



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC RACES, MIDDLE PARK, SATURDAY 13 AUGUST 2011

First a quick call – when I did the presentations on Sunday 7 August after the Victorian Roadwalk championships, someone collected Jared Walker's U18 medal for him but as of last Saturday, it had not yet been passed on. If you have it, could you let me know!

And now onto this week's results. Another day of perfect racing weather at Middle Park for our Handicap Start events with 70 walkers turning up to try their luck. Handicap Starts see everyone ranked on expected times, with the walkers with the largest expected times starting first and the fastest walkers starting last. Results for the 8km and 4km events are shown in handicap start finish order and the Fastest Times Placings are shown as an additional column.

You had to feel a bit sorry for Stuart Kollmorgen and Rhydian Cowley who gave huge starts to most of the 8km walkers but amazingly they caught and passed everyone except outmarker Alex Poore. But since Alex was wearing Club Rules numbers, he was ineligible for the handicap win. Hence Rhydian won the men's 8km handicap and Stuart was second. Michelle Laufer produced another fantastic walk to win the women's handicap. So our two backmarkers in Michelle and Rhydian got up to win! And a special note on Rhydian's time of 34:07 which was really something special. He is quickly returning to top shape.



Left: Outmarkers Alex Poore and Pam Mews

Right: Backmarker Rhydian Cowley

Table with 3 columns: Rank, Name, Act Time, F/T Place. It lists results for the 8m Open Handicap Start, including Michelle Laufer (1st, 43:25), Celia Johnson (2nd, 55:35), Alison Thompson (3rd, 50:41), Amelia Finnegan (4th, 43:36), Alex Poore (5th, 63:34), Rhydian Cowley (1st, 34:07), Stuart Kollmorgen (2nd, 37:39), Geoff Barrow (3rd, 54:12), Tony Johnson (4th, 51:23), and Simon Evans (DNF).

We saw lots of walkers in our 4km Open events. In the women's race, outmarker Pam Mews stayed out in front for the entire race to win the handicap ahead of Caitlin Campbell while Jmara Hockley-Samon was fastest with 21:22. Jason Kozica won the men's

handicap event while fastest time went to Nathan Brill with a swift 18:13. We also welcomed first time walkers Kerry Gigante and her daughter Sarah (Kerry did the 4km Open and Sarah did the 2km U12).

4m Open Handicap Start		Act Time	F/T Place
1.	Pam Mews	39:50	13
2.	Caitlin Campbell	23:35	4
3.	Kirstin Shaw	21:51	3
4.	Donna Elms	24:31	6
5.	Jmara Hockley-Samon	21:22	1
6.	Anna Wallace	24:27	5
7.	Heather Carr	21:50	2
8.	Robyn Shaw	25:52	9
9.	Kylie Irshad	24:50	7
10.	Liz Feldman	24:50	7
11.	Chloe McNicol-Davidson	28:11	11
12.	Gwen Steed	27:23	10
	Kerry Gigante	28:33	12
1.	Jason Kozica	20:08	3
2.	Aaron Tam	20:39	4
3.	Alan Lucas	22:19	6
4.	James Seid-Christmass	19:44	2
5.	Nathan Brill	18:13	1
6.	Barrie Wicks	29:07	9
7.	Paul Kennedy	21:31	5
8.	Anthony Doran	26:34	7
	Gordon Onley	27:50	8



Jmara Hockley-Samon, Stuart Kollmorgen, Kerry Gigante, Michelle Laufer and Nathan Brill

Our Under 15 walkers also had handicap starts and the girls all walked superbly, most shattering their PBs by lots. Emily Swan was the winner with a great 23:42 ahead of Madeleine Feain – both girls are having great winter seasons. Jade Sanders was fastest overall with an excellent 21:25. Cooper Owen won the boy's handicap while Connor McShanag had the overall fastest time of 20:43.

4km U15 Handicap Start		Act Time	F/T Place
1.	Emily Swan	23:42	4 PB 2:40
2.	Madeleine Feain	27:19	8 PB 1:32
3.	Rebecca Campbell	25:16	7 PB 1:45
4.	Cassandra Kay	25:09	6 First time
5.	Jade Sanders	21:25	1 PB 1:31
6.	Megan Walker	22:36	2 PB 0:28
7.	Emily Hamilton	22:53	3 PB 0:12
8.	Stacey McLaren	27:47	9
9.	Beth Barbour	24:43	5
1.	Cooper Owen	21:25	2
2.	Connor McShanag	20:43	1
3.	Cody McNicol-Davidson	26:58	3 PB 0:35

4. Paul Tremigliozzi 27:16 4
 Reese Walmsley DQ



Rhydian Cowley, Emily Swan, Cooper Owen, Connor McShanag and Rebecca Campbell

Our U12 and U9 walkers had normal mass starts so their results are shown in Actual Time finishing order and the Handicap place is shown as an additional column. Kyle Swan 10:19, Jonty Brennan 10:33 and Shelby Kay 10:34 were the fastest walkers. Anaya Hodges won the girls' handicap event while Jonty won the Boys' handicap. The U9 walks saw Brianna Lillie and Caine Brill fastest while the handicap wins went to Mercedes Brennan and Tom Kennedy. We also welcomed Sarah Gigante and Gemma Lillie for the first walks with us. Apologies to Sarah who stopped after 1km – our fault there for not keeping a better eye on our new walkers.

2km U12		Act Time	Handicap Place
1.	Shelby Kay	10:34	4
2.	Hayley George	10:44	2 PB 0:34
3.	Paige De Lisen	10:44	8
4.	Mikhala Hodges	11:13	3 PB 0:06
5.	Anaya Hodges	11:24	1 PB 0:01
6.	Jessica Lillie	11:32	5 PB 0:08
7.	Philippa Huse	11:36	First ever
8.	Tegan Miller	12:52	5
9.	Lee Taylor	13:05	7
	Sarah Gigante	DNF	
1.	Kyle Swan	10:19	5
2.	Jonty Brennan	10:33	1 PB 0:28
3.	Hayden Walmsley	11:52	2
4.	Justin Brill	12:21	4
5.	Lachlan Feain	12:28	3 PB 0:11
6.	Ethan Wright	13:47	6
1km U9		Act Time	Handicap Place
1.	Brianna Lillie	05:31	2
2.	Mercedes Brennan	05:42	1 PB 0:03
3.	Chelsea McDonald	06:55	
4.	Gemma Lillie	08:31	First ever
1.	Caine Brill	06:08	2
2.	Thomas Kennedy	07:26	1
3.	Tom Hockley Samon	08:01	3

Thanks as usual to our many helpers, judges and officials. Sorry if I missed anyone.

Officials: Tim Erickson, Stuart Cooper, Mark Donahoo, Damien Elms, Anand Thillaisundaran, Paul Kozaris, Ian Laurie, Natalie Laurie, Harry Summers,

Course Setup: Tony Doran, Craig Brill, Tim Erickson, Rhydian Cowley, Damien Elms

Judges: Peter Vysma (Chief), Gordon Loughlan, Terry Knape, Stu Cooper, Lloyd Nichols

Canteen: Marlaine Stanway, Leanne Lamble, Kate Suich

Photos: Terry Swan

Video: Frances Attard

We also welcomed back Anand Thillaisundaran and Kelly Davidson from their sojourn in Scotland. Hopefully they are back in Australia for good now. Welcome home Anand and Kelly!

And I see that Matt Owen has uploaded his own video from our Vic Roadwalk Champs on Sunday 7th August to YouTube. Check out <http://www.youtube.com/watch?v=j1nyi-q25Lc> for some great footage.

Sunday was also a Prizes day with the handicap placings of the last 3 Points Competition days being tallied to decide who would get to pick the table. Prize winners were

Masters	Pam Mews	Alan Lucas
Open	Michelle Laufer	Aaron McDonough
Under 20	Jmara Hockley Samon and Caitlin Campbell	Aaron Tam
Under 15	Madeleine Feain	Connor McShanag
Under 12	Anaya Hodges	Jonty Brennan
Under 9	Mercedes Brennan	Caine Brill



Tom Kennedy, Brianna Lillie, Anaya Hodges, Jade Sanders, Shelby Kay



Sarah Gigante, Mercedes Brennan, Jessica Lillie, Gemma Lillie, Jonty Brennan, Kyle Swan and Caine Brill

POINTS COMPETITIONS NOW FINALISED

Saturday was our final Points Competition Day for the season so, thanks to Mark Donahoo, we are now able to announce most of our major trophy winners for the winter season. Full points for Handicaps, Actual Times and Style Award competitions can be reviewed at <http://www.vrwc.org.au/Trophy%20winners%202011-%20Handicap%20Actual%20Style%20Merrifield%20Larkins.xls>

2011 ATHLETICS VICTORIA TROPHY WINNERS

NORM GOBLE TROPHY	Points earned in Mens AV Championships	TBA
BETTY NEWMAN TROPHY	Womens Walking Team Champions	TBA
AVIS REDMAN TROPHY	Best Under 16 Girl	TBA

2011 RUNNERS WORLD SPONSORSHIPS

Open Men	TBA
Open Women	TBA
Under 20 Men	TBA
Under 20 Women	TBA

2011 FASTEST TIMES POINTS & HANDICAP POINTS COMPETITIONS

Open Women Fastest Times Points	Michelle Laufer, Michelle Thompson, Gayle McIntyre
Open Women Handicap Points	Michelle Laufer, Michelle Thompson, Simone O'Neill
Open Men Fastest Times Points	Aaron McDonough, James Seid-Christmass, Simon Evans
Open Men Handicap Points	Aaron McDonough, James Seid-Christmass, Simon Evans
Under 20 Women Fastest Times Points	Jmara Hockley-Samon, Kirstin Shaw, Amelia Finnegan
Under 20 Women Handicap Points	Kirstin Shaw, Jmara Hockley-Samon, Caitlin Campbell
Under 20 Men Fastest Times Points	Aaron Tam, Nathan Brill, Nicholas Mirarchi
Under 20 Men Handicap Points	Aaron Tam, Nathan Brill, Nicholas Mirarchi
Under 15 Girls Fastest Times Points	Megan Walker, Stephanie George (E2), Emily Hamilton (E2)
Under 15 Girls Handicap Points	Madeleine Feain, Emily Swan, Stacey McLaren
Under 15 Boys Fastest Times Points	Connor McShanag, Billy Allamby, Paul Tremiglozzi
Under 15 Boys Handicap Points	Paul Tremiglozzi, Cody McNicol-Davidson, Connor McShanag
Under 12 Girls Fastest Times Points	Shelby Kay, Paige De Lisen, Mikhala Hodges
Under 12 Girls Handicap Points	Shelby Kay, Anaya Hodges, Jessica Lillie
Under 12 Boys Fastest Times Points	Kyle Swan, Jonty Brennan (E2), Hayden Walmsley (E2)
Under 12 Boys Handicap Points	Hayden Walmsley, Justin Brill (E2), Ethan Wright (E2)
Under 9 Girls Fastest Times Points	Brianna Lillie, Mercedes Brennan, Kathleen O'Mahony
Under 9 Girls Handicap Points	Mercedes Brennan, Brianna Lillie, Kathleen O'Mahony
Under 9 Boys Fastest Times Points	Caine Brill, Bede Collis, Thomas Kennedy
Under 9 Boys Handicap Points	Caine Brill, Thomas Kennedy, Bede Collis
Masters Women Fastest Times Points	Heather Carr, Pam Tindal, Gwen Steed
Masters Women Handicap Points	Pam Mews, Donna Elms, Karyn O'Neill
Masters Men Fastest Times Points	Alan Lucas, Tony Johnson, Paul Kennedy
Masters Men Handicap Points	Alan Lucas, Barrie Wicks, Russ Dickenson (E3), Tony Johnson (E3)

2011 VRWC JACK LARKIN TROPHY - Highest point scoring country athletes

James Seid-Christmass and Megan Walker

2011 VRWC MERRIFIELD AWARDS - Combined fastest times and h'cap points

Masters Men	Alan Lucas
Masters Women	Donna Elms and Pam Mews
Open Men	Aaron McDonough
Open Women	Michelle Laufer
Under 20 Men	Aaron Tam
Under 20 Women	Jmara Hockley-Samon
Under 15 Men	Connor McShanag
Under 15 Women	Emily Swan

2011 STYLE AWARDS

Open/U15 Men	Nathan Brill
Open/U15 Women	Amelia Finnegan, Jemima Montag, Stephanie George and Kelly Ruddick
U9/U12 Boys	Caine Brill
U9/U12 Girls	Hayley George

BALLARAT WALKERS CLUB RACES, NORTH GARDENS, LAKE WONDUREE, SUNDAY 14 AUGUST

Thanks to Daryl Biggin for the latest results from Ballarat. It is great to see the club kicking ahead again after a couple of quiet years. Daryl commented: *Conditions were excellent, Yes Tim warm. No wind and No rain, A excellent walk by 9 year old Amy Canavan who powered away to win the race for the second year in a row in a PB of 18.29.*

Daryl Biggin & Sharon Schnyder Founders Cups 3km Handicap

1.	Amy Canavan	18.29	PB
2.	Rodney Davis	20.14	PB
3.	Sarah Brennan	16.26	PB
4.	Paul Nunn	18.36	
5.	Olivia Davis	25.07	
6.	Jemma Peart	19.14	
7.	Shae Ohlsen	20.30	

8.	Mia Darlow	29.27
9.	John Ohlsen	24.24
10.	Daryl Biggin	DNF

2 km

1.	Ross Darlow	14.15
2.	Alanna Peart	15.03

1 km

1.	Leah Canavan	8.39
2.	Bailey Ohlsen	DNF



Amy Canavan with Club President Daryl Biggin

ACT WALKING CLUB RACES, MOLONGLO REACH, SATURDAY 13 AUGUST

Thanks to Robin Whyte for his weekly report from Canberra

10km	1 Ann Staunton-Jugovic	55:12	2 Monika Short	1:07:40	3 Doug Fitzgerald	1:08:34
	4 Bob Parker	1:10:36	5 Geoff Barker	1:12:03	6 Jennifer Gilchrist	1:13:35
	7 Bob Chapman	1:19:39	8 Warren Butler	1:21:31	9 Val Chesterton	1:26:23
5km	1 Meghann Griffin	29:46	2 Kate Black	30:14	3 Helena Bialecki	30:21
	4 Jane Bates	30:52	5 Callum Doherty	32:03	6 Marilyn Banfield	35:36
	7 John Donovan	36:54	8 Rosemary Parker	38:36	9 Bob Chapman	39:03
	10 Cilla Chapman	41:46	11 Nola de Chazal	49:47	Harry Bates	DNF
3km	1 Zoe Hunt	15:39	2 Thomas Hopkins	16:20	3 Callum Burns	16:25
	4 Gabby Hunt	16:34	5 Callum Doherty	18:16	6 Karina Hopkins	21:31
	7 Jack Thackray	24:32	8 Karen Knowles	27:17		
1.5km	1 Spencer Burns	08:33	2 Tahneia Resch	10:41	3 Laura Burns	14:43
	4 Jenny Bourke	16:40				

SAMA RACEWALKS, EAST TERRACE, ADELAIDE, SATURDAY 13 AUGUST

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters. To quote Colin: Undulating course at *East Terrace in the city. Sunny, warm arvo. I've been a bit 'crook' for the past couple of months but today was back to normal.*

10k yacht handicap

M81	Colin Hainsworth	1.17.09	78.23%
W51	Marie Maxted	1.07.27	69.46%
M78	David Robertson	1.17.43	74.01%
M73	Rodger Barber	1.14.09	72.17%
M65	Geoff Byham	1.04.57	74.71%

M61	Jeff Kennett	1.29.40	51.88%
M68	Graham Harrison	1.08.25	73.41%
M55	Richard Moyle	1.16.05	57.82%
M68	Roger Lowe	1.18.42	63.82%
W43	Rose Stigwood	1.18.26	55.55%
W69	Elaine MacFarlane	1.25.53	68.39%
W77	Cynthia Dally	1.29.23	75.64%

5k yacht handicap

	Roxy papageorgiou	39.13	
W66	Jill Rogers	40.08	66.35%
	Peter Papageorgiou	43.59	
W60	Helen Suridge	33.30	73.77%
W58	Edna Bates	42.40	56.64%
W63	Lillian Harpur	42.41	60.01%
M75	Paul Boyce	39.18	68.03%
W76	Ros Elix	41.00	75.75%
M66	George White	29.30	81%

SAWC WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 AUGUST

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

Results this week in preparation for next week's walking in Canberra. Over the 12 km distance, Kim Mottrom was unchallenged, as was Gloria Holliday in the women's competition. Over 6km, a good hit out for Darren Bown and a PB for Kristie Goznik augurs well for next week. The 3km saw Justin Hill walk another PB, followed by Piper Douglas. PB's galore over 1,500 metres as Anna Cross just walked in front of Alix Harlington at the finish, having walked side by side for the whole distance. A PB also for Rhiannon Lovegrove.

12km

1.	Kim Mottrom	1:05:11
2.	Peter Crump	1:06:09
3.	Gloria Holliday	1:14:45
4.	Jim Hoare	1:25:12
5.	Bill Starr	1:25:18
6.	Megan Szirom	DNF

3km

1.	Justin Hill	14:44
2.	Piper Douglas	16:44
3.	Lachlan Tyler-Dowd	17:39
4.	Danielle Walsh	18:05
5.	Sandy Brunner	18:31
6.	Samantha Findlay	20:01

6km

1.	Darren Bown	25:54
2.	Kristie Goznik	29:09
3.	Jemma Potezny	33:01
4.	Jessica Stephens	39:52
5.	Barb Cain	42:53

1.5km

1.	Anna Cross	7:32
2.	Alix Harlington	7:33
3.	Rhiannon Lovegrove	8:32
4.	Rhiana Hooker	8:44
5.	Beth Cross	9:02

QRWC WALKS, MURARRIE, QUEENSLAND, SUNDAY 14 AUGUST

Thanks for the latest Queensland Race Walking Club walk results from Brisbane. Season's bests for Amelia, Peter, Iggy, Richard, Christiane, Noela and Katya.

A Grade Men 15km	Men:	(1) Peter Bennett 78.02	(2) Ignacio Jimenez 78.06	
B Grade 8km	Men:	(1) Brandon Dewar 38.32	(2) Dean Nipperess 39.43	(3) Richard Lynch 59.09
	Women:	(1) Sally Lynch 55.55	(2) Christiane Dauphinet 61.38	
C Grade 5km	Men:	(1) Brad Aiton 23.38	(2) Trent Miles 27.59	
	Women:	(1) Noela McKinven 37.55	(2) Robyn Wales 39.28	Lucy-Rose Boardman DNF
D Grade 3km	Girls:	(1) Mikaela Woodward 16.59	(2) Katya Martin 17.10	
E Grade 2km	Boys:	(1) Ryan Pinchen 13.04		
	Girls:	(1) Thalia Martin 14.01		
F Grade 1km	Girls:	(1) Amelia Wales 8.19		

OVEREAS RESULTS

Boston, Sunday 14 August, USA Edges Canada in Junior Race Walk Match

Steve Vaitones reported as follows on the annual USA vs Canada Junior Race Walk Match, held this year in Boston.

The USA women and Canadian men walked to team and individual race wins, but the combined scoring trophy went to the host Team USA at the 23rd annual USA vs. Canada Junior Race Walk Match held at East Boston Memorial Park on Sunday. While showers ended before the starting gun, conditions in the 70's with high humidity tempered the times recorded by competitors. The distance were covered on an almost flat 1054 meter loop.

The US women were led by three time match competitor Abby Dunn (Auburn, Maine), who moved strongly in the final kilometer to take the win in 25:54 ahead of early pacesetter and teammate Erica Shaver (Washington Township, Ohio) in 26:31. Following bronze medal winner and first Canadian finisher, Katelyn Ramage (British Columbia), Courtney Williams (Vassalboro, Maine) sealed the team win for the USA with her fourth place finish in 27:13. Scoring 7-5-4-3-2-1, the USA earned a 15-7 victory margin.

Fortunes were reversed in the men's race, as Ben Thorne (British Columbia), Canadian Junior Record holder at 10,000m, took the lead at the gun and was never challenged; improving on his fifth place finish of 2010, his 44:13 winning time is now the fourth fastest in match history. Teammate Bruno Carriere (Quebec) gave team support by taking the silver medal ahead of first American Alejandro Chavez, and combined with sixth place finisher Kevin Gaiesky, Canada outscored the USA 13-9.

In combined scoring, the tighter USA women's pack provided the point total to give earn a 24-20 combined score win over the Canadians.

5km Race Walk

1.	Dunn, Abby	17	USA	25:54.0	7
2.	Shaver, Erica	19	USA	26:31.0	5
3.	Ramage, Katelyn		Canada	26:54.0	4
4.	Williams, Courtney	18	USA	27:13.0	3
5.	Ready, Hana		Canada	27:36.0	2
6.	Reum, Melanie		Canada	28:07.0	1
7.	Josephs, Molly	17	USA	28:37.0	
8.	Michta, Katie	15	USA	28:55.0	non-scorer
9.	Voyer, Anne	17	Canada	28:57.0	
10.	Court-Menendez, Nicole	17	USA	29:53.0	non-scorer
11.	Furlani, Alyssa	16	USA	30:27.0	non-scorer
12.	Dunn, Spencer	12	Maine RW	30:52.0	non-scorer

10km Race Walk

1.	Thorne, Ben	18	Canada	44:13.0	7
2.	Michta, Maria	25	Walk USA	48:49.0	non-scorer
3.	Carriere, Bruno	19	Canada	49:30.0	5
4.	Forgues, Lauren	23	Champions Int'l	50:14.0	non-scorer
5.	Chavez, Alejandro	18	USA	50:24.0	4
6.	Hallman, Johnathan	17	USA	51:12.0	3
7.	Whatley, Ian	52	World Class RW	51:21.0	non-scorer
8.	Roberts, Nathaniel	15	USA	53:59.0	2
9.	Rixon, Ian	17	USA/ME RW	55:59.0	non-scorer
10.	Gaiesky, Kevin		Canada	59:01.0	1

National Junior Championships, Jena, Germany, 5-7 August

10000m walk: Hagen Pohle 40:13.33; 2 Nils Brembach 43:11.73; 3 Marcel Lehmborg 45:03.53
 5000m walk: Charlyne Czychy 23:23.99

NEW CLUB RECORDS

Our new VRWC club records (see <http://www.vrwc.org.au/vrwc-records.html>) have seen a few changes since they were first published a few weeks ago. I am now pleased to announce 3 new club records, one from a recent walk and 2 from older performances. They are

VRWC U14 5km Roadwalk	Jemima Montag	25:12	VRWC, Middle Park	30 July 2011
VRWC U13 2000m Track Walk	Jemima Montag	9:43.9	AV Shield Knox	25 January 2011
VRWC W70 20km Roadwalk	Marlaine Stanway	2:33:11	VMA, Middle Park	27 July 2010

GETTING READY FOR THE BIG RACES

It will be a big next few weeks for our top walkers with 4 of them in action in the World University Games and 6 of them in action in the IAAF World Championships.

First to the **26th World Summer Universiade Games** which are already underway in Shenzhen, China. Ian, Brendon, Beki and Nicole are competing later this week, on Thursday and Friday respectively. Good luck everyone!

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/>

Then to the **13th IAAF World Championships in Athletics** which will be held in Daegu, Korea, from 27 August to 4 September. The walks will be held as shown below and Luke, Adam, Jared, Regan, Claire and Nathan are indeed a very strong team.

Sun 28 August 9.00AM	20km Walk Men	Luke Adams, Adam Rutter, Jared Tallent
Wed 31 August 9.00AM	20km Walk Women	Regan Lamble, Claire Tallent
Sat 3 Sept 8.00AM	50km Men	Luke Adams, Nathan Deakes, Jared Tallent

I think that they will all probably be there by now. Walks coach Brent Vallance sent me this great photo of Regan and Claire out on their first training session yesterday after arriving there.



Regan Lamble and Claire Tallent training in Korea

WHAT'S COMING UP

This coming Sunday sees the **Australian Roadwalk championships** in Canberra and our top walkers from all our walking clubs will be in attendance. You can see the final fields at http://www.athletics.com.au/competition/events/2011_australian_road_walking_c. I have found a few mistakes with one or more in the wrong age groups and at least one walker missing from the list completely – it will be all sorted out for the big day.

Back at Middle Park, we will have our weekly walks for those not going to Canberra. The fixture reads like this

Saturday 20 August 2011, Middle Park		
VRWC EVENTS: Entries close for all events at 2.00pm sharp.		
2.15pm	10km	Open
2.15pm	5km	Open
2.15pm	3km	Open
2.15pm	3km	Under 15
2.30pm	2.5km	Under 12
2.30pm	1.5km	Under 9

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 13th 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://daegu2011.iaaf.org/home.aspx>

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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