



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2010/2011 Number 27  
5 April 2011



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### VICTORIAN MASTERS T&F CHAMPIONSHIPS, DONCASTER, 2-3 APRIL 2011

The summer season might be over for most of our walkers but the Masters are still in full flight, building towards the Australian Masters Championships in Sydney over Easter. Last weekend saw the Victorian Masters T&F Championships at Doncaster and the walks saw some awesome performances over 3000m and 1500m.

Leading the pack from an Age Graded Performance point of view were **Bob Gardiner** and **Heather Carr**. Bob, now in the M75 division, recorded the amazing times of 17:01.0 (95.2%) and 7:57.4 (96.4%) while Heather, in the W60 division, recorded 15:45.6 (92.2%) and 7:26.06 (94.16%). In fact, Bob's 3000m time of 17:01 beats the **Victorian and Australian Masters M75 record** of 17:07.8, set by the great Tom Daintry way back in 1987. Bob's 1500m will also be a new M75 record as well. So he gets my pick as walker of the meet. Of course, Heather already holds the World Records for the W60 division so she has to compete against her own best times every time she steps on the track!



**Heather Carr and Bob Gardiner – the two outstanding walkers of the meet**

First to the 3000m walks on Saturday morning where **Kelly Ruddick** (13:35.01) and **Stuart Kollmorgen** (13:10.00) led the way, Stuart competing by invitation. We welcomed back **Chris Lockwood** after an absence of some 15 years and he turned the clock back with an excellent 14:09.87 in the M45. PBs are hard to come by in the Masters but **Robyn Shaw** 17:52.75, **James Seid-Christmass** 14:03.12 and **Russ Dickenson** 15:55.37 were right on the money. I like to highlight anyone who can achieve over the 80% grading and on this occasion an amazing 13 walkers did the deed – what a standard! I was entered to race but slept in and missed the checkin – how embarrassing!

#### Women 3000m Race Walk , Saturday 2 April, 10:00AM

W35	1	Kelly Ruddick	W37	BALLARAT HAR	13:35.01	<b>86.87%</b>
	2	Kylie Irshad	W39	VSCA	20:14.07	59.04%
W45	1	Donna Elms	W49	VATE	17:47.63	72.73%
	2	Robyn Shaw	W49	VWES	17:52.75	72.39% PB 41 secs
	3	Lisa Minchin	W46	SOUTH BENDIG	25:19.59	49.85%
W55	1	Alison Thompson	W58	VMCD	17:10.77	<b>81.91%</b>
	2	Marlene Gourlay	W59	VMMN	17:34.41	<b>80.92%</b>
W60	1	Heather Carr	W61	VEAG	15:45.63	<b>92.22%</b>
	2	Liz Feldman	W62	VMCD	18:46.49	78.28%
	3	Celia Johnson	W63	VVMA	20:35.86	72.19%
W56	1	Gwen Steed	W68	VMEN	18:42.84	<b>84.60%</b>
W75	1	Pam Mews	W76	VMMN	32:09.13	55.47%

### Men 3000m Race Walk , Saturday 2 April, 10:30AM

M35	1	Aaron McDonough	M38	VPTN	15:20.91	71.27%	
	2	Rupert Van Dongen	M36	VCCA	21:04.36	51.24%	
M40	INV	Stuart Kollmorgen	M41	COLL	13:10.00	<b>85.02%</b>	PB 2 secs
	1	James Seid-Christmass	M43	VCOR	14:03.12	<b>80.94%</b>	PB 12 secs
M45	1	Chris Lockwood	M46	VMKN	14:09.87	<b>82.27%</b>	
	2	Bernie Keirl	M47	VDIV	15:48.74	74.30%	
M50	1	Paul Kennedy	M53	VMUU	14:05.08	<b>87.77%</b>	
	2	Mark Donahoo	M52	VATE	15:15.76	<b>80.30%</b>	
M55	1	Clyde Riddoch	M57	VAWA	16:00.40	<b>80.05%</b>	
	2	David Armstrong	M55	DIAMOND VALL	16:22.33	76.85%	
M60	1	Alan Lucas	M63	VVMA	17:30.14	77.69%	
	2	Gerry Sofianos	M61	VSTK	17:59.47	74.03%	
	3	Geoff Barrow	M62	VMEN	19:23.01	69.43%	
M65	1	Russ Dickenson	M65	VSCA	15:55.37	<b>87.25%</b>	PB 6 secs
	2	Llew Jenkins	M66	VMGH	20:38.40	68.05%	
	3	John Hallo	M68	VMFK	21:06.99	68.06%	
M70	1	Barrie Wicks	M70	VMCD	20:48.40	70.74%	
	2	John Morrison	M71	VSAN	21:06.99	70.57%	
M75	1	Bob Gardiner	M75	VCOL	17:01.00	<b>95.20%</b>	



**Stuart Kollmorgen, Kelly Ruddick, Russ Dickenson, James Seid-Christmass, Paul Kennedy, Chris Lockwood and Robyn Shaw**

The 1500m walks on Sunday were just as impressive. We do not race much over this distance and I think that quite a number of the walkers recorded PBs, a great effort. Once again, we had lots of walkers (11 in all) achieving Age Graded Percentages above 80% with Chris Lockwood (6:33.43) and Heather Carr (7:26.06) recording fastest times overall. Special mentions to **Gwen Steed, James Seid-Christmass** (Geelong Centre records and PBs on both days), **David Armstrong** and **Clyde Riddoch** who provided the race of the meet in the M55 division and **Russ Dickenson**. And I made the checkin time so got to race!

### Women 1500m Race Walk, Sunday 3 April 11:40AM

W45	1	Robyn Shaw	W49	VWES	8:14.50	76.15%
	2	Donna Elms	W49	VATE	8:40.32	72.37%
W55	1	Alison Thompson	W58	VMCD	8:03.85	<b>84.25%</b>
W60	1	Heather Carr	W61	VEAG	7:26.06	<b>94.16%</b>
	2	Celia Johnson	W63	VVMA	10:04.15	71.01%
W65	1	Gwen Steed	W68	VMEN	8:54.43	<b>85.08%</b>
W75	1	Pam Mews	W76	VMEN	15:43.09	53.83%

### Men 1500m Race Walk, Sunday 3 April 12:00PM

M35	1	Rupert Van Dongen	M36	VCCA	10:11.59	51.90%
M40	1	James Seid-Christmass	M43	VCOR	6:34.24	<b>84.87%</b>
M45	1	Chris Lockwood	M46	VMKN	6:33.43	<b>87.14%</b>
	2	Bernie Keirl	M47	VDIV	7:21.24	78.34%
M50	1	Mark Donahoo	M52	VATE	6:47.04	<b>88.60%</b>
	2	Geza Benke	M54	OMB	8:17.68	73.74%
M55	1	David Armstrong	M55	DIAMOND VALL	7:32.70	<b>81.79%</b>
	2	Clyde Riddoch	M57	VAWA	7:34.61	<b>82.96%</b>
	3	Frank Prowse	M59	VDON	9:42.56	65.98%
M60	1	Tim Erickson	M60	VCOB	7:58.76	<b>81.08%</b>
	2	Alan Lucas	M63	VVMA	8:25.55	79.17%
	3	Gerry Sofianos	M61	VSTK	8:44.90	74.70%
	4	Geoff Barrow	M62	VMEN	9:12.97	71.63%

M65	1	Russ Dickenson	M65	VSCA	7:42.05	<b>88.49%</b>
M70	1	Terry Dunn	M73	VMCD	9:28.08	79.15%
	2	John Morrison	M71	VSAN	9:38.39	75.80%
	3	Barrie Wicks	M70	VMCD	10:20.12	69.85%
M75	1	Bob Gardiner	M75	VCOL	7:57.44	<b>96.70%</b>
	2	Colin Silcock-Delaney	M78	VCOR	11:43.04	68.46%



**Alison Thompson, Mark Donahoo, Clyde Riddoch, David Armstrong and Gwen Steed**

Of course, few can perform over such a wide range of events as **Clyde Riddoch** – over the 2 days, he collected 2 Golds, 4 Silvers, 3 Bronzes and 4 fourth placings as he jumped, threw and walked himself to a stand still. Well done Clyde.

#### **QMA T&F CHAMPIONSHIPS, STATE ATHLETICS FACILITY, BRISBANE, 2-3 APRIL 2011**

The Queensland Masters were also in action on Saturday with their State T%F Championships and 3000m walks were on offer. Peter Bennett was the standout as usual with an excellent M55 time of 14:03.0. Overall, a high standard with lots over the 80% mark.

W40	1	Beikoff, Donna	W43	Metro North	20:43.00	59.48%
W65	1	Lynch, Sally	W67	Gold Coast Masters	19:18.00	<b>80.95%</b>
	2	McKinven, Noela	W68	Metro North	22:09.00	71.48%
W75	1	Dauphinot, Christiane	W79	Gold Coast Masters	22:55.00	<b>81.97%</b>
W80	1	Thompson, Lorna	W84	Metro Central	24:19.00	<b>85.15%</b>
M45	1	Jimenez, Ignacio	M45	Metro North	14:04.00	<b>82.17%</b>
M55	1	Bennett, Peter	M55	Metro Central	14:03.00	<b>89.55%</b>
M70	1	Sela, Patrick	M71	Gold Coast Masters	18:38.00	79.97%
M75	1	Janes, Bert	M78	Gold Coast Masters	20:41.00	79.18%
M80	1	Lynch, Richard	M82	Gold Coast Masters	21:37.00	<b>80.53%</b>
	2	Grigg, Russell	M84	Metro South	26:58.00	66.71%

#### **ACT WALKERS CLUB WALKS, AIS ATHLETICS TRACK, BRUCE, THURSDAY 31 MARCH**

Thanks to Robin Whyte for his weekly report from Canberra

**1500m Long Series Handicap** 1 Fran Harris 11:35 (03:05) 2 Robert Kennelly 11:28 (03:15) 3 Bryan Thomas 10:19 (04:25) 4 Peter Baker 07:24 (07:40) 5 Doug Fitzgerald 09:06 (06:00) 6 Jennifer Gilchrist 09:56 (05:10) 7 Zoe Hunt 07:07 (08:00) 8 Jane Bates 09:00 (06:10) 9 Kate Black 09:11 (06:05) 10 Robin Whyte 08:36 (06:45) 11 Rod Gilchrist 09:37 (05:45) 12 Terry Munro 10:32 (04:55) 13 Geoff Barker 10:03 (05:55)

**1500m Short Series Handicap** 1 Spencer Burns 08:36 (06:20) 2 Thomas Hopkins 07:37 (07:25) 3 Callum Doherty 08:38 (06:35) 4 Jack Durr 08:43 (06:55) 5 Karina Hopkins 08:17 (07:25) 6 Gabby Hunt 08:27 (07:15)

#### **SALAA STATE INDIVIDUAL CHAMPIONSHIPS, ADELAIDE, APRIL 2-3 2011**

Nearly 90 walkers competed in the South Australian Little Athletics T&F Championships in Adelaide last weekend. This was the last of the LA State Championships and completed what has been a bumper year for our youngest walkers. I restrict my report to the first 5 from each age group.

<b>U10 Boys 1100m Walk</b> 1. Ryan Lucas ED 6:44.3 2. Jayden Goode GG 6:50.7 3. Billy Lee MP 7:21.1 4. Jack Myers ED 7:24.4 5. Jesse Ziersch MtB 7:31.1	<b>U10 Girls 1100m Walk</b> 1. Rhiannon Lovegrove SE 6:30.4 2. Sophie Greet M 6:38.6 3. Quillen Economou Wv 6:46.1 4. Kailah Hannaford SE 6:54.4 5. Bethany Cross M 6:54.8
<b>U11 Boys 1100m Walk</b> 1. Alix Harlington SE 6:05.2 2. Daniel Binks M 6:08.7 3. Nicholas Dallimore SD 6:40.5 4. Harrison Evans N 6:41.8 5. Jake Vidler N 7:01.6	<b>U11 Girls 1100m Walk</b> 1. Rhiana Hooker G 6:20.1 2. Chelsie Dawber SE 6:34.5 3. Georgia Dent P 6:52.1 4. Jessica Hahn BV 6:52.5
<b>U12 Boys 1500m Walk</b> 1. Estevan Verdoorn Why 9:04.8 2. Max Spurling AE 9:34.3 3. Callum Peck M 10:02.7	<b>U12 Girls 1500m Walk</b> 1. Anna Cross M 8:47.1 2. Chantelle Nicolaides F 9:07.2 3. Schlinda - lee S 9:08.8 4. Danielle Downie G 9:38.9
<b>U13 Boys 1500m Walk</b> 1. Steven Slimming ED 9:02.6 2. James Birt S 9:28.8 3. Bradley Samarco SH 9:55.1 4. Brodie Jackson MD 9:55.5	<b>U13 Girls 1500m Walk</b> 1. Julia Potezny H 8:21.0 2. Isabelle Tucker ED 8:38.2 3. Chelsea Kelly RE 8:46.7 4. Lucinda Duxbury En 9:18.9 5. Kimberly Simmonds Why 10:02.6
<b>U14 Boys 1500m Walk</b> 1. Ryan Green MtG 9:00.0 2. Shaun Hahn BV 9:08.3 3. Aidan Lampe BV 9:08.8	<b>U14 Girls 1500m Walk</b> 1. Rebecca Burat MB 8:36.3 2. Samantha Findlay RE 8:42.6 3. Chelsea Brown En 9:14.8 4. Adelena Sanders IF 9:35.3 5. Zoe Lynch SE 10:18.0
<b>U15 Boys 1500m Walk</b> 1. Lachlan Tyler-Dowd SD 8:09.2 2. Robert Broadhead MD 8:18.4 3. Luke Harrington RE 8:44.7 4. Alistair Griffin M 8:58.4	<b>U15 Girls 1500m Walk</b> 1. Jessica Stephens SE 8:21.7 2. Sarah Hartley SD 8:47.1 3. Danielle Walsh MP 8:47.4
<b>U16 Boys 1500m Walk</b> 1. Jordan Mc Kenna Ez 8:16.8 2. Mathew Hansell SE 8:42.1 3. Evan Lampe BV 9:38.8	<b>U16 Girls 1500m Walk</b> 1. Keely Tyler-Dowd SD 9:41.9 2. Simone Martland S 10:24.8
<b>U17 Boys 1500m Walk</b> 1. Daniel Crouch M 8:23.5	

### NEW ZEALAND NATIONAL CHAMPIONSHIPS , DUNEDIN, 25-27 MARCH 2011

Our New Zealand walking compatriots held their own National racewalking championships a little over a week ago in Dunedin with standout results as follows:

- **Quentin Rew** bettered 1:28:00 (1:27:47), a time which just over 6 months ago would have got him to the Commonwealth Games. Quentin also recorded a sub-12 in the 3000 (11:51:59).
- **Mike Parker** (M57) just keeps getting faster and managed 2<sup>nd</sup> in both the National Men's 3000m and 20,000m races.
- **Rosie Robinson** took out the Women's 3,000 and 20,000m titles and then turned around and helped as a track umpire.
- **Natasha Murrhy** achieved a good time of 54:14 for the Women's U20 10,000m.
- The race of the weekend was between **Matthew Holcroft** (who walked so well in the Australian Junior Championships a couple of weeks ago) and **Daniel Lord** in the men's U20 10,000 metres. Only 8 seconds separated them with Daniel getting home first in a time of 48:04.

#### Men 3000 Meter Race Walk Senior

1.	Quentin Rew	Wellington	11:51.59
2.	Mike Parker	Auckland	13:38.47

#### Men 20000 Meter Race Walk Senior

1.	Quentin Rew	Wellington	1:27:47
2.	Mike Parker	Auckland	1:45:31

#### Women 3000 meters Senior

1.	Roseanne Robinson	Otago	14:36.87
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2.	Alana Barber	Auckland	15:53.89
3.	Lesley Cantwell	Southland	16:19.15
	Allanah Parker	Manawatu Wanganui	DQ

**Women 2000 Meter Race Walk Senior**

1.	Roseanne Robinson	Otago	1:51:39
2.	Alana Barber	Auckland	1:58:59
	Allanah Parker	Manawatu Wanganui	DQ

**Men 3000 Meter Race Walk 19 & Under**

1.	Daniel Lord	Canterbury	13:36.08
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**Men 10000 Meter Race Walk 19 & Under**

1.	Daniel Lord	Canterbury	48:04
2.	Matthew Holcroft	WaikatoBayofPlenty	48:12
3.	Ben Meikle	Canterbury	62:02
	Phillip Meikle	Canterbury	NT Jury decision
	Paul Jackson	Auckland	DQ

**Women 3000 Meter Race Walk 19 & Under**

1.	Natasha Murrehy	WaikatoBayofPlenty	15:26.73
2.	Lucinda Shaw	Canterbury	16:51.03
3.	Rowena Meikle	University Cante	19:11.54

**Women 10000 Meter Race Walk 19 & Under**

1.	Natasha Murrehy	WaikatoBayofPlenty	54:14
2.	Courtney Ruske	Canterbury	58:59
3.	Sarah Meikle	University Cante	67:07
4.	Rowena Meikle	University Cante	68:24
	Sarah-Amy Drummond	Auckland	DNF

**Men 3000 Meter Race Walk 16 & Under**

1.	Matthew Holcroft	WaikatoBayofPlenty	13:07.51
2.	Jonathan Lord	Canterbury	14:48.30
3.	Phillip Meikle	Canterbury	15:15.48
4.	Ben Meikle	Canterbury	16:43.93
	Paul Jackson	Auckland	DQ

**Women 3000 Meter Race Walk 16 & Under**

1.	Courtney Ruske	Canterbury	15:17.01
2.	Sarah-Amy Drummond	Auckland	18:22.89
3.	Erin O'Brien	Otago	18:28.67
	Sarah Meikle	University Cante	DQ

**WANT TO EARN SOME EXTRA CASH AND HELP YOUR COMMUNITY?**

I have been approached by the Australian Bureau of Statistics to alert our readers to an upcoming vitally important activity. It doesn't sound too hard – I might even do it myself for some extra pocket money. Note you must be aged 18 or over to apply.

The Census of Population and Housing aims to accurately count the number of people in Australia, their key characteristics, and the dwellings in which they live. It is conducted by the Australian Bureau of Statistics (ABS) once every five years.

The 2011 Census is on 9 August and the Australian Bureau of Statistics is looking for 29,000 people to fill Census Collector roles across urban, regional and remote areas of Australia. Census Collectors will be recruited from 9 April 2011 and Census related work is expected to begin in early/mid 2011 and finish in October 2011.

The positions are temporary with flexible working hours including weekends. The job requires you to door knock in your local area, dropping off and collecting Census forms and meeting residents along the way. Collectors are paid an hourly rate and can earn between \$1300 and \$2800. To apply for a Collector position go to [www.abs.gov.au/census](http://www.abs.gov.au/census) and fill in the short application form or call 1800 420 182.

Collectors are the key to a successful Census - without them we cannot gather accurate or useful information - and who better to be a collector than someone like you who walks or runs on a daily basis.

**FINAL DUDINCE ROUNDUP**

A final note on the races in Dudince last week which saw Nathan Deakes and Chris Erickson record A qualifiers over the 50km distance. I have been forwarded details of a number of photo websites and one excellent video website which are as follows:

Photos: <http://www.facebook.com/profile.php?id=1673378213&sk=photos> - Darius Škarnulis's Facebook  
<http://www.facebook.com/profile.php?id=1657411914&sk=photos> - Emmanuel Tardi's Facebook  
<https://picasaweb.google.com/Emmanueltardi/Dudince201150km#> - Emmanuel Tardi's Picasa Gallery  
<https://picasaweb.google.com/PefoTichy/DudinskaPatdesiatka2011#5588504007697262498> - Peter Tichy's Picasa Gallery

Video [http://www.youtube.com/watch?v=t5BZo1Z5\\_fU&feature=channel\\_video\\_title](http://www.youtube.com/watch?v=t5BZo1Z5_fU&feature=channel_video_title)

And 2 final photos from the trip:



**Left: Nathan Deakes, Cheryl Webb and Chris Erickson sightseeing in Budapest  
Right: Is Cheryl really that small!**

#### OTHER OVERSEAS NEWS

MANAUS (BRA): The Brazilian Athletics Confederation (CBAt) confirmed a two years suspension for one of its best walkers Jose Alessandro Bagio. The Beijing Olympian tested positive for the steroid norandosterone in two tests in September 2010. The first was out of competition and the second was at the Brazilian Trophy meet in Sao Paulo on September 10 when second in the 10000m race (41:02.24).

MONTREUIL SOUS BOIS (FRA), 3 April 2011: Hatem Ghoula of Tunisia won the 20km walk at the 52<sup>nd</sup> Challenge Facchetti meet in Montreuil sous Bois last Sunday in a time of 1:27:00.

#### INTRODUCING RACEWALKING VICTORIA



Over the last 6 months, there has been a lot of discussion and planning going on in the background and we are now ready to announce a major change for Victorian racewalking.

Up till now, when we have competed in Racewalking Australia carnivals such as the LBG in Canberra, Ballarat and Geelong walkers have joined VWRC as second claim members and walked as part of our club team while the Bendigo Walkers Club has competed as a separate entity. Before that, the country walking clubs used to compete as their own separate combined club called Provincial. For some time, a number of us have been concerned about this fragmentation at State level and we can now announce that, from now on, all Victorian walkers will walk at Federation carnivals under one banner, that of Racewalking Victoria.

This gives every Victorian walker, regardless of location, the chance to be part of 'Team Vic' in both individual and teams events. In particular, it will no longer be necessary for country walkers to take out a second claim membership of VRWC to participate in the Teams Events. Of course, country walkers who want to race occasionally with VRWC during the season (especially those from

Geelong who are so close geographically), may well still choose to take out VRWC membership (with the usual 50% discount for country residents) so that they can participate in our Points competitions, prizes days, etc.

Our Victorian based walking clubs will still continue to register with Athletics Victoria and still continue to run as usual at the local State level, putting on their own races and administering their own memberships. But it is Racewalking Victoria that is now registered with Racewalking Australia and which will compete in the various Federation Carnivals. There is no extra ongoing cost to walkers – you just continue to register as normal with one or more of VRWC, Bendigo, Ballarat or Geelong and we do the rest.

There is a once-off cost associated with this change – the need to buy a new Racewalking Victoria singlet before you compete at Canberra this coming June. The new State singlets will be ready in 5-6 weeks so will be on sale well before LBG. I hope to have a new website out soon for RWV and it will contain further details on all these matters.

In summary, Racewalking Victoria is now the umbrella organization for Victorian walking with an Executive as follows

President	Daryl Biggin (Ballarat)
Vice Presidents:	Harry Summers (VRWC), Harold Boddy (Geelong), Paul Rance (Bendigo)
Public Officer:	Tim Erickson (VRWC)

### VRWC WINTER SEASON FINALISED

Our VRWC winter season fixture has now been finalized and is available for viewing on the club website <http://www.vrwc.org.au>. The first event on offer is the Victorian 5km Teams Championships, to be held on Saturday 30<sup>th</sup> April at Middle Park.

<b>Saturday 30<sup>th</sup> April 2011 Middle Park</b>		
<b>VRWC EVENTS &amp; AV TEAMS EVENTS</b>		
2.15pm	<b>5km AV Teams Championship</b>	Open Men
2.15pm	<b>5km AV Teams Championship</b>	Open Women
2:15pm	5km	Open
2.25pm	3km	Open
2.25pm	3km	Under 15
2.35pm	2km	Under 12
2.35pm	1km	Under 9

Since the Athletics Victoria year runs from 1<sup>st</sup> April to 31<sup>st</sup> March, all AV walkers need to re-register with their club as soon as possible so that they are cleared to race in this event.

A reminder on the rules governing the Victorian 5km Teams Championships

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

I am liaising with AV at the moment to get our Winter Walks Entry form out ASAP. In the meanwhile, get busy recruiting if you need more members to fill out your team! This was a great event last year and we expect it to be even better second time around.

### WHAT'S COMING UP

Next Sunday sees our last VRWC summer season races when we combine with the Victorian Masters Association at Dolamore Oval in Mentone. The fixture reads as follows:

<b>Sunday 10<sup>th</sup> April 2011, VMA Championships &amp; VRWC Events, Mentone</b>		
<b>Venue: Mentone Athletics Track, Dolamore Oval, Mentone</b>		
8.30am	<b>5000m walk VMA Championship</b>	Masters Women
9.15am	<b>5000m walk VMA Championship</b>	Masters Men
10.00am	5000m and 3000m walks	VRWC Open
10.40am	1500m walk	VRWC Open

As the fields might be quite large, any extra people who can lapscore would be most appreciated. Masters walkers are reminded that they must wear their official VMA uniform and, if possible, bring their own number (we will have some spare numbers there). All entries are taken on the day.

Next weekend also sees three international races with a number of Australians in action.

Sat 9 Apr 2011	Rio Maior, Portugal
Sat 9 Apr, 2011	Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic
Sun 10 Apr 2011	Hong Kong International 10km

Saturday's Rio Maior race is an IAAF Race Walk Challenge Category B event and, from what I hear, most of the top Russians will be racing. It is not often that the Russians race outside home soil apart from major championships, so this is fantastic news. I expect the Chinese will also be there so we could see some huge 20km performances. NSW/AIS walker **Adam Rutter** will also be in the mix and is well capable of rising to the challenge.

The Podebrady race is a European Athletics Permit Meet and will see many of the smaller nations sending walkers. It is a shame that it clashes with Rio Maior as both are big meets in their own right.

Sunday's Hong Kong International 10km has seen Australians racing both last year and the year before. Once again, we will be represented with Simon Baker taking the following strong group of talented youngsters to race: **Dane Bird Smith (QLD)**, **Rhydian Cowley (VIC)**, **Regan Lamble (AIS/VIC)** and **Beth Alexander (VIC)**. Dane will return home after the race while the others, joined by Adam Rutter, will prepare in Hong Kong before travelling on to race with other Australians in the Taicang IAAF Race Walk Challenge event on April 22<sup>nd</sup>.

Good luck to all our walkers in action overseas next weekend.

### 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

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
Sun May 29, 2011	Australian Masters 20km championships, Middle Park, VIC
	Victorian Country Roadwalking Championships, Middle Park, VIC
Sun 12 June, 2011	Lake Burley Griffin Racewalking 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)
Sun 21 Aug, 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

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 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	<b>World Masters Athletics Indoor Championships, Jyvaskyla, Finland</b>
May 12-13, 2012	<b>25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia</b>
July 10-15, 2012	<b>14<sup>th</sup> World Junior Championships, Barcelona, Spain</b>
July 27-Aug 12, 2012	<b>30<sup>th</sup> Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

#### 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 Alegre, Brazil**  
2013      **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**

**2014 International Fixture**

2014      **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, 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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