, Aust 20km	19/02/2011	21
17	1:36.16.0	Jenny Jones-Billington	Q	20/04/1967	2	Hawkesbury	10/07/1993	26

18	1:36.19.0	Sally Pierson	V	10/03/1963	1	Melbourne	15/07/1984	21
19	1:36.23.0	Sue Orr-Cook	V	23/04/1958	1	Canberra	07/07/1984	28
20	1:36.40.0	Lisa Grant	N	26/04/1985	4	Sydney	04/02/2006	20

You can check out all my Australian ranking lists at <http://www.rwa.org.au/arankings.shtml>

It was a big day for the Tallent family with Jared winning the men's event, his wife Claire winning the women's event and his younger sister Rachel (now AIS based as well) winning the Junior women's 10km in a big PB.



Left - Women's Presentations – Regan Lambie, Claire Tallent, Nicole Fagan
Middle – Team Tallent – Claire, Rachel and Jared
Right – Men's Presentations – Luke Adams, Jared Tallent and Adam Rutter

ACT WALKING CLUB WALK RESULTS

Thanks to Robin Whyte for the last 2 weeks of results from Canberra.

ACT Walkers Results, AIS Warmup Track Bruce, Thursday 10 February 2011

1500m 1 Harry Bates 06:28 2 Zoe Hunt 07:08 3 Ann Staunton-Jugovic 07:25 4 Peter Baker 07:50 5 Thomas Hopkins 07:58 6 Callum Burns 08:04 7 Gabby Hunt 08:26 8 Karina Hopkins 08:40 9 Callum Doherty 08:41 10 Emily Blair 08:41 11 Helena Bialecki 08:53 12 Rod Gilchrist 09:31 13 Spencer Burns 09:30 14 Geoff Barker 09:43 15 Bryan Thomas 09:56 16 Doug Fitzgerald 09:57 17 John Donovan 10:00 18 Terry Munro 10:37 19 Jennifer Gilchrist 11:26 20 Alice Scott 11:35 21 Gina Etienne 11:41 22 Garry Rayner 12:45 23 Jenny Rayner 13:08 24 Pauline Armstrong 13:19 25 Sharon Allen 14:04 26 John Parker 14:51 27 Trish Thomas 15:24

ACT Walkers Results, AIS Warmup Track Bruce, Thursday 17 February 2011

2000m Handicap (Place,Name,Time,Start) 1 Peter Thompson 13:57 (05:10) 2 Pauline Armstrong 17:07 (02:30) 3 Elizabeth Hosking 09:23 (10:20) 4 Jess Heazlewood 09:28 (10:20) 5 Alan Thomas 14:44 (05:30) 6 Doug Fitzgerald 13:15 (07:00) 7 Trish Thomas 20:15 (00:00) 8 Peter Baker 10:20 (10:00) 9 Caitlin Hosking 10:36 (09:45) 10 Alice Scott 15:35 (05:00) 11 John Donovan 13:33 (07:10) 12 Zoe Hunt 09:49 (10:55) 13 Robin Whyte 11:49 (08:55) 14 Rod Gilchrist 12:57 (07:50) 15 Sheryl Greatehead 15:17 (05:30) 16 Brett Kingston 14:00 (06:55) 17 Ann Staunton-Jugovic 10:29 (10:30) 18 Colin Heywood 10:23 (10:45) 19 Geoff Barker 13:15 (07:55) 20 Terry Munro 14:19 (06:55) 21 Alan Williams 13:40 (07:40) 22 Jennifer Gilchrist 15:34 (05:55) 23 Karina Hopkins 12:11 (09:30) 24 Thomas Hopkins 11:29 (10:15) 25 Nola de Chazal 18:51 (02:55) 26 Val Chesterton 16:20 (05:50)

800m 1 Callum Burns 04:02 2 Gabby Hunt 04:11 3 Thomas Hopkins 04:16 4 Karina Hopkins 04:25 5 Spencer Burns 04:48

STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 18 FEBRUARY 2011

Mixed 1500 Meter Race Walk

1.	Hennighan, Dale	M93	AWA	7:21.8h
2.	Holt, Kate	W96	MLV	7:24.0h
3.	Hughes, Holly	W97	MLV	7:39.7h
4.	Hill, Jeremy	M98	CUR	7:40.6h
	Ramplin, Craig	M91	AWA	DNF

SOUTH AUSTRALIAN NEWS

In last week's newsletter, I reported on the South Australian Junior T&F Championships but I missed one result, that of the U20 10,000m. Sorry to Kristie Goznik on the omission. Here is the result.

SA U20 10,000m championship, St Alban's Reserve, Clearview. Sat 12 Feb 2011

1. Goznik, Kristie 18 Elizabeth Harriers 56:14.7

The SA Interclub meet was abandoned last Saturday as a result of rain on the grass track, so no new results this week.

PETER BENNETT DOES IT AGAIN

Queensland Race Walking Club president Peter Bennett has done it once again, this time in the Caboolture Dusk to Dawn event in Queensland, held on the weekend of 12-13 February. The event, which is over 12 hours, is held each year around this time, starting on the Saturday evening and finishing on the Sunday morning. The course is a 500m loop around the Caboolture Historical Village in Caboolture, about 1 hour's drive from Brisbane. Peter tells me that it was hot and humid overnight so he was very pleased with the end result which saw him come 7th against a field of runners, with a final distance of 102.575km. Peter's lapsheets indicate that he has shattered our M55 Australian Best On Records in four separate categories

6 Hours	53.620 km
50 Miles	9.21.53 at 80.5 km
100 km	11:43.46
12 Hours	102.575 metres

To put it in perspective, Peter's distance is the 6th best ever by an Australian on home soil and sees him with 4 of the top 10 performances overall. Ian Jack's 107.20km, set in 1979, remains well ahead of the rest and will take some beating

1.	Ian Jack	34	107.20 km	03/11/1979
2.	Gordon Smith	38	105.29 km	19/08/1938
3.	Peter Bennett	38	103.75 km	08/10/1994
4.	Andrew Ludwig	40	103.33 km	07/01/2007
5.	John Smith	40	103.12 km	07/10/1978
6.	Peter Bennett	55	102.57 km	13/02/2010
7.	Peter Bennett	52	100.70 km	10/02/2008
8.	Tim Erickson	25	100.55 km	09/10/1976
9.	Peter Bennett	40	100.00 km	28/10/1996
10.	Michael Harvey	37	99.31 km	02/09/2000



Peter in action in the Australian 20km championships in Brisbane, August 2010

THE IRISH INDOOR CHAMPIONSHIPS, ODYSSEY ARENA, BELFAST, SATURDAY 19 FEBRUARY 2011

Ireland continues to kick above its weight in the racewalking world with a very impressive set of results from the two racewalks at the Irish Indoor Championships, held last weekend in Belfast. Athletics Ireland reported on the walks as follows – see <http://www.athleticsireland.ie/content/?p=17655>

The first event on the programme, the women's 3,000m walk was a cracker, with Laura Reynolds (Mohill AC) having to wait until the last lap to shake off the persistent challenge of Kate Veale (West Waterford AC). Reynolds won in a time of 12:47.55,

well inside her previous best of 13:09.99, with Veale once again smashing her own Irish junior record with a time of 12:49.21 to take a huge slice off her previous best of 13:10.86.

The men's 5,000m walk saw Robert Heffernan (Togher AC) move away from his rivals from the gun and he then went on to lap everyone to win his second Irish title in a matter of weeks - he won the 30km road title at the end of January. The effort on that occasion probably put paid to any hopes he had tonight for another record, but his winning time of 19:09.56 was still a world class performance.

Senior Men's 5km Walk

1.	Heffernan, Robert	Togher A.C.	19.09.56
2.	Griffin, Colin	Ballinamore A.C.	20.00.65
3.	Boyce, Brendan	Letterkenny A.C.	20.03.69
4.	Mc Menamon, Cian	Westport A.C.	21.28.68
5.	Treanor, James	Shercock A.C.	22.25.53
6.	Cassin, Jeff	Finn Valley A.C.	22.27.90
7.	Healy, Timothy	Togher A.C.	22.55.42
8.	Fitzpatrick, Paul	Shercock A.C.	22.59.66
	Doyle, Michael	Tara A.C.	DQ

Senior Women's 3 km Walk

1.	Reynolds, Laura	Mohill A.C.	12.47.55
2.	Veale, Kate	West Waterford A.C.	12.49.21
3.	Doherty, Emma	North Belfast Harriers	14.31.19



Laura Reynolds (190) leads Kate Veale (12), Irish Indoor champs - photo <http://www.athleticsireland.ie/content/?p=17655>

MORE OVERSEAS NEWS

Ukrainian Championships, Sumy, Ukraine, Tues 15 Feb 2011

SUMY (UKR, Feb 15): Reigning European U23 champion Olena Shumkina won the Women's 5000m walk in the Ukrainian Championships in a new personal best 21:51.51, ahead of veteran Lyudmila Shelest (22:22.01 at 36 years of age).

South Pacific Walking Championships, New Zealand, April 2011

New Zealand is hosting inaugural South Pacific Walking Championships on Sunday 17th April 2011 at the Waitakere track in Auckland. Events will include a 50,000m event for men, a 20,000m event for women and 10,000m events for junior men and junior women. The event will be open to South Pacific member countries (Australia, Tahiti, Fiji etc) and has been given IAAF Area Permit Competition status. I think it will certainly be a self funded excursion for any Australians wishing to compete but it sounds like a good concept. I will publish further information as it becomes available.

More on Matej Toth

I reported in last week's newsletter that Slovak walker Matej Toth, the current IAAF World Cup 50km champion, had recorded a National Best over 3000m indoors. Just to extend that article a little, here are his National Records – not a bad set!

OUTDOOR:	5000 m track (U18)	20:42.7	2000
	10 000 m track (U20)	40:52.16	2002
	30 000 m track (open)	2:08:14.6	2009
	20 km road (U 22)	1:21:38	2005
	50 km road (open)	3:41:32	2009
INDOOR	3000 m (open)	10:57.32	2011 national best

And talking of Matej, I found this great photo from his facebook page, taken on Australia Day (26 January 2011) when he was attending our AIS training camp. That's him with his back to the camera surrounded by all the other Australian and international walkers. Great stuff!



WHAT'S COMING UP

The **Australian Masters 4 x 800m walk relays** will be held **this Thursday** at the East Burwood Athletic Track (**enter on the night – start time 7:25PM**). Have you got your team together yet? Age groups are 40+, 50+, 60+ etc. Alan Lucas has asked me to remind everyone that competitors need to be registered with VMA prior to the event (the new VMA year started on January 1st). **Renewing your VMA membership on the night is not possible.**

Next weekend sees the Victorian Youth (U14-U20) T&F Championships at Olympic Park. The draft program shows walk times

Fri 25 Feb	7:20PM	U17, U18, U20 5000m Walks
Sat 26 Feb	11:30AM	U14 3000m Walks
Sun 27 Feb	11:30AM	U15, U16 3000m Walks

Looking further ahead, as our clubs are currently working on their winter fixtures, here are some key dates to be factored in

Sunday May 29, 2011	Australian Masters 20km championships, Middle Park, VIC
Sun 12 June, 2011	Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sat 23 July, 2011	Racewalking Australia Postal Challenge (each club in their home state)
20-21 August, 2011	Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)

Note in particular the AA draft date for the Australian roadwalking championships in Canberra – the weekend of 20-21 August 2011. I had thought this might be the following weekend but I am just off the phone with AA and can now confirm the correct weekend! If it is like other years, we can expect the walks to be on the Sunday.

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

Thur 24 Feb, 2011	VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track. Enter on night.
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park Entries close Thursday 10 th February. Late entries possible.
Sun 26 Feb, 2011	QLD Walk Championships (5000m U18, 10000m U20 and Open), Gold Coast City Athletics Track, QLD
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks) Entries close Thursday 17 th February.
Sat 5 Mar, 2011	Australian Centurions 6 Hour Hour Track Walk, Coburg, VIC. Field nearly full so enter quickly.
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. Entries close with A.A. on Friday 4 th March.
19-20 Mar, 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. Field nearly full so enter quickly.
 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
 Sat 23 July, 2011 Racewalking Australia Postal Challenge (each club in their home state)
 20-21 August, 2011 Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)

2011 International Fixture

Sun Apr 10, 2011 Hong Kong International 10km (good one for Australians!).
 Sun 17 Apr, 2011 South Pacific Walking Championships, Auckland, NZ – 50,000m, 20,000m, 10,000m U20 track
 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 – Remaining Races

5 Mar 2011	Chihuahua (MEX)	Category B Meet	20km, 50km
20 Mar 2011	Lugano (SUI)	Category C Meet	20km
26 Mar 2011	Dudince (SVK)	Category C Meet	10km, 20km, 50km
9 Apr 2011	Rio Maior (POR)	Category B Meet	20km
11 Apr 2011	Taicang (CHN)	Category B Meet	20km, 50km
1 May 2011	Sesto San Giovanni (ITA)	Category B Meet	20km
26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)		10km

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 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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
 Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)