



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 45
9 August 2011



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AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 7 AUGUST 2011

Conditions were perfect for the 73 walkers who raced in the annual AV and VRWC Roadwalking Championships at Middle Park on Sunday morning. The first events to kick off at 8:30AM were the Victorian 30km championship along with a VRWC 3 Hour walk. Disappointingly, the 30km saw only one starter in Simon Evans of Box Hill but he was up to the task, finishing in 2:54:59 to claim his first ever Victorian championship. We were also pleased to see so many club walkers start and finish the 3 hour walk. Liz Feldman was our top female finisher with 26.113km while Simon kept on the track for the extra few minutes to record 30.728km as the best male.

AV 30KM OPEN MEN

1.	Simon Evans	BXH	2:54:59
	Stuart Kollmorgen	COL	DNS
	Aaron McDonough	PTN	DNS

VRWC 3 HOUR ROADWALK

1.	Liz Feldman	26.113 km
2.	Karyn O'Neill	25.534 km
3.	Simone O'Neill	24.803 km
1.	Simon Evans	30.728 km
2.	Terry O'Neill	28.384 km
3.	Alan Lucas	27.410 km
4.	Andrew Jamieson	24.000 km
5.	Steve Jordan	22.305 km
6.	Ralph Bennett	22.000 km
7.	Alex Poore	21:492 km

The next events to start were the 10km events at 9AM. Unfortunately, we became aware later in the morning that one of the turns had been incorrectly laid out and that, as a consequence, the 2km lap was 39m under distance. This meant that the 10km walks were 195m under distance. While this made no difference to the overall result, it does mean that the finish times were inaccurate. I have calculated an adjusted 10km time for each competitor for completeness. We are most disappointed that this happened and apologise to the walkers whose times were effected. There were a number of excellent walks from the likes of Kelly Ruddick and Beth Alexander and others. Victorian champions were Lucas Taylor, Beth Alexander and Jared Walker (in the tightest of finishes over Aaron Tam).

AV 10KM U20 CHAMPIONSHIP S

			Finish Time	Amended Time
1.	Lucas Taylor	SCA	54:27	55:31
1.	Beth Alexander	KNA	49:09	50:07
2.	Hilary Brazel	NSW	58:15	59:24
	Chloe McNicol-Davidson	SCA	DNF	

AV 10KM U18 CHAMPIONSHIP – BOYS

			Finish Time	Amended Time
1.	Jared Walker	COR	54:00	55:03
2.	Aaron Tam	KNA	54:00	55:03
3.	Cody McNicol-Davidson	SCA	71:19	72:44

VRWC 10KM OPEN WOMEN CLUB CHAMPIONSHIP – MABEL ROBINSON TROPHY

		Finish Time	Amended Time
Course was 195m short			
1.	Kelly Ruddick	45:59	46:53
2.	Pam Tindal	51:58	53:00
3.	Michelle Laufer	53:31	54:35
4.	Donna Elms	62:58	64:12

VRWC OPEN 10KM

		Finish Time	Amended Time
1.	Brad Simpson	51:58	53:00

The other events to be effected were the AV U14 3km championships which were held over a course which was 78m under distance. As with the 10km events, I have calculated an adjusted time for each competitor for completeness. Kyle Swan and Jemima Montag both walked very strongly to take the wins. Again, abject apologies to everyone. There were some top walks here, especially by Jemima.

AV 3KM U14 CHAMPIONSHIPS				Finish Time	Amended Time
1.	Kyle Swan	KNA		14:59	15:22
2.	Cooper Owen	DIV		15:40	16:05
3.	Reese Walmsley	KNA		16:57	17:24
4.	Harry Hockley-Samon	CHI		17:52	18:20
1.	Jemima Montag	MAC		13:55	14:17
2.	Emily Hamilton	KNA		15:59	16:24
3.	Lauren Collis	DIV		16:29	16:57
4.	Chelsea Owen-Smith	DIV		19:00	19:30

All subsequent events were held on the correct distance course so their times are accurate. The remaining Victorian Championships were won by Amelia Finnegan, Nathan Brill and Stephanie George (after a great battle with Zoe Boldiston).

AV 5KM U18 CHAMPIONSHIP – GIRLS				
1.	Amelia Finnegan	KNA	25:40	
2.	Jmara Hockley-Samon	CHI	26:40	
3.	Caitlin Campbell	ATE	31:50	
AV 5KM U16 CHAMPIONSHIPS				
1.	Nathan Brill	BXH	22:26	
2.	Billy Allamby	KNX	25:49	
3.	Connor McShanag	ATE	32:03	
1.	Stephanie George	SCA	25:49	
2.	Zoe Boldiston	SBE	26:40	
3.	Jade Sanders	CCA	26:51	PB 1:46
4.	Lauren Stodus	KNA	27:00	PB 0:48
5.	Megan Walker	COR	28:40	PB 0:39
6.	Jessie Eastwood	KNA	32:22	
	Rebecca Campbell	ATE	DNS	

The VRWC U12 and U9 walkers contested their long-course championships, over 3km and 2km respectively. It says a lot for the fitness of our young walkers that we saw so many PBs.

VRWC 3KM U12 CLUB CHAMPIONSHIPS			
1.	Shelby Kay	16:33	PB 0:12
2.	Hayley George	16:53	PB 0:29
3.	Mikhala Hodges	17:09	PB 0:55
4.	Anaya Hodges	17:31	PB 3:38
5.	Brodie Richardson	18:18	
6.	Jessica Lillie	18:23	
7.	Lee Taylor	19:21	PB 1:05
8.	Rebecca Henderson	19:43	First ever
9.	Jemma Eastwood	21:49	
10.	Tegan Miller	22:50	
1.	Kyle Swan	16:24	
2.	Jonty Brennan	17:03	Eq. PB
3.	Hayden Walmsley	18:20	PB 0:22
4.	Justin Brill	19:01	
5.	Ethan Wright	20:12	PB 0:22
	Brendon O'Mahony	DQ	

VRWC 2KM U12 CLUB CHAMPIONSHIPS			
1.	Brianna Lillie	11:35	PB 0:22
2.	Kathleen O'Mahony	11:39	PB 0:35
3.	Mercedes Brennan	15:19	
1.	Caine Brill	12:04	First ever
	Tom Hockley-Samon	DQ	

Finally, we had an Open 5km walk for anyone else who wanted a fitness workout on the day and an additional 10 walkers contested this event.

VRWC OPEN 5KM

- 1. Kylie Irshad 30:05
- 2. Anna Wallace 31:18
- 3. Donna Elms 33:35
- 4. Celia Johnson 34:52
- 5. Pam Mews 51:06

- 1. James Seid-Christmass 25:32
- 2. Jason Kozica 25:36
- 3. Tony Doran 32:40
- 4. Paul Tremigliozi 33:10
- 5. Barrie Wicks 35:45

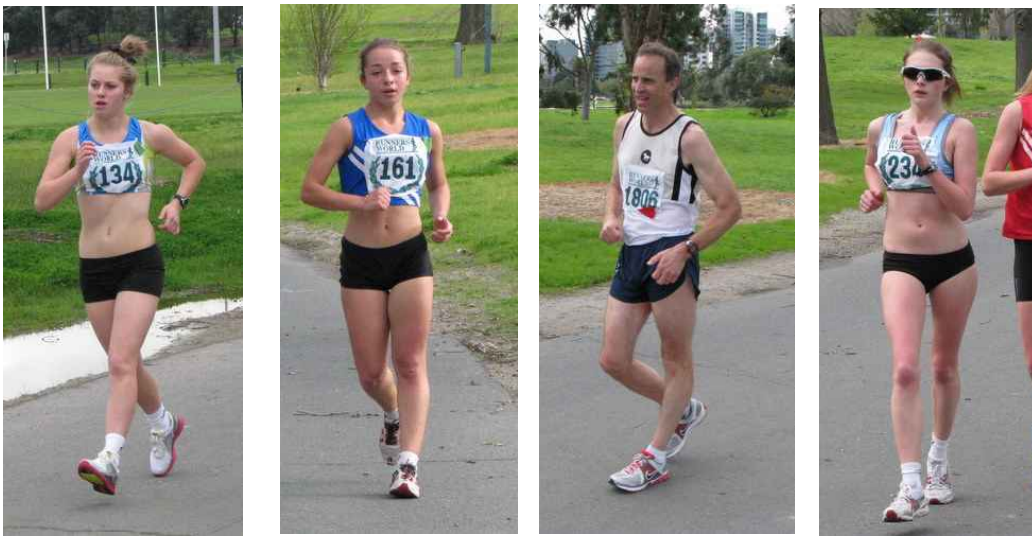
Thanks to our pool of officials. Sorry if I missed anyone.

Officials: Tim Erickson, Harry Summers, Bob Gardiner, Tony Doran, Mark Donahoo, Stuart Cooper, Ian Laurie, Michael Bodey, Mark O'Mahony

Judges: Gordon Loughnan (chief), Brian Williams, Lloyd Nichols, Brenda Felton, Judy Mason, Terry Swan, Peter Vysma, Shane Bertrand, Frances Attard/Micheal Bodey (DQ board)

Photos/Video: Jim Leppik, Frances Attard

Canteen: Wendy Cooper, Kate Suich



Victorian champions Amelia Finnegan, Jemima Montag, Simon Evans and Stephanie George



Victorian champions Nathan Brill, Lucas Taylor, Kyle Swan and Jared Walker



VRWC Club Champions Brianna Lillie, Shelby Kay, Caine Brill, Kelly Ruddick and Kyle Swan

Jim Leppik's photos have been uploaded to our photo gallery - see <http://vrwc.org.au/coppermine/>. Thanks also to Sabrina George for the following photos from the presentations.



VRWC Under 9 - Kathleen O'Mahony, Brianna Lillie, Mercedes Brennan and Caine Brill



VRWC U12 - Hayden Walmsley, Kyle Swan, Bronty Brennan, Hayley George, Shelby Kay and Mikhala Hodges



AV Under 14 - Cooper Owen, Kyle Swan, Reese Walmsley, Emily Hamilton and Lauren Collis



AV Under 16 - Zoe Boldiston, Stephanie George, Jade Sanders, Nathan Brill, Billy Allamby and Connor McShanag



AV U20 and U18 - Lucas Taylor, Caitlin Campbell, Amelia Finnegan and Aaron Tam

RWV RETAINS RWA STATE CHALLENGE

All clubs have now submitted their Racewalking Australia State Challenge results and Mark Donahoo has done the necessary calculations. The final result sees Racewalking Victoria win ahead of the Tasmanian Racewalking Club with the Western Australian Race Walking Club third. As per current practice, Mark applies a fairness calculation to even up the competition and give smaller clubs more of a chance. The scores for clubs of 40 or fewer members (as submitted to the RWA AGM) have their score divided by 1.6, clubs with 41-80 members have their score divided by 1.3 and clubs with over 80 members are left unaltered. The challenge is won by the club with the smallest overall total.

Clubs	RWV	TAS	WARWC	ACT	SA	Regal	NSW	Qld	RWCWA
Totals	39	66	68	69	70	70	44	60	75
Fairness calculation	1	1.6	1.6	1.6	1.6	1.6	1	1.3	1.6
Final Total	39	41.25	42.5	43.12	43.75	43.75	44	46.15	46.87
Placings	1	2	3	4	5	5	7	8	9

You can see the full result set at <http://www.rwa.org.au/aresult2011.shtml>

ACT WALKERS CLUB WALKS, JERRABOMBERRA WETLANDS, CANBERRA, SATURDAY 6 AUGUST

Thanks to Robin Whyte for the weekly walk results from Canberra

8km	1 Ann Staunton-Jugovic	45:52	2 Robin Whyte	50:34	3 Monika Short	57:06	
	4 Rod Gilchrist	57:29	5 Doug Fitzgerald	58:39	6 Bob Parker	58:59	
	7 Jennifer Gilchrist	60:34	8 Warren Butler	69:56	9 Jim Short	72:22	
4km	1 Zoe Hunt	21:45	2 Thomas Hopkins	24:37	3 Helena Bialecki	25:10	4 Karina Hopkins 26:08
	5 Callum Doherty	27:15	6 Rosemary Parker	32:39	7 Geoff Barker	39:23	
2km	1 Jack Thackray	16:58	2 Karen Knowles	19:07			

RWCWA ROADWALKS, WILSON, PERTH, SATURDAY 6 AUGUST

Thanks to Rick Cattermole for the results of the Western Australian Racewalking Club competition, held on Saturday at Wilson.

10km Open Women

1.	Michelle Butler	60.05	
2.	Vanessa Brown	61.03	PB
3.	Janine Butler	78.01	PB

5km Open Mixed

1.	Tiffany D'Agnone	26.19	PB
2.	Bre Brown	26.33	PB
3.	Caitlin Gerken	31.00	PB
4.	Daniel Lowe	32.50	

2km Open Mixed

1.	Luke Button	11.44	
2.	Summer Brown	11.58	PB
3.	Christopher Gerken	14.45	

SARWC ROADWALKS, VICTORIA PARK, ADELAIDE, SATURDAY 6 AUGUST

Thanks to Peter Crump for the latest race results from South Australia

Small fields today, in ideal conditions, for our timed walks at Victoria Park, over the 1km up and back track. In the hour, Darren Bown and Kristie Goznik took the honours, while the 30 minutes saw Allegra Steele get ahead of Jemma Potezny in the last lap. The 15 minutes saw Mason Heath and Alix Harlington record the same distance, without one making the break on the other.

1 hour Walk

1.	Darren Bown	12.385 km
2.	Kristie Goznik	10.883 km
3.	Peter Crump	10.721 km
4.	Jim Hoare	8.519 km
5.	Bill Starr	8.406 km

30 Minutes Walk

1.	Allegra Steele	5.150 km
2.	Jemma Potezny	5.139 km
3.	Lachlan Tyler-Dowd	4.723 km
4.	Danielle Walsh	4.544 km

15 Minutes Walk

E1	Alix Harlington	2.683 km
E1	Mason Heath	2.683 km
3.	Sandy Brunner	2.439 km
4.	Rhiannon Lovegrove	2.350 km
5.	Rhiana Hooker	2.329 km
6.	Barb Cain	2.189 km

SAMA ROADWALKS, MT BARKER, ADELAIDE, SATURDAY 7 AUGUST 2011

Thanks to Colin Hainsworth for the weekly South Australian Masters walking results

15km Walk

M65	Geoff Byham	1.36.27	76.57%
M59	Kevin Finn	1.39.25	69.86%
M68	Graham Harrison	1.43.06	74.15%
W51	Marie Maxted	1.46.15	67.80%
W46	Raelene Schild	1.54.28	59.92%
M55	Richard Moyle	1.56.30	57.53%

10km Walk

M73	Rodger Barber	1.16.23	70.06%
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5km Walk

M68	Roger Lowe	37.50	64.63%
M75	Paul Boyce	39.07	68.34%
W57	Linda Whitelaw	41.26	57.69%
W69	Elaine MacFarlane	41.39	66.67%
W66	Jill Rogers	42.26	62.76%

QRWC WALKS, MORNINGSID, BRISBANE, SUNDAY 7 AUGUST

Thanks to Noela McKinven for the weekly report from Queensland. She advises that Mikeala and Yanis walked PBs.

A Grade 10km	Men:	(1) Brad Aiton	46.22	(2) Ignacio Jimenez	49.55	(3) Peter Bennett	51.46
		(4) John Harris	65.57	Dean Nipperess	DNF		
	Women:	(1) Noela McKinven	79.07				
B Grade 5km	Women:	(1) Jess Pickles	26.14	(2) Kenza Benzenati	26.34	(3) Lucy-Rose Boardman	33.02
		(4) Sally Lynch	34.50				
C Grade 3km	Men:	(1) Trent Miles	17.52				
	Women:	(1) Yue Guo	16.52	(2) Mikaela Woodward	16.52	(3) Robyn Wales	23.35
D Grade 2km	Boys:	(1) Yanis Benzenati	9.35				
F Grade 1km	Girls:	(1) Amelia Wales	8.31				

NSW LONG WALKS CHAMPIONSHIPS, HARRINGTON PARK LAKE, NARRELAN, SUNDAY 24 JULY

And catching up from a couple of weeks ago when the NSW Long Walks Championships were held at Narrelan.

Masters 15km Walk

W55-64	1	Brown, Judy	W61	Gos (Gosford)	2:06:17 1
M35-44	1	Jessurun, Ian	M44	Nma (Nsw Masters)	1:19:07 1
M45-54	1	Albanese, Anthony	M50	Sos (South Sydney)	1:28:50 1
	2	Psarianos, Tony	M47	Sos (South Sydney)	1:41:33 2
M55-64	1	Osborne, Robert	M56	Nep (Nepean)	1:28:13 1
M65+	1	Seymon, Jim	M74	Utn (Uts Norths)	1:39:27 1
	DQ	Hyde, Brendan	M66	Syu (Sydney Uni)	

15km Walk U20

1.	Psarianos, Dimitra	18	Sos (South Sydney)	1:41:14
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8km Walk U18

1.	Klein, Kirsty	W17	Asw (Asics Wests)	41:10
2.	Denney, Hannah	W16	Rbh(Randwick Bot)	51:39

1.	Washburn, Steven	M17	Nep (Nepean)	39:18
2.	Felton, Jay	M16	Gos (Gosford)	43:29
3.	Killen, Matthew	M16	Wyo (Wyong)	49:01

5km Walk U16

1.	Dighton, Jasmine	W15	Ill (Illawong)	26:11
2.	McDonald, Jasmyn	W12	Par (Parramatta)	28:41
3.	Grujoski, Stephanie	W14	Sos (South Sydney)	29:47
4.	Beasley, Bryony	W14	Nep (Nepean)	30:00
5.	Plummer, Caitlin	W14	Syp (Sydney Pacific)	32:04
6.	Barendregt, Amanda	W15	Nep (Nepean)	35:47
7.	Grujoski, Ally	W12	Sos (South Sydney)	37:40
1.	Jones, Tyler	M13	Wyo (Wyong)	26:00
2.	Murphy, Robert	M15	Sos (South Sydney)	26:24
3.	Doyle, Tom	M14	Sos (South Sydney)	28:14

2km Walk U12

1.	McDonald, Leah	W11	(Par) Parramatta	10:30
2.	Brown, Samantha	W10	(Par) Parramatta	11:51
1.	Bedford, Kyle	M	Nep (Nepean)	10:17
2.	Richardson, Dylan	M11	Gos (Gosford)	11:05
3.	Thomson, Ryan	M11	Nep (Nepean)	11:27
4.	Plummer, James	M10	Syp (Sydney Pacific)	12:06
5.	Barendregt, Travis	M11	Nep (Nepean)	12:30

OVERSEAS SHORTS

Irish T&F Championships, 6 August, Santry

First to Ireland for the Woodies DIY National T&F championships at Morton Stadium, Santry, on Saturday 6 August where Robbie Heffernan and Kate Veale won their respective track walks. It was business as usual for Kate - she was an easy winner of the women's 5,000m walk in a time of 21:30.18, a new Irish Junior and U23 record.

10000w Men

1.	Robert Heffernan	40:12.64
2.	Colin Griffin	41:22.28
3.	Tom Bosworth (GBR)	42:07.11
4.	Brendan Boyce	43:49.11
5.	Cian McManamon	43:57.14
6.	James Treanor	46:48.14
7.	David Kidd	47:44.02

5000w Women

1.	Kate Veale	21:30.18
2.	Laura Reynolds	23:22.53

Finnish T&F Championships, Turku, 4 August, Turku

The Finnish Championships kicked off on Thursday with wins for Jarkko Kinnunen 1:23:40 and Karolina Kaasalainen 47:01.

10km Walk Women

1.	Karoliina Kaasalainen	47:01
2.	Anne Halkivaha	48:20
3.	Henrika Parviainen	51:01
4.	Mikaela Lafbacka	51:04
5.	Tiina Muinonen	51:53
6.	Erika Parviainen	52:07
7.	Saara Mondillo	52:33
8.	Marika Peltoniemi	52:54

20km Walk Men

1.	Jarkko Kinnunen	1:23:40
2.	Heikki Kukkonen	1:26:51
3.	Antti Kempas	1:28:07
4.	Matias Korpela	1:31:48
5.	Eemeli Kiiski	1:32:02
6.	Aleksi Ojala	1:34:13
7.	Timo Viljanen	1:35:15
8.	Aku Partanen	DNF

Next to Pamplona, Spain, on Saturday 30 July at the Copa de Clubes de Atletismo where Beatriz Pascual won the 5000m walk with 21:03.8 (second fastest in the world this year) ahead of European U23 medallist Julia Takacs with 21:19.6.

Then to Malaga where the Spanish T&F Championships were held on 6-7 August and Francisco Fernandez won the 10000m walk.

10000m Walk Men

1.	Francisco Javier Fernandez	40:55.62
2.	Miguel Angel Lopez	41:52.42
3.	Jose Ignacio Diaz	42:40.01
4.	Luis Manuel Corchete	43:40.55
5.	Francisco Arcilla	44:29.88
6.	Juan Manuel Molina	44:56.33
7.	Alex Florez SUI	44:57.68
8.	Juan Antonio Porras	DNF
9.	Luis Alberto Amezcua	DNF
10.	Jesus Angel Garcia	DQ

Finally to Kuala Lumpur in Malaysia where the National 10,000m walk title went to Lo Choon Sieng with a time of 44:22.17.

AA SELECTION POLICY FOR THE 2012 WORLD RACE WALKING CHAMPIONSHIPS

Athletics Australia has now released the Selection Document for the 2012 World Race Walking Cup, to be held in Saransk in May next year. See http://www.athletics.com.au/high_performance/high_performance_news/team_information/2012wwc/selection_policy
Salient points are as follows:

There will be Selection Trials for each event at the IAAF 2012 World Race Walking Cup. Those Trials are:

- Men's 50km Walk – the 2011 Australian 50km Walk Championship, Fawkner Park, Melbourne, **Sunday 11 Dec 2011.**
- Men's and Women's 20km Walk – 2012 Australian 20km Walk Championships Hobart, Tasmania, **Saturday 25 Feb 2012.**
- Junior Men's and Women's 10km Walk – to be conducted as invitation events at the 2012 Australian 20km Walk Championship, Hobart, Tasmania, **Saturday 25 Feb 2012.**

Selection Standards are as follows	20km Men	1.28.00
	50km Men	No standard
	10km Junior Men	46.30
	20km Women	1.36.00
	10km Junior Women	50.00

The Selection Standards above must be achieved within the selection periods which are as follows:

- For Senior Men and Women - between 01 August 2011 and the date of the relevant Selection Trial (11 December 2011 for the 50km Walk, 25 February 2012 for all other Events).
- For Junior Men and Women – between 01 August 2011 and 25 February 2012.

Automatic Selection

- Men's 50km Event
Any athlete selected to represent Australia at the 2011 IAAF World Championships in athletics in Daegu may automatically nominate for selection in the 50km event. For the purposes of clarity, there is no right of automatic selection by virtue of performance at the Selection Trial and there is no Athletics Australia Selection Standard.
- Men's and Women's 20km Event
The first three (3) eligible athletes in the Selection Trial (both men and women) will be automatically selected in the Team provided that the athlete has achieved the performance standard within Athletic Australia's Qualifying Period.
- Junior Men's and Junior Women's 10km Event
The first three (3) place getters at the Selection Trial in both Junior Men's and Junior Women's Event will be automatically selected in the Team provided those athletes have achieved the qualifying time within the Athletics Australia's qualifying period.

A few personal comments;

- The selection criteria are potentially cut-throat for our Junior walkers. The maximum team size is 3 and, if the first 3 at the trial have qualifiers, they will be selected. So a non appearance at the trial or a bad race or a DQ could see you miss out. So be prepared to walk well in the trial!
- The 2012 Australian 20km championship date has now been confirmed for Hobart on the evening of Saturday 25 February. I believe that this is also likely to be the Olympic trial.
- Although the selection period is short, there are potentially plenty of walk opportunities on offer. The main local ones are

Sunday 21 August Australian Roadwalking Championships in Canberra (20km and 10km)
 Sunday 11 December Australian 50km championship and associated 20km Open and 10km Junior events

There are also potentially other 20km/10km qualifying opportunities during the summer - for instance, VRWC will be scheduling Sunday morning carnivals in October and November and we can potentially get them ratified by AA if we think people are intending to use them to gain qualifying times. Obviously the more notice we get, the better! Our draft summer fixture has these two dates set as

Sun 23 Oct 2011 VRWC Roadwalks, Middle Park
 Sun 13 Nov 2011 VRWC Road Championships and AGM, Middle Park

CHRIS ERICKSON IN THE NEWS

The media buildup towards the 2012 Olympics is now starting to kick in and Chris Erickson is the first walker to be in the news, featuring in both an AA video and in an ABC Grandstand Radio interview. Check out

<http://london2012.olympics.com.au/athletes/aus-contender-videos/media/F6743FE0-AEA7-11E0-B4E7005056B04A53>
 and
<http://www.abc.net.au/sport/audio/2011/08/07/3287544.htm>

AUSTRALIAN ROADWALK CHAMPIONSHIP ENTRIES NOW CLOSED

Entries have now closed for the Australian Roadwalking Championships, to be held in Canberra on Sunday August 21. You can still check out entries at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=695&OrgID=887 but you can no longer enter. If you wish to make a late entry, you should contact Athletics Australia directly.

The Racewalking Victoria team looks a strong one and is shown below. We have teams in most age groups and should be competitive. Let me know immediately if you are in an incorrect age group.

Surname	First Name	Gender	DOB	Club	Event	Age Grp
Ruddick	Kelly	F	04/19/73	RWV	20000W	OPEN
Shaw	Kirstin	F	12/30/91	RWV	20000W	OPEN
Cowley	Rhydian	M	1/04/1991	RWV	20000W	OPEN
Erickson	Chris	M	12/01/1981	RWV / AIS	20000W	OPEN
Jamieson	Andrew	M	06/13/46	RWV	20000W	OPEN
Kollmorgen	Stuart	M	04/20/69	RWV	20000W	OPEN
Brennan	Mercedes	F	06/19/03	RWV	2000W	U12
George	Hayley	F	07/28/00	RWV	2000W	U12
Kay	Shelby	F	6/11/1999	RWV	2000W	U12
Miller	Tegan	F	02/13/01	RWV	2000W	U12
Brennan	Jonty	M	08/29/00	RWV	2000W	U12
HOCKLEY SAMON	HARRY	M	10/18/00	RWV	2000W	U12
hockley samon	tom	M	07/30/02	RWV	2000W	U12
Montag	Jemima	F	02/15/98	RWV	3000W	U14
mcnicol-davidson	cody	M	04/26/98	RWV	3000W	U14
Swan	Kyle	M	03/28/99	RWV	3000W	U14
Walmsley	Reese	M	9/08/1998	RWV	3000W	U14
Boldiston	Zoe	F	6/05/1997	RWV	5000W	U16
George	Stephanie	F	03/26/96	RWV	5000W	U16
mcnicol-davidson	chloe	F	12/31/96	RWV	5000W	U16
Sanders	Jade	F	10/10/1997	RWV	5000W	U16
ALLAMBY	BILLY	M	11/24/97	RWV	5000W	U16
Brill	Nathan	M	05/24/96	RWV	5000W	U16
McShanag	Connor	M	06/26/96	RWV	5000W	U16
Swan	Kyle	M	03/28/99	RWV	5000W	U16
burren	amy	F	3/04/1994	RWV	5000W	U18
HOCKLEY SAMON	JMARA	F	10/12/1995	RWV	5000W	U18
Kay	Shelby	F	6/11/1999	RWV	5000W	U18
mcnicol-davidson	chloe	F	12/31/96	RWV	5000W	U18
mcnicol-davidson	cody	M	04/26/98	RWV	10000W	U18
Alexander	Beth	F	11/28/92	RWV	10000W	U20
Brazel	Hilary	F	12/15/93	RWV	10000W	U20
burren	amy	F	3/04/1994	RWV	10000W	U20
mcnicol-davidson	chloe	F	12/31/96	RWV	10000W	U20
Tallent	Rachel	F	02/20/93	RWV / AIS	10000W	U20
mcnicol-davidson	cody	M	04/26/98	RWV	10000W	U20

WORLD UNIVERSIADE GAMES ABOUT TO KICK OFF

The 26th World Summer Universiade Games will be held in Shenzhen, China, from 12-22 August. The Track and Field component will be held from 16-21 August and will see four of our Australian walkers in action

Thursday 18 August, 7:30AM	20km Walk Men	Ian Rayson, Brendon Reading
Friday 19 August, 7:30AM	20km Walk Women	Beki Lee, Nicole Fagan

You can follow all the action on the official website at <http://www.sz2011.org/Universiade/>

Good luck to Ian, Brendon, Beki and Nicole.

WHAT'S COMING UP

Back to the local front where this Saturday sees our last VRWC Points Competition races for the winter season. It is also a Handicap Start day for our Open and U15 walkers which means that the slower walkers start first and the faster walkers start last. It is always an exciting race but does require lots of extra organisation so you must register by 1:45PM. Later entries may race but won't be able to participate in the Handicap Start. The timetable for the day reads as follows

Saturday 13th August 2011, Middle Park

VRWC EVENTS: **Entries close for all events at 1.45pm sharp.** Last Handicap event for the season .

2.15pm	8km	Handicap Start	Open
2.15pm	4km	Handicap Start	Open
2.15pm	4km	Handicap Start	Under 15
2.45pm	2km	Handicap	Under 12
2.45pm	1km	Handicap	Under 9

Also note that this is a PRIZES day with prizes on offer to the walkers who have accumulated the most handicap points on the following 3 days

Open and U15:	16 July, 30 July and 13 August
U12 and U9:	2 July, 30 July and 13 August

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
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/Universiade/
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org

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
Sun 11 Dec 2011	2011 Australian 50km Championship, Fawkner Park, Melbourne, VIC
Sat 25 Feb 2012	Australian 20km roadwalk Championships, Hobart, TAS (World Walking Cup trials for 10km and 20km)
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, 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**
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

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)