



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 43
26 July 2011



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

VRWC - RWA POSTAL CHALLENGE, MIDDLE PARK, SATURDAY 23 JULY 2011

Saturday saw 65 VRWC walkers participating in the annual Racewalking Australia Postal Challenge event - we will now combine our results with our country walking clubs to form an overall Racewalking Victoria result. Both Bendigo and Ballarat were racing on Sunday. Conditions were perfect at Middle Park - cool and still - and there were plenty of PBs recorded. This was also our annual fundraiser for the International Brain Tumour Association (<http://www.theibta.org/>) and I am pleased to announce that, after donating our race entries, canteen takings and adding in a bit extra with donations, we are forwarding \$500 to that organization.

First to our 10km event which was contested by Open, Masters and U20 walkers. The Masters results are ranked in order of Age Graded performance. Luckily we had finishers in all 6 divisions, a good start to the overall challenge. PB performances were seen by **Michelle Laufer, Simone and Karyn O'Neill and Connor McShanag** while **Alison Thompson** and **Bob Gardiner** were our top masters. **Simon Evans** and **Kirstin Shaw** also filled vital top spots for us in their divisions.



Alex Poore, Simone O'Neill, Alison Thompson, Barrie Wicks, Geoff Barrow and Celia Johnson



Michelle Laufer, Connor McShanag, Bob Gardiner, Simon Evans and Karyn O'Neill

RWA Challenge 10km Open

1.	Michelle Laufer	0:54:36	PB 0:17
2.	Simone O'Neill	1:05:50	PB 1:35
1.	Simon Evans	0:52:38	
2.	Aaron McDonough	0:53:09	
3.	James Seid-Christmass	0:57:45	

RWA Challenge 10km Masters

1.	Alison Thompson	1:03:50	58	79.18%	PB 0:55
2.	Karen O'Neill	1:07:53	56	72.76%	
3.	Donna Elms	1:04:22	50	72.07%	
4.	Robyn Shaw	1:04:30	50	71.92%	
5.	Michelle Thompson	1:01:04	42	70.77%	
1.	Bob Gardiner	1:01:37	75	89.29%	
2.	Ralph Bennett	0:57:51	69	87.86%	
3.	Alan Lucas	0:59:21	63	80.01%	
4.	Terry O'Neill	1:00:39	55	72.52%	
5.	Geoff Barrow	1:08:45	62	68.35%	
6.	Alex Poore	1:20:22	72	65.70%	

RWA Challenge 10km Un20

1.	Connor McShanag	0:56:40	PB 1:09
1.	Kirstin Shaw	1:04:14	

Our U18, U16 and U14 divisions contested 8km, 5km and 3km respectively. Unfortunately, our event clashed with the Victorian All Schools Cross Country Championships so we were missing a number of key walkers but we did manage to cover all the age groups except for the U18 Boys. **Amelia Finnegan**, **Emily Swan** and **Jemima Montag** led the way with PBs in their divisions while **Kyle Swan** and **Nathan Brill** performed at their usual high standard in their divisions. Special mentions also to **Billy Allamby**, **Lauren Collis** and **Paige De Lisen** who recorded PBs and to **Paul Tremigliozi** who walked his first ever 5km.



Amelia Finnegan, Paul Tremigliozi, Billy Allamby, Lauren Collis, Nathan Brill and Jemima Montag

RWA Challenge 8km U18

1.	Amelia Finnegan	0:42:06	PB 0:49
	Caitlin Campbell	DNF	

RWA Challenge 5km U16

1.	Emily Swan	0:32:17	PB 2:55
1.	Nathan Brill	0:22:44	
2.	Billy Allamby	0:26:56	PB 0:20
3.	Paul Tremigliozi	0:33:13	First ever

RWA Challenge 3km U14

1.	Jemima Montag	0:14:33	PB 0:02
2.	Megan Walker	0:16:24	
3.	Lauren Collis	0:16:48	PB 0:13
4.	Shelby Kay	0:16:51	
5.	Paige De Lisen	0:17:32	PB 0:01
	Gabriella Crea	DQ	

- | | | |
|----|-----------------------|---------|
| 1. | Kyle Swan | 0:15:15 |
| 2. | Reese Walmsley | 0:16:25 |
| 3. | Cody McNicol-Davidson | 0:19:37 |
| | Brendan O'Mahony | DQ |



Kyle Swan, Emily Swan and lapscorers Paul Kozaris, Natalie and Ian Laurie, Stuart Cooper and Susan Taylor

Our U12 and U10 walkers also had official Postal Challenge events and they were in fine form in the good conditions. Fastest times went to **Hayley George, Jonty Brennan, Brianna Lillie and Caine Brill**. Special mention to **Brodie Richardson** for her PB.

RWA Challenge 2km U12

- | | | | |
|----|-------------------|---------|---------|
| 1. | Hayley George | 0:11:10 | |
| 2. | Brodie Richardson | 0:11:24 | PB 0:01 |
| 3. | Anaya Hodges | 0:11:33 | |
| 4. | Jessica Lillie | 0:11:47 | |
| 5. | Tara Xuereb | 0:12:45 | |
| 6. | Tegan Miller | 0:13:27 | |
| | | | |
| 1. | Jonty Brennan | 0:11:07 | |
| 2. | Justin Brill | 0:12:14 | |
| 3. | Hayden Walmsley | 0:12:37 | |

RWA Challenge 1.5km U10

- | | | |
|----|-------------------|---------|
| 1. | Brianna Lillie | 0:08:40 |
| 2. | Kathleen O'Mahony | 0:09:02 |
| 3. | Payton Kay | 0:09:26 |
| 4. | Mercedes Brennan | 0:09:31 |
| 5. | Lee Taylor | 0:09:41 |
| 6. | Frances Collis | 0:10:38 |
| | | |
| 1. | Caine Brill | 0:09:10 |
| 2. | Bede Collis | 0:11:48 |
| 3. | Tom Kennedy | 0:12:55 |

Finally to our 3km Open walk for everyone else. We saw fast winning times for Jason Kozica (14:33 - a PB) and Stephanie George (15:10) and there were a number of other good walks in there as well.

3km Open

- | | | | |
|----|------------------|---------|---------|
| 1. | Stephanie George | 0:15:10 | |
| 2. | Sandra Geisler | 0:16:11 | |
| 3. | Rebecca Campbell | 0:18:39 | |
| 4. | Celia Johnson | 0:20:18 | |
| 5. | Pam Mews | 0:30:10 | |
| | | | |
| 1. | Jason Kozica | 0:14:33 | PB 0:08 |
| 2. | Paul Kennedy | 0:15:06 | |
| 3. | Gordon Onley | 0:20:18 | |
| 4. | Gerard Feain | 0:20:43 | |
| 5. | Lachlan Feain | 0:20:44 | |
| 6. | Barrie Wicks | 0:21:13 | |
| 7. | John Morrison | 0:22:25 | |



Brianna Lillie, Jonty Brennan, Brodie Richardson, Caine Brill and Hayley George

Thanks as usual to our many helpers on officials who ensured a well run and good event. Sorry if I missed anyone.

- Course Setup:** Bob Gardiner, Harry Summers, Peter Vysma, Craig Brill
Officials: Tim Erickson, Harry Summers, Ian Laurie, Natalie Laurie, Mark Donahoo, Susan Taylor, Paul Kozaris, Stuart Cooper, Damien Elms
Judges: Peter Vysma (Chief), Terry Knape, Gordon Loughnan, Lloyd Nichols, Brenda Felton, Brian Williams
Canteen: Barb Gardiner, Kate Suich, Wendy Cooper
Camera / Video: Terry Swan, Frances Attard

Frances Attard also had her video on display from our races of 16 July and I have now uploaded it to YouTube for everyone to check out - see <http://www.youtube.com/watch?v=vQo4WJwGKfk>

STYLE AWARD POINTS

Our style award points this week were awarded as follows

Open & U15 Men		Open & U15 Women		U12 & U9 Boys		U12 & U9 Girls	
Nathan Brill	9	Jemima Montag	9	Jonty Brennan	6	Hayley George	5
Billy Allamby	2	Amelia Finnegan	4	Justin Brill	3	Brianna Lillie	4
Bob Gardiner	2	Stephanie George	2	Caine Brill	3	Anaya Hodges	3
James Seid-Christmass	2	Paige De Lisen	2				
Paul Kennedy	2	Megan Walker	2				
Ralph Bennett	1	Lauren Collis	2				

Progressive points can be viewed at <http://vrwc.org.au/2011StyleAwardPoints.pdf>. Nathan Brill, Caine Brill and Hayley George lead their respective competitions while the Women's section sees Amelia Finnegan, Jemima Montag, Kelly Ruddick and Stephanie George sharing the lead. Talk about close!

BRWC - RWA POSTAL CHALLENGE, BENDIGO, SUNDAY 24 JULY

Thanks to Paul Rance for his weekly report from Bendigo.

Following is the Bendigo Walkers Club's Race walking Australia Interstate challenge report and quite amazingly, after beautiful sunny weather on Friday and Saturday for the second week in a row, the rain fell again on Sunday morning although just a couple of light showers during the competition. The sealed handicap section was won by the athlete breaking their estimated time by the largest amount from all of the distances contested. The sealed handicap winner was 14 year old **Zoe Boldiston** as she broke her estimated time in the 5km event by 17 seconds with a personal best time of 25.43 with **Annette Curtis** taking 2nd place with a 20.45 performance in the 3km which was 15 seconds under the handicap estimate and **Norm West** took 3rd place with a 3km time of 24.23 while Paul Rance (15.19) and Ebony Whiley (17.54) also contested the 3km distance. Masters walkers Barb Bryant and Colin Cleary both contested the 10km distance with Barb Bryant squeezing under the 60 minute barrier with a 59.59 performance with Colin Cleary completing his 10km in 1.15.38.

10km	1	Barb Bryant	59:59	82.35%
	2	Colin Cleary	75:38	71.73%
5km	1	Zoe Boldiston	25:43	0:17 PB

3km	1	Paul Rance	15:19
	2	Ebony Whiley	17:54
	3	Annette Curtis	20:45
	4	Norm West	24:23

Zoe (U16 5km), Barb (10km Masters) and Colin (10km Masters) were in the correct RWA Challenge Event categories so their performances will be merged in with the VRWC results above as part of the overall RWV result.

ACT WALKERS CLUB STATE CHALLENGE, MOLONGLO REACH, SATURDAY 23 JULY

Thanks to Robin Whyte for forwarding the results from their RWA State Challenge races

10km 1 Colin Heywood 52:11 2 Ann Staunton-Jugovic 56:37 3 Robin Whyte 01:00:41 4 Monika Short 01:07:26
5 Pat Fisher 01:12:00 6 Rod Gilchrist 01:12:45 7 Jennifer Gilchrist 01:15:39 8 Warren Butler 01:21:48
9 Val Chesterton 01:26:15 10 Jim Short 01:27:43 11 Phil Essam 01:28:48 Peter Baker DNF

8km U18 1 Desma Butler 01:11:14

5km U16 1 Derek Robinson 33:33 2 Callum Doherty 36:17 3 Kate Black 37:13 Zoe Hunt DNF

3km U14 1 Thomas Hopkins 16:52 2 Karina Hopkins 19:57 3 Jack Thackray 24:38 4 Karen Knowles 29:27

2km U12 1 Callum Burns 10:54 2 Gabby Hunt 11:34

1.5km U10 1 Ashleigh Resch 8:20 2 Spencer Burns 8:40

SARWC CLUB CHAMPIONSHIPS, ADELAIDE PARKLANDS, SATURDAY 23 JULY

Thanks to Peter Crump for his weekly South Australian Walkers Club report from Adelaide

Our short course Club Championships were held in ideal conditions and some good times resulted. Over the Open and Masters 8km, Darren Bown effortlessly collected another championship, unchallenged despite a slow day at the office. Allegra Steele took out the Open Women, while Peter Crump and Gloria Holliday walked good times to win the respective masters events. The U17 6km was a walk up for Mason Heath and Danielle Walsh over the longer than normal 6km distance. The U15 4km saw Piper Douglas and Lachlan Tyler-Dowd walk clear of the rest of the field. The U13 2km saw Alix Harlington and Rhiannon Lovegrove walk close to their best to beat their fields home.

8km Walk

1.	Darren Bown	35:55
2.	Kim Mottrom	43:06
3.	Justin Hill	43:20
4.	Peter Crump	43:26
5.	Allegra Steele	47:05
6.	Gloria Holliday	47:38
7.	Jim Hoare	55:10
8.	Bill Starr	56:10
9.	Barb Cain	58:36
10.	Ron O'Neil	62:17

U15 4km Walk

1.	Piper Douglas	23:13
2.	Lachlan Tyler-Dowd	23:46
3.	Jessica Stephens	24:19
4.	Samantha Findlay	27:05

U13 2km Walk

1.	Alix Harlington	10:36
2.	Rhiannon Lovegrove	12:04
3.	Rhiana Hooker	12:10
4.	Beth Cross	12:29
5.	Riona Tyler-Dowd	12:32

U17 6km Walk

1.	Mason Heath	38:58
2.	Danielle Walsh	39:13

SAMA ROADWALKS, BURBRIDGE ROAD, SATURDAY 23 JULY 2011

Thanks to Colin Hainsworth for the weekly South Australian Masters results from Adelaide. Colin reported: coldish, calm arvo, undulating course.

8km Yacht Handicap

M78	David Robertson	62.44	72.71%
W46	Raelene Schild	59.21	59.54%
M55	Richard Moyle	59.05	59.11%
M59	Kevin Finn	50.03	72.39%
M64	Geoff Byham	51.51	73.52%
M67	Graham Harrison	53.36	73.54%
M73	Rodger Barber	60.03	70.74%
W69	Elaine MacFarlane	66.22	69.49%
M81	Colin Hainsworth	63.52	74.89%

W51	Marie Maxted	55.14	66.98%
W77	Cynthia Dally	68.50	76.85%

4km Yacht Handicap

M68	Roger Lowe	29.49
M75	Paul Boyce	31.20
W66	Jill Rogers	31.50
W76	Ros Elix	32.25
W57	Linda Whitelaw	32.48
M61	Jeff Kennett	36.30

NSWRWC RWA CHALLENGE, LEICHHARDT, SATURDAY 16 JULY

And from last week, the results from the NSWRWC Postal Challenge event were very impressive. **Amy Bettiol** walked an outstanding 51:13 for her first ever 10km, **Kirsty Klein** stormed through the U18 8km in 39:34, **Tyler Jones** recorded 14:02 for the U14 3km and **Kyle Bedford** 10:00 and **Leah McDonald** 10:05 were super fast in the U12 2km.

Open 10km

1. Dimitra Psarianos 59.11

1. Kyle Malone 51.10
2. Derek Mulhearn 52.43

Masters 10km

1. Nicolle Challinor 71.36
2. Mary Willis 71.36
3. Judy Brown 80.09

1. Tony Psarinos 61.38
2. Brendan Hyde 78.06

U20 10km

1. Amy Bettiol 51.13
1. Matthew Killen 57.38

U18 8km

1. Kirsty Klein 39.34
1. Steven Washburn 43.17

U16 5km

1. Jasmine Dighton 27.14
2. Stephanie Grujoski 30.12
3. Bryony Beasley 31.38
4. Amanda Barendregt 33.09

1. Robert Murphy 25.55
2. Tom Doyle 26.29
3. Brodie Gunn 34.05

U14 3km

1. Jasmyn McDonald 15.29
2. Mascey Willis 19.01
3. Ally Grujoski 20.54
4. Josie Doyle 21.23
5. Tayla Brookes 21.49

1. Tyler Jones 14.02
2. Dylan Richardson 17.55
3. Damien Owen 19.20
4. Jye Hardy 28.54

U12 2km

1. Leah McDonald 10.05
2. Samantha Brown 11.35
3. Madeline Owen 13.18

1. Kyle Bedford 10.00
2. Ryan Thompson 11.15
3. James Plummer 11.19
4. Travis Barendregt 12.42

U10 1.5km

1. Renee Hardy 10.04
1. Logan Barendregt 14.57
2. Aiden Hardy 18.37

2011 WMA WORLD TRACK & FIELD CHAMPIONSHIPS, SACRAMENTO, 7-17 JULY

To complete my report on the World Masters Championships in Sacramento, this week I will finish off with the 20km roadwalks which were held on Saturday 16 July. First, well done to our seven 10km individual medallists

W50	1	Ventris, Lynette	W54	1:42:19.35
W60	1	Carr, Heather	W61	1:58:11.17
M40	1	Kollmorgen, Stuart	M42	1:41:34.75
M60	1	Jamieson, Andrew	M65	1:42:56.80
W50	2	Tindal, Pam	W51	2:01:03.68
W60	2	Feldman, Elizabeth	W62	2:10:34.16
M60	2	Dickenson, Russell	M65	1:57:23.09

and congratulations to our Teams Event medallists

W40 Teams	1	Australia	Lyn Ventris, Pam Tindal, Rosemarie Stigwood
W60 Teams	1	Australia	Heather Carr, Liz Feldman, Joan Purcell

M40 Teams	1	Australia	Stuart Kollmorgen, James Seid-Christmass, David Smythe
M65 Teams	1	Australia	Andrew Jamieson Russ Dickenson, George White
M50 Teams	2	Australia	Colin Heywood, Garry Hastie, Patrick Sela

The highlight had to be **Andrew Jamieson's new M65 World Record of 1:42:57**, beating Gerhard Weidner's 1998 time of 1:43:34 by 37 secs. And now onto the race results.

W35 20000 Meter Race Walk

1.	Schenker, Bianca	W36	Germany	1:51:33.10
2.	Hammond, Nardene	W39	Canada	1:53:53.21
3.	Schroter, Brit	W36	Germany	1:56:54.93
4.	Moscoco, Maite	W39	United States	2:00:35.56

W40 20000 Meter Race Walk

1.	Sunderland, Nyle	W44	New Zealand	1:56:54.18
2.	Stevenson, Tamara	W41	United States	2:00:37.20
3.	Rivera Lopez, Flor	W42	Mexico	2:34:39.82
4.	Stigwood, Rosemarie	W43	Australia	2:45:12.03

W45 20000 Meter Race Walk

1.	Grimes, Kathryn	W47	United States	2:01:24.13
2.	Brooke, Susan	W46	Canada	2:02:50.27
3.	Guzman Rodriguez, Maria	W46	El Salvador	2:08:05.85
4.	Govea, Margaret	W49	United States	2:14:58.53
5.	Garson, Rebecca	W46	United States	2:16:07.06
6.	Armstrong, Ginger	W48	United States	2:23:04.20
7.	Karavanic, Karen	W48	United States	2:26:32.30

W50 20000 Meter Race Walk

1.	Ventris, Lynette	W54	Australia	1:42:19.35
2.	Tindal, Pam	W51	Australia	2:01:03.68
3.	Risk, Monica	W53	South Africa	2:04:43.32
4.	Storc, Teresa	W53	United States	2:09:16.55
5.	Pritchard, Vicki	W52	United States	2:14:50.70
6.	Vazquez Prado, Concepcio	W51	Mexico	2:26:08.15
7.	Viramontes, Silvia	W54	Mexico	2:47:28.85

W55 20000 Meter Race Walk

1.	Nell, Barbara	W56	South Africa	1:56:46.19
2.	Marcenco, Natali	W56	Italy	2:07:36.21
3.	Topham, Debbie	W58	United States	2:08:17.76
4.	Bonvarlet, Liliane	W57	France	2:14:33.70
5.	Mayfield, Cathy	W59	United States	2:14:47.85
6.	Stoyanowski, Karen	W56	United States	2:21:50.53
7.	Green, Donna	W58	United States	2:23:36.42
8.	Nityagovskaya, Liudmila	W57	Russia	2:24:59.60
9.	Poncet, Sabine	W55	France	2:25:47.11
10.	August, Roberta	W58	United States	2:36:05.49
11.	Toikka, Hillevi	W58	Finland	2:37:13.06

W60 20000 Meter Race Walk

1.	Carr, Heather	W61	Australia	1:58:11.17
2.	Feldman, Elizabeth	W62	Australia	2:10:34.16
3.	Hoskin, Sue	W60	New Zealand	2:12:00.38
4.	Mendell, Paula	W61	United States	2:12:31.25
5.	Brandt, Diane	W63	United States	2:15:52.93
6.	Baglin, Mary	W64	United States	2:18:23.71
7.	McGuire, Doris	W62	United States	2:24:40.47

W65 20000 Meter Race Walk

1.	Karetie, Pirjo	W68	Finland	2:14:19.94
2.	Matsumoto, Hatsue	W69	Japan	2:17:01.35
3.	Balser, Kathleen	W68	United States	2:19:06.30
4.	Steigerwalt, Jolene	W67	United States	2:21:25.41
5.	de Coppet, Brigita	W65	Switzerland	2:23:17.68
6.	Backlund, Darlene	W65	United States	2:24:08.43
7.	Frable, Kathleen	W65	United States	2:25:37.80
8.	Barber, Shirley	W65	New Zealand	2:26:53.31
9.	Purcell, Joan	W69	Australia	2:30:05.39
10.	Schickert, Lynne	W69	Australia	2:35:19.94
11.	Hults, Sandra	W69	United States	2:38:14.16

W70 20000 Meter Race Walk			
1.	Walters, Louise	W71	United States 2:13:30.09
2.	Richardson, Elton	W72	United States 2:15:41.31
3.	Vey, Hildegard	W70	South Africa 2:15:42.58
4.	Hatfield, Roberta	W70	United States 2:38:49.24
5.	Frazer-Munroe, Ruth	W74	Trinidad and Tobago 2:49:15.27
6.	Beaumont, Margaret	W73	Australia 2:49:53.13
7.	Nagate, Masako	W71	Japan 3:01:17.12
M35 20000 Meter Race Walk			
1.	Soto Maldonado, Etiel	M38	Mexico 1:35:08.83
2.	Babenko, Dmitry	M38	Russia 1:43:13.38
3.	Durand Pichard, David	M39	France 1:50:49.54
M40 20000 Meter Race Walk			
1.	Kollmorgen, Stuart	M42	Australia 1:41:34.75
2.	Caliskan, Hakan	M42	Turkey 1:49:16.54
3.	D'Orlando, Pasquale	M42	Italy 1:50:50.82
4.	Seid-Christmass, James	M43	Australia 1:53:50.44
5.	Singh, Sher	M40	India 1:54:36.63
6.	Devicic, Berislav	M44	Croatia 1:58:51.30
7.	Smyth, David	M41	Australia 2:04:32.30
8.	Kropik, Franz	M43	Austria 2:07:32.94
9.	Tardi, Emmanuel	M44	France 2:24:15.91
10.	Silva, Luis	M40	Portugal DNF
M45 20000 Meter Race Walk			
1.	Banda, Royce	M45	Mexico 1:39:36.12
2.	Gnauck, Dick	M47	Germany 1:40:39.21
3.	Gutierrez, Sergio	M49	Costa Rica 1:43:31.21
4.	Xu, Jianping	M45	Canada 1:45:32.59
5.	Swanepoel, Hannes	M45	South Africa 1:46:46.26
6.	Meyer, Steffen	M45	Germany 1:50:19.61
7.	Berner, Claude	M48	Switzerland 2:06:15.90
8.	Tovar, Luis	M48	Venezuela 2:10:41.58
9.	Brzezowsky, Roman	M46	Austria 2:18:56.60
10.	Morrow, Art	M47	United States 2:23:57.12
M50 20000 Meter Race Walk			
1.	Schroter, Uwe	M51	Germany 1:46:43.14
2.	Ferenc, Major	M50	Hungary 1:49:00.81
3.	De Los Angeles, Guadalup	M50	Mexico 1:50:52.30
4.	Sansevrino, Antonio	M51	Italy 1:53:05.02
5.	Bonvarlet, Patrick	M51	France 1:53:37.15
6.	Cossy, Bernard	M52	Switzerland 1:55:56.80
7.	Venturi Degli Espost, Fr	M54	Italy 1:56:36.71
8.	Hastie, Garry	M50	Australia 1:58:16.05
9.	Aunan, Tommy	M52	United States 2:01:56.35
10.	Blanchard, Michael	M50	United States 2:04:40.01
11.	Rodriguez Escobedo, Jesu	M52	Mexico 2:07:26.49
12.	Reifinger, Markus	M50	Austria 2:09:25.62
13.	Van Heyningen, William	M51	Curacao 2:13:12.13
14.	Singh, Sukhbir	M52	India 2:19:22.95
M55 20000 Meter Race Walk			
1.	Matthews, Jonathan	M55	United States 1:37:06.55
2.	Ruzzier, Fabio	M58	Slovenia 1:43:40.36
3.	Shipitsyn, Anatoly	M56	Russia 1:44:13.70
4.	Heywood, Colin	M56	Australia 1:46:51.34
5.	Parker, Mike	M58	New Zealand 1:48:30.57
6.	Green, Mark	M55	United States 1:50:29.14
7.	Pecinovsky, Steven	M56	United States 1:58:34.33
8.	Monna, Fabian	M56	Colombia 2:00:56.09
9.	Aytmukhametov, Nariman	M59	Russia 2:04:43.33
10.	Reed, Bill	M58	United States 2:06:51.66
11.	Fasano, Sergio	M59	Italy 2:09:48.08
12.	Kazaryan, Alex	M56	United States 2:10:56.72
13.	Berendt, Joseph	M55	United States 2:11:59.88
14.	Trofimov, Victor	M55	Russia 2:19:08.26

M60 20000 Meter Race Walk

1.	Lopez Camarena, Jose Lui	M61	Mexico	1:42:57.88
2.	Morotti, Graziano	M60	Italy	1:44:37.01
3.	Richards, Ian	M63	Great Britain	1:47:21.81
4.	Pineda, Gildardo	M64	Mexico	1:50:28.07
5.	Lopez, Jose Gpe.	M61	Mexico	1:50:39.49
6.	Niestelberger, Ludwig	M63	Austria	1:50:41.85
7.	Kemsley, Eric	M60	New Zealand	1:50:57.89
8.	Smith, Andrew	M61	United States	1:53:49.14
9.	Ponzio, Roby	M63	Switzerland	1:54:43.59
10.	Pin, Jean Pierre	M62	France	2:00:06.85
11.	Harper, Steve	M60	United States	2:00:14.67
12.	Siegele, Johann	M62	Austria	2:03:06.65
13.	Keating, Robert	M64	United States	2:04:02.75
14.	Flamant, Claude	M62	France	2:05:21.62
15.	Yanes, Juan	M61	Venezuela	2:06:01.97
16.	Savilonis, Brian	M61	United States	2:06:50.33
17.	McGuire, Richard	M63	United States	2:14:02.51
18.	Yanybaev, Ivan	M62	Russia	2:14:14.10
19.	Lopez Rendon, Benjamin	M62	Mexico	2:22:04.10
20.	Brandenburg, Walter	M64	Switzerland	2:26:55.48
21.	Javier, Ramon	M63	Dominican Republic	2:26:58.30

M65 20000 Meter Race Walk

1.	Jamieson, Andrew	M65	Australia	1:42:56.80
2.	Dickenson, Russell	M65	Australia	1:57:23.09
3.	Frable, Norman	M65	United States	1:58:49.10
4.	McMullin, John	M65	Ireland	2:00:48.14
5.	Rabatel, Fernand	M65	France	2:01:24.35
6.	Jasionowski, Leon	M67	United States	2:01:49.81
7.	White, George	M66	Australia	2:03:45.46
8.	Campbell, Richard	M65	United States	2:03:56.21
9.	Giese, Wolf-Dieter	M68	Germany	2:12:56.69
10.	Gonsiorovsky, Zdenek	M69	Czech Republic	2:14:33.31
11.	Honkonen, Antti	M65	Finland	2:17:16.80
12.	Minose, Hiroshi	M67	Japan	2:18:22.92
13.	Moore, Alan	M66	United States	2:21:31.75
14.	Armstrong, Peter	M66	United States	2:22:55.39
15.	Sipes, Victor	M68	United States	2:23:18.02

M70 20000 Meter Race Walk

1.	Shillabeer, Edmund	M71	Great Britain	2:03:20.57
2.	Ing.Strieder, Hermann	M70	Austria	2:04:11.77
3.	Kuchumor, Aglya	M73	Russia	2:07:16.42
4.	Beckett, James	M72	United States	2:12:13.46
5.	Backlund, John	M71	United States	2:18:24.82
6.	Walters, Ronald	M73	United States	2:18:28.23
7.	Sela, S Patrick	M71	Australia	2:20:54.22
8.	de Coppet, Alexis	M72	Switzerland	2:21:02.17
9.	Bayer, Peter	M72	United States	2:38:13.61
10.	Robles, Gilberto	M73	Puerto Rico	2:49:14.16
11.	Finch, Bernie	M71	United States	2:50:52.22

M75 20000 Meter Race Walk

1.	Tsukrov, Semen	M75	Russia	2:20:47.33
2.	Acosta, Carlos	M77	United States	2:22:11.85
3.	Everson, Ray	M76	United States	2:23:59.92
4.	Kessner, Gerhard	M75	Germany	2:33:20.39
5.	DuBois, Alfred	M79	United States	2:38:09.17
6.	Beaumont, Ian	M75	Australia	2:49:46.58

M80 20000 Meter Race Walk

1.	Starr, John	M82	United States	2:30:51.74
2.	Moremen, William	M83	United States	2:36:33.26
3.	Michel Paoli, Sergio Aug	M80	Dominican Republic	2:39:42.83
4.	Theurel Franoy, Teofilo	M83	Mexico	3:01:32.94

M85 20000 Meter Race Walk

1.	Vallabhajosyula, Sriramu	M87	India	2:50:06.01
----	--------------------------	-----	-------	------------

As for the other walk events, I finish with the top Age Graded performances from the 20km. More fantastic walks by Andrew Jamieson and Lyn Ventris sees them atop their respective lists while Heather Carr and Liz Feldman were also in the top group.

1.	Andrew Jamieson	65	AUS	1:42:56.8	96.41%
2.	Jonathan Matthews	55	USA	1:37:06.55	92.87%
3.	Jose Luis Lopez Camarena	61	MEX	1:42:57.88	92.44%
4.	Ian Richards	63	GBR	1:47:21.81	90.47%
5.	Graziano Morotti	60	ITA	1:44:37.01	90.11%
6.	Fabio Ruzzier	58	SLO	1:43:40.46	89.27%
7.	Edmund Shillabeer	71	GBR	2:03:20.57	86.52%
8.	Aglya Kuchumor	73	RUS	2:07:16.42	86.15%
9.	Hermann Ing. Strieder	70	AUT	2:04:11.77	84.81%
10.	John 'Jack' Starr	82	USA	2:30:51.74	84.06%
1.	Lynette Ventris	54	AUS	1:42:19.5	98.89%
2.	Elton Richardson	72	USA	2:15:41.31	97.07%
3.	Louise Walters	71	USA	2:13:30.09	96.88%
4.	Heather Carr	61	AUS	1:58:11.17	93.51%
5.	Pirjo Karetie	68	FIN	2:14:19.94	91.43%
6.	Hatsue Matsumoto	69	JAP	2:17:01.35	91.15%
7.	Barbara Nell	56	RSA	1:56:46.19	88.72%
8.	Kathleen Balser	68	USA	2:19:06.30	88.29%
9.	Elizabeth Feldman	62	AUS	2:10:34.16	85.82%
10.	Jolene Steigerwalt	67	USA	2:21:25.41	85.43%

And thanks to Emmanuel Tardi, John Ventris and others for some more great photos.



Russ Dickenson, Margaret Beaumont, James Seid-Christmass, Ian Beaumont and Heather Carr



**W50 medallists Monica Risk, Lyn Ventris and Pam Tindal
M65 medallists Andrew Jamieson and Russ Dickenson**



Left - M65 George White, Right - M40 Stuart Kollmorgen, Centre: Colin Heywood, Garry Hastie, Rosemarie Stigwood, Stuart Kollmorgen, Pam Tindal, James Seid-Christmass and Lyn Ventris



Left: Lyn Ventris trains in front of the White House post championships
Right: M40 Teams Golds to David Smythe, Stuart Kollmorgen and James Seid-Christmass

PAN-AM JUNIOR T&F CHAMPS, MIRAMAR, FLORIDA, 22-24 JULY

The 16th Pan American Junior Championships, were held last weekend at the Ansin Sports Complex in Miramar, Florida and featured athletes aged from 16 to 19 from nations across the Americas. 10,000m track walks were on offer.

10000m Walk Women, Saturday 23 July, 7:30AM

There were only 2 starters in the women's event but it did not stop Jorena Arenas of Colombia from breaking the current championship record with her time of 48:15.78,

1.	Arenas, Jorena	17	Colombia	48:15.78
2.	Bonilla, Maqlay	18	Ecuador	53:23.41

10000m Walk Men, Sunday 24 July, 7:30AM

Colombia's Eider Arevalo was the heavy favorite and didn't disappoint, winning in 41:29.81. Trevor Barron, the U.S. Open 20km champion and former AJR (American Junior Record) holder, could not overcome Arevalo's finishing speed, placing second at 41:39.16. Tyler Sorensen, the current AJR holder, did not fare as well, ending up fifth with 44:38.17.

1.	Arevalo, Eider	18	Colombia	41:29.81
2.	Barron, Trevor	18	United State	41:39.16
3.	Montana, Leonardo	19	Colombia	42:00.88
4.	Palma Olivares Jr., Ever	19	Mexico	42:03.47
5.	Sorensen, Tyler	17	United State	44:38.17
6.	Thorne, Benjamin	18	Canada	DQ

21ST EUROPEAN JUNIOR T&F CHAMPIONSHIPS, TALLINN, ESTONIA, 21-24 JULY

The European Junior Championships were held in Tallin, Estonia, over the last few days and 10,000m walks were on offer. Results, race reports and photos are sourced from <http://www.tallinn2011.org/en>

10,000m Track Walk Women, Thursday 21 July, 9:30AM

Yelena Lashmanova claimed the first gold of the European Athletics Junior Championships in Tallinn on Thursday morning as she dominated the women's 10,000m walk to become the first junior to officially complete the distance in under 43 minutes. The Russian led from start to finish and crossed the line in 42:59.48, adding the European junior title to the World Youth and World Junior crowns she has picked up over the last two years.

Lashmanova's victory never looked in doubt as she led home a Russian clean sweep, followed by former World Youth medallist Svetlana Vasileva, second in 44:52.98, and Anna Ermin, third in a personal best 46:49.00. Vasilyeva stuck to Lashmanova's heels till the 10th lap when the pony-tailed champion from Moncton opened a five-metre lead which she stretched over the remaining 15 circuits, passing all of her opponents as she sliced nearly 12 seconds from Vera Sokolova's European Junior and Championships record from Kaunas four years ago.

"I'm really happy to win with a record," said Lashmanova who broke her personal best by more than 40 seconds on a steamy morning in the Estonian capital. "I couldn't believe my eyes when I saw the numbers on the board. It was really hard to perform in such weather conditions. Russia got its triple and we are really happy with our results."

The event wasn't without controversy as Ermin's bronze came after a long struggle against Germany's Charlyne Czychy. The two walked side-by-side for much of the race and Czychy appeared to have triumphed over the last lap before she was disqualified just 10 metres from the line. "It was a shock for me to see that the German girl was disqualified but it gave me a chance to achieve the bronze," said Ermin. "The weather conditions were not certainly best for the walkers, but the sun didn't shine all the time, so it was manageable. Russia did a good job today."

1.	LASHMANOVA, Elena	RUS	42:59.48	WJR CR
2.	VASILEVA, Svetlana	RUS	44:52.98	
3.	ERMINA, Anna	RUS	46:49.00	PB
4.	DRAHOTOVÁ, Eliska	CZE	49:14.95	PB
5.	STRMENOVA, Katarina	SVK	49:22.01	
6.	PASTORINO, Ines	FRA	49:24.54	
7.	OLIANOVSKA, Liudmyla	UKR	49:45.32	
8.	KACANOVA, Diana	LTU	49:50.07	PB
9.	CURIAZZI, Federica	ITA	50:19.49	
10.	CURLEY, Maeve	IRL	51:22.84	
11.	MARCOU, Amandine	FRA	51:32.91	
12.	PLOMINSKA, Natalia	POL	51:43.33	
13.	DRAHOTOVÁ, Anezka	CZE	51:56.84	
14.	LOPARCO, Sara	ITA	52:04.93	
15.	PRENDIVILLE, Emma	IRL	53:05.73	
16.	KOVÁCS, Barbara	HUN	53:08.20	
17.	KLEBAUSKAITE, Agne	LTU	53:16.94	
18.	LARIOS, Maria	ESP	53:29.01	
19.	MONTEIRO, Sandra	POR	53:35.55	
20.	SVEDAITE, Karolina	LTU	53:49.67	
21.	PUCA, Carmela	ITA	54:32.24	
22.	GUNES, Tugce	TUR	55:21.80	
	MARTÍNEZ, Paula	ESP	DNF	
	CZYCHY, Charlyne	GER	DQ	

10,000m Track Walk Men, Saturday 23 July, 10:05AM

Hagen Pohle broke a 10-year Russian stranglehold on the 10,000m walk title in Tallinn on Saturday morning as the German added the European Junior title to the World Youth crown he picked up two years ago. Echoing Yelena Lashmanova's World Record victory in the women's event on Thursday, Pohle won it from the front, leading from start to finish to clock 40:43.73, some five seconds outside his season lead. Pohle's victory is the first for Germany in this event since Andreas Erm won in 1995 and the first by a non-Russian since 1999.

Wearing a peaked red cap and bright green shoes, Pohle dominated the second half of the race with his pattering style. He finished more than 100m ahead of Ihor Lyashenko as the Ukrainian took silver in 41:10.43 with Spain's Luís Alberto Amezcua bagging bronze and a personal best of 41:34.13. "Gold tastes really good today," said Pohle afterwards. "It was really stuffy out there today but the previous days were hotter so I knew what to expect and drank a lot of water. I focused on my race and not the weather."

1.	POHLE, Hagen	GER	40:43.73	
2.	LYASHCHENKO, Ihor	UKR	41:10.43	SB
3.	AMEZCUA, Luís Alberto	ESP	41:34.13	PB
4.	VERBYTSKYI, Oleksandr	UKR	42:09.77	
5.	STANO, Massimo	ITA	43:24.52	
6.	IVANOV, Alexandr	RUS	43:29.51	
7.	DEI TOS, Leonardo	ITA	43:50.31	

8.	CHEPAREV, Dementy	RUS	43:56.34	
9.	SAVELSKIS, Marius	LTU	43:58.80	SB
10.	GJACS, Edgars	LAT	44:29.83	
11.	SPEVAK, Patrik	SVK	44:40.28	
12.	MALOSSE, Dimitri	FRA	44:50.74	
13.	ZALESKI, Yauheni	BLR	44:50.81	
14.	GERINS, Valters	LAT	44:58.77	
15.	RAYA, Juan Antonio	ESP	45:14.36	
16.	OJALA, Aleksi	FIN	45:22.62	
17.	GIRARDI, Filippo	ITA	46:00.41	
18.	FABER, Marcel	SVK	46:28.16	
	HANSSON, Anders	SWE	DNF	
	NUSHTAEV, Evgeniy	RUS	DQ	
	TICHÝ, Peter	SVK	DQ	



Lashmanova and Pohl win in Tallin (photos <http://www.tallinn2011.org/en>)

IRELAND - WOODIE'S DIY JUVENILE T&F CHAMPS, TULLAMORE HARRIERS STADIUM, 23 JULY

Just days after winning the World Youths 5000m gold, Kate Veale (West Waterford AC) was back in action at the Woodie's DIY Juvenile Championships in Tullamore last Saturday. Competing in the U18 3000m event, she set new Irish U18, Junior, U23 and senior records with her time of **12:18.86**. She will be back in action in two weeks time in the Woodie's DIY Senior Championships. Abbreviated results of the walk events are shown below.



Medallists in the Girls U18 3000m - Kate Veale in the middle (photo from <http://www.athleticsireland.ie/content/?p=20394>)

U14 Girl's 2000m Walk

1.	Orlaith Delahunt	Sligo A.C.	10.50.19
2.	Dearbhaile Beirne	Mohill A.C.	10.58.69
3.	Aloisa King	Tallaght A.C.	11.34.85

U15 Girl's 2000m Walk			
1.	Sinead O'Connor	Celbridge A.C.	10.36.42
2.	Karen Bourke	St. Coca's A.C.	10.53.56
3.	Sinead Keogh	North Sligo A.C.	10.58.96
U16 Girl's 2000m Walk			
1.	Edel Glennon	Mullingar Harriers	10.47.25
2.	Patrice O'Gorman	Adamstown A.C.	11.17.553
3.	Laura Beston	Claremorris A.C.	11.21.33
U17 Girl's 2000m Walk			
1.	Alicia Boylan	Oriel A.C.	14.59.39
2.	Siobhan Nash	St. Abbans A.C.	16.26.90
3.	Michelle Beirne	Mohill A.C.	16.30.86
U18 Girl's 3000m Walk			
1.	Kate Veale	West Waterford	12.18.86
2.	Marie Costello	Borrisokane A.C.	16.21.24
3.	Sarah Bourke	St. Coca's A.C.	17.51.65
U14 Boy's 2000m Walk			
1.	Joe Mooney	Adamstown A.C.	12.25.83
2.	Matthew O'Malley	Westport A.C.	12.53.38
U15 Boy's 2000m Walk			
1.	Nathan Murphy	St. Coca's A.C.	9.55.17
2.	Dylan Mimna	Ballinamore A.C.	9.59.83
3.	Andrew Bell	Castlebar A.C.	10.00.08
U16 Boy's 3000m Walk			
1.	Simon Gillespie	Ballina A.C.	16.43.66
2.	Padraig Donagh	Shercock A.C.	19.14.91
U17 Boy's 3000m Walk			
1.	Patrick Bell	Castlebar A.C.	15.00.13
2.	Ryan Cleary	Clonliffe Harriers	16.11.85
3.	Gary Turlough	Annalee A.C.	16.11.93
U18 Boy's 5000m Walk			
1.	Luke Hickey	Leevale A.C.	24.35.03
2.	Eric Hynes	Swinford A.C.	28.36.29
3.	Damien Mc Aree	Glaslough Harriers	28.39.72
U19 Boy's 5000m Walk			
1.	James Treanor	Shercock A.C.	23.05.36
2.	Robert O'Neill	Togher A.C.	27.07.95

POLISH XVII NATIONAL JUNIOR OLYMPICS, MUNICIPAL STADIUM, PLOCK, FRIDAY 22 JULY

The Polish U18 National Championship track walks were contested on Friday as part of the XVII Polish National Junior Olympics at the Municipal Stadium in Plock. Full results can be found at <http://www.domtel-sport.pl/insidethecode/files/2645-pl.pdf>. Placegetters are shown below

10000m Walk Men

1.	KOSTKA Łukasz	94-09-19	GTS Bojszowy	45:51.67
2.	DMOWSKI Tomasz	94-04-18	WLKS Iganie Nowe	48:13.09
3.	ZIELŃSKI Szymon	95-12-06	LKS Orkan Włkp. Poznań	48:23.35

5000m Walk Women

1.	BEMOWSKA Joanna	94-06-27	PLKS Gwda Piła	25:16.88
2.	WLAZŁO Natalia	94-02-04	CWKS Resovia Rzeszów	25:28.35
3.	REMBOWICZ Sylwia	95-01-20	LKS Stal Mielec	25:31.63

WHAT'S COMING UP

Next Saturday we are back at Middle Park with more VRWC Points Competition races.

Saturday 30 July 2011, Middle Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	10km	Points Races	Open
2.15pm	5km	Points Races	Open
2.15pm	3km	Points Races	Open
2.15pm	5km	Points Races	Under 15
2.30pm	3km	Points Races	Under 12
2.30pm	1.5km	Points Races	Under 9

A few points about Saturday's races

1. Note the U12 and U9 distances are a bit longer this week (3km and 1.5km).
2. This is the second of three weeks of Points Competition races to determine our next **PRIZE** winners. Prizes will be awarded on Saturday 13 August and will go to the walkers with the most Handicap Points based on the following 3 races

Open and U15 competitors:	16 July, 30 July and 13 August
U12 and U9 competitors:	2 July, 30 July and 13 August
3. This Saturday, we are going to trial the **new IAAF Pit Lane proposal** and have targeted our 10km event. So we need as many people as possible to walk the 10km this weekend. This proposal was explained 3 weeks ago so check out <http://www.vrwc.org.au/heelandtoe-2011-num40.pdf> for the finer details. We will explain how we intend to do it on race day. Be part of the experience!

The following Sunday sees the Victorian Roadwalk Championships. To enter a Victorian championship, you must be a current member of one of the Athletics Victorian Clubs and age is taken as 'Age on 31 December 2011'. Entry is via the AV website (see <http://www.athsvic.org.au/webScript.php?webPageID=10&script=webMeet.php&years=2011;2012&meetID=1229>). **Entries close this Thursday evening** so get busy and sort out your entry ASAP. The VRWC U9 and U12 championships can be entered on the day. Note that we also have a 3 Hour Open Walk scheduled on Sunday week.

Sunday 7th August 2011, Middle Park			
8.30am	30km	Victorian Championship	Open Men
	3 Hour Walk		Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	Victorian Championship	Under 20 Men
9.00am	10km	Victorian Championship	Under 20 Women
9.00am	10km	Victorian Championship	Under 18 Men
10.00am	3km	Victorian Championship	Under 14 Boys/Girls
10.20am	5km	Victorian Championship	Under 16 Boys/Girls
11.00am	5km	Victorian Championship	Under 18 Women
11.00am	5km		Open
11.10am	3km	VRWC Championship	Under 12 Boys/Girls
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
Medal presentations at the conclusion of the events.			

Looking further ahead, **entries close on Monday 8th August** for the Aust. Roadwalk champs (Canberra, Sunday 21 August). Enter online at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=695&OrgID=887&dts=257201128131

And finally, the AA website now shows a few key dates for the 2011/2012 Summer Season:

3-4 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
14-18 Mar 2012	2012 Australian Junior Championships, Sydney Olympic Park, Sydney
13-15 Apr 2012	2012 Australian Athletics Championships, Victorian Athletics Centre, Albert Park

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 21 Aug, 2011	Australian Roadwalking Championships, Canberra, ACT - entries close with A.A. on Monday 8 August
7-16 Oct, 2011	13 th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

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

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

2011/2012 Australian/Victorian Summer Season Key Dates

3-4 Dec 2011 2011 All Schools Championships, University of Queensland, St Lucia
2-4 Mar 2012 IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
14-18 Mar 2012 2012 Australian Junior Championships, Sydney Olympic Park
13-15 Apr 2012 2012 Australian Athletics Championships, Victorian Athletics Centre, Albert Park

2012 International Fixture

Feb 5-12, 2012 **Oceania Masters Athletics Championships, Tauranga, New Zealand**
Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyväskylä, 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**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
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**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)