



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 38
21 June 2011



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VRWC RACES, MIDDLE PARK, SATURDAY 18 JUNE 2011

Conditions were perfect in Melbourne on Saturday - overcast, mild and still - and the 62 walkers who attended were challenged by our annual 'Guess Your Time' races. The idea is a simple one - you nominate the time you expect to walk and then you race without a watch or any intermediate times being called. The winner is the walker who is closest to his/her nominated time. The guessing was pretty good, especially in the 10km event when **Michelle Laufer** and **Clyde Riddoch** were spot on. In other interesting finishes, **Anaya and Mikhala Hodges** were equal winners in the U12Girls 2km event, being only 1 sec off with their guesses. And in the U15 events, **Billy Allamby and Emily Hamilton** walked together the whole way and won their respective divisions, being only 1 sec and 2 secs off the mark with their finish time guesses.

Thanks to **Terry Swan** for his usual great selection of photos at <http://www.vrwc.org.au/coppermine>. Thanks also to **Frances Attard** for her 25 minute video from the Canberra Carnival which was aired in the clubrooms on Saturday. I have uploaded the first 10 minutes of footage (the 20 Mile, the 10 Mile and the first few of the shorter distance events) to http://www.youtube.com/watch?v=GfTXmLA_PUJ. A reminder that you can always get a copy cut for any of our club videos. Just email me.



Now onto the results which are shown below

	VRWC 10km Open	Time	Guess	Difference
1.	Laufer, Michelle	0:56:00	0:56:00	0:00
2.	Tindal, Pam	0:54:21	0:55:00	-0:39
3.	Thompson, Alison	1:03:08	1:02:00	+1:08
4.	Attard, Bianca	1:03:15	1:02:00	+1:15
5.	McNicol-Davidson, Chloe	1:09:22	1:06:55	+2:27
1.	Riddoch, Clyde	1:00:00	1:00:00	0:00
2.	Seid-Christmass, James	0:55:58	0:56:00	-0:02
3.	Gardiner, Bob	1:04:56	1:05:00	-0:04
4.	Dickenson, Russ	0:56:03	0:56:30	-0:27
5.	Evans, Simon	0:54:16	0:53:00	+1:16
	Dillon, Josh	DNF		

VRWC 5km Open		Time	Guess	Difference
1.	Carr, Heather	27:20	27:10	+0:10
2.	Feldman, Liz	30:21	30:01	+0:20
3.	Beaumont, Margaret	40:38	41:01	-0:23
4.	Shaw, Kirstin	28:01	27:30	+0:31
5.	Geisler, Sandra	27:35	26:30	+1:05
6.	Elms, Donna	31:58	30:05	+1:53
	Shaw, Robyn	DNF		
1.	Barrow, Geoff	33:43	33:58	-0:15
2.	Wicks, Barrie	36:59	36:30	+0:29
3.	Poore, Alex	37:28	38:00	-0:32
4.	Johnson, Tony	31:27	32:00	-0:33
5.	Beaumont, Ian	40:30	39:45	+0:45
6.	McNicol-Davidson, Cody	33:39	32:50	+0:49
7.	Cowley, Rhydian	22:11	21:20	+0:51
8.	Brill, Nathan	22:53	21:50	+1:03
9.	Tam, Aaron	26:20	25:00	+1:20
10.	Jenkins, Llew	36:59	34:00	+2:59
11.	Mirarchi, Nicholas	33:01	27:00	+6:01

VRWC 3km Open		Time	Guess	Difference
1.	Steed, Gwen	19:55	19:54	+0:01
2.	Mews, Pam	31:51	31:43	+0:08
3.	Johnson, Celia	21:31	22:10	-0:39
1.	Morrison, John	21:27	21:10	+0:17



Michelle Laufer, Heather Carr, Clyde Riddoch, Gwen Steed, Geoff Barrow, Celia Johnson and John Morrison

VRWC 3km Under 15		Time	Guess	Difference
1.	Hamilton, Emily	16:02	16:00	+0:02
2.	Walker, Megan	17:19	17:00	+0:19
3.	McLaren, Stacey	19:42	19:20	+0:22
4.	Sanders, Jade	16:35	16:10	+0:25
5.	Swan, Emily	19:04	18:30	+0:34
6.	De Lisen, Paige	17:37	17:00	+0:37
7.	Cooke, Brianna	19:58	18:53	+1:05
	Campbell, Rebecca	DNF		
1.	Allamby, Billy	15:59	16:00	-0:01
2.	Walmsley, Reese	18:22	18:10	+0:12
3.	Swan, Kyle	15:28	15:10	+0:18
4.	McShanag, Connor	15:22	14:45	+0:27
5.	Tremigliozi, Paul	19:23	18:50	+0:33
6.	Owen, Cooper	15:55	17:30	-1:35

VRWC 2km Under 12		Time	Guess	Difference
E1	Hodges, Anaya	11:40	11:41	-0:01
E1	Hodges, Mikhala	11:29	11:30	-0:01

3.	Xuereb, Tara	12:40	12:35	+0:05
4.	Lillie, Jessica	11:44	11:50	-0:06
5.	Eastwood, Jemma	11:37	11:45	-0:08
6.	Taylor, Lee	13:37	12:56	+0:41
7.	Richardson, Brodie	12:23	11:20	+1:03
1.	Brennan, Jonty	11:46	11:40	+0:06
2.	Brill, Justin	11:45	12:01	-0:16
3.	Walmsley, Hayden	12:56	12:36	+0:20
4.	Davidson, Harley	15:23	15:59	-0:36
5.	Mirarchi, Thomas	15:07	18:00	-2:57

VRWC 1km Under 9		Time	Guess	Difference
1.	Lillie, Brianna	05:45	05:38	+0:07
2.	Brennan, Mercedes	05:50	06:23	-0:33
1.	Brill, Caine	05:56	05:43	+0:13



Mikhala Hodges, Billy Allamby, Emily Hamilton, Alana Hodges, Caine Brill, Brianna Lillie and Jonty Brennan

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

Officials: Tim Erickson, Russ Dickenson, Michael Bodey, Bob Gardiner, Harry Summers, Craig Brill, Paul Kozaris, Justin McLaren, Don McLaren, Damien Elms, Matt Owen

Judges: Stuart Cooper (Chief), Brenda Felton, Ralph Bennett, Susan Taylor, Michael Bodey

Photos: Terry Swan

Video: Frances Attard

Canteen: Wendy Cooper, Marlane Stanway

TASMANIAN WALKERS CLUB ACTIVITIES LAST WEEKEND

I could not help but notice the fine performance of the members of the small Tasmanian team at the LBG Carnival earlier this month. In particular, the team silvers won by Sophie Eberhardt (15:54), Tahlia Hunt (16:21) and Megan Guy (16:35) in the U16 Girls 3000m Walk may well be the first ever Teams medals won by Tasmania in this carnival. Last weekend they were back in action down in Hobart where Rosemary Coleman tells that they held a walk clinic. It took place over two days and incorporated talks on strength and conditioning, flexibility, goal setting and race walking technique. Club races were held on the Saturday afternoon and early on the Sunday morning a mountain walk was scheduled, followed by a pancake breakfast. Many aspects were videoed and photographed and I am pleased to include some photos of the Sunday morning walk up Mt Wellington, thanks to Sophie Eberhardt's mother Lynne. Rosemary commented:

Only the older juniors walked Mt Wellington, enduring gusty winds, snow, low cloud cover and -6 degrees. The walkers had to walk 3.7km to the summit, about half way from the base or walk 3mins then 1 min rest. Only three juniors walked the whole way.

The Saturday afternoon races were separated by a Goal Setting talk for the older walkers and many of the athletes achieved personal bests. Louis Rose and Rachelle Taylor actually backed up for a double - the 5km and the 3km. Well done!

5km Walk	Louis Rose	14	26.43
	Lawrie Marsh	Open	25.55
	Rachelle Taylor	15	28.08
	Wayne Fletcher	Open	DNF
4km Walk	Sophie Eberhardt	14	21.58

3km Walk	Louis Rose	14	14.52
	Mitchell Walker	14	14.53
	Tahlia Hunt	13	16.01
	Rachelle Taylor	15	16.13
	Hannah Harrison	14	16.14
	Megan Guy	16	18.01
	Sarah Guy	12	22.43
	Kirrilly Garwood	10	23.06
1km walk	Bailey Campbell	9	7.52
	Ava Richards	8	9.05



The young Tasmanian walkers attack Mt Wellington on Sunday morning in the cold conditions (photos Lynne Cure)

ACT WALKERS CLUB ROADRACES, LAKE TUGGERANONG, SATURDAY 18 JUNE

Thanks to Robin Whyte for his weekly report from Canberra

6.6km walk	1 Colin Heywood 35:04 2 Peter Baker 38:37 3 Robin Whyte 40:56 4 Emily Fawcett 41:14 5 Helena Bialecki 42:06 6 Zoe Hunt 42:32 7 Harry Bates 42:33 8 Meghann Griffin 42:46 9 Jane Bates 43:25 10 Kate Black 44:32 11 Monika Short 44:45 12 Rod Gilchrist 46:24 13 Jennifer Gilchrist 47:50 14 Bob Parker 50:36 15 Terry Munro 50:38 16 Rosemary Parker 53:45 17 Desma Butler 01:00:32 18 Jim Short 01:00:32 19 Val Chesterton 01:01:38 20 Warren Butler 01:01:38 21 Nola de Chazal 01:08:42
3km walk	1 Ally Durr 15:55 2 Callum Burns 16:05 3 Jack Durr 19:23 4 Callum Doherty 20:50.
1km walk	1 Gabby Hunt 05:23 2 Spencer Burns 05:36 3 Thomas Hunt 07:25 4 Laura Burns 08:38

SAMA ROADWALKS, EAST TERRACE, ADELAIDE, SATURDAY 18 JUNE

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters. Colin commented "*Some hills, cool overcast.*"

10k Yacht Handicap

M66	George White	55.44	88.00%
M67	Graham Harrison	67.57	73.05%
W51	Marie Maxted	68.13	68.68%
M65	James Hoare	69.14	70.09 %
W43	Rose Stigwood	76.36	56.88%
M73	Rodger Barber	74.36	71.74%
M55	Richard Moyle	75.44	58.47%
W77	Cynthia Dally	86.57	77.75%
M81	Colin Hainsworth	79.50	74.65%
W69	Elaine MacFarlane	84.47	69.28%
M77	David Robertson	83.33	67.8%

5K Yacht Handicap

M60	Jeff Kennett	42.58	52.21%
W66	Jill Rogers	40.04	66.46%
W62	Gill White	40.08	63.05%
W76	Ros Elix	40.30	76.68%
M74	Paul Boyce	40.08	65.70%
W63	Lillian Harpur	43.18	59.16%
M68	Roger Lowe	38.53	62.89%
W57	Linda Whitelaw	42.16	56.56%

SARWC ROADWALKS, ADELAIDE PARKLANDS, SATURDAY 18 JUNE

Thanks to Peter Crump for his weekly report from Adelaide

A light work out a week after Canberra, with all of the longer walkers opting out of the sprint distances. We had two handicap events, with the handicap influenced mainly by times last week or recent times for non LBG attendees. A few big improvements over last week, which means that unfortunately we have peaked a week late. Over the 4km distance, Samara Holliday passed her mother Gloria early in the piece to show a big improvement from last week, as did Gloria. Lachlan and Kristie walked around the same level as the previous week. Over the 2km distance Samantha Findlay held out a strong finishing Danielle Walsh while Anna Cross and Rhiannon Lovegrove again walked at their best.

4km		Finish Time	Actual Time
1.	Samara Holliday	22:41	21:21
2.	Gloria Holliday	22:51	22:51
3.	Lachlan Tyler-Dowd	23:20	22:10
4.	Kristie Goznik	23:29	19:29
5.	Jessica Stephens	24:45	24:40
6.	Justin Hill	24:49	20:29
7.	Megan Szirom	25:01	20:41

2km		Finish Time	Actual Time
1.	Samantha Findlay	11:51	11:41
2.	Danielle Walsh	11:55	11:15
3.	Anna Cross	12:09	10:23
4.	Rhiannon Lovegrove	12:21	11:42
5.	Rhiana Hooker	12:28	12:28

QUEENSLAND NEWS

Two separate meets Queensland were on offer last weekend and Dane Bird-Smith, Brad Aiton and Jessica Pickles were in fine form.

Gold Coast Track Meet Saturday 18 June

Men 5,000 Metre Race Walk

1.	Dane Bird-Smith	QRWC	20:16.85
2.	Brad Aiton	GCV	22:08.68
3.	Dean Nipperess	QRWC	25:38.21

Women 5,000 Metre Race Walk

1.	Jessica Pickles	Jimboomba	25:05.88
2.	Kenza Benzenati	GCV	26:52.28
	Katya Martin	GCV	DNF

Runaway Bay Super Series Sunday 19 June

5km Walk

1.	Jessica Pickles	24:22.80
2.	Paul Lindenberg	28:02.41
3.	Kay Shaw	30:17.41
4.	Sally Lynch	32:27.45
5.	Andrew Lake	34:22.98
6.	Ian McEldowney	35:08.48
7.	Klaus Maurer	36:04.80
8.	Robyn Wales	38:11.17
9.	Adrian Wagemakers	47:17.52
10.	Barbara Good	51:27.88
11.	Litia Maclean	58:06.57

Racewalking Queensland club road walking competition resumes next Sunday 26 June at the Logan River Parklands in Beenleigh, with all races starting at 8.00am.

SRI CHINMOY 24 HOUR CHAMPIONSHIPS, QEII ATHLETICS TRACK, BRISBANE, 18-19 JUNE

The Sri Chinmoy 24 Hour, 12 Hour & 6 Hour championships were held on the QEII track in Nathan, Brisbane, last weekend. The weather on Saturday was fine with a slight breeze but the clear skies meant the temperatures dropped during the night and early morning and conditions were unusually cold.

There were two walkers taking part in the 24 hour race - Alun Davies (QLD) and Steve Jordan (VIC). QRWC member John Harris had entered the 6 hour walk but selflessly gave up his race to help out with the shortage of lap scorers. Alun, a local ultra runner, looked comfortable as he covered 44km in the first six hours with Steve not far behind on 43km. Both walkers made it to 12 hours still in control with Alun on 86.6km and Steve on 80.8km. The second half was a trial for both walkers as they battled injury and fatigue. Alun was unable to walk the last few hours due to a severe hamstring injury but both walkers put in credible performances and both look capable of achieving Centurion status in the future.

Sri Chinmoy 24 Hour Queensland Track Championship

1	Trevor Allen	Run	200.405 km
2	Mike Canty	Run	193.568 km
3	Sharon Scholz	Run	163.156 km
4	Steven Houldsworth	Run	159.744 km
5	Steve Jordan	Walk	149.765km (PB by 11km)
7	Alun Davies	Walk	136.435km

KEVIN STONE MEMORIAL - NEPEAN OPEN WALK CARNIVAL, CHIPPING NORTON, SAT 4 JUNE

The Kevin Stone Memorial / Nepean Open Day was held in Sydney a week before the LBG Carnival and over 60 walkers were in action. The results were excellent across the board and are reproduced here for completeness.

Long Division 8km

1.	Nicole Fagan	37.22
2.	Kyle Malone	37.34
3.	Ian Jessurun	39.36
4.	Derek Mulhearn	39.37
5.	Jay Felton	41.53
6.	Matthew Killen	44.04
7.	Mary Willis	49.21

Medium Division - 6km

1.	Brook Keys	28.04
2.	Steven Washburn	29.33
3.	Kirsty Klein	30.07
4.	Demi Psarianos	34.52
5.	Tony Psarianos	35.27
6.	Shay Southern	35.52
7.	Joan Purcell	43.53
8.	Judy Brown	44.50

Short Division - 3km

1.	Tyler Jones	14.48
2.	Robert Murphy	14.52
3.	Tom Doyle	15.35
4.	Sarah Raycanovsk	15.45
5.	Stephanie Grujoski	16.09
6.	Amanda Barendregt	16.17

7.	Shannon Jennings	16.23
8.	Caitlen Plummer	16.35
9.	Bryony Beasley	16.40
10.	Sarah Klein	16.59
11.	Jade Dighton	17.37
12.	Ashleigh Downey	18.42
13.	Lewis Thompson	18.57
14.	John Thompson	18.57
15.	Joanne Elias	20.27
16.	Nicolle Challinor	20.43
17.	Sandy Southern	23.35
18.	Jenny Lingley	23.42

U16 Division - 2km

1.	Jasmyn McDonald	10.03
2.	Luke Jobson	10.12
3.	Adam Mylonas	10.49
4.	Dylan Richardson	11.17
5.	Damien Owen	11.48
6.	Travis Barendregt	12.10
7.	Ally Grujoski	12.27
8.	Michael Murphy	12.47
9.	Mascey Willis	13.53
10.	Tayla Brooks	14.01
11.	Jye Hardy	17.21

U12 Division - 1km

1.	Leah McDonald	4.54
2.	Kyle Bedford	4.55
3.	Ryan Thompson	5.06
4.	Benjamin Tisdale	5.11
5.	James Plummer	5.24
6.	Madeline Owen	5.36
7.	Jasmyn Vesey	6.05
8.	Samantha Brown	6.11
9.	Katelin Ellyard	6.19
10.	Flynn Ross	6.38
11.	Tayla Jobson	6.43
12.	Renee Hardy	6.47
13.	Bree Ellyard	7.07
14.	Callum Owen	8.33
15.	Logan Barendregt	8.41
16.	Aiden Hardy	11.30

Next Sunday sees the Athletics NSW Short Walks Championships at Penrith Lakes

OVERSEAS NEWS

Ukrainian Junior Championships, Donetsk, Wednesday 15 June

Oleksander Berbitskiy won the 10000m track walk with 41:39.30 during the first day of Ukrainian Junior Championships.

The Kenya Prisons Inter Divisional Championships , Sunday 19 June 2011

Men 10km Walk Championship

1.	Silvanus Wekesa	42:05.4
2.	Eric Shikuku	43:08.0
3.	David Munyao	45:17.0
4.	Patrick Irungu	46:13.7

Women 10km Walk Championship

1.	Ann Kathigi	58:14.5
2.	Rose Chepkosgei	59:45.0
3.	Joyce Akoth	59:45.5

OFF TO THE FOOTY

VRWC U15 walker Lucas Taylor has been selected to umpire at the School Sport Australia Football Championships in Canberra on 23-30 July 2011. Trials were held in April and Lucas was one of those selected for the big carnival. Mum Susan and sister Lee will be selling raffle tickets (\$2 per ticket) at our Middle Park races over the next few weekends so dig in and help fund Lucas's trip. Well done Lucas - it must be nearly as tough as being a walk judge!



Lucas in racewalk mode earlier this year at Middle Park

CONGRATULATIONS TO BALLARAT HARRIERS - 120 YEARS YOUNG

Ballarat Harriers (founded 15th June, 1891) celebrate their 120 year anniversary this year and big celebrations are planned for this weekend, starting with a dinner on Friday evening, followed by the President's handicap on Saturday afternoon, a dinner on Saturday evening and a Hare and Hounds Run on Sunday morning followed by a bbq brunch. I believe that that the Friday evening dinner has now closed but former club members are invited to any of the other functions. The link to the various activities is found at <http://www.ballaratharriers.com/data/other/main.php?page=anniversary.htm>

Ballarat Harriers is not only one of our oldest country clubs, it is also one with a proud walking history, having amongst its walk fraternity

1. The Nicholls Family - Stan, Graeme and Alison - all Australian champions
2. Willi Sawall - Australian champion, Commonwealth Record holder, multiple Olympian and Commonwealth Games participant
3. Kelly Ruddick - the latest walking sensation from the local stables.



Champions all from Ballarat Harriers - Graeme, Alison and Stan Nicholls, Kelly Ruddick and Willi Sawall

Few clubs can boast that number of elite walkers, especially if country based. Well done to all Ballarat Harriers - Semper Eundem

WHAT'S COMING UP

Next Saturday sees our major winter club championship day with medals on offer in a wide variety of races. This fixture also sees the **Victorian 15km championships**. A reminder that while **you can enter our club championships on the day**, you had to **pre-enter** the Victorian Championship events and entries have now closed. All VRWC under-age club championships are based on your club age - ie your birthday on 1 October 2010 when our financial year commenced.

Saturday 25 June 2011, Middle Park			
AV & VRWC EVENTS: Entries close for VRWC events at 2.00pm sharp.			
2.15pm	15km	Victorian Championship & VRWC handicap	Open Men
2.15pm	15km	Victorian Championship & VRWC handicap	Open Women
2.15pm	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
2.15pm	15km	VRWC Championship	Under 20 Men/Women
2.30pm	5km	VRWC Championship	Under 16 Boys/Girls
2.30pm	5km		Open
2.30pm	3km		Open
2.30pm	3km	VRWC Championship	Under 14 Boys/Girls
2.45pm	2km	VRWC Championship	Under 12 Boys/Girls
2.45pm	1km	VRWC Championship	Under 9 Boys/Girls
3:30pm		Presentations	

The **NSWRWC Centenary Dinner** is to be held this Saturday 25th June at the Fox Hills Golf Club. Their club newsletter this week advises that 153 people will be attending. This is a fantastic number and indicates the hard work put in by the organizing committee. NSWRWC is our oldest continuously operating racewalk club, having been founded in 1911.

The IAAF Race Walking Challenge continues next Sunday in Ireland when the **18th Dublin International Grand Prix of Race Walking** will be held. This features 50km for men and 20km for men and women. It is probably the last major European racewalk before this year's IAAF World Championships and the fields look fantastic. The great news for Australians is that we will have 3 walkers in action in **Jared Tallent** (50km), **Claire Tallent** (20km) and **Stuart Kollmorgen** (20km). I look forward to reporting on proceedings in next week's newsletter.

Next weekend also sees the **43rd annual Rouen International 24 Hour Walk Classic** at the Espace Jacques Anquetil sporting complex on the Ile Lacroix, a small island on the Seine in Rouen, France. QRWC President Peter Bennett has once again been invited by the race organisers to participate. This will be his fifth outing - in 2006, he completed 176.175 km for 4th place. In 2008, he returned and won with an astonishing 214.65 km. In 2009, he won again with 213.885 km. In 2010, he returned to take second place behind Russian ultra walking legend Aleksei Rodionov with a PB distance of 216.240 km. Peter warmed up with the 20 Mile event at the LBG carnival just over a week ago - fingers crossed for another huge walk total.

After recovering from the race Peter will travel to the north of France and will be cheering on our walkers at the World Youth Championships in Lille.

And to perhaps the ultimate walking challenge in the world - the famous **Paris-Colmar Classic** which begins tomorrow and goes for the next 4 days, from June 22-25 June. It is an annual race over 440 km for men and 300 km for women but not just anyone can enter. Participants are invited to participate based on the results of a series of selection races over 24 and 28 hours. This is the Tour de France of race walking. During four days and three nights, they traverse the French countryside, encouraged on by their crews and by the many supporters who come especially for the occasion. The towns and villages on the race route get right behind the race with banners and cheering crowds as the walkers pass through. The competition starts at Neuilly-sur-Marne in outer Paris on Wednesday evening and finishes on Saturday afternoon in the city of Colmar, near the German border.

In fact, it used to be even longer (well over 500km) and the winning time is usually well under 3 days!

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

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	7th World Youth T&F Championships, Lille, France. See http://www.lillemetropole2011.com/
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

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	

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	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 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>)