



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VMA CHAMPIONSHIPS AND VRWC RACES, DOLOMORE OVAL, MENTONE, SUNDAY 10 APRIL 2011

It was cool, overcast and intermittently windy at Mentone for the annual VMA 5000m track walk championships last Sunday morning but the rain held off and our walkers raced well. **Kelly Ruddick** 23:23 and **Stuart Kollmorgen** 22:13 won their respective races and there were a whole swag of walkers over the 80% Age Graded Performance mark. The best were **Heather Carr** with 92.66% (26:59 for W60) and **Bob Gardiner** 90.31% (29:36 for M75). It was great to see **Tony Johnson** back in walking mode and doing it in fine style to win the M70 with 30:41. We also welcomed Croatian walker **Sasha Radotic**, currently in Australia for next weekend's Coburg 24 Hour Run – he took third in the M40 division with 27:15.

VMA 5000M CHAMPIONSHIPS – WOMEN

W35	1	Ruddick, Kelly	37	23:23	86.19%
W45	1	Shaw, Robyn	49	29:58	73.80%
W50	1	Elms, Donna	50	32:02	69.65%
W55	1	Thompson, Alison	58	29:25	82.14%
W60	1	Carr, Heather	61	26:59	92.66%
W60	2	Feldman, Liz	62	31:17	80.88%
W60	3	Johnson, Celia	63	33:59	75.37%
W65	1	Steed, Gwen	68	33:31	81.67%
W70	1	Beaumont, Margaret	73	42:05	68.76%
W75	1	Browning, Betty	79	45:06	67.67%
W75	2	Mews, Pam	76	54:15	57.24%

VMA 5000M CHAMPIONSHIP – MEN

M40	1	Kollmorgen, Stuart	41	22:13	85.78%
M40	2	Seid-Christmass, James	43	25:22	76.33%
M40	INV	Radotic, Sasha	40	27:15	69.39%
M50	DNF	Donahoo, Mark	52		
M55	1	Riddoch, Clyde	57	28:34	76.30%
M55	2	Skrucany, Rudolf	55	35:55	59.59%
M60	1	Lucas, Alan	63	29:13	79.16%
M60	2	Barrow, Geoff	62	33:07	69.12%
M65	1	Dickenson, Russ	65	27:16	86.66%
M70	1	Johnson, Tony	70	30:41	81.63%
M70	2	Wicks, Barrie	70	35:58	69.64%
M75	1	Gardiner, Bob	75	29:36	90.31%
M75	2	Summers, Harry	75	34:21	77.82%
M75	DQ	Beaumont, Ian	75		

VRWC club races were also contested and a number of the masters walkers backed up for a second hitout to top of the day. Kelly Ruddick and Stuart Kollmorgen gave a great exhibition out in front, walking the 3000m together.

VRWC 5000m Open

1	Hockley-Samon, Jmara	27:36
2	Wallace, Anna	29:17

VRWC 3000m Open

E1	Ruddick, Kelly	13:49
E1	Kollmorgen, Stuart	13:49
3	Simpson, Brad	14:43
4	Seid-Christmass, James	15:49
5	Tindal, Pam	15:55
6	McInnes, Simone	16:24
7	Ruddick, Kevin	19:00
8	McLaren, Stacey	19:54
	Campbell, Caitlin	DNF
	Wood, Robin	DNF
	Onley, Gordon	DQ

VRWC 1500m Open

1 McLaren, Stacey

09:31

All these photos as well as lots of others from the weekend can be seen in our VRWC photo gallery at <http://vrwc.org.au/coppermine/>



Heather Carr, Gwen Steed, Bob Gardiner, Alison Thompson and Alan Lucas



Kelly Ruddick, Tony Johnson, Stuart Kollmorgen, Liz Feldman and Sasha Radotic



Simone McInnes, Robyn Shaw, Jmara Hockley-Samon, Brad Simpson, Anna Wallace and Kevin Ruddick

As usual, thanks to our officials who help us run our events every week.

Officials: Tim Erickson, Natalie Laurie, Damien Elms, Jason Elms, Marlaine Stanway, Alison Thompson
Judges: Gordon Loughnan (Chief), Stuart Cooper, Ralph Bennett

ACT WALKING CLUB RESULTS, AIS ATHLETICS STADIUM, BRUCE, THURSDAY 7 APRIL 2011

Thanks to Robin Whyte for the weekly Canberra results

2000m 1 Colin Heywood 09:36 2 Zoe Hunt 09:45 3 Ann Staunton-Jugovic 09:51 4 Jack Durr 12:15 5 Doug Fitzgerald 12:30
6 Rod Gilchrist 12:49 7 Alan Williams 13:04 8 Jennifer Gilchrist 13:51 9 Bryan Thomas 13:52 10 Wendy Kupkee 14:45
11 Trish Thomas 20:12
800m 1 Callum Burns 03:59 2 Gabby Hunt 04:22 3 Spencer Burns 04:41 4 Val Chesterton 05:43

SARWC WALKS, ADELAIDE, SATURDAY 9 APRIL 2011

The South Australian Race Walking Club kicked off its winter season on Saturday with the following report taken from their website:

We welcomed some new walking families to the South Australian Race Walking "family", with first timers Samantha Findlay, Justin Hill, Rhiana Hooker and Danielle Walsh. It was great to see parents and friends out too.

Over the open distance of 8km, Daren Bown walked strongly for a regulation 35:30, followed by Paige Hopper, who is walking really well, with 40:49. Over the 4km distance, Kim Mottrom walked a smart 18:55 over the shorter distance, and Kristie Goznik walked 20:52 before disappearing to the footy. An auspicious first up walk from Justin Hill, with the 21:27 indicating some good times ahead. The only age group walker was Jemma Potezny in 22:30. A large field over the 2km saw Mason Heath clear away with 10:32, which is not surprising given the length that his legs have grown over the summer. Julie Potezny was the first in age group for 10:52. Alix Harlington walked an impressive time of 11:27 and Rhiannon Lovegrove stepped out over the longer competition distance in 12:52. The 1km distance saw our two new comers walking strongly, with Danielle Walsh (5:41) just leading Rhiana Hooker (5:49) home.

8km Road Walk

1.	Darren Bown	35:30
2.	Paige Hooper	40:49
3.	Peter Crump	45:11
4.	Jim Hoare	55:48
5.	Bill Starr	56:48

4km Road Walk

1.	Kim Mottrom	18:55
2.	Kristie Goznik	20:52
3.	Justin Hill	21:27
4.	Jemma Potezny	22:30

2km Road Walk

1.	Mason Heath	10:32
2.	Julia Potezny	10:52
3.	Alix Harlington	11:27
4.	Lachlan Tyler-Dowd	11:45
5.	Jessica Stephens	11:46
6.	Samantha Findlay	12:29
7.	Rhiannon Lovegrove	12:52

1km Road Walk

1.	Danielle Walsh	5:41
2.	Rhiana Hooker	5:49
3.	Riona Tyler-Dowd	6:57

QUEENSLAND WEEKEND ROUNDUP

Three separate walking events were on offer in Queensland last weekend – talk about choice!

Queensland Masters Athletics T&F Championships, State Athletics Centre, Nathan, 9-10 April 2011

Peter Bennett was the standout walker in the QMA walks last weekend, winning the M55 5000m walk in an impressive 24:46.8

5000m Walks, Saturday 9 April

M55	1	Bennett, Peter	M55	Metro Central	24:46.8	86.39%
W65	1	McKiven, Noela	W68	Metro North	38:58.2	70.24%

M70	1	Sela, Patrick	M71	Gold Coast Masters	32:31.6	77.97%
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3000m Walks, Sunday 10 April

W50	1	Shaw, Kay	W52	Gold Coast Masters	17:33.5	74.97%
W65	1	Lynch, Sally	W67	Gold Coast Masters	19:33.0	79.92%
W80	1	Dauphinet, Christiane	W80	Gold Coast Masters	23:08.2	81.20%
M45	1	Lindenberg, Paul	M48	Gold Coast Masters	16:28.0	71.95%
M70	1	Sela, Patrick	M71	Gold Coast Masters	19:27.4	76.59%
M80	1	Lynch, Richard	M82	Gold Coast Masters	21:51.5	78.39%

1500m Walks, Sunday 10 April

W50	1	Shaw, Kay	W52	Gold Coast Masters	8:28.4	75.33%
W65	1	Lynch, Sally	W67	Gold Coast Masters	9:59.3	74.95%
W80	1	Dauphinet, Christiane	W80	Gold Coast Masters	11:19.5	78.38%
M70	1	Sela, Patrick	M71	Gold Coast Masters	9:42.3	75.30%
M80	1	Lynch, Richard	M82	Gold Coast Masters	10:56.2	76.71%

Athletics Queensland PB Meet 5, Gold Coast City Athletics Track, Southport, Saturday 9 April 2011

The Athletics Queensland PB Meet on the Gold Coast included racewalks and World Youth walkers Jess Pickles and Brad Aiton were in action and walking fast.

Women 3000 Metre Race Walk

1. Pickles, Jessica 17 JIM 14:20.63

Men 1500 Metre Race Walk

1. Aiton, Brad 17 GCV 5:54.02

Queensland Race Walking Club Opening Races, New Farm Park, Brisbane, Sunday 10 April 2011

The QRWC winter road season kicked off with a Sign Day meet at New Farm Park on Sunday morning with Peter Bennett, Jess Pickles and Dick Keatinge backing up after their efforts on Saturday.

5km road walk

Men: (1) Brandon Dewar 23.00 (2) Peter Bennett 24.42 (3) Matt Cunningham 27.00

Women: (1) Jess Pickles 26.51 (2) Kate Sanford 35.13 (3) Noela McKinven 39.47

3km road walk

Men: (1) John Hallam 16.40 (2) Ryan Pinchen 18.50 (3) Dick Keatinge 25.20 (after which he met friends and chatted)

Women: (1) Katya Martin 20.17 (2) Robyn Wales 23.26 (3) Felicity Begley-Mills 27.14

2km road walk

Girls: (1) Thalia Martin 16.48

1km road walk

Girls: (1) Clancy Smith 6.37 (2) Jasmine McRoberts 7.42

THE WINTER SEASON KICKS OFF IN NSW

NSW Race Walking Club kicked off their winter season on Saturday 2nd April at Chipping Norton and it was great to see 51 walkers in action. Thanks to Kirsten Mitchell for these and the results from this weekend just past.

Long Division - 8km

1.	Kyle Malone	39.38
2.	Ian Jessurun	40.46
3.	Derek Mulhearn	41.04
4.	Matthew Killen	46.47

Medium Division - 6km

1.	Steven Washburn	29.12
2.	Brook Keys	33.35
3.	Demi Psarianos	36.29
4.	Tony Psarianos	36.52
5.	Joan Purcell	45.20
	Robert Willcox	DQ

Short Division - 3km

1.	Tom Doyle	15.24
2.	Jasmine Dighton	15.42
3.	Robert Murphy	15.51

4.	Bryony Beasley	17.44
5.	John Thompson	19.11
6.	Amanda Barendregt	19.31
7.	Lewis Thompson	23.22
8.	Caitlen Plummer	23.38
9.	Jade Dighton	23.55
10.	Jenny Lingley	26.44
11.	Nicole Challinor	26.44

U16 Division - 2km

1.	Adam Mylonas	10.54
2.	Jasmyn McDonald	11.10
3.	Sarah Kelland	11.21
4.	Damien Owen	11.26
5.	Brooke Ferguson	11.33
6.	Travis Barendregt	12.35
7.	Marko Zitko	12.39
8.	Ally Grujoski	12.47
9.	Michael Murphy	12.52
10.	Josie Doyle	13.59
11.	Tayla Brookes	18.55
12.	Sophie Holloway	14.44 (INV)
13.	Mascey Willis	15.39
14.	Jye Hardy	16.31

U12 Division - 1km

1.	Kyle Bedford	4.51
2.	Leah McDonald	5.11
3.	Ben Tisdale	5.34
4.	Ryan Thomson	5.43
5.	Jasmyn Vesey	5.53
6.	Brittany Robertson	6.00
7.	James Plummer	6.16
8.	Domonic Nisbet	6.23 (INV)
9.	Katelin Ellyard	6.41
10.	Bree Ellyard	6.31
11.	Renee Hardy	6.48
12.	Samantha Brown	6.50
13.	Sam Holloway	6.54
14.	Caitlyn Gibbins	7.07
15.	Flynn Ross	7.15 (INV)
16.	Logan Barendregt	7.58

NSW Race Walking Club Road Walks, Tempe, NSW, Saturday 9 April 2011

The second week of competition was held on Saturday and it saw handicap races on offer.

Long Division - 10km		Finish Time	Handicap Time	Handicap Place
1.	Kyle Malone	48.24	48.24	2
2.	Derek Mulhearn	49.24	47.36	1
3.	Ian Jessurun	52.26	51.01	3
4.	Jay Felton	54.27	-	4
5.	Matthew Killen	63.55	54.59	4
6.	Mary Willis	71.46	-	6
Medium Division - 8km		Finish Time	Handicap Time	Handicap Place
1.	Brook Keys	40.43	34.53	3
2.	Steven Washburn	43.44	32.04	2
3.	Tony Psarianos	53.43	30.01	1
Short Division - 4km		Finish Time	Handicap Time	Handicap Place
1.	Jasmine Dighton	21.16	20.52	5
2.	Tom Doyle	22.47	22.47	8
3.	Bryony Beasley	23.04	19.58	3
4.	Stephanie Grujoski	23.52	-	-
5.	Amanda Barendregt	24.02	18.33	2
6.	Anthony Albanese	24.23	-	-
7.	John Thompson	25.51	20.44	4
8.	Lewis Thompson	28.05	17.28	1
9.	Jade Dighton	34.42	23.21	9
10.	Jenny Lingley	36.50	21.44	6
11.	Nicolle Challinor	36.50	21.44	6

U16 Division - 3km		Finish Time	Handicap Time	Handicap Place
1.	Adam Mylonas	17.22	17.22	3
2.	Luke Jobson	17.49	-	-
3.	Jasmyn McDonald	17.58	17.33	4
4.	Sarah Killand	18.37	17.56	6
5.	Mascey Willis	19.21	12.13	1
6.	Elleni Poullos	20.02	-	-
7.	Travis Barendregt	20.26	17.55	5
8.	Josie Doyle	21.31	16.54	2
9.	Ally Grujoski	22.46	19.57	8
10.	Jye Hardy	26.36	18.10	7

U12 Division - 1.5km		Finish Time	Handicap Time	Handicap Place
1.	Kyle Bedford	7.35	7.35	5
2.	Leah McDonald	7.42	7.13	2
3.	Eliza Delaine	8.28	-	-
4.	James Plummer	8.37	6.29	1
5.	Ryan Thompson	8.51	7.33	4
6.	Samantha Brown	10.21	7.23	3
7.	Tiffany Poullos	10.42	-	-
8.	Julia Killand	11.26	-	-
9.	Renee Hardy	12.11	9.16	7
10.	Logan Barendregt	13.53	9.12	6

20TH RIO MAIOR RACE WALKING INTERNATIONAL GRAND PRIX, RIO MAIOR, PORTUGAL, SATURDAY 9 APRIL

Racing in excellent conditions, Russians Valeriy Borchin and Olga Kaniskina were convincing victors at the 20th edition of the International Race Walking Grand Prix in Rio Maior, Portugal, on Saturday. This was the fifth leg of the 2011 IAAF Race Walking Challenge and the 20km events were strongly contested with elite fields. The women kicked off at 5:30PM and the men at 5:45PM so it must have been pretty spectacular to see so many walkers walking fast on the course at the one time.



Reigning Olympic champions Valerij Borchin and Olga Kaniskina win in Rio Maior on Saturday (photos from www.iaaf.org)

20km Women

Kaniskina, the reigning Olympic and two-time World champion as well as reigning European champion, began the competition conservatively in the lead pack, but moved to the front after 4 kilometres, leading from then on to win with a time of 1:28:35. Spain's Beatriz Pascual (PB 1:27.44) was in the chase group and finished second in 1.28.51, a season best, in front of the Portuguese Vera Santos, whose 1.29.55 was also a season's best and the fastest this year by a Portuguese. Local hero Susana Feitor, who was third in Chihuahua last month, also clocked a season's best (1.30.44) to finish fourth, ahead of Chihuahua winner and Portugal's national 20km champion Inês Henriques (PB 1:29.36) who clocked 1.30.59. Next was German Melanie Seeger (PB 1:28.17), the winner in Rio Maior in 2006 and fourth place finisher at last year's European Championships, who clocked 1.31.01, also a season best. "This was my first competition this season and I'll next go to Sesto San Giovanni (1 May) and then I'll start my preparation to try to get the gold medal in the IAAF World Championship," said Kaniskina.

1.	Olga Kaniskina	19-01-1985	RUS	1.28.35
2.	Beatriz Pascual	09-05-1982	ESP	1.28.51
3.	Vera Santos	03-12-1981	POR	1.29.55
4.	Susana Feitor	28-01-1975	POR	1.30.44
5.	Inês Henriques	01-05-1980	POR	1.30.59
6.	Melanie Seeger	08-01-1977	GER	1.31.01
7.	Kristina Saltanovic	20-02-1975	LTU	1.33.06

8.	Cisiane D. Lopes	17-02-1983	BRA	1.35.15
9.	Guadalupe Sanchez	03-01-1977	MEX	1.35.16
10.	Erandi Uribe	01-03-1990	MEX	1.36.16
11.	Erica R. de Sena	03-05-1985	BRA	1.36.40
12.	Mónica Equihua	23-09-1982	MEX	1.37.42
13.	Rosário Sanchez	26-10-1973	MEX	1.38.04
14.	Lisbeth Silva	30-09-1989	MEX	1.39.02
15.	Rosália Ortiz Cruz	03-09-1987	MEX	1.40.07
16.	Myriam Fernandez	28-09-1981	ESP	1.40.40
17.	Daniela Cardoso	15-12-1991	POR	1.45.02
18.	Elianay S. Pereira	11-05-1984	BRA	1.47.44
19.	Liliana Martins	20-07-1990	POR	1.51.11
20.	Tania R. Spindler	10-04-1977	BRA	1.51.20
	Julia Takacs	29-06-1989	ESP	DNF

20km Men

Matej Toth of Slovakia, the winner of the 50km event in Dudince 2 weeks ago, lead the field until midway when Borchin (PB 1:17:38), the reigning Olympic and World champion, made his move for the front, pushing hard from then on to a 1:18:55 victory. His mark broke the meeting record of 1:19:02 held by Spaniard Francisco Fernandez. The great course also helped Russian Stanislav Emelyanov to a PB time of 1:19:33 in finishing second. Mexico's Eder Sanchez made up ground in the latter stages to finish third in 1:19.36, well off his personal best but an excellent effort only 2 weeks after his inaugural 50km in Dudince. Toth lost ground in the closing kilometres, but still finished fourth with 1:20:53, a new personal best. Tunisian Hassanine Sebei came in fifth with Irish walker Robbie Heffernan in sixth place. Behind them there were plenty of season bests and several personal bests including Mexican 50km specialist Horacio Nava (seventh in 1:22:15) and his compatriot Jose Leyver Ojeda (ninth in 1:22:30). The best Portuguese was João Vieira who finished 11th in 1:22:44. "This was a great competition, and I'm happy with this performance," said Borchin in his season's debut. "Everything's going well in my preparation (for Daegu)." Australian **Adam Rutter** was our sole representative and he finished 19th in 1:26:21.

1.	Valeriy Borchin	11-09-1986	RUS	1.18.55
2.	Stanislav Emelyanov	23-10-1990	RUS	1.19.33
3.	Eder Sanchez	21-05-1986	MEX	1.19.36
4.	Matej Toth	10-02-1983	SVK	1.20.16
5.	Hassanine Sebei	21-01-1984	TUN	1.20.49
6.	Robert Heffernan	28-02-1978	IRL	1.21.50
7.	Horácio Nava	20-01-1982	MEX	1.22.15
8.	Andrés Chocho	04-11-1983	ECU	1.22.18
9.	José Leyver Ojeda	12-11-1985	MEX	1.22.30
10.	João Vieira	20-02-1976	POR	1.22.44
11.	Sergey Kirdyapkin	21-03-1985	RUS	1.22.57
12.	Sérgio Vieira	20-02-1976	POR	1.23.15
13.	Edgar Hernández	08-06-1977	MEX	1.23.20
14.	José Ignacio Diaz	22-11-1979	ESP	1.23.51
15.	Cristian Berdeja	21-06-1981	MEX	1.24.13
16.	Isaac Palma	26-10-1990	MEX	1.24.32
17.	Maik Berger	07-02-1979	GER	1.25.07
18.	Diego Flores	23-03-1987	MEX	1.25.44
19.	Adam Rutter	24-12-1986	AUS	1.26.21
20.	Juan Manuel Cano	12-12-1987	ARG	1.26.22
21.	Caio O. Bonfim	19-03-1991	BRA	1.26.36
22.	Francisco Arcilla	14-01-1984	ESP	1.27.19
23.	Luis M. Corchete	14-05-1984	ESP	1.27.53
24.	Cláudio Villanueva	03-08-1988	ESP	1.28.26
25.	Augusto Cardoso	13-12-1970	POR	1.28.26
26.	Pedro Isidro	17-07-1985	POR	1.28.45
27.	Miguel A. Prieto	20-09-1964	ESP	1.30.00
28.	Jorge Costa	20-03-1961	POR	1.30.01
29.	Dionísio Ventura	13-12-1979	POR	1.30.39
30.	Pedro Martins	12-01-1968	POR	1.38.35
31.	Francesco Campana	26-10-1992	ITA	1.30.51
32.	Juan Antonio Porras	19-02-1972	ESP	1.33.40
33.	Luis Gil	06-04-1975	POR	1.33.49
34.	Giovanni Gentile	01-01-1984	ITA	1.35.36
35.	Pedro Santos	25-04-1986	POR	1.35.59
36.	Cristiano António	15-10-1988	POR	1.36.16
37.	Manuel J. Angueira	04-11-1972	ESP	1.37.53
38.	Tiago N. Fonseca	27-11-1989	BRA	1.38.22
39.	Pedro Martins	12-01-1968	POR	1.38.35
40.	Nuno Valente	06-01-1988	POR	1.40.57
41.	Juan António Raya	30-01-1993	ESP	1.41.23
42.	Carlos Paiva	21-03-1969	POR	1.47.37

Junior 10km events were also held with Rocio Lojo of Spain and Pedro Bruno winning what were local events.

10 km Junior Women, 5:30PM

1.	Rocio C. Lojo	14-01-1993	ESP	51.30
2.	Sandra Monteiro	05-09-1992	POR	52.53
3.	Mara Ribeiro	11-05-1995	POR	54.44
4.	Filipa Ferreira	01-01-1994	POR	54.55

10 km Junior Men, 5:45PM

1.	Bruno Pedro	12-10-1993	POR	46.27
2.	Samuel Pereira	25-11-1993	POR	47.07
3.	Miguel Carvalho	02-09-1994	POR	47.47
4.	Diogo Henriques	28-05-1992	POR	47.57
5.	Pedro Santos	15-11-1992	POR	48.10
6.	Flávio Silva	24-06-1992	POR	49.10

For the complete result set, see <http://www.cm-riomaior.pt/gpmarcha/index3.html>

EAA PERMIT MEETING, PODEBRADY, CZECH REPUBLIC, SATURDAY 9 APRIL 2011

Last Saturday also saw the 79th edition of the historic Potebrady walking meeting, the third of this year's four European Athletics Race Walking permit meets. Conditions were described as sunny but windy. Times were generally slower than expected and this may have been due to the new 1km loop used as I have seen some discussions which rated it as a bit tougher than the old one.

20km Men

Italy's Matteo Giupponi triumphed in the men's 20km walk in a personal best of 1:22:36. The 22-year-old, who took the bronze medal at the 2009 European Athletics U23 Championships, went through the halfway point in 40:58 before throwing down the gauntlet in the second half to surge to a 34 sec PB. Second was Germany's Carsten Schmidt, who also clocked a personal best with 1:22:47 after an excellent final five kilometers when he closed the gap considerably on his Italian rival. Spain's Benjamin Sanchez was a distant third in 1:25:00.



Carsten Schmidt (29), Benjamín Sánchez (5) and Matteo Giupponi (8) in action in Potebrady (photo Emmanuel Tardi)

1.	Giupponi Matteo	88	ITALY	1:22:36
2.	Schmidt Carsten	86	GERMANY	1:22:47
3.	Sánchez Benjamin	85	SPAIN	1:25:00
4.	Linke Christopher	88	GERMANY	1:25:04
5.	Griffin Colin	82	IRELAND	1:25:42
6.	Žiukas Marius	85	LITHUANIA	1:25:50
7.	Tontodonati Federico	89	ITALY	1:26:01
8.	Ibáñez Anatole	85	SWEDEN	1:26:35
9.	Kučmín Anton	84	SLOVAKIA	1:26:42
10.	Gloger Nils-Christopher	90	GERMANY	1:28:05
11.	Aledo José Ignacio	79	SPAIN	1:28:11
12.	Macchia Riccardo	90	ITALY	1:28:18
13.	D'Onofrio Fortunato	81	ITALY	1:29:32

14.	Karlström Perseus	90	SWEDEN	1:29:52
15.	Doyle Micheal	87	IRELAND	1:29:55
16.	Ketner Karel	90	AO Slavia Havířov	1:30:38
17.	Florez Alex	71	SWITZERLAND	1:30:39
18.	Romanelli Andrea	86	ITALY	1:31:23
19.	Říha Roman	90	TJ Slezan Frýdek-Místek	1:31:37
20.	Rácz Sándor	86	HUNGARY	1:31:54
21.	Kozlovskij Genadij	91	LITHUANIA	1:31:56
22.	Polášek Jan	80	AO Slavia Havířov	1:32:02
23.	Rízek Milan	78	SLOVAKIA	1:32:26
24.	Sillero Mario	90	SPAIN	1:33:45
25.	Svensson Christer	69	SWEDEN	1:38:43
26.	Schrom Pavel	91	VSK Univerzita Brno	1:38:48
27.	Holuša Miloš	65	AK Kroměříž	1:38:56
28.	Gdula Lukáš	91	Hvězda SKP Pardubice	1:39:05
29.	Girod Urbain	63	SWITZERLAND	1:39:07
30.	van Bremen Jacques	84	NETHERLANDS	1:42:06
31.	Jurgelianecas Deividas	91	LITHUANIA	1:42:06
32.	Kozelka Antonín	85	TJ Rumburk	1:45:11
33.	Malysa Jiří	66	VSK Univerzita Brno	1:45:26
34.	Pařízek Radek	82	TJ SOKOL Nová Paka	1:46:46
35.	Hejkrlik Filip	79	AK Hodonín	1:48:50
36.	Albrecht Stanislav	73	TJ SOKOL Nová Paka	1:49:49
37.	Nedvídek Martin	75	AC SYNER Turnov	1:50:48
38.	Smola Josef	64	SK Nové Město nad Metují	1:51:20
39.	Kalát Josef	55	AK Bílina	1:53:54
40.	Žák Jiří	71	Batt klub N.Město na Mor.	1:54:39
41.	Fliegl Miroslav	54	PSK Olymp Praha	1:55:02
	Helebrandt Máté	89	HUNGARY	DNF
	Malysa Jiří	91	AK Kroměříž	DNF
	Wears Ben	90	GREAT BRITAIN	DNF
	Bosworth Thomas	90	GREAT BRITAIN	DQ
	Kiiski Eemeli	91	FINLAND	DQ
	Partanen Aku	91	FINLAND	DQ
	Švehla Milan	78	VSK Univerzita Brno	DQ
	Zajíc Jakub	89	Hvězda SKP Pardubice	DQ

20km Women

Spain's Eva Maria Iglesias won the women's 20km race in a personal best of 1:34:28. Second was Italy's Anna Eleonora Giorgi in 1:34:44 while another Spanish walker Ainhoa Pineda was the third woman home in 1:35:07.



Eleonora Giorgi (88), Lucie Pelantová (81), Pinedo Gonzalez (84), Sibilla Di Vincenzo (86), Zuzana Schindlerova (80) and Rachel Seaman (96) lead out in the women's 20km walk in Podebrady (photo Emmanuel Tardi)

1.	Iglesias Eva Maria	85	SPAIN	1:34:28
2.	Giorgi Eleonora Anna	89	ITALY	1:34:44
3.	Pinedo Ainhoa	83	SPAIN	1:35:07

4.	Ferraro Federica	88	ITALY	1:35:23
5.	Palmisano Antonella	91	ITALY	1:35:47
6.	Pruner Serena	86	ITALY	1:37:14
7.	Pelantová Lucie	86	PSK Olymp Praha	1:37:19
8.	Olsson Mari	86	SWEDEN	1:39:30
9.	Schindlerová Zuzana	87	USK Praha	1:39:44
10.	Alonso Sara	91	SPAIN	1:40:01
11.	Kaasalainen Karoliina	88	FINLAND	1:41:05
12.	Polli Laura	83	SWITZERLAND	1:41:57
13.	Polli Marie	80	SWITZERLAND	1:43:37
14.	Grange Francesca	89	ITALY	1:46:37
15.	Škrášková Karolina	87	TJ Sokol SG Plzeň-Petřín	1:52:40
16.	Löfbacka Mikaela	90	FINLAND	1:54:25
17.	Herberová Hana	81	Hvězda SKP Pardubice	1:57:45
18.	Merkovská Barbora	93	SLOVAKIA	2:09:12
19.	Netolická Martina	82	AK Olymp Brno	2:10:27
	Halkivaha Anne	86	FINLAND	DNF
	Nesvadbová Michaela	92	SK Nové Město nad Metují	DNF
	Štašová Miroslava	86	SLOVAKIA	DNF
	Svitáková Hana	90	AC Česká Lípa	DNF
	Torma Anett	84	HUNGARY	DNF
	Hančová Tereza	92	SK Nové Město nad Metují	DNP
	Di Vincenzo Sibilla	83	ITALY	DQ
	Elss Christin	89	GERMANY	DQ
	Luaces Lorena	84	SPAIN	DQ
	Seaman Rachel	86	CANADA	DQ

German walkers won both the junior races. The 2009 World Youth Championships 10,000m gold medallist Hagen Pohle covered the 10km on the roads in 42:13 to win the junior men's race in Podebrady for the second year in succession. Pohle should be among the medal contenders at this summer's European Athletics Junior Championships in Tallinn, Estonia. He finished more than a minute in front of his compatriot Marcel Lehberg, who came home in 43:46. Charlyne Czychy won the junior women's race in 48:49 while Czech Republic's Anezka Drahotova, still only 15, was second in 49:34. She finished ahead of Italy's 2010 Youth Olympic Games winner Anna Clemente, who was third in 50:20.

10km Junior Men

1.	Pohle Hagen	92	GERMANY	42:13
2.	Lehberg Marcel	92	GERMANY	43:46
3.	Stano Massimo	92	ITALY	43:58
4.	Fáber Marcel	92	SLOVAKIA	44:04
5.	Spevák Patrik	94	SLOVAKIA	44:11
6.	Serra Leonardo	93	ITALY	44:36
7.	Márkus Viktor	92	HUNGARY	44:41
8.	Ojala Aleksii	92	FINLAND	45:01
9.	Dei Tos Leonardo	92	ITALY	45:13
10.	Peralbo Arturo	94	SPAIN	45:24
11.	Hansson Anders	92	SWEDEN	45:42
12.	Tichý Peter	93	SLOVAKIA	46:26
13.	Mastianica Artur	92	LITHUANIA	47:05
14.	Brembach Nils	93	GERMANY	47:14
15.	Reyes David	93	SPAIN	47:52
16.	Tišťan Martin	92	SLOVAKIA	47:58
17.	Hanč Luděk	94	SK Nové Město nad Metují	48:40
18.	Farkas Bence	93	HUNGARY	48:57
19.	Breuer Max	92	GERMANY	49:21
20.	Rimkevičius Giedrius	92	LITHUANIA	49:35

10km Junior Women

1.	Czychy Charlyne	92	GERMANY	48:49
2.	Drahotová Anežka	95	USK Praha	49:34
3.	Clemente Anna	94	ITALY	50:20
4.	Pastorino Inés	92	FRANCE	50:36
5.	Drahotová Eliška	95	USK Praha	50:56
6.	Curiazzi Federica	92	ITALY	51:19
7.	Piliarová Nikola	94	SLOVAKIA	51:22
8.	Larios Maria	92	SPAIN	51:38
9.	Loparco Sara	92	ITALY	51:56
10.	Klebauskaitė Agnė	92	LITHUANIA	52:12
11.	Aliaga Veronica	92	SPAIN	52:27
12.	Juaréz Mar	93	SPAIN	53:10
13.	Kovács Barbara	93	HUNGARY	53:25
14.	Švedaitė Karolina	92	LITHUANIA	54:03

15. Siblot Kenza	93	FRANCE	54:33
16. Frydrychová Adéla	95	AC Česká Lípa	54:38
17. Lengyel Mariann	94	HUNGARY	54:57
18. Obsuszt Gerda	93	HUNGARY	55:34
19. Havranová Barbora	93	TJ Jiskra Nový Bor	55:38
20. Parviainen Erika	95	FINLAND	56:31

There were wins for Italy's men and Spain's women in the senior races while Italy took the junior men's teams competition and hosts Czech Republic were the winners in the junior women's team competition. The complete results can be found at this link on the Czech athletics federation website: <http://online.atletika.cz/vysledky.aspx?idk=13298>.

The fourth and final European Athletics Race Walking permit meeting will be the 18th Dublin International Grand Prix of Race Walking in the Irish capital on 26 June.

HONG KONG INTERNATIONAL 10KM, SUNDAY 10 APRIL 2011

The MKR Corporation and the Hong Kong Amateur Athletic Association joined hands once again to organize the seventh annual MTR Hong Kong International Race Walking event on Sunday. The event, held in the heart of the Central business district, saw a record 1600 race walkers competing in the participation events while top tier race walkers from across the Asia-Pacific competed in the Men's and Women's Elite 10km races. For the third year in a row, Australians travelled across and, once again, we were in the medal mix in the Elite Walk section. Simon Baker reports:

The MTR Race Walk competition is indeed a unique event. This would have to be the only open walk event on the international fixture that has a competitor entry limit of 500 - and that results in people being turned away!

The event includes an Elite 10km walk event, with walkers from Hong Kong, Japan, China, Malaysia, Thailand, Chinese Taipei and of course Australia, represented by **Dane Bird-Smith**, **Rhydian Cowley**, **Regan Lamble** and **Beth Alexander**. This formed the highlight of the competition (at least for us!) but the 4x 100m school race walk relay was obviously a keen event for the kids!

Mens 10km Race

The day started cool although humid. From the gun, Dane (1) and Rhydian (7) together with Liu Jian Min (China - 2), Kanma Ishada (Japan -3) and Dhiban Raj S/O Theyagason (Thailand-4) moved away early. After the first lap of 10 in a brisk 4:04, Liu and Dane were 10 seconds ahead of the following three and things remained like this till about 4k. At this point, Liu moved ahead of Dane who struggled with stomach cramps for the rest of the race, the 5km mark being passed in 21:20. First Dhiban then Kenma faded while Rhydian, whose measured pace had him 21:45 at 5km, was feeling reasonably comfortable. The temperature rose rapidly during the event, making conditions less pleasant. Positions were unchanged for the rest of the race, Liu winning in 43:10, Dane 2nd in 43:48 and Rydian 3rd in 44:43, over two minutes ahead of Kenma.

1.	Liu Jian Min	CHN	43:10
2.	Dane Bird-Smith	AUS	43:48
3.	Rhydian Cowley	AUS	44:43

Women's 10km Race

The womens race, starting 3 minutes after the men, saw Reagan and Chinese athlete Li Hua move away early with Mami Urabe (Japan) and Elena Goh Ling Yin (Malaysia) forming a chasing group. In a reversal of the men's race, Regan pulled away easily from Li, passing 5km in 22:30 and finishing in 46:30 comfortably ahead of her rival some 2 minutes in arrears. Elena finished 3rd in 53:51. Unfortunately Beth was disqualified at 8km while in 4th place after covering the first 5km in 25:17. Judging seemed tough, with everyone getting cautioned in the early laps.

1.	Regan Lamble	AUS	46:30
2.	Li Hua	CHN	48:?
3.	Elena Goh Ling Yin	MAL	53:51
	Beth Alexander	AUS	DQ

This is an eye-opening event in a town/country with no elite race walkers – huge numbers of competitors, lots of spectators, politicians, demonstrators, jumbotron TV screen and media pack. A marching band even made an appearance. It was truly amazing.

I hope results is soon posted on the event website <http://www.hkaa.com/page.php?pid=169&mid=138&type=%&lang=eng>

Finally, some photos from Facebook (thanks Simon!)



Left: Dane, Beth, Rhydian, Regan and Simon pre-race
 Right: Dane (1) and Rhydian (7) in the lead group right from the start



Left: Regan (58) and Beth (51) in the women's 10km
 Right: In the money – Rhydian, Dane and Regan

ITALY'S ALEX SCHWAZER: MY REAL GOAL IS RETURN TO 50KM WALK



Italy's Alex Schwazer on his way to gold in the 2008 Olympic 50km (photo Jeff Salvage)

The following article on 2008 Olympic 50km champion Alex Schwazer is reproduced from the European Athletics website (see <http://www.european-athletics.org/general-news/italys-alex-schwazer-my-real-goal-is-to-return-to-the-50km-walk.html>)

Italian walking star Alex Schwazer, the 2008 Olympic Games 50km champion and 2010 European Athletics Championships 20km silver medallist, is currently training in the picturesque Livorno town of San Vincenzo-Riva degli Etruschi after recovering from a knee injury sustained in a skiing accident at the end of January. In an interview with the Italian athletics federation website www.fidal.it, Schwazer talks about his recovery from that injury and his plans for the season ahead.

Fidal: How is the knee?

Schwazer: The knee is an 'ugly beast' and immediately after the accident I was pretty worried about how the injury was going to affect my season. Fortunately, today I feel more optimistic. We're only in April and there is still plenty of time to recover properly and get to the top for the most important event of the year, the World Championships in Daegu (South Korea). I want to be able to train calmly and build up my skills day-by-day. The knee has progressively got more used to lots of harder work.

How are you feeling generally?

It seems that my recovery is going in the right direction. I'm doing some good work under the guidance of my coach Michele Didoni with Doctor (Pierluigi) Fiorella keeping an eye on me from the medical point of view. Let's say I've only felt a slight discomfort during recent workouts, but that is nothing serious. I already twice walked 30km 'properly' in training and this week my schedule says I will do a 35km test. For the moment, we can be satisfied.

What is your schedule from here to the World Championships?

I'm here in San Vincenzo until Saturday and then I go back to my house. On 17 April, I will have a test over 10km in Sesto San Giovanni. I will then come back there two weeks later on 1 May to prove myself over the 20km (at the 54esima Coppa Città di Sesto San Giovanni, the IAAF Permit Race Walking meeting) but victory doesn't matter too much as this year my real goal is to return to the 50km walk. I intend to race over that distance at Villa di Serio on 19 June. Before, then I expect to have a period of three weeks training at altitude, until 28 May, in Livigno and then return again for a couple of weeks to finish off ahead of that race at Riva degli Etruschi.

And your goals for the year?

Over the past six years, I have won four important medals (he also won bronze medals over 50km at the 2005 and 2007 World Championships) but I'm still only 26 years old and so I'm not satisfied just with what I've achieved so far. In 2010, following the disappointment of the World Championships in Berlin, I paid a price for overdoing my training. In the winter (the first few months of 2010) I did some great things, such as my Italian record over 20km, but then in summer I wasn't able to stay in the same shape. I'll be doing some 20km races again this year but the main objective is the 50km, that's where I want to prove to be strong again. I've set myself a goal: to get to Daegu in the best possible shape; the only competition that counts really is on 3 September (the 50km walk) in Korea.

OTHER OVERSEAS NEWS

BUCURESTI (ROU, Apr 9): Romanian walker Claudia Stef won the women's 20 km race in the Balkan Walking Championships in 1:33:38. In the men's 20 km championship, Turkish walker Recek Celik won with a new national record of 1:22:31 and second placed Predrag Filipovic of Serbia clocked 1:23:47. The winners in the Junior 10km races were Romanians Adrian Dragomir 45:45 and Alexandra Aichimoaei 50:01. In the Youth 5km race for boys, Moldovina walker Igor Seremet won with 21:30 ahead of Turkish walker Senoduncu Sahin who walked a new national record of 21:44. In the Youth 5km race for girls, Turkish walker Ozgur Gamze won with 23:39. In the overall teams rankings, first place went to Turkey (44) ahead of Romania (41) and Greece (22). In total 6 countries were represented.

NESVIZH (BLR, Apr 9): Ivan Trotskiy clocked 2:35:49 over the 35 km distance to win the Belarus Walking Cup. In the 20 km races the best were Andriy Talashko 1:23:25 and Anastasiya Yatsevich 1:34:27. Yevgeniy Zaleskiy won the junior 10 km in 41:23.

EASTER TRAINING

Last Easter, Simon Baker organized a training camp at Falls Creek and a number of us went along to help. Simon then held another highly successful camp over the New Year period and he had been hopeful of sorting out something for this Easter. Alas, the year so far has been just too busy and Simon himself is still overseas after last weekend's Hong Kong walks.

We have thrown a few ideas around and one option is to use Easter as an opportunity to organise a few training sessions that are perhaps a bit different to normal and would be open to the wider walking community. He and I will chat upon his return and we might have some further information in next week's newsletter. Stay tuned.

AUSTRALIANS WHO HAVE QUALIFIED SO FAR FOR THE 2011 IAAF WORLD CHAMPIONSHIPS

The Australian championships will be held next week in Melbourne, with a bulk of the selections for this year's world championships to be made immediately after the event. Athletics Australia's selection criteria sets the stringent IAAF A-qualifying marks as the necessary standard for automatic selection and so far, with the various State championships and AA meets completed, only 18 athletes have reached the required standard. The good news is that walkers are to the fore with 8 in the mix. You can see the full details at http://www.athletics.com.au/high_performance/high_performance_news/team_information/2011_wch/qualifiers. Here is the list of A qualifiers reads as of last weekend.

Men	Long Jump	(8.20)	8.38	Mitchell Watt (Q)	Sydney AUS 19/03/11	(2 qualifiers)
			8.30	Fabrice Lapierre (N)	New Delhi IND 09/10/10	
	Discus Throw	(65.00)	65.60 (i)	Benn Harradine (V)	Vaxjo SWE 12/03/11	(2 qualifiers)
	5000m	(13:20.00)	13:10.08	Ben St Lawrence (N)	Melbourne AUS 03/03/11	
	Marathon	(2:12:00)	2:11:00	Jeff Hunt (N)	Beppu JPN 07/02/10	
	20km Walk	(1:22:30)	1:19:15	Jared Tallent (A)	Hobart AUS 13/02/10	(4 qualifiers)
			1:21:00	Luke Adams (A)	Hobart AUS 19/02/11	(3 qualifiers)
			1:22:25	Adam Rutter (A)	Hobart AUS 19/02/11	
	50km Walk	(3:58:00)	3:47:34	Luke Adams (A)	Melbourne 12/10/10	
			3:48:02	Nathan Deakes (A)	Dudince SLO 26/03/11	
		3:54:53	Chris Erickson (A)	Dudince SLO 26/03/11		
		3:54:55	Jared Tallent (A)	Chihuahua MEX 15/05/10		
Women	100m	(11.29)	11.20	Sally Pearson (Q)	Perth AUS 31/03/11	(3 qualifiers)
	100m Hurdles	(12.96)	12.67	Sally Pearson (Q)	New Delhi 11/10/10	(2 qualifiers)
	Pole Vault	(4.50)	4.60	Alana Boyd (W)	Perth AUS 04/03/11	(2 qualifiers)
	Discus Throw	(62.00)	62.20	Dani Samuels (N)	Perth AUS 31/03/11	
	Javelin Throw	(61.00)	63.82	Kim Mickle (W)	Sydney AUS 19/03/11	
	Marathon	(2:32:00)	2:28:48	Lisa Weightman (V)	Nagano JPN 18/04/10	
	20km Walk	(1:33:30)	1:30:53	Jessica Rothwell (V)	La Coruna ESP 19/06/10	
			1:32:02	Claire Tallent (A)	La Coruna ESP 19/06/10	(2 qualifiers)
		1:33:28	Cheryl Webb (N)	Hobart AUS 13/02/10		

WHAT'S COMING UP

Next weekend sees the **Coburg 24 Hour Track Run/Walk** events at the Harold Stevens Athletics Track in the northern Melbourne suburb of Coburg. The event wears a number of hats – the Victorian 24 Hour Track Championship, the Australian 24 Hour Track Championship and the **Australian Centurions 24 Hour Walk Championship**. Action kicks off at 10AM on Saturday 16th April and these intrepid athletes will then run/walk/shuffle their way around the track until the final gun is sounded at 10AM on Sunday 17th April. I will be there helping out for the weekend and, if you are going past at any time, come in and check out the action. The walks field is a very strong one and sees former VRWC walker Mark Wall back from England to attempt his second Centurion finish (Mark is already a British Centurion).

You should be receiving your VRWC Winter Season mailout in the post today and it includes Canberra Carnival info and the winter season racing fixture – our first races are on Saturday 30th April and read as follows:

Saturday 30 th April 2011 Middle Park		
VRWC EVENTS & AV TEAMS EVENTS		
2.15pm	5km AV Teams Championship	Open Men
2.15pm	5km AV Teams Championship	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

The **AV 5km Teams Championship** is open to any AV-registered walker so, even if your club does not have a team of 3 walkers, you should still enter with AV and walk – it will be a hot race indeed and is a great chance to get the season off to a big start. You need to do three things now

1. Register with AV for their new financial year which started on 1st April
2. Check with the other walkers in your athletics club and make sure you get your team of 3 men or 3 women together
3. Enter for the AV 5km Teams event via the online entry panel on the AV website (I am told it is going up this week)

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]

16-17 April, 2011	Australian Centurions 24 Hour walk, Coburg, VIC.
April 21-24, 2011	Australian Masters Athletics Championships , 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 13th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

July 6-10, 2011 7th World Youth T&F Championships, Lille, France
 July 7-17, 2011 19th World Masters T&F Champs Stadia, Sacramento, California, USA. See <http://www.wma2011.com/>
 Aug 12-22, 2011 26th World Summer Universiade Games, Shenzhen, China. See <http://www.sz2011.org/eng/index.htm>
 Aug 27-Sept 4, 2011 13th IAAF World Championships in Athletics, Daegu, Korea. See <http://english.daegu2011.org>
 Sept 7-13, 2011 4th Commonwealth Youth Games, Isle of Man, UK. See <http://www.cyg2011.com/>

2011 IAAF RaceWalking Challenge Series – Remaining Races

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 1st May, 2011 Sesto San Giovanni Meet, Italy
 Sat 21 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, 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>)