



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### AUSTRALIAN ATHLETICS TOUR MEET, SOPAC, SYDNEY, SATURDAY 19 MARCH 2010

The Sydney based Athletics Australia Tour Meet last Saturday evening included 5000m walks and it was a chance for our top walkers to strut their stuff on the track in front of a big crowd. As usual, the men's event featured yet another battle between Jared Tallent and Luke Adams with Jared taking the honours with a fast 19:01.00, some 7 secs ahead of Luke. Adam Rutter was third with a good 19:35.75 ahead of Junior champion Dane Bird-Smith 19:54.17. The big revelation of the night was 20 year old Rhydian Cowley whose time of 19:58.79 saw him become the 20<sup>th</sup> Australian walker to better 20 minutes for the 5000m distance. Behind him, Brendon Reading 20:19.70 and Blake Steele 20:37.43 both recorded big PBs while youngsters Jesse Osborne 21:35.43 and Nathan Brill 22:17.91 walked yet more fantastic track times. David Tarbottom reported on the men's race as follows on the IAAF website

In the men's 5000m Race Walk Beijing Olympic silver and bronze medal winner Jared Tallent overcame a slow start to take victory in 19:01.00. Three-time Commonwealth Games silver medallist Luke Adams opened up an early break, but with half the distance to go Tallent picked up the pace and eventually drew clear. Having just return to Australia, Tallent was reasonably pleased with the race. "I've just got back from Mexico this week and was feeling really flat and didn't train much so I wasn't sure how I would go. The pace wasn't that quick, so Luke (Adams) going out in front wasn't much of a concern."

The women's race saw Claire Tallent complete a double for Team Tallent, her time of 22:09.11 some 10 secs ahead of Regan Lamble whose 22:19.99 was a big PB. Back in 4<sup>th</sup> place, Beki Lee walked a good third place with 23:10.82 while Jessica Pickles walked yet another World Youth qualifier with a 1 sec PB time of 23:42.62. I can't reproduce the photos as they are copyright but you can check the out yourself at the Inside Athletics website: <http://insideathletics.zenfolio.com/p614973923>

The younger walkers all contested the Australian Junior 10000m championships the previous weekend so it was a solid effort to front up for another high quality race so soon afterwards. Not surprisingly, only Blake and Jessica could do PBs. Of course, it was even tougher for Jared, Claire and Luke who raced in Chihuahua last weekend and then travelled back to Canberra to get ready for this event. Talk about big time performers!

#### 5000 Metre Race Walk Open Men, 6:50PM

1.	Jared Tallent	85	VIC/AIS	19:01.00	
2.	Luke Adams	77	NSW/AIS	19:07.59	
3.	Adam Rutter	87	NSW/AIS	19:35.75	
4.	Dane Bird-Smith	93	QAS	19:54.17	
5.	Rhydian Cowley	91	VIC	19:58.78	PB 25 secs
6.	Brendon Reading	91	ACT	20:19.70	PB 52 secs
7.	Blake Steele	93	ACT	20:37.43	PB 15 secs
8.	Jesse Osborne	96	QLD	21:35.51	
9.	Nathan Brill	96	VIC	22:17.91	
	Brandon Dewar	93	QLD	DQ	
	Ian Rayson	88	NSWIS	DQ	

#### 5000 Metre Race Walk Open Women, 6:50PM

1.	Claire Tallent	81	SA/AIS	22:09.11	
2.	Regan Lamble	92	VIC/AIS	22:19.99	PB 36 secs
3.	Beki Lee	88	NSW	23:10.82	
4.	Jessica Pickles	94	QLD	23:42.62	PB 1 sec
	Rachel Tallent	94	VIC/AIS	DNF	

As mentioned above, Rhydian Cowley's time puts him in the sub-twenty club – along with 19 other walkers. The list now reads:

1	18:41.83	Jared Tallent	V	17-01-1984	2	Sydney	28-02-2009	25
2	18:45.19	Nathan Deakes	V	17-08-1977	1	Melbourne	09-03-2006	28
3	18:51.39	Nick A'Hern	N	06-01-1969	1	Auckland,NZ	21-02-1998	29
4	18:52.87	Dave Smith	V	24-07-1955	1	Canberra	21-02-1986	30
5	18:54.65	Adam Rutter	N	24-12-1986	1	Brisbane	07-02-2009	22
6	18:56.67	Luke Adams	N	11-10-1976	2	Sydney	30-01-2010	33

7	19:09.74	Andrew Jachno	V	13-04-1962	2	Sydney	23-02-1991	28
8	19:20.87	Brent Vallance	N	30-04-1972	1	Sydney	20-02-2000	27
9	19:24.12i	Simon Baker	V	06-02-1958	7	Budapest,Hungary	05-03-1989	31
10	19:25.98	Chris Erickson	V	01-12-1981	1	Melbourne	21-02-2009	27
11	19:36.84	Dion Russell	V	08-05-1975	3	Hobart	14-02-1997	21
12	19:38.22	Troy Sundstrom	N	30-05-1981	3	Sydney	19-02-2000	18
13	19:44.40	Dane Bird-Smith	Q	15-07-1992	1	Brisbane	05-02-2011	18
14	19:45.65	Willi Sawall	V	07-11-1941	2	Melbourne	31-03-1984	42
15	19:46.91	Steve Beecroft	V	14-03-1971	2	Melbourne	09-02-1992	20
16	19:48.57	Michael McCagh	W	16-04-1986	2	Geelong	17-12-2005	19
17	19:56.90	Jon Gawley	N	09-05-1980	2	Sydney	06-03-1999	18
18	19:57.90	Paul Copeland	V	25-04-1967	2	Melbourne	14-12-1989	22
19	19:58.65	Doug Connolly	N	30-10-1982	1	Sydney	09-12-1999	17
20	19:58.78	Rhydian Cowley	V	04-01-1991	5	Sydney	19-03-2011	20

### VLAA STATE T&F CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, 19-20 MARCH 2011

The Victorian Little Athletics T&F Championships were held at Olympic Park in Melbourne last weekend, with the U11-U15 1500m walks on the Saturday morning and the U9-U10 1100m walks on the Sunday morning. This huge weekend followed region based elimination rounds and saw the best two athletes in each event from each region selected to compete at States. I counted 132 walkers in the walks results – a fantastic number. And of course the overall quality was excellent as usual with many of the medallists being regular walkers with one or other of our Victorian walking clubs.

First to Saturday where the older walkers contested the 1500m distance. The highlight of the day from a walking perspective had to be the effort of **Jemima Montag** in winning the U13 1500m – her time of 6:44.36 took some 9 secs off the Victorian LA Best Performance. It is hard to zoom in on particular walkers when all the medallists walked so well but special mentions also to **Troy McGill** who won the U14 Boys' event with 6:41.62 and **Jared Walker** who won the Boys' U15 event with 6:29.01. Of course, we can only speculate what sort of time Nathan Brill would have walked if he had been there – he was in Hobart competing in the U20 10km on the Region elimination weekend and was unsuccessful in his request for a wild card entry – it seems very unfortunate from my perspective that the rules are too inflexible to cater for such situations. But that aside, well done to all our placegetters – you have really earned your success.

#### Girls 11 Under 1500 Metre Race Walk

1.	Hayley George	Lilydale/Yar	8:00.78
2.	Georgia Bertrand	Keilor 46	8:04.50
3.	Courtney	North Knox 23	8:22.51
4.	Anaya Hodges	Knox 23	8:30.36
5.	Jessica Lillie	Knox 23	8:32.44
6.	Karla Bulte	Casey 154	8:33.03
7.	Erin Walsh	Corio 7	8:49.90
8.	Tara Xuereb	Waverley 34	8:54.68
9.	Jemma Eastwood	Knox 23	8:55.71
10.	Tylah Whitehead	Traralgon 3	9:20.10
11.	Caitlyn Musgrave	Whittlesea City 112	9:22.36
12.	Charisma Boothroyd	Sherbrooke 71	10:21.42
	Sophie Schwerkolt	Box Hill 21	DQ

#### Girls 12 Under 1500 Metre Race Walk

1.	Taylor Vasiljevic	Casey 154	7:36.36
2.	Paige de Lisen	Waverley 34	7:41.46
3.	Shelby Kay	Sherbrooke 71	7:44.09
4.	Rachael Guy	Casey 154	7:52.15
5.	Megan White	Corio 7	8:12.59
6.	Kirsten Walburg	Croydon 49	8:12.84
7.	Jayah Matthews	South Melbou	8:16.64
8.	Hayley Brown	Knox 23	8:17.25
9.	Philipa Huse	Brighton 63	8:36.42
10.	Stephanie White	Knox 23	8:37.17
11.	Lauren Kewley	Ringwood 52	8:47.43
12.	Tessa McCann	Brighton 63	8:48.15
13.	Courtney Utber	Werribee 72	8:53.18
14.	Georgie Haynes	Lilydale/Yar	8:54.88
15.	Bronte Segota	Brighton 63	8:59.89
16.	Charlee Harrison	Waverley 34	9:28.61

#### Girls 13 Under 1500 Metre Race Walk

1.	Jemima Montag	Caulfield 56	6:44.36 New LA State Best
2.	Jade Sanders	Casey 154	7:04.91

3.	Jessie Eastwood	Knox 23	7:12.54
4.	Emily Hamilton	Knox 23	7:18.67
5.	Lauren Collis	Diamond Valley 8	7:29.45
6.	Morgan Costelloe	Geelong 1	8:17.58
7.	Keely Henderson	Whittlesea City 112	8:22.01
8.	Zoe Schwerkolt	Box Hill 21	8:24.11
9.	Amy Ventura	Waverley 34	8:45.69
10.	Larissa Cullen	Whittlesea City 112	8:45.69
	Cassandra Kay	Sherbrooke 71	DQ

#### Girls 14 Under 1500 Metre Race Walk

1.	Zoe Boldiston	Shepparton 55	7:00.68
2.	Carly Bertrand	Keilor 46	7:41.40
3.	Megan Walker	Corio 7	7:45.23
4.	Brianna Cooke	Whittlesea City 112	8:11.60
5.	Kobie Somerfield	Ballarat 122	8:40.22
6.	Chloe McNicol-Davidson	Skye Valley 156	8:41.72
7.	Shae Ohlsen	Ballarat 122	8:47.04
8.	Stacey McLaren	Keilor 46	8:48.07
9.	Emily Swan	Knox 23	8:56.44

#### Girls 15 Under 1500 Metre Race Walk

1.	Jmara Hockley Samon	Geelong 1	6:51.55
2.	Stephanie George	Lilydale/Yar	7:02.94
3.	Bianca Attard	Knox 23	7:33.88
4.	Rebecca Guy	Casey 154	7:45.38
5.	Jade Lockwood	Corio 7	9:03.06

#### Boys 11 Under 1500 Metre Race Walk

1.	Hugh Collis	Diamond Valley 8	8:05.67
2.	Michael Taylor	Diamond Valley 8	8:06.62
3.	James Burren	Waverley 34	8:15.73
4.	Jonty Brennan	Knox 23	8:52.72
5.	Joshua Sleeman	Knox 23	8:56.28
6.	John Hilton	Sherbrooke 71	9:46.64
	Rodney Davis	Ballarat 122	10:50.60

#### Boys 12 Under 1500 Metre Race Walk

1.	Liam Burgess	Diamond Valley 8	7:32.67
2.	Kyle Swan	Knox 23	7:39.56
3.	Ross Darlow	Ballarat 122	8:09.52
4.	Brendan O'Mahony	Knox 23	8:10.07
	Kurtis Matthews	South Melbou	DQ

#### Boys 13 Under 1500 Metre Race Walk

1.	Billy Allamby	Knox 23	7:11.80
2.	Cooper Owen	Diamond Valley 8	7:23.41
3.	Emmet Brasier	Diamond Valley 8	7:37.01
4.	Reese Walmsley	Knox 23	8:00.11
5.	Timothy Petersen	Keilor 46	8:04.83
6.	Lewis Vella	Casey 154	8:42.65
7.	Cody McNicol-Davidson	Skye Valley 156	9:03.77
	Jack Stone	Cranbourne 59	DQ

#### Boys 14 Under 1500 Metre Race Walk

1.	Troy McGill	Mornington 82	6:41.62
2.	Adam Garganis	Collingwood 10	7:10.50
3.	Jordan Galbraith	Croydon 49	7:30.86
4.	Lachlan Kewley	Ringwood 52	7:49.97
5.	Jeremiah Jones	Bendigo 2	8:15.13
	Daniel Dunstone	Werribee 72	DQ

#### 1. Boys 15 Under 1500 Metre Race Walk

2.	Jared Walker	Corio 7	6:29.01
3.	Lucas Taylor	Lilydale/Yar	6:48.96
4.	Connor McShanag	Keilor 46	8:09.70
5.	Andrew Burgess	Diamond Valley 8	8:45.83

The 1100m walks on the Sunday morning all saw big fields and good depth. The U9 girl's event saw **Brooklyn Utber** 5:51.10 just beat **Brianna Lillie** 5:51.36, both times just outside the State Best. **Brodie Richardson** also walked excellently to win the U10 Girls' championship with 5:47.87. **Harry Hockley-Samon** was even faster in the Boys' U10 event, winning in 5:44.53. Once again, well done to all the medallists. This is indeed a tough meet in which to medal.

#### Girls 9 Under 1100 Metre Race Walk

1.	Brooklyn Utber	Werribee 72	5:51.10
2.	Brianna Lillie	Knox 23	5:51.36
3.	Amy Canavan	Ballarat 122	6:13.28
4.	Kathleen O'Mahony	Knox 23	6:21.30
5.	Jasmin Hass	Sherbrooke 71	6:56.73
6.	Sarah Morley	Waverley 34	7:03.05
7.	Emily Caruso	Keilor 46	7:21.36
8.	Mia Holah	Box Hill 21	7:22.09
9.	Olivia Davis	Ballarat 122	7:49.21
10.	Harriet Fortrey	Geelong 1	9:07.87
	Frances Collis	Diamond Valley 8	DQ

#### Girls 10 Under 1100 Metre Race Walk

1.	Brodie Richardson	Knox 23	5:47.87
2.	Jemma Peart	Ballarat 122	6:00.88
3.	Rebecca Henderson	Casey 154	6:02.90
4.	Chelsea Owen-Smith	Diamond Valley 8	6:08.65
5.	Mackayla Davison	Geelong 1	6:12.30
6.	Zahra Hayes	Rochester 141	6:12.48
7.	Romy Gras	Corio 7	6:18.98
8.	Kaitelyn Lotherington	Ballarat 122	6:27.16
9.	Tegan Miller	Skye Valley 156	6:47.14
10.	Taylor Langford	Diamond Valley 8	6:48.67
11.	Lee Taylor	Lilydale/Yar	6:55.15
12.	Nada Mandic	Casey 154	7:13.66
13.	Jasmine Gregory	Box Hill 21	7:20.86
14.	Daina Kasperaitis	Mentone 104	7:33.10
15.	Amber Ross	Sale 30	8:04.24
16.	Natalie Morrow	Cranbourne 59	8:29.92
	Lucy Vicendese	Coburg 5	DQ

#### Boys 9 Under 1100 Metre Race Walk

1.	Joseph Rickard	Mornington 82	6:31.18
2.	Anthony Vicendese	Coburg 5	6:33.21
3.	Ben Voogd	Ringwood 52	7:12.81
4.	Chandler Whitehead	Traralgon 3	7:21.34
5.	Ryley Pentland	Casey 154	7:34.02
	Matthew Keast	Corio 7	DQ
	Corey Dickson	Knox 23	DQ

#### Boys 10 Under 1100 Metre Race Walk

1.	Harry Hockley Samon	Geelong 1	5:44.53
2.	Lachlan Wilson	Corio 7	6:14.02
3.	Ethan Wright	Whittlesea City 112	6:15.23
4.	Luke Cullen	Whittlesea City 112	6:34.50
5.	Lachlan Clark	Ringwood 52	6:43.92
6.	Hayden Walmsley	Knox 23	6:47.86
7.	Byron Browne	Knox 23	6:50.69
8.	Tyler Dobay	Nunawading 33	7:14.08
9.	Jack Contencin	Casey 154	7:19.85
10.	Jonathan Burns	Geelong 1	7:38.25
11.	Nicholas Matheson	Leongatha 74	8:26.17
	Zach Lane	Mornington 82	DQ

### LANSW T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 18-20 MARCH 1011

If we thought that the Victorian Little Athletics championships last weekend were big, they almost paled into insignificance when compared to the NSW Little Athletics Champs which saw 256 walkers in action. And as an added trivia item, Saturday was Sydney's wettest March day for 27 years. With such large fields, I will restrict my reporting to the first 5 places from each division. There were a lot of superb performances and a number of records broken. Amongst the best would have to have been **Kyle Bedford** – U11 1100m 5:19.23, **Tyler Jones** – U13 1500m 6:44.62, **Stephen Washburn** – U17 1500m 6:19.54, **Leah McDonald** – U11 1100m 5:10.04, and **Amy Bettiol** - U17 1500m 6:51.52 .

<b>Boys U 9 - 700 Metre Walk</b>		
1.	Connor Simpson	Hills District 3:36.47
2.	Lachie Sky	Ku-Ring-Gai 3:45.29
3.	Jack Griffith-Saunders	Canterbury 3:58.85
4.	Nicholas Adams	Bathurst and District 4:03.63
5.	Maliek Steadman	Eastlakes 4:09.26
<b>Boys U 10 - 1100 Metre Walk</b>		
1.	Dylan Richardson	Gosford 5:38.02
2.	Dane Vorillas	Manly Warringah 5:58.24
3.	Joseph Cowell	Illawong 6:06.38
4.	Guiseppe Fedele	Randwick Botany 6:12.71
5.	Isaac Watts	Edgeworth 6:25.17
<b>Boys U 11 - 1100 Metre Walk</b>		
1.	Kyle Bedford	Nepean 5:19.23
2.	Benjamin Tisdale	Girraween 5:28.51
3.	Alexander Duffy	Port Hacking 5:40.80
4.	Hayden Millican	Northern Districts 5:42.50
5.	Riley Butler	Revesby Workers 5:50.25
<b>Boys U 12 - 1500 Metre Walk</b>		
1.	Jordan Glover	Hills District 7:47.18
2.	Declan O'Connell	Randwick Botany 7:53.93
3.	Nathan Kuszelyk	Woodberry & District 7:54.46
4.	Karl Osborne I	ngleburn Rsl 8:48.01
5.	Thomas Phillips	Wallsend Rsl 8:52.13
<b>Boys U 13 - 1500 Metre Walk</b>		
1.	Tyler Jones	Wyong 6:44.62
2.	Ethan Dhu	Doonside 6:54.79
3.	Hayden Forbes	Tuggerah Lakes Min 7:55.44
4.	Joe Miller	Orange 7:55.98
5.	Tim Martin	Sawtell-Toormina 8:13.48
<b>Boys U 14 - 1500 Metre Walk</b>		
1.	Johnathon Anestoudis	Nepean 7:14.21
2.	Tom Doyle	Randwick Botany 7:22.71
3.	Robert Murphy	South Eastern 7:31.38
4.	Kyle Marshall	Doonside 7:50.60
5.	Mitchell Acev	Wollongong City 8:36.08
<b>Boys U 15 - 1500 Metre Walk</b>		
1.	Jack Dhu	Doonside 7:18.34
2.	Carl Gibbons	Westlakes 7:24.17
3.	Jason Dredge	Tuggerah Lakes Min 7:25.43
4.	Marko Zitko	Port Hacking 8:18.88
5.	Michael Northey	Illawong 8:27.79
<b>Boys U 17 - 1500 Metre Walk</b>		
1.	Steven Washburn	Nepean 6:19.54
2.	Nathan Fazldad	Nepean 6:30.26
3.	Jay Felton	Gosford 6:31.27
4.	Kurtis Birch-Ward	Bankstown Sports 6:50.72
5.	Matthew Killen	Wyong 7:19.09
<b>Girls U 9 - 700 Metre Walk</b>		
1.	Abbey Waterworth	Manly Warringah 3:36.81
2.	Niamh Sanday	Kings Langley 3:36.87
3.	Alexandria Sutherland	Randwick Botany 3:49.82
4.	Flynn Ross	Parramatta 3:52.09
5.	Brittany Robertson	Port Hacking 3:59.02
<b>Girls U 10 - 1100 Metre Walk</b>		
1.	Eliza De Laine	Northern Suburbs 5:42.29
2.	Crystal Richardson	Nepean 5:55.15
3.	Madeline Owen	Kurrajong Bilpin 5:57.19
4.	Jasmyn Vesey	Liverpool City 5:58.82
5.	Jasmine Fletcher	Randwick Botany 6:06.32

<b>Girls U 11 - 1100 Metre Walk</b>			
1.	Leah McDonald	Parramatta	5:10.04
2.	Raquel Roukos	Doonside	5:17.74
3.	Abbey Dhu	Doonside	5:32.18
4.	Brooke Ferguson	Kurrajong Bilpin	5:55.37
5.	Sophie Crichton	Ku-Ring-Gai	5:55.66
<b>Girls U 12 - 1500 Metre Walk</b>			
1.	Jasmyn McDonald	Parramatta	7:22.65
2.	Lucinda Francis	Ku-Ring-Gai	7:37.23
3.	Summar Richardson	Nepean	7:48.58
4.	Kaylah Willoughby	Randwick Botany	7:58.64
5.	Danielle Kalemusic	Emu Plains	8:11.76
<b>Girls U 13 - 1500 Metre Walk</b>			
1.	Rhiannon Minett	Bankstown Sports	7:40.28
2.	Taryn McCaffrey	Nepean	7:51.11
3.	Katrina Shaw	Doonside	7:57.01
4.	Rebecca Parkinson	Tuggerah Lakes Min	8:12.74
5.	Sarah Kelland	Ryde	8:17.92
<b>Girls U 14 - 1500 Metre Walk</b>			
1.	Jasmine Dighton	Glenbrook	7:09.20
2.	Natasha Estrada	Mt Druitt	7:45.54
3.	Talisha Maruta	Colyton St Clair	7:47.24
4.	Caitlin Plummer	Northern Suburbs	7:53.78
5.	Isabella Sund	Eschol Park	8:27.09
<b>Girls U 15 - 1500 Metre Walk</b>			
1.	Amanda Barendregt	Doonside	7:17.98
2.	Gabrielle Moseley	Illawong	7:27.32
3.	Tabitha Porley	Kurrajong Bilpin	7:42.37
4.	Kia Prokopiou	Tuggerah Lakes Min	8:02.76
5.	Emma Robson	Sawtell-Toormina	8:05.39
<b>Girls U 17 - 1500 Metre Walk</b>			
1.	Amy Bettiol	Manly Warringah	6:51.52
2.	Kirsty Klein	Kurrajong Bilpin	7:01.71
3.	Dimitra Psarianos	Randwick Botany	7:02.92
4.	Summer Micallef	Wollongong City	7:10.91
5.	Hannah Denney	South Eastern	7:30.77

<b>ACTLAA CHAMPIONSHIPS, AIS ATHLETICS TRACK, BRUCE, 19-20 MARCH</b>
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And finally to Canberra for their Little Athletics State Championships. The fields may have been smaller but there were a number of high quality walks, including **Zoe Hunt** – U13 1500m 6:50.07, **Elizabeth Hosking** – U17 1500m 6:47.16, and **Harry Bates** – U17 1500m 6:32.30.

<b>Girls 12 1500 Meter Race Walk</b>			
1.	Jordan Bardsley	Woden	8:37.96
2.	Emily Hopkins	Queanbeyan	8:40.86
3.	Molly Halpin	Calwell	9:54.17
4.	Yanke Samura	Ginninderra	10:07.41
5.	Alyce Heap	Weston Creek	10:22.62
<b>Girls 13 1500 Meter Race Walk</b>			
1.	Zoe Hunt	Belconnen Wests	6:50.07
2.	Karina Hopkins	Queanbeyan	7:52.40
3.	Kara Baker	Weston Creek	8:15.57
4.	Taylah Grady	Calwell	9:50.28
5.	Ashleigh Redpath	Queanbeyan	10:20.04
<b>Girls 14 1500 Meter Race Walk</b>			
1.	Caitlan Hosking	Woden	7:11.23
2.	Hannah Jacoby	Calwell	9:38.34
3.	Alison Phair	Tuggeranong	9:40.63

**Girls 15 150 Meter Race Walk**

1.	Ally Durr	Queanbeyan	7:34.96
2.	Kelsey White	Calwell	9:31.31
3.	Tayla Baker	Ginninderra	9:51.24
4.	Rachel Clarke	Woden	10:15.99

**Girls 16-17 1500 Meter Race Walk**

1.	Elizabeth Hosking	Woden	6:47.16
2.	Meghann Griffin	Tuggeranong	8:28.42

**Boys 12 1500 Meter Race Walk**

1.	Jordan Louis	Cooma	8:54.71
2.	Maxwell Graham	Woden	9:25.50
3.	Dylan Griffiths	Corroboree	9:32.41
4.	Matthew Wallace	Calwell	10:54.81

**Boys 13 1500 Meter Race Walk**

1.	Thomas Hopkins	Queanbeyan	7:39.16
2.	Jack Durr	Queanbeyan	7:48.18
3.	Ryan Sarre	Belconnen Wests	9:24.83
4.	Hayden Stone	Calwell	10:16.48

**Boys 15 1500 Meter Race Walk**

1.	Jacob Mitchell	Lanyon Little	9:10.19
2.	Andrew Matthews	Calwell	13:47.39

**Boys 16-17 1500 Meter Race Walk**

1.	Harry Bates	Calwell	6:32.30
2.	Thomas McKinlay	Calwell	7:57.64

**ACT WALKERS CLUB RACES, AIS ATHLETICS TRACK, BRUCE, THURSDAY 17 MARCH**

Thanks to Robin Whyte for his weekly report from Canberra

**1200m** 1 Zoe Hunt 05:41 2 Callum Burns 05:59 3 Thomas Hopkins 06:06 4 Karina Hopkins 06:09 5 Ally Durr 06:10  
6 Gabby Hunt 06:27 7 Jack Durr 06:34 8 Callum Doherty 07:00 9 Spencer Burns 07:01  
10 Emily Hopkins 07:28 11 Alice Scott 09:01 12 Trish Thomas 14:38

**2000m** 1 Brendon Reading 08:40 2 Michael Reading 09:27 3 Colin Heywood 09:57 4 Ann Staunton-Jugovic 10:01  
5 Peter Baker 10:56 6 Callum Doherty 11:47 7 Robin Whyte 11:48 8 Doug Fitzgerald 12:45 9 Rod Gilchrist 12:51  
10 Alan Williams 12:54 11 John Donovan 13:33 12 Kate Black 14:01 13 Jennifer Gilchrist 14:23  
14 Bryan Thomas 14:45 15 Wendy Kupkee 15:03 16 Val Chesterton 15:33 17 Robert Kennelly 16:49

**ATHLETICS SA PREMIERSHIP CUP WEEK 16, SANTOS STADIUM, ADELAIDE, SATURDAY 19 MARCH****5000m Walk**

1.	Darren Bown	74	ELIZ	22:55.43
2.	Kristie Goznik	93	ELIZ	26:18.68
3.	Peter Crump	60	SPC	28:51.45
4.	James Hoare	46	FLIN	35:18.30

**1500m Walk**

1.	Jemma Potezny	96	HILL	7:26.34
2.	Julia Potezny	98	HILL	8:07.55
3.	Alix Harlington	99	ELIZ	8:28.17
4.	Jessica Stephens	96	ELIZ	8:57.17
5.	Lachlan Tyler-Dowd	99	ATHL	9:01.11

**STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 18 MARCH****Mixed 1500 Meter Race Walk**

1.	Barritt, Brooke	96	Man/Roc	8:16.07
2.	Radovic, Anastasija	98	AWA	9:16.16

## IAAF RACE WALK CHALLENGE EVENT, LUGANO, SUI, SUNDAY 20 MARCH 2011

The Gran Premio Citta di Lugano was held last Sunday in Lugano, the picturesque Swiss town on the banks of the Lugano Lake. The meet, which was an IAAF Race Walk Challenge event as well as an EAA Permit Race, included 20km and 10km walks and saw a record entry of nearly 250 walkers overall.

The European walkers were up against a formidable squad of Chinese walkers who have chosen the nearby town of Saluzzo, across the border in Italy, as their training base for the 2012 Olympics Games in London. With 7 in the Open Men's event and 4 in the Open Women's event, China dominated, taking 5 of the 6 medals on offer. The Chinese triumph was a reason of pride for Italian walking guru Sandro Damilano who is now working for the Chinese Athletics Federation. A successful coaching career has seen his pupils collect 46 Olympic, World and European medals, and Damilano is now guiding Chinese race walkers at the Italian Race Walking School in Saluzzo.

### 20km Open Men

To the men first where a sizeable pack headed off with a 4:01 first kilometre. The pace continued relatively sedately until the 4km mark, passed in 16:16. At that stage, the pace quickened considerably and the pack quickly broke up. By the time the halfway mark was reached, it was Wang Zhen and Zhu Yafei who were well clear in 39:45, 16 secs ahead of Chen Ding, Hassanine Sebei and Robbie Heffernan. A final 10km of 38:51 saw the leading Chinese duo increase their lead even further and it was a sprint for the line with 19 year old Wang, the winner of last year's IAAF Race Walk Challenge Final, winning in 1:18:36.1. Third went to Chen Ding with all 3 Chinese walkers beating 80 minutes. Sebei walked a 17 sec PB and set a new Tunisian National Record to take fourth ahead of Heffernan who was the top European with his fifth place finish.

1.	Wang Zhen	1991	CHN	1:18.36,1
2.	Zhu Yafei	1988	CHN	1:18.37,4
3.	Chen Ding	1992	CHN	1:19.38,9
4.	Sebei Hassanine	1984	TUN	1:20.19,0
5.	Heffernan Robert	1978	IRL	1:20.53,6
6.	Kovalenko Nazar	1987	UKR	1:21.33,4
7.	Trofimov Petr	1983	RUS	1:21.47,4
8.	Moulinet Bertrand	1987	FRA	1:21.49,6
9.	Xu Faguang	1987	CHN	1:22.03,3
10.	Cai Zelin	1991	CHN	1:22.20,6
11.	Jelonek Jakub	1985	POL	1:22.44,6
12.	Losev Ivan	1986	UKR	1:22.48,2
13.	Li Tianlei	1990	CHN	1:23.09,4
14.	Yargunkin Aleksandr	1981	RUS	1:23.16,1
15.	Giupponi Matteo	1988	ITA	1:23.37,9
16.	Celik Can	1983	TUR	1:23.41,1
17.	Talashka Andrei	1982	BLR	1:24.20,8
18.	Si Tianfeng	1984	CHN	1:24.28,9
19.	Garcia Jesús Angel	1969	ESP	1:24.34,7
20.	Mejbar Hicham	1982	ALG	1:25.28,7
21.	Dohmann Carl	1990	GER	1:25.36,7
22.	Boulay Emmanuel	1970	FRA	1:25.37,8
23.	Campion Kevin	1988	FRA	1:25.48,2
24.	Boyce Brendan	1986	IRL	1:25.56,9
25.	Khimin Aleksey	1989	RUS	1:26.41,3
26.	Dmytrenko Ruslan	1986	UKR	1:26.41,6
27.	Romanelli Andrea	1986	ITA	1:27.41,9
28.	Talankou Vitali	1982	BLR	1:27.48,5
29.	Wright Alex	1990	GBR	1:28.06,2
30.	D'Ascanio Ruggiero	1984	ITA	1:29.05,5
31.	Boufraine Mehdi	1989	FRA	1:30.08,2
32.	Letourneau Florian	1988	FRA	1:30.13,4
33.	Flórez Alex	1971	SUI	1:30.57,7
34.	Viganò Giacomo	1991	ITA	1:31.04,5
35.	Boulay Florian	1989	FRA	1:32.16,8
36.	Dujour Guillaume	1978	FRA	1:32.25,0
37.	Selseldeb Djamel	1976	FRA	1:32.56,8
38.	Ketner Karel	1990	CZE	1:33.10,2
39.	O'Kane Mark	1991	GBR	1:33.57,4
40.	Colette Olivier	1988	BEL	1:34.09,2
41.	Boulch Maël	1989	FRA	1:34.16,8
42.	Verkin Kazimir	1972	SVK	1:34.18,7
43.	Prevel Jean-Michel	1984	FRA	1:35.11,1
44.	Van Beek Harold	1962	NED	1:35.44,9
45.	Lacombe Aymeric	1985	FRA	1:36.14,7
46.	Grosbois Jonathan	1981	FRA	1:36.16,8
47.	Le Galle Laurent	1965	FRA	1:36.59,5



48.	Gdula Lukas	1991	CZE	1:38.03,0
49.	De Casa Carlo Alberto	1986	ITA	1:39.37,3
50.	Faedda Bachisio	1968	ITA	1:41.33,1
51.	Morotti Bruno	1965	ITA	1:42.23,3
52.	Potier Nicolas	1990	FRA	1:44.10,4
53.	Cirillo Antonio	1991	GBR	1:45.14,0
54.	Delaunay Richard	1964	FRA	1:45.31,9
55.	Smola Josef	1964	CZE	1:46.30,2
56.	Hejkrlik Filip	1979	CZE	1:46.59,8
57.	Chenu Remy	1985	FRA	1:48.07,4
58.	Ganucci Mattia	1990	ITA	1:48.20,2
59.	Maier Joachim	1970	GER	1:54.20,8
60.	Gruardet Mathias	1984	FRA	1:56.44,6
61.	Pazdera Lukas	1986	CZE	1:58.08,7
	Doyle Micheal	1987	IRL	DNF
	Hugi Cédric	1982	SUI	DNF
	Vieira Sérgio	1976	POR	DNF
	Previtali Andrea	1991	ITA	DNF
	Caprice Jérôme	1983	MRI	DNF
	Zajic Jakub	1989	CZE	DNF
	Schrom Pavel	1991	CZE	DNF
	Molmy Damien	1988	FRA	DNF
	Griffin Colin	1982	IRL	DQ
	Piórek Kamil	1989	POL	DQ
	Malysa Jiri	1966	CZE	DQ
	Pirino Gianmauro	1972	ITA	DQ
	Ghirlanda Paolo	1967	SUI	DQ

### 20km Open Women

The women's 20km walk also saw a world class field with Ukraine's Olena Shumkina, who has a personal best of 1.25.32, expected to fight it out with Russia's 2008 World Race Walking Cup silver medallist Tatiana Sibileva and outstanding Chinese walker Liu Hong, the 2006 World Junior champion and the bronze medallist from the 2009 Berlin World Championships. The pace was relatively sedate early with a first kilometre of 4:42. Sibileva broke away from the leading pack soon after the 2km mark and passed the half way mark in 44:55, 6 secs ahead of Liu with Ni Gao and Ana Cabecinha a further 15 secs back. By the 13km mark, Liu had overtaken Sibileva and she then stormed past her to win in 1:29:28, over one minute clear of second place. Chinese teammate Gao also finished strongly and made up a lot of ground on Sibileva in the dying laps to take third ahead of Cabecinha. Zuzana Schindlerova walked a very even race, overtaking Yanfei Li in the second half to take fifth in 1:32:10. Australian **Cheryl Webb** finished 19<sup>th</sup> in 1:38:31 and will be in action again this coming weekend in Dudince in Slovakia.

1.	Liu Hong	1987	CHN	1:29.28,6
2.	Sibileva Tatiana	1980	RUS	1:30.36,7
3.	Gao Ni	1991	CHN	1:30.45,7
4.	Cabecinha Ana	1984	POR	1:31.07,9
5.	Schindlerova Zuzana	1987	CZE	1:32.10,0
6.	Li Yanfei	1990	CHN	1:32.59,7
7.	Umanova Irina	1990	RUS	1:33.08,3
8.	Tong Lingling	1992	CHN	1:33.13,7
9.	Virbalyté Brigita	1985	LTU	1:33.23,9
10.	Pelantová Lucie	1986	CZE	1:33.51,5
11.	Aidietyte Neringa	1983	LTU	1:34.27,8
12.	Madarasz Viktoria	1985	HUN	1:34.36,5
13.	Pastare Agnese	1988	LAT	1:35.04,9
14.	Reynolds Laura	1989	IRL	1:35.33,9
15.	Polli Marie	1980	SUI	1:37.08,5
16.	Polli Laura	1983	SUI	1:37.40,5
17.	Czakova Maria	1988	SVK	1:37.55,2
18.	Korotkova Tatyana	1980	RUS	1:38.27,5
19.	Webb Cheryl	1976	AUS	1:38.31,6
20.	Retout Anne Gaelle	1980	FRA	1:39.12,1
21.	Grange Francesca	1989	ITA	1:39.46,8
22.	Golba Katarzyna	1989	POL	1:40.09,4
23.	Averous Violaine	1985	FRA	1:43.09,5
24.	Auffret Lucie	1988	FRA	1:45.22,9
25.	Platace Kristine	1990	LAT	1:46.15,3
26.	Shumkina Olena	1988	UKR	1:46.23,3
27.	Maesani Marta	1991	ITA	1:49.04,2
28.	Robert Agnes	1989	FRA	1:49.13,8
29.	Brunet Elizabeth	1986	FRA	1:49.34,6
30.	Skraskova Karolina	1987	CZE	1:53.14,6

31.	Mcgorum Fiona	1988	GBR	1:54.15,2
32.	Caraccia Roberta	1990	ITA	1:55.38,8
33.	Poux Tiphaine	1987	FRA	1:57.58,3
34.	Jakob Dora	1959	SUI	2:00.51,0
	Torma Anett	1984	HUN	DNF
	Villot Audrey	1984	FRA	DNF
	Jackson Johanna	1985	GBR	DNF
	Bessas Emilie	1984	FRA	DNF
	Dygacz Agnieszka	1985	POL	DNF
	Korzeniowska Sylwia	1980	FRA	DNF



Chinese walkers Wang Zhen and Liu Hong win in Lugano (photos [www.iaaf.org](http://www.iaaf.org))

The first 5 placings in each of the other events is included below. The full results may be sourced from the event website <http://lugano-racewalking.com/index.asp?lan=ing>

#### 10km U20 Men

1.	Tsitsiak Yauheni	1993	BLR	43.52,2
2.	Malosse Dimitri	1992	FRA	44.06,1
3.	Gosselin Nicolas	1992	FRA	44.45,9
4.	Denimal Romain	1992	FRA	45.31,7
5.	Andrieu Hugo	1992	FRA	45.56,4

#### 10km U20 Women

1.	Pastorino Ines	1992	FRA	49.19,7
2.	Marcou Amandine	1992	FRA	50.30,8
3.	Prendville Emma	1993	IRL	50.49,9
4.	Mellado Coralie	1993	FRA	51.00,0
5.	Whelan Lauren	1993	GBR	51.18,1

#### 10km U18 Men

1.	Cassagnes Adrien	1994	FRA	48.36,3
2.	Macabrey Quentin	1994	FRA	50.21,2
3.	Hanc Ludek	1994	CZE	51.08,7
4.	Dauchy Louis	1994	FRA	52.49,4
5.	Versteeg Colin	1995	NED	52.54,0

#### 10km U18 Women

1.	Drahotova Anezka	1995	CZE	48.57,8
2.	Drahotova Eliska	1995	CZE	50.16,0
3.	Frydrychova Adela	1995	CZE	53.57,3
4.	Colombi Nicole	1995	ITA	54.13,3
5.	Loriou Madison	1994	FRA	54.28,8

#### 10km Masters Men

1.	Girod Urbain	1963	SUI	47.44,4
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2.	Daimer Nischan	1967	GER	48.03,5
3.	Ginko Viktor	1965	BLR	48.41,5
4.	Bauer Dan	1969	GER	50.37,7
5.	Haubrih Zelimir	1963	CRO	53.06,8

#### 10km Masters Women

1.	Bradley Diane	1961	GBR	55.22,6
2.	Middleton Helen	1962	GBR	58.52,2
3.	Girard Colette	1962	SUI	60.50,3
4.	Anxionnat Claudine	1951	FRA	61.39,6
5.	Addis Patrizia	1964	ITA	67.54,3

### MORE RESULTS FROM OVERSEAS

XINTAI (CHN, Mar 13): Du Yunpong won the 50 km walk with 3:57:04 on the final day of the National GP walking meet at Xintai in China. Second placed Zhao Jianguo also broke the 4 hour barrier with 3:58:32. Junior walker Zhao Qi won the 30km with 2:11:31.

ALME (ITA, Mar 13): Matteo Giupponi won the 10km leg of Italian Walking GP with 41:24. Olympic 50k gold medalist Alex Schwazer, coming back from a serious injury, was second in 41:59. Sibilla Di Vincenzo won the women's 10km with 45:44.

NOMI (JPN, Mar 13): Korean Kim Hyun-Sub clocked a new Korean national 20km record of 1:19:31 to win the Asian Walking Championship while Japanese walker Kumu Otoshi won the women's 20 km in 1:30:44.

### ROLLING STONES AND CHAMPAGNE ACCOMPANY WORLD 50,000M TRACK RECORD FOR DINIZ

A final photo from Emmanuel Tardi showing the crowds in France last week when Yohan Diniz set his 50000m walk World Record.



### 20KM SPLITS FROM HOBART

Clare Burton from AA has forwarded the 2km splits to me from the Australian 20km championships and 10km U20 races in Hobart. I have uploaded them temporarily to the VRWC website and added links from the 'What's New' page. Here are the direct links for even easier reference.

<http://www.vrwc.org.au/2011-iaaf-walks-20k-split.pdf>  
<http://www.vrwc.org.au/2011-iaaf-walks-10k-split.pdf>

I have also retrofitted the 10km splits for the 20km finishers in Hobart. As you can see, there were a number of 10km PBs along the

way – for Brendon Reading, Stuart Kollmorgen, Regan Lamble, Beki Lee (I think), Caitlin Brunton and Stephanie Stigwood.

#### Men 20km Road Walk Open Australian Championship

1.	Jared Tallent	AIS/VIC	39:34		1:20:19
2.	Luke Adams	AIS/NSW	40:15		1:21:00
3.	Adam Rutter	AIS/NSW	40:33		1:22:25
4.	Inaki Gomez	CAN	42:28		1:24:38
5.	Ato Ibanez	SWE	42:29		1:24:55
6.	Chris Erickson	AIS/VIC	41:29		1:25:29
7.	Nathan Deakes	AIS/VIC	41:38		1:25:38
8.	Perseus Karlström	SWE	42:32		1:26:20
9.	Ian Rayson	ACT	43:06		1:26:56
10.	Brendon Reading	ACT	42:51	(PB 0:32)	1:27:30
11.	Rhydian Cowley	VIC	43:51		1:29:07
12.	Stuart Kollmorgen	VIC	46:10	(PB 2:45)	1:34:42
13.	Mathieu Beurion	FRA	50:12		1:41:34

#### Women 20km Road Walk Open Australian Championship

1.	Claire Tallent	AIS/SA	46:03		1:33:38
2.	Regan Lamble	AIS/VIC	46:15	(PB 0:48)	1:35:08
3.	Nicole Fagan	NSW	47:08		1:35:55
4.	Cheryl Webb	AIS/NSW	47:54		1:36:55
5.	Beki Lee	NSW	48:43	(PB ?)	1:38:16
6.	Caitlin Brunton	VIC	59:28	(PB 1:49)	2:02:48
7.	Stephanie Stigwood	TAS	57:05	(PB 1:04)	2:04:28

### 2011 WORLD INDOOR RACEWALK RANKINGS

As the 2011 World Indoor season draws to a close, the World Indoor Walks ranking list has been published (thanks to Brent Vallance for passing it on). Most of the performances have already been reported in past newsletters but this puts them in ranking order.

#### 3000 metres walk

10:57.32	1	Matej Toth	SVK	83	Wien	12-2
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#### 5000 metres walk

18:11.8	1	Valeriy Borchin	RUS	86	Saransk	30-12
19:09.56	1	Robert Heffernan	IRL	78	Belfast	19-2
19:19.45	1	Christopher Linke	GER	88	Leipzig	26-2
19:29.6	1	Yuriy Andronov	RUS	71	Chelyabinsk	06-1
19:31.35	2	Carsten Schmidt	GER	86	Leipzig	26-2
19:32.8	1	Pyotr Trofimov	RUS	83	Cheboksary	25-12
19:33.98	1	Oleksandr Venhlovskyy	UKR	85	Zaporizhziya	27-1
19:35.65	1	Rafał Augustyn	POL	84	Spała	20-2
19:37.0	2	Dmitriy Shorin	RUS	88	Chelyabinsk	06-1
19:38.0	1	Matej Toth	SVK	83	Banská Bystrica	06-1
19:38.15	1	Máté Helebrandt	HUN	89	Budapest (SH)	19-2
19:38.69	1	João Vieira	POR	76	Pombal	12-2
19:41.12	1	Ivan Trotskiy	BLR	76	Minsk	22-12
19:45.93	1	Hervé Davaux	FRA	78	Orléans	12-12
19:46.52	2	Oleksandr Romanenko	UKR	81	Zaporizhziya	27-1
19:47.86	1	Antonin Boyez	FRA	84	Aubièrre	19-2
19:49.85	2	Rafał Fedaczyński	POL	80	Spała	20-2
19:50.2	2	Grzegorz Sudol	POL	78	Banská Bystrica	06-1
19:52.03	2	Sergio Vieira	POR	76	Pombal	12-2
19:53.22	3	Rafał Sikora	POL	87	Spała	20-2
19:54.51	1	Marius Žiūkas	LTU	85	Kaunas	12-2
19:55.20	1	Aleksey Golovin	RUS	88	Moskva	19-12
19:56.0	1	Cédric Houssaye	FRA	79	Aubièrre	06-2
19:56.74	1	Ihor Lyashchenko	UKR	93	Sumy	08-2
19:57.01	2	Aleksey Khimin	RUS	89	Moskva	19-12
19:58.19	1	Vitaliy Talankou	BLR	82	Mogilyov	21-1
19:58.54	2	Ričardas Rekest	LTU	87	Kaunas	12-2

#### 3000 metres walk

12:18.12	1	Sabine Krantz-Zimmer	GER	81	Leipzig	26-2
12:28.70	1	Ines Henriques	POR	80	Pombal	26-2
12:31.43	2	Melanie Seeger	GER	77	Leipzig	26-2
12:34.48	1	Henriques			Pombal	29-1

12:37.98	2	Vera Lucia Santos	POR	81	Pombal	29-1
12:39.34	1	Seeger			Berlin	15-1
12:42.61	1	Sibilla Di Vincenzo	ITA	83	Ancona	19-2
12:43.16	1	Agnes Pastare	LAT	88	Riga	29-1
12:46.24	2	Ana Cabecinha	POR	84	Pombal	26-2
12:46.44	1	Eszter Gerendási	HUN	85	Budapest	20-2
12:47.55	1	Laura Reynolds	IRL	89	Belfast	19-2
12:49.28	2	Kate Veale	IRL	94	Belfast	19-2
12:49.53	1	Santos			Pombal	12-2
12:51.59	2	Eleonora Anna Giorgi	ITA	89	Ancona	19-2
12:51.65	1	Sylwia Korzeniowska	POL	80	Aubièrre	06-2

#### 5000 metres walk

20:10.3	1	Vera Sokolova	RUS	87	Saransk	30-12
21:24.5	1	Irina Yumanova	RUS	90	Cheboksary	25-12
21:41.3	1	Natalya Makarova-Kozlova	RUS	87	Chelyabinsk	06-1
21:51.51	1	Olena Shumkina	UKR	88	Sumy	15-2

#### 10000 metres walk

45:42.85	1	Anastasiya Pavlenko	RUS	89	Sankt Peterburg	23-1
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### WHAT'S COMING UP

It's going to be quiet on the local scene next weekend but four Australians will be in action overseas in the IAAF Challenge Series event at Dudince in Slovakia next Saturday – **Nathan Deakes**, **Chris Erickson** and **Ian Rayson** in the 50km and **Cheryl Webb** in the 20km. The 50km event in particular promises to be a high quality one with a lot of top 50km walkers in action.

Then the following weekend sees the Victorian Masters T&F Championships at Doncaster. If you haven't put your entry in yet, download it from either AV or the VMA website and get busy.

### 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

2-3 April, 2011	Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011	VMA 5000m track champs and VRWC track races, Mentone Athletics Track, Mentone
16-17 April, 2011	Australian Centurions 24 Hour walk, Coburg, VIC.
April 21-24, 2011	<b>Australian Masters Athletics Championships</b> , Brisbane
Apr 28-30, 2011	Australian Little Athletics T&F Championships, Sydney

#### 2011 Australian/Victorian Winter Season Key Dates

Sat 30 April, 2011	VRWC Winter Season commences. Fixture includes AV 5km Teams Races, Middle Park
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)
7-16 Oct, 2011	13 <sup>th</sup> Australian Masters Games, Adelaide (see <a href="http://www.AustralianMastersGames.com">www.AustralianMastersGames.com</a> )

#### 2011 International Fixture

Sun Apr 10, 2011	Hong Kong International 10km (good one for Australians!)
July 6-10, 2011	<b>7<sup>th</sup> World Youth T&amp;F Championships, Lille, France</b>
July 7-17, 2011	<b>19<sup>th</sup> World Masters T&amp;F Champs Stadia, Sacramento, California, USA.</b> See <a href="http://www.wma2011.com/">http://www.wma2011.com/</a>
Aug 12-22, 2011	<b>26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.</b> See <a href="http://www.sz2011.org/eng/index.htm">http://www.sz2011.org/eng/index.htm</a>
Aug 27-Sept 4, 2011	<b>13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.</b> See <a href="http://english.daegu2011.org">http://english.daegu2011.org</a>
Sept 7-13, 2011	<b>4<sup>th</sup> Commonwealth Youth Games, Isle of Man, UK.</b> See <a href="http://www.cyg2011.com/">http://www.cyg2011.com/</a>

#### 2011 IAAF RaceWalking Challenge Series – Remaining Races

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**

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  
Sat 21 May, 2011 9<sup>th</sup> 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 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

### **2013 International Fixture**

Aug 10-18, 2013 **14<sup>th</sup> 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 **26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China**  
July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

### **Looking even further forward**

2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
July 2020 **32<sup>nd</sup> Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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