



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC RACES, MIDDLE PARK, SATURDAY 7 MAY 2011

First an update from last week's newsletter. The Teams results have now been confirmed and are shown below. Congratulations to the Knox women and the Box Hill men for their team victories. Medals will be presented after this Saturday's races.

VICTORIAN 5KM TEAMS CHAMPIONSHIP, WOMEN

1.	Attard, Tamara	KNA	27:03	7
2.	Carr, Heather	BGO	27:21	5
3.	Raselli, Cassie	SCA	28:38	
4.	Stadus, Lauren	KNA	28:51	4
5.	Whiley, Ebony	BGO	29:07	3
6.	Major, Annette	BGO	29:35	2
7.	Attard, Bianca	KNA	30:11	1
8.	Hamilton, Emily	KNA	30:15	
9.	Heard, Amanda	BGO	30:31	
10.	Eastwood, Jessie	KNA	33:51	
	McNicol, Chloe	SCA	DNF	
	Finnegan, Amelia	KNA	DNF	

Teams:	1	KNA	12	Tamara Attard, Lauren Stadus, Bianca Attard
	2	BGO	10	Heather Carr, Ebony Whiley, Annette Major

VICTORIAN 5KM TEAMS CHAMPIONSHIP, MEN

1.	Brill, Nathan	BOH	22:20	10
2.	Kollmorgen, Stuart	COL	22:42	8
3.	McDonough, Aaron	PTN	26:13	
4.	Evans, Simon	BOH	26:31	7
5.	Tam, Aaron	KNA	26:41	
6.	Kaiser, Joshua	SCA	27:01	6
7.	Dickenson, Russ	SCA	27:06	5
8.	Taylor, Lucas	SCA	27:28	4
9.	Garganis, Adam	COL	28:34	3
10.	Dyer, Bill	BOH	29:01	2
11.	Swan, Kyle	KNA	29:36	
12.	Gardiner, Bob	COL	29:54	1
	Felton, Matt	KNA	DNF	
	Donahoo, Mark	ATE	DNS	
	Walmsley, Reese	KNA	DQ	

Teams	1	BOH	19	Nathan Brill, Simon Evans, Bill Dyer
	2	SCA	15	Joshua Kaiser, Russ Dickenson, Lucas Taylor
	3	COL	12	Stuart Kollmorgen, Adam Garganis, Bob Gardiner

VRWC RACES, MIDDLE PARK, SATURDAY 7 MAY 2011

Another big day with 73 walkers in action in perfect conditions. It was the first of our points days with Fastest Times and Handicap points on offer. We keep allotting points in these competitions until the end of the season when we determine the top 3 placegetters in each division. We were back on our 2km course today and times were generally impressive. Thanks as usual to Terry Swan for the many photos uploaded to our website gallery at <http://www.vrwc.org.au/coppermine>. Thanks also to Tina Miller for additional photos.

14 walkers tested themselves in the 8km event with young Nathan Brill leading from the start, recording a big PB of 36:01 and looking like he had plenty left at the end. But, even though he walked fantastically, he had to lower his colours from a handicap perspective to Russ Dickenson 43:46 and Aaron McDonough 41:39 who both performed well above the handicapper's expectations. Pam Tindal won the women's walk with 42:28 and also took the handicap double.

8km Open	Time	H'Cap Place
1. Pam Tindal	42:28	1
2. Amelia Finnegan	44:25	6
3. Heather Carr	45:00	5
4. Kirstin Shaw	47:08	2
5. Alison Thompson	48:50	3
6. Chloe McNicol-Davidson	54:37	4
1. Nathan Brill	36:01	3
2. Andrew Jamieson	39:06	4
3. James Seid-Christmass	41:26	5
4. Aaron McDonough	41:39	2
5. Simon Evans	43:00	7
6. Russ Dickenson	43:46	1
7. Robert Gardiner	50:20	6
8. Alex Poore	60:03	

The 4km Open was the big event for the day with 26 walkers in total. Jmara Hockley-Samon 20:39 and Aaron Tam 20:16 were the fastest. Aaron was also the male handicap winner with a 1 minute PB. It was great to see Natalie Laurie racing again this week and she took the women's handicap with a good 20:48. Michelle Thompson 22:12 recorded a big PB while Michelle Laufer, having her first races since her Junior days, was not far behind with 22:35. We saw a generational change with Terry O'Neill on the sidelines after a knee operation and his daughter Simone having her first hitout in many years. It was also to treat see Tony Johnson continuing his walking comeback with a good 24:27.

4km Open	Time	H'Cap Place
1. Jmara Hockley Samon	20:39	4
2. Natalie Laurie	20:48	1
3. Michelle Thompson	22:12	2
4. Michelle Laufer	22:35	3
5. Anna Wallace	23:43	5
6. Caitlin Campbell	23:53	10
7. Liz Feldman	24:12	11
8. Donna Elms	24:36	8
9. Gayle McIntyre	25:38	13
10. Gwen Steed	26:35	12
11. Celia Johnson	27:26	9
12. Karyn O'Neill	30:22	14
13. Simone O'Neill	30:22	
14. Margaret Beaumont	32:32	7
15. Pam Mews	46:16	6
1. Aaron Tam	20:16	1
2. Alan Lucas	22:59	4
3. Tony Johnson	24:27	3
4. Jason Elms	25:38	7
5. Geoff Barrow	26:39	5
6. Gerard Feain	28:14	8
7. Barrie Wicks	28:33	2
8. Rudolf Skrucany	28:50	6
9. Gordon Onley	28:52	
10. Ian Beaumont	31:59	
Bruce Conboy	DQ	

Jemima Montag 20:47 and Stephanie George 20:53 were well out in front in the U15 4km and both recorded excellent times. Connor McShanag was the fastest male with 23:06 while Stacey McLaren 27:32 and Cody McNicol-Davidson 27:42 were handicap winners. Welcome also to new member Caitlyn Miezi who had her first race with us at Middle Park.

4km Under 15	Time	H'Cap Place
1. Jemima Montag	20:47	4
2. Stephanie George	20:53	3
3. Megan Walker	24:20	6
4. Emily Swan	27:00	2
5. Rebecca Campbell	27:13	5
6. Stacey McLaren	27:32	1
7. Caitlyn Miezi	28:59	
8. Brianna Cooke	29:01	
9. Madeleine Feain	31:07	
1. Connor McShanag	23:06	3
2. Paul Tremigliozi	27:12	2
3. Cody McNicol-Davidson	27:42	1
Reese Walmsley	DQ	



Connor McShanag, Tony Johnson, Simon Evans, Natalie Laurie, Stacey McLaren, Aaron Tam and Aaron McDonough



Megan Walker, Simone O'Neill, Karyn O'Neill, Nathan Brill, Michelle Laufer and Russ Dickenson

Kyle Swan 13:00, Shelby Kay 13:33 and Paige De Lisen 13:38 were our fastest U12 walkers over the 2.5km distance while Brianna Lillie 8:53 and Caine Brill 9:44 were our fastest U9 walkers in their 1.5km race.

2.5km Under 12		Time	H'Cap Place
1.	Shelby Kay	13:33	1
2.	Paige De Lisen	13:38	3
3.	Brodie Richardson	14:35	6
4.	Hayley George	14:44	5
5.	Mikhala Hodges	14:51	7
6.	Jessica Lillie	15:05	4
7.	Anaya Hodges	16:10	8
8.	Lee Taylor	16:21	2
9.	Tegan Miller	17:57	9
1.	Kyle Swan	13:00	5
2.	Ethan Wright	15:51	2
3.	Lachlan Feain	15:55	1
4.	Hayden Walmsley	15:57	3
5.	Justin Brill	16:36	4
6.	Brendan O'Mahony	19:52	6
	Jonty Brennan	DNF	
1.5km Under 9		Time	H'Cap Place
1.	Brianna Lillie	08:53	3
2.	Kathleen O'Mahony	08:59	2
3.	Payton Kay	10:35	1
4.	Mercedes Brennan	11:25	4
1.	Caine Brill	09:44	1



Jemima Montag (U15), Caine Brill, Cody McNicol-Davidson, Payton Kay, Paige De Lisen and Shelby Kay



**Walkers: Kyle Swan, Justin Brill, Anaya Hodges, Emily Swan, Kathleen O'Mahony and Brianna Lillie
Officials: Mark O'Mahony, Susan Taylor, Don McLaren, Damien Elms and Ian Laurie**

As usual, thanks to our many officials. Sorry if I missed anyone.

Officials: Tim Erickson, Harry Summers, Ian Laurie, Mark O'Mahony, Susan Taylor, Matt Owen, Don McLaren, Justin McLaren, Damien Elms

Race Setup: Bob Gardiner, Peter Vysma, Harry Summers, Craig Brill

Race Entries: Russ Dickenson, Stuart Cooper

Judges: Peter Vysma, Terry Swan, Gordon Loughnan, Ralph Bennett, Lloyd Nicholls, Stuart Cooper

Canteen: Barb Gardiner, Kate Suich, Marlaine Stanway

Photos: Terry Swan, Tina Miller

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 7 MAY

Thanks to Peter Crump for his weekly report from Adelaide

Round 4 saw a return to the shorter program, over 8, 4, 2 and 1km. It was pleasing to see that all of our junior walkers selected at least 2km. Over that distance, we had a number of PBs, with Alix Harlington pulling out a good time of 10:39. Other PBs to Anna Cross, Danielle Walsh and Rhiannon Lovegrove (apologies if there are more that I have overlooked).

Over the middle distance of 4km, Megan Szirom again stepped out with a solid training workout on her gradual rebuilding program. Samara Holliday showed that last week was not an isolated good result, with a time just ahead of Jemma Potezny. Mason Heath also walked strongly for the longer distance. We welcomed back Yvette Becker and Allegra Steele, for a larger turnout than usual.

Over the full distance of 8km, behind Darren Bown and Kim Mottrom (at their usual good form), Justin Hill again impressed, and we look forward to see how far Justin can develop with his walking this season. Gloria Holliday was the only glamour among the blokes over the 8km distance.

8km Road Walk

1.	Darren Bown	35:30
2.	Kim Mottrom	38:21
3.	Justin Hill	43:30
4.	Peter Crump	44:22
5.	Gloria Holliday	50:45
6.	Jim Hoare	56:28

4km Road Walk

1.	Megan Szirom	19:58
2.	Samara Holliday	20:53
3.	Jemma Potezny	21:06
4.	Yvette Becker	21:30
5.	Mason Heath	22:37
6.	Piper Douglas	23:09
7.	Allegra Steele	23:11
8.	Jessica Stephens	23:22
9.	Ron O'Neil	30:40

2km Road Walk

1.	Alix Harlington	10:39
2.	Anna Cross	10:51
3.	Julia Potezny	11:43
4.	Danielle Walsh	11:51
5.	Rhiannon Lovegrove	12:12
6.	Samantha Findlay	12:16
7.	Rhiana Hooker	12:24
8.	Riona Tyler-Dowd	14:21

INDIAN GRAND PRIX, PATIALA (PUNJAB), INDIA, TUESDAY 3 MAY 2011

This was quite an unexpected result from India. The first leg of the Indian Grand Prix, held at Netaji Subhas National Institute of Sports last Tuesday evening, marked the 2011 season opener for Indian Athletics. As many as sixteen events (eight each for men and women) were on the cards for the evening's proceedings. However the men's 20 km Race Walk, a non-GP event held earlier in the day, grabbed everyone's attention as the 26 year old Gurmeet Singh, representing Jharkhand, set a new national mark with a splendid time of 1:20:35. Gurmeet's time eclipsed the national record of 1:23:06 held by Babubhai Panocha since 2009.

The overall standard was excellent with the first 5 all under 85 minutes. And that does not seem to count Harminder Singh who took bronze at the 2010 Commonwealth Games, unless the spelling has changed. The Singhs seem to have the game sown up in Indian racewalking!

20km Walk Men

1.	GURMEET SINGH	JHARKHAND	1:20:35	NR
2.	BABU BHAI	GUJARAT	1:24:38	
3.	BASANT BAHADUR	ARMY	1:24:47	
4.	CHANDAN SINGH	ARMY	1:24:50	
5.	BALJINDER SINGH	CHANDIGARH	1:24:51	
6.	MANJEET SINGH	PUNJAB	1:25:38	
7.	SURENDER SINGH	PUNJAB	1:27:48	
8.	PARDEEP SINGH	PUNJAB	1:43:41	

The second leg of the Indian Grand Prix was held at the same venue on May 7th but no further walks were held from what I can see.

BRITISH ROAD WALKING CHAMPS, REDBRIDGE CYCLE CIRCUIT, SUNDAY 1 MAY

The British National roadwalking championships were held on Sunday 1st May on a loopy 2km circuit of cycle track in Redbridge. The class act had to be Neringa Aidietyte who won the Open Women's 20km in 1:34:26. I reproduce below the top 3 in the younger events, the top 5 in the U20 and the top 10 in the Open events.

2 km Under 13 Boys

1.	Jack Leversidge	City of Sheffield	11:58
2.	Joe Smith	Leicester	12:27

2 km Under 13 Girls

1.	Tinca Gardenghi	Italy	10:44
2.	Chloe Lynch	Clonmel	11:50
3.	Niamh McKivet	City of Sheffield	12:56

3 km Under 15 Boys			
1.	Cameron Curbishley	Medway	14:50
2.	Guy Thomas	Tonbridge	15:29
3.	Daniel Watling	Wolverhampton & Bils.	16:09
3 km Under 15 Girls			
1.	Heather Butcher	Cambridge Harriers	15:59
2.	Emma Achurch	Leicester RWC	16:46
3.	Rebecca Chambers	City of Sheffield	17:44
5 km Under 17 Boys			
1.	Alex Eaton	Manx Harriers	26:03
2.	Ben Parson	Tonbridge AC	27:13
3.	Juan Bellando	Manx Harriers	28:04
5 km Under 17 Girls			
1.	Tasha Webster	Birchfield AC	26:49
2.	Alexandra Ross	Manx Harriers	29:20
3.	Jasmine Nicholls	Leicester WC	29:46
10 km Under 20 Men			
1.	Evan Lynch	Clonmel AC	47:14
2.	Jamie Higgins	Leeds City AC	48:07
3.	Jonathon Hobbs	Ashford AC	51:13
4.	Nathan Duncan	Yorkshire RWC	51:45
5.	Adam Cowin	Manx Harriers	57:22
10 km Under 20 Women			
1.	Heather Lewis	Pembrokeshire	52:43
2.	Lauren Whelan	Manx Harriers	54:40
3.	Rebecca Collins	Medway	58:05
4.	Kate Funnell	Ashford AC	59:22
5.	Vicky Morgan	Wolverhampton & Bils.	61:13
20 km Open Men			
1.	Tom Bosworth	Tonbridge AC	90:13
2.	Dominic King	Colchester Harriers	95:28
3.	Paul Evenett	Redcar RWC	98:27
4.	Antonio Cirillo	Coventry AC	104:09
5.	Steve Arnold	Nuneaton Harriers	111:11
6.	Steve Uttley	Ilford AC	112:14
7.	Phil Barnard	Ilford AC	114:13
8.	John Hall	Belgrave Harriers	114:51
9.	Steve Allen	Barnet and District	117:11
10.	Richard Spenceley	Yorkshire RWC	117:53
20 km Open Women			
1.	Neringa Aidityte	Ilford AC	94:26
2.	Jo Hesketh	Steyning AC	113:37
3.	Julie Drake	Steyning AC	115:51
4.	Diane Bradley	Tonbridge AC	116:13
5.	Karen Weirs	Redcar RWC	118:43
6.	Maureen Noel	Belgrave Harriers	124:27
7.	Cath Duhig	Ryston	126:50
8.	Ann Wheeler	Leicester WC	129:16
9.	Helen Starling	Redcar RWC	133:24
10.	Karen Davies	Birchfield Harriers	143:18

OTHER OVERSEAS RESULTS

Wojciech Halman recorded a PB time of 19:45.62 in winning the 5000m walk at the Provincial Season Opener competition at Gdansk in Poland last Saturday. Alas, no other walk times were good enough to report. It was indeed a solo performance with the second placed walker a long way back in just over 27 minutes.

VALE DAVE JONES

I am saddened to advise all readers of the untimely death of Queensland racewalking identity Dave Jones. QRWC President Peter Bennett told me a little more about Dave:

I have known Dave since I first began race walking in 1992. We competed against each other in Masters track competitions and we were both members of Mayne Harriers Athletics Club where we often trained together at Windsor Park. Dave was a member of Mayne Harriers teams in many QA State Championship road races over 20km, 30km and 50km when Mayne won numerous Teams gold medals. Dave represented Queensland at a number of National Road Walk Championships and for QRWC at numerous Federation carnivals including the 20 miles in Canberra. Dave began his coaching career looking after junior race walkers in the early 1990's.

Over the years, Dave had success as a coach, looking after walkers such as Jesse Osborne, Rebecca, Ben and Samantha Tesch, Samantha and Corey Buckler and others. He devoted himself to coaching since an accident that left him wheel-chair bound.

We offer our condolences to Yvonne and family.

WHAT'S THAT – AN ASH TRAY!

Alison Thompson has donated a most unusual award to VRWC – an ash tray, awarded to her father Stan in 1953 after he won a VAWC 3 mile handicap event. Nowadays I am pretty sure that we would not have such an item amongst our award lists. It will be on display in our trophy cabinet from this weekend onwards. Thanks Alison!



JARED WALKER RUNS HIS HALF

In newsletter number 26, I had an article on Geelong competitor Jared Walker and at one stage, I mentioned that he was training for a half marathon. Well, it has now taken place - he ran in the Geelong Half Marathon on Sunday 1st May, finishing 29th overall in a time of 1:23:23 and 1st in the U20 Male Category in a field of over 800. That is a great effort for a 15 year old – well done Jared. You can see the full results at <http://www.gccc.asn.au/>



Jared in racewalking mode in the 2010 Australian Roadwalking Champs in Brisbane

ATHLETICS VICTORIA HAS NOT MOVED YET

I was wrong in last week's newsletter when I surmised that AV was already on the move to the new athletics headquarters at Albert Park. In fact, they don't have to be out of Olympic Park until the end of June. Here are a few more photos of the new track.

Main View	http://yfrog.com/z/h25ctkhj
More of the Track	http://yfrog.com/z/gy81jicj
Warm Up Area	http://yfrog.com/z/hsqn1nsj
Call Room so far	http://yfrog.com/z/gyr4gdyj

SEE THE AIS IN ACTION

Contact Sport is a weekly ABC Sporting program screened on Friday evenings on ABC24. On last Friday, 6th May, the program featured the AIS and it's well worth a watch. It shows a few snippets of our younger AIS walkers at training. Check it out at <http://www.abc.net.au/iview/?series=2958081#/series/2958081>

THE RULES OF RACEWALKING SIMPLIFIED

With a number of new walkers racing with us each week, it is time to have a quick review of the basic rules of racewalking so here goes with a short summary prepared by Ray Smith and Stu Cooper in 2006.

1. A **YELLOW PADDLE** is a CAUTION, which is just that - an advice to a competitor to be careful as he/she is in danger of breaching the rules. This advice is given via a yellow paddle bearing one of two symbols: a squiggle for loss of contact, or an arrowhead for a bent knee. A competitor can receive YELLOW PADDLES from every judge on the course, but no more than two (one for each offence) from the same judge. If there were 9 judges on the course, a competitor could, in an extreme case, receive 18 YELLOW PADDLES in a race and still be entitled to finish.

The number of YELLOW PADDLES a competitor receives has NO bearing on whether or not they have been reported to the Chief judge for actually breaking the rules.

2. A **RED CARD** is a silent communication between the on-course judges and the Chief judge. A judge issues a RED CARD if a competitor has actually infringed the contact or bent knee rules. A competitor may be 'red carded' only twice and still be allowed to compete - on notification of a third RED CARD the Chief judge shall indicate to the competitor via a red paddle that they are disqualified and must leave the course immediately.

Again, there is NO connection between the number of YELLOW PADDLES (CAUTIONS) a competitor receives and the act of issuing RED CARDS against him/her for actual rule infringement. A YELLOW PADDLE is there to assist the walker; a RED CARD is to sanction them.

Note also that there is no such thing as a 'warning'. This term has not been used for some time, yet it still causes confusion today when it is used interchangeably (and inaccurately) with both CAUTION and RED CARD.



You can find this and much more about the rules of racewalking on our VRWC website <http://www.vrwc.org.au>.

WHAT'S COMING UP

Next Saturday is another championship day at Middle Park with our AV and VMA walkers contesting their annual 10km championships. AV entries have already closed but the VMA championships can be entered on the day. All VRWC walkers who enter one or other of the 10km championships is automatically entered into our VRWC points competition race.

Saturday 14th May 2011, Middle Park

AV, VMA & VRWC Events: VRWC Entries close for all events at 2.00pm sharp.

2.15pm	10km	Victorian Championship	Open, 40+, 50+ Men
Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal			
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Women
2.15pm	10km	Victorian Masters Championship	Masters Men
2.15pm	10km	Victorian Masters Championship	Masters Women
2.30pm	10km	Handicap	Open
2.30pm	5km	Handicap	Open
2.30pm	3km	Handicap	Under 15
2.40pm	2km	Handicap	Under 12
2.40pm	1km	Handicap	Under 9

And a reminder of the key things to remember with regard to the Canberra carnival on June 12th.

- Daryl Biggin tells me that the Ballarat section of Racewalking Victoria is taking a brand new 59 seater bus coach to Canberra and they have spare seats for anyone interested. The bus leaves Ballarat at 7:30AM on Friday 10th June so can pick people up along the way if pre-organized. The bus leaves Canberra to return to Victoria at 8AM on Monday 13th June. You can contact Daryl on 0408 457947 to chat further. He assures me it will be economically priced.
- I have confirmed that our new Racewalking Victoria singlets will be available for us to sell on Sunday 29th May. We are also checking out whether it is possible to also get some crop tops for our female walkers – but no promises at this stage!
- Canberra entries close with your club secretary (that's me for VRWC walkers) on Saturday 21st May. That is less than 3 weeks away now so time is off the essence. This is also the closing date for anyone wishing to book accommodation through us at one of our 2 hotels. Talk to me on Saturday if you wish to discuss any aspects of this wonderful carnival.

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.

2011 Australian/Victorian Winter Season Key Dates

Sat May 14, 2011	AV and VMA 10km championships, Middle Park, VIC
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 th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

July 6-10, 2011	7 th World Youth T&F Championships, Lille, France. See http://www.lillemetropole2011.com/
July 7-17, 2011	19 th World Masters T&F Champs Stadia, Sacramento, California, USA. See http://www.wma2011.com/
Aug 12-22, 2011	26 th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
Aug 27-Sept 4, 2011	13 th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Sept 7-13, 2011	4 th Commonwealth Youth Games, Isle of Man, UK. See http://www.cyg2011.com/

2011 IAAF RaceWalking Challenge Series – Remaining Races

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 21 May, 2011	9 th 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

Feb 5-12, 2012	Oceania Masters Athletics Championships, Tauranga, New Zealand
Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyvaskyla, Finland
May 12-13, 2012	25 th IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012	14 th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30 th Olympic Games, London. See http://www.london2012.com/

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

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

August 22-30, 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>)