



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AUSTRALIAN ROADWALK CHAMPIONSHIPS, CANBERRA, SUNDAY 21 AUGUST 2011

David Armstrong of AthsVic TV has released their video from last weekend's Australian Roadwalking championships in Canberra. See <http://www.youtube.com/watch?v=whqBzxa8RZk>. Well done to AthsVic for another great video production. David has now produced so many walking videos (13 in total) that I thought it time I put a quick link up via a webpage. I have added links to our own VRWC YouTube videos as well for completeness. See <http://www.vrwc.org.au/vrwcvideos.html>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 27 AUGUST 2011

I was not at Middle Park on Saturday so thanks to Mark Donahoo for forwarding the results to me for this week's newsletter. I was quite surprised to see 63 walkers in action the week after the National Championships - this must be some sort of a record for this late in the season. Conditions were excellent and the races look to have been keenly contested. Thanks also to Terry Swan for the many fine photos, some of which I have used. See <http://vrwc.org.au/coppermine/>.

This week I will reverse the order and give our younger walkers the star billing. The U9 and U12 walkers were back into familiar territory with 1km and 2km races and the large number of PBs indicate the ongoing improvement of these club members. Brianna Lillie, Caine Brill, Brodie Richardson and Jonty Brennan were fastest in their respective divisions while big PBs came from Liam Evans, Bede Collis, Brendon O'Mahony, Lachlan Feain and Payton Kay.

1km Under 9

1.	Brianna Lillie	05:33	
2.	Payton Kay	05:43	PB 0:15
3.	Kathleen O'Mahony	05:47	PB 0:01
4.	Mercedes Brennan	06:22	
5.	Frances Collis	07:21	
6.	Lararose Picioane	07:35	
7.	Gemma Lillie	08:22	PB 0:09
1.	Caine Brill	06:02	
2.	Bede Collis	07:30	PB 0:35

2km Under 12

1.	Brodie Richardson	11:30	
2.	Hayley Brown	11:43	PB 0:03
3.	Chelsea Owen-Smith	11:52	PB 0:03
4.	Philippa Huse	11:55	
5.	Gabbie Crea	12:21	
6.	Jessica Lillie	12:42	
7.	Tegan Miller	12:57	
8.	Lee Taylor	13:22	
1.	Jonty Brennan	10:51	
2.	Justin Brill	11:58	
3.	Brendan O'Mahony	12:03	PB 0:20
4.	Lachlan Feain	12:09	PB 0:19
5.	Ethan Wright	13:22	
6.	Liam Evans	14:29	PB 1:57
7.	Callum Evans	15:18	

For many of our U15 walkers, it was their first ever 4km walk and the times were pretty good. Paige De Lisen and Kyle Swan were our winners, both doing PBs as did Brianna Cooke and Paul Tremigliozi.

4km Under 15

1.	Paige De Lisen	22:49	PB 0:55
2.	Shelby Kay	22:53	First time

3.	Emily Swan	24:12	
4.	Mikhala Hodges	24:23	First time
5.	Lauren Collis	24:38	First time
6.	Beth Barbour	25:01	
7.	Anaya Hodges	25:56	First time
8.	Brianna Cooke	27:19	PB 1:38
	Jade Sanders	DNF	
1.	Kyle Swan	20:24	PB 1:15
2.	Cooper Owen	22:10	
3.	Connor McShanag	22:36	
4.	Paul Tremigliozzi	24:56	PB 0:57
	Reese Walmsley	DQ	



Bede Collis, Brendon O'Mahony, Chelsea Owen-Smith, Gemma Lillie and Payton Kay



Liam Evans, Lararose Picioane, Kathleen O'Mahony, Hayley Brown and Tegan Miller

Our Open walkers had a choice of 4km, 6km and 8km with best performances overall going to Pam Tindal, Simon Evans, Aaron Tam and Heather Carr.

4km Open

1.	Sandra Geisler	21:39
2.	Heather Carr	22:57
3.	Caitlin Campbell	23:07
4.	Donna Elms	24:39
5.	Liz Feldman	24:41
6.	Gwen Steed	28:00
7.	Kelly Davidson	32:27

8.	Margaret Beaumont	32:38
1.	Ralph Bennett	23:04
2.	Anand Thillaisundaram	25:01
3.	Barrie Wicks	29:31
4.	Ian Beaumont	32:28

6km Open

1.	Emily Hamilton	34:02
1.	Aaron Tam	32:21
2.	Billy Allamby	32:21
3.	Mark Donahoo	33:53
4.	Gerard Feain	35:30
5.	Geoff Barrow	40:09
6.	Alex Poore	45:55

8km Open

1.	Pam Tindal	42:06
	Kylie Irshad	DNF
1.	Simon Evans	40:29
2.	James Seid-Christmass	45:32
3.	Alan Lucas	46:30
4.	Jason Kozica	51:12



Open walkers Aaron Tam, Heather Carr, Anand Thillaisundaram, Pam Tindal and Simon Evans



U15 walkers Paul Tremiglozzi, Paige De Lisen, Kyle Swan, Brianna Cooke and Anaya Hodges

As usual, thanks to the big pool of helpers, officials and judges who ensure our races run so smoothly each week.

Officials: Mark Donahoo, Mark O'Mahony, Susan Taylor, Ian Laurie, Natalie Laurie, Marlaine Stanway, Damien Elms, Paul Kozaris, Harry Summers
Judges: Peter Vysma (Chief), Michael Bodey, Stuart Cooper, Lloyd Nichols, Terry Knappe, Gordon Loughnan
Race entries: Mark Donahoo, Stuart Cooper
Canteen: Kate Suich, Wendy Cooper
Video: Frances Attard
Photos: Terry Swan

ACT WALKERS CLUB ROADWALKS, DICKSON, SATURDAY 27 AUGUST

Thanks to Robin Whyte for his weekly walks report from Canberra

12km walk	1 Ann Staunton-Jugovic	1:11:11	2 Bob Parker	1:27:21	3 Rod Gilchrist	1:28:15		
	4 Val Chesterton	1:48:18	5 Phil Essam	1:49:28				
6km walk	1 Emily Fawcett	37:22	2 Helena Bialecki	38:06	3 Kate Black	38:41	4 Monika Short	40:06
	5 Callum Doherty	42:41	6 Geoff Barker	44:29	7 Cilla Chapman	50:36		
2k walk	1 Zoe Hunt	10:05	2 Harry Bates	10:30	3 Thomas Hopkins	10:55	4 Gabby Hunt	10:59
	5 Karina Hopkins	11:59	6 Emily Hopkins	14:04	7 Wendy Kupkee	14:46	8 Jack Thackray	16:15
	9 Charlie Durr	16:21	10 Greg Durr	16:21	11 Hilary Thackray	20:23		

SAMA ROADWALKS, FELIXSTOWE, SOUTH AUSTRALIA, SATURDAY 27 AUGUST

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented: *Hilly course, cool arvo. Prizes Yours truly won a box of chocolates which my wife thought was great but I'm trying to keep my weight down ahead of the Australian Masters Games In Adelaide during October!*

8k yacht handicap

M66	George White	43.59	88.61%
W69	Elaine MacFarlane	1.05.57	69.93%
M81	Colin Hainsworth	1.02.23	76.67%
M68	Graham Harrison	54.01	73.83%
M62	John Hore	1.01.00	61.19%
M61	Jeff Kennett	1.10.40	52.29%
	Roxy Papageorgiou	1.05.46	
W76	Ros Elix	1.08.01	76.31%
M65	Geoff Byham	54.37	70.59%

4k yacht handicap

W62	Gill White	31.28
	Peter Papageorgiou	35.14
W66	Jill Rogers	31.41
M75	Paul Boyce	31.26
W58	Edna Bates	34.21

SA WALKERS CLUB WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 27 AUGUST

Thanks to Peter Crump for his report on the South Australian Walkers Club racing in Adelaide.

Second last winter walks this week and a recovery session for Darren Bown as he paced the rest of us over the first 2km before opening up for the balance of the 8km. A very good time from Allegra Steele over 4 km, just as we are about to move into the shorter distances for summer. Over the 2km, Anna Cross recorded a good time a week after Canberra's good times.

8km Walk

1.	Darren Bown	37:50
2.	Kim Mottrom	40:03
3.	Justin Hill	43:29
4.	Peter Crump	43:49
5.	Jim Hoare	56:09
6.	Bill Starr	57:02

4km Walk

1.	Allegra Steele	21:14
2.	Lachlan Tyler-Dowd	23:11
3.	Alix Harlington	23:17

4.	Danielle Walsh	24:20
5.	Piper Douglas	24:31
6.	Rhiannon Lovegrove	25:03
7.	Samantha Findlay	27:00
8.	Barb Cain	28:28

2km Walk

1.	Anna Cross	10:04
2.	Rhiana Hooker	11:52
3.	Sandy Brunner	12:16
4.	Beth Cross	12:22

GOLD COAST WINTER SERIES MEET, GOLD COAST CITY ATHLETICS TRACK, SAT 13 AUGUST

And to catch up from a couple of weeks ago when we saw some great track walking on the Gold Coast in Queensland. Dane Bird-Smith was only 1 sec outside his PB with a fine 19:45.89 while Jesse Osborne 12:38.62 and Jessica Pickles 6:49.06 were also fast.

Women 1500 Metre Race Walk

1.	Pickles, Jessica	17	FTA	6:49.06
2.	Woodward, Mikaela	12	QRW	7:58.23

Women 3000 Metre Race Walk

1.	Haig, Jessica	15	USC	18.35 .00
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Women 5000 Metre Race Walk

1.	Benzenati, Kenza	14	GCV	26:16.68
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Men 3000 Metre Race Walk

1.	Osborne, Jesse	16	QRW	12:38.62
2.	Dewar, Nick	19	QRW	14:25.63

Men 5000 Metre Race Walk

1.	Bird-Smith, Dane	19	QRW	19:45.89
2.	Dewar, Brandon	19	QRW	23:22.94
3.	Nipperess, Dean	40	GCV	24:08.80

IAAF WORLD CHAMPIONSHIPS, SHENZHEN, CHINA

The 13th IAAF World Championships in Athletics are now well underway and I am enjoying the fantastic live coverage from SBS Television in Australia. The first of the walks was held on Sunday so let's get straight down to work.

20km Walk Men, Sunday 28 August, 9AM

Russia's Valeriy Borchin successfully defended his title in the 20km race walk on Sunday morning at the IAAF World Championships in Daegu. Borchin hasn't lost a race for more than three years and he was one of the big favourites heading into the race.

Japan's Yusuke Suzuki had built up a 35-second lead over the main chasing pack by half way to put the pressure on. Early leader Giorgio Rubino of Italy was disqualified for lifting and, soon after, Borchin set off in pursuit of the leader. China's world leader, Wang Zhen, went with him and at 15km they found themselves in first and second places. Borchin upped the pace and increased his lead through to the end, clocking a winning 1:19:56. His team-mate Vladimir Kanaykin had a strong finish to move in to second (1:20:27) and Luis Fernando Lopez crept into the bronze medal position, winning Colombia's first ever medal at the World Championships. Wang slipped to fourth, just outside the medals, while home favourite Hyunsub Kim finished sixth with what could prove to be Korea's highest finish of the championships. Both Borchin and Kanaykin have returned to the sport after serving drugs bans.

Australia's main hope **Jared Tallent** finished well back in 27th place with what was for him a very disappointing 1:25:25 while the only other Australian starter **Adam Rutter** retired from the race soon after the 15km mark. **Luke Adams** had been selected as part of the 20km team but withdrew last week to concentrate on the 50km event next Sunday.

Jared was interviewed for the Athletics Australia website:

"I'm pretty disappointed to be honest, I usually should be able to hold that pace easily but it wasn't there today. My preparation hasn't been ideal and I now have a week to turn it around for the 50 kilometre event later in the week. I had some pretty solid long sessions at home before coming here and am hoping to find what I was missing today for the next race."



Left: Borchin wins (www.iaaf.org)



Right: Jared Tallent in action (www.athletics.com.au)

1.	Valeriy Borchin	RUS	1:19:56
2.	Vladimir Kanaykin	RUS	1:20:27
3.	Luis Fernando López	COL	1:20:38
4.	Zhen Wang	CHN	1:20:54
5.	Stanislav Emelyanov	RUS	1:21:11
6.	Hyunsub Kim	KOR	1:21:17
7.	Ruslan Dmytrenko	UKR	1:21:31
8.	Yusuke Suzuki	JPN	1:21:39
9.	Alex Schwazer	ITA	1:21:50
10.	Erick Barrondo	GUA	1:22:08
11.	Yafei Chu	CHN	1:22:10
12.	Sergey Morozov	RUS	1:22:37
13.	Hao Wang	CHN	1:22:49
14.	Matej Tóth	SVK	1:22:55
15.	Eder Sánchez	MEX	1:23:05
16.	João Vieira	POR	1:23:26
17.	Miguel Ángel López	ESP	1:23:41
18.	Anton Kucmin	SVK	1:23:57
19.	James Rendón	COL	1:24:08
20.	Horacio Nava	MEX	1:24:15
21.	Christopher Linke	GER	1:24:17
22.	Caio Bonfim	BRA	1:24:29
23.	Trevor Barron	USA	1:24:33
24.	Rafal Augustyn	POL	1:24:47
25.	Youngjun Byun	KOR	1:24:48
26.	Hassanine Sebei	TUN	1:25:17
27.	Jared Tallent	AUS	1:25:25
28.	Recep Çelik	TUR	1:25:39
29.	Nazar Kovalenko	UKR	1:25:50
30.	Gurmeet Singh	IND	1:26:34
31.	Babubhai Kesharabhai Panucha	IND	1:26:53
32.	David Kimutai Rotich	KEN	1:27:20
33.	Yerko Araya	CHI	1:27:47
34.	Hédi Teraoui	TUN	1:29:48
35.	Diego Flores	MEX	1:30:00
36.	Juan Manuel Cano	ARG	1:30:00
37.	Emerson Hernandez	ESA	1:30:48
38.	Ronal Quispe	BOL	1:32:09 (PB)
	Moacir Zimmermann	BRA	DQ
	Gustavo Restrepo	COL	DQ
	Giorgio Rubino	ITA	DQ
	Anatole Ibañez	SWE	DQ
	Adam Rutter	AUS	DNF
	Mauricio Arteaga	ECU	DNF
	Francisco Javier Fernández	ESP	DNF
	Chil-sung Park	KOR	DNF

Veteran American sports writer Elliott Denman wrote the following fantastic piece for the IAAF after Borchin's win (see <http://daegu2011.iaaf.org/newslistdetail.aspx?id=61451>).

Two-time champion Borchin content as 20Km specialist

Daegu, Korea - Valeriy Borchin has absolutely no interest in trying the other Olympic distance. None whatsoever, nada, zilch. The world's finest 20-kilometre "sprint" race walker - an obvious title now that he has won the gold medals at the last two IAAF World Championships, Berlin 2009 and Daegu 2011, as well as the 2008 Beijing Olympic Games - will be delighted to leave the 50-kilometre distance to the "marathon men" who go 2 1/2 times longer than the route preferred by Borchin and his "sprint" companions. He'll be very happy resting on his laurels, thank you very much.

With - perhaps - the Daegu gold medal draped around his neck, Borchin can return to Daegu's iconic Gongpyeong Junction road loop (a two-kilometer circuit in the heart of town) - Saturday morning to cheer on his 50Km road buddies.

"I am not at all thinking of (ever) doubling (in the style of Polish great Robert Korzeniowski, the 20/50K twin winner of the 2000 Sydney Olympics)," Borchin declared at his post-race press conference. These races are not one and the same thing. It is not like a sprinter running the 100 and 200 metres. They are distinct events. They require very different training and preparation. And I am very happy where I am right now."

He should be. Where he now is - is in position to become the very first man to take repeat Olympic golds in the 20Km. No one's done it since the 20K distance supplanted the 10K on the Olympic program in 1956. The first man to do it will be one for the books. Fourteen Olympic 20Ks have been staged and just two men - Vladimir Golubnichiy, competing for the Soviet Union in 1956-60, and the redoubtable Mauricio Damilano of Italy, now chief of the IAAF's racewalking commission - have come even close to repeating. Golubnichiy struck gold at Rome in 1960 but settled for bronze at Tokyo in 1964 before winning again at Mexico City in 1968. Damilano led the way at Moscow in 1980, then earned bronzes at Los Angeles in 1984 and Seoul in 1988. In short, three medals for each of them, but none in succession. Jefferson Perez of Ecuador is often considered the greatest of "sprint" walkers of the last two decades - with an Olympic gold in 1996 and a silver in 2008, on top of World Championship golds in 2003, 2005 and 2007. The 2003 triumph in the World Championships came in the record time of 1:17:21, then a world record, too.

But now Borchin - a young talent who will mark his 25th birthday on 11 September - seems poised to make his own mark among the greats of the racewalking game. Then again, he's taking nothing at all for granted.

"As we all know, anything can happen in racewalking," Borchin said. "I am happy to be where I am (as the solid winter-book choice for London in 2012) but I cannot rest on my honors. There are many, many other great walkers and great challengers. We all have a year to go. Whoever prepares the best will have the best chance."

Whoever plans to challenge Borchin had best be prepared to go out fast, pick up the pace by midway, and finish with an absolutely scorching homestretch sprint. That's exactly what Borchin did Sunday morning. His consecutive 5K "splits" were 21:15, 20:18, 18:59, and 19:12. Add them up and Borchin crossed the finish line in 1:19:56, downright creditable in the somewhat muggy conditions. Oh, he was also the first non-Kenyan man to strike gold at Daegu, too. Matter of fact, just four past Worlds winners have been faster - Damilano (1:19:37) in 1991, Perez (the record 1:17:21 in 2003 and 1:18:35 in 2005), and Borchin's own 1:18:41 in 2009.

"We were competing for our country and also for Mordovia," said Borchin. Mordovia is the region some 350 miles east of Moscow that must be a racewalker's version of Disneyland. If there's a racewalking heaven on earth, this is the place.

"Oh, it is famous, oh so famous," Russian journalist Nail Zabarov, himself a veteran marathon runner, told an American colleague. The governor of Mordovia, the mayor of Saransk, its walking capital, as well as a good percentage of the populace, "has gone bonkers," some might say, over racewalking.

"It is big-big-big," said Zabarov. The city operates several "academies of racewalking" where promising youngsters come to study the Olympic art of speedy pedestrianism, as a major subject, along with more normal academic disciplines. Running in Saransk? Just a minor diversion. Football, basketball, hockey? They're merely pleasant alternatives to the biggest game in town. Several thousand racewalkers are said to stroll the streets, and drill in the athletic facilities of Saransk, where much of the program is under the direction of head coach Viktor Chegin. And huge throngs will come out to support the walkers when the big events are staged.

Cheboksary, also in Mordovia, hosted the IAAF World Race Walking Cup competition in 2008, and after a sojourn to Chihuahua, Mexico, in 2010, the World Race Walking Cup returns to Mordovia, this time to Saransk, on 12-13 May, 2012. Borchin, of course, is sure to be saluted as a celebrity of all celebrity on this occasion, which will certainly serve as major prelude to the London racewalks just beyond. If ever a racewalker had a "home course edge," it will be Borchin at Saransk next May.

Bottom line to all of this: Valeriy Borchin is at the very top of his game and poised to walk his way into the archives of his event. Sure there are legions of top threats to his continued reign, among them his Russian teammates and top candidates from China, Mexico, Australia, Colombia, Japan, Italy, Spain, France and so many more. Yes, race walking remains one of the most global of all athletics disciplines - witness the 53-entry 20K field Sunday, with strongly competitive representatives from all six continents. But there's only one crown for all of them and right now it's firmly perched atop of the head of Mr. Valeriy Borchin.

The other two walk events will be held on this coming Wednesday and Saturday with Australian representations as shown below

Wed 31 August 9.00AM
Saturday 3 Sept 8.00AM

20km Walk Women
50km Men

Regan Lamble, Claire Tallent
Luke Adams, Nathan Deakes, Jared Tallent

And talking of the 50km, event, the IAAF website has published the following profile of the hugely popular Spanish veteran Jesús García (see <http://www.european-athletics.org/13th-iaaf-world-championships/spains-jesus-angel-garcia-bragado-not-yet-ready-to-go-out-the-back-door.html>)

Spain's Jesús Ángel García Bragado not yet ready to 'go out the back door'



Garcia in action in the 2009 World Championship 50km in Berlin

On 3 September, barring injury or any unforeseen last minute problems, a little bit of history will be made when the gun goes for the 50km walk and Spain's Jesús Ángel García Bragado takes his first step. García Bragado, now 41, will have become the first man to compete in 10 IAAF World Championships.

He is also certainly not going to Daegu to earn his accolade the easy way despite his longevity and the presence of plenty of competitors in the athlete's village less than half his age. The Spaniard expects to be at the sharp end of the race and it would be unwise to dismiss his chances of being in the mix for medals.

At the last World Championships in Berlin two years ago, he was one of Spain's two medallists when he took the bronze in the longest event on the championship programme. His major championship record – always at 50km except for a few outings at the World Race Walking Cup and European Cup Race Walking - since he competed on home soil in Barcelona at the 1992 Olympic Games, where he finished 10th, is worth recounting.

At his first World Championships, in Stuttgart in 1993, he got the gold medal before finishing fifth in the Swedish city of Göteborg two years later. In the scorching heat of Athens in 1997 he was second and, after failing to finish in Sevilla, he returned to the podium in 2001 in Edmonton with another silver medal. Sixth place in Paris two years later was followed by being disqualified twice in Helsinki and Osaka in 2005 and 2007, respectively, but there were no technical problems two years ago in Berlin when he became his event's oldest ever World Championships medallist and even top eight finisher.

"On that occasion, I'd recovered successfully from a hamstring injury earlier in the year and on the day of the competition, I was just in great shape," reflected García Bragado.

He has also been to five Olympics Games where his best result has been fourth in Beijing three years ago. In addition, he got a silver medal at the 2006 European Athletics Championships. García Bragado has also made a significant mark on the history of the World Race Walking Cup, winning 50km gold medals in 1996, 2000 and 2001.

"I'm going to Daegu to get a good result, you never know, if I have a great day I could even win. If I could get on the podium again, that would be the icing on the cake," said García Bragado recently.

However, he conceded that the Daegu weather potentially may not be conducive to him being at his best. "It's very complicated racing at 100 per cent in Asia, it's a question of the climate and the time difference. It's one thing getting out of bed, it's another to be on top form," he commented.

García Bragado has hinted that although he may appear ageless, the 2012 Olympic Games in London could bring the curtain down on his international career which has earned him 41 Spanish vests. "I don't want to go out the back door," he added. For the moment though, he is expected to be in the front of the shop in Daegu.

TALKING MARATHONS

Thanks to Steve Jordan for pointing me to this fantastic Stats site for Australian marathon running. It boasts the full marathon results for every marathon run in Australia since 2000 and for the more recent half marathons. In fact, it contains many marathon results back to around 1990. As many of our walkers run or walk the occasional marathon, I am just passing on the site for your reference. See <http://www.ausrunning.info/marathons/index.php>

MORE VRWC CLUB RECORDS BROKEN

This week, we ratified 6 more VRWC club records - two new ones from Canberra a week ago (for Andrew Jamieson and Kelly Ruddick) and four old ones from past years for Cassie Raselli.

Cassie Raselli	U/10 2km Road	10:57	VRWC Club Race, Middle Park	21/08/2004
Cassie Raselli	U12 1500m Track	7:20.6	AV Shield, Box Hill	22/10/2005
Cassie Raselli	U/12 & U/13 2000m Track	10:17.5	AV Shield, Box Hill	15/10/2005
Cassie Raselli	U/12 3km Road	15:27	VRWC Club Race, Middle Park	19/08/2006
Andrew Jamieson	M65 20km	1:41:27	Australian 20km Champ, Canberra	21/08/2011
Kelly Ruddick	W35 20km	1:39:56	Australian 20km Champ, Canberra	21/08/2011

You can check out all our club records at <http://www.vrwc.org.au/vrwc-records.html>. Remember we accept retrospective applications provided we can verify the performance by validating the actual race results.

SUMMER SEASON DATES FIRM

The Summer Season key dates have now been locked in so it is time to produce the list of main VRWC, Victorian and Australian races. Here goes - let me know what I am missing of if I have anything wrong.

Sat 15 Oct 2011	AV Shield Round 1
Sat 22 Oct 2011	AV Shield Round 2
Sun 16 Oct 2011	LAVic Coaching Clinic and Judging Seminar
Sun 23 Oct 2011	VRWC Roadwalks, Middle Park
Sat 29 Oct 2011	AV Shield Round 3
4-6 Nov 2011	Victorian All Schools T&F Champs
Sat 12 Nov 2011	AV Shield Round 4
Sun 13 Nov 2011	CityToSea fun run, Melbourne (inaugural scheduling, expected to be very big)
Thur 17 Nov 2011	AV Shield Round 5
19-20 Nov 2011	LAVic State Multi Event Championships
Sun 20 Nov 2011	VRWC Road Championships and AGM, Middle Park
Sat 26 Nov 2011	AV Shield Round 6
Sun 27 Nov 2011	Vic Relay Champs, SAC (the new Victorian State Athletics Centre in Albert Park)
Sun 3 Dec 2011	AV Shield Round 7
3-5 Dec 2011	Australian Schools T&F Champs, Brisbane
Thur 8 Dec 2011	AV Shield Round 8
10-11 Dec 2011	LAVic Region Relay Championships
Sun 11 Dec 2011	Australian 50km Championship, Fawkner Park
Wed 14 Dec 2011	VRWC Track Walks, Collingwood Harriers Track, Clifton Hill
Sat 17 Dec 2011	AV Shield Round 9
Sun 8 Jan 2012	VRWC Roadwalks, Middle Park
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 21 Jan 2012	AV Shield Round 10
Sun 22 Jan 2012	VRWC Roadwalks, Middle Park
Sat 28 Jan 2012	LAVic State Relay Championships, SAC, Albert Park
Tues 31 Jan 2012	AV Shield Round 11
Sat 4 Feb 2012	AV Shield Round 12
Wed 8 Feb 2012	VRWC Track Walks, Collingwood Harriers Track, Clifton Hill
Sat 11 Feb 2012	AV Shield Final
18-19 Feb 2012	LAVic Region T&F Championships
24-26 Feb 2012	Victorian Junior T&F Championships, SAC, Albert Park
Sat 25 Feb 2012	Australian 20km roadwalk championships, Hobart
2-3 Mar 2012	Australian Olympic Selection Trials, SAC, Albert Park - no walks as they will have already been held
9-10 Mar 2012	Victorian Open T&F Championships, SAC, Albert Park - 5000m walks
Sun 11 Mar 2012	Centurions 6 Hour Walk, Coburg
15-19 Mar 2012	Australian Junior T&F Championships, Sydney - walks for U14-U20 age groups

Sun 18 Mar 201224-25 Mar 2012
24-25 Mar 2012**VMA 5000m Championships & VRWC Track Walks, Mentone (TBC)**Victorian Overage T&F Championships (joint AV / VMA) - 1500m and 3000m walks
LAVic State T&F Championships, Bendigo

5-9 Apr 2012

13-15 Apr 2012

14-15 Apr 2012

Australian Masters T&F Championships, Melbourne

Australian Open T&F Championships, SAC, Albert Park (no walks involved)

Centurions 24 Hour Walk, Coburg

WHAT'S COMING UP

This Saturday sees our second last VRWC races for the winter season and it will be a bumper racing day. Our 'Beat Your Season Best Time' races are always keenly contested and we will have PRIZES for the winner of each of the 12 events (men and women). Then it's onto our Winter Season Presentations at 3:30PM. **We want the season to finish with a real bang and so I invite ALL our walkers to come down for one final walk for the season. It would be great to see our biggest field yet in our last big club race.**

Saturday 3 September 2011, Middle Park**VRWC EVENTS: Beat Your Season Best time. Prizes for all winners.****The winners are the walkers in each race to beat their season best time by the largest margin.**

2.15pm	10km	Open
2.15pm	5km	Open
2.15pm	3km	Open
2.15pm	3km	Under 15
2.15pm	2km	Under 12
2.30pm	1km	Under 9
3.30pm	VRWC Winter Presentations.	

The following Sunday sees the final races in our winter season, including our long distance championships. The Women's 50km event is a combined VRWC / RWA championship so there will be two sets of medals on offer. There is no time limit and it is one of the very few occasion when our ladies can test themselves out over such distances. Please contact me if you are intending to race in one of these long events. You can still enter on the day for all events except the Victorian 50km championship but we need to know numbers so that we can plan accordingly. I have already had a number of walkers indicate their attendance.

Sunday 11 September 2011, Middle Park

7.30am	50km Victorian Championship	Open Men
	50km VRWC/RWA championship	Open Women
	35km VRWC Championship – Ray Smith Trophy	
	5 hour race *	Open
	4 hour race *	Open
10.00am	20km	Open
11.00am	10km	Open

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 Dates7-16 Oct, 2011 13th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)**2011 International Fixture**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

Sat 15 Oct 2011	AV Shield Competition starts
Sun 16 Oct 2011	LAVic Coaching Clinic and Judging Seminar
Sun 23 Oct 2011	VRWC Summer Season commences, Middle Park, Melbourne
4-6 Nov 2011	AV Schools T&F Championships, Melbourne
3-5 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
Sun 11 Dec 2011	2011 Australian 50km Championship, Fawkner Park, Melbourne, VIC
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 25 Feb 2012	Australian 20km roadwalk Championships, Hobart, TAS (World Walking Cup trials for 10km and 20km)
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012	Victorian Open T&F Championships, Melbourne
15-19 Mar 2012	2012 Australian Junior Championships, Sydney Olympic Park

5-9 Apr 2012 Australian Masters T&F Championships, Melbourne

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/>

2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012 Chihuahua, MEX
29-31 Mar, 2012 Taicang, CHN
Sat 14 Apr, 2012 Rio Major ,POR
12-13 May, 2012 IAAF Race Walking Cup, Saransk, RUS
Sun 26 May, 2012 La Coruna, ESP
Sat 2 June, 2012 Sesto San Giovanni, ITA
3-12 Aug, 2012 Olympic Games, London, GBR
Sat 15 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

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>)