



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### AV AND VRWC ROADWALKS, MIDDLE PARK, SUNDAY 11 SEPTEMBER 2011

Last Sunday saw our last races for the 2011 winter season and it was a chance for our walkers to test themselves out over some long distances. Unfortunately competitors and officials were met with cold and windy conditions with steady drizzly rain - not exactly conducive to good walking. Luckily it cleared mid morning but it remained cold and windy.

The main events on offer were the Victorian 50km for men and the VRWC/RacewalkingAustralia 50km championship for women. Of the four starters, we had 3 finishers and some performances that are definitely worthy of recording. **Simon Evans** was the sole competitor in the Victorian men's 50km championship and he was up to the task in his first ever attempt, finishing in 5:38:06. This followed his win in the Victorian 30km championship last month and his bronze medals in the Victorian 10km and 15km championships earlier in the season. **Michelle Thompson**, better known as our top ultra distance walker, was the winner of the inaugural Racewalking Australia 50km championship, recording a magnificent 5:13:14, a time some 10 minutes better than any other Australian women has done. More of that later. She and Simon walked together for the first half but then she powered away as he slowed in the second half. **Liz Feldman** and **Heather Carr** were the other two women attempting the 50km championship and both were chasing W60 records. Heather was ahead at the 30km mark and she was rewarded with a new **Australian Masters W60 30km record of 3:19:01**. But she was listing badly to one side, a condition which got worse as the race progressed. Alas, it was so worrying to the officials that at the 45km mark, we had to withdraw her from the race, a decision about which she was understandably very disappointed. This opened the door for Liz who was still moving very well and she rose to the challenge, completing her 50km with a new **World Masters W60 50km record of 6:05:43**.

AV 50KM C'SHIP – MEN		10km	20km	30km	40km	50km
1.	Simon Evans	1:02:05	2:04:47	3:07:13	4:16:23	5:38:06

  

RWA/VRWC 50KM C'SHIP – WOMEN		10km	20km	30km	40km	50km
1.	Michelle Thompson	1:02:05	2:04:47	3:07:10	4:10:18	5:13:14
2.	Liz Feldman	1:09:58	2:20:35	3:33:26	4:49:07	6:05:43
	Heather Carr	1:03:13	2:09:59	3:19:01	4:33:46	DNF



**50km walkers Liz Feldman, Stuart Kollmorgen, Michelle Thompson and Heather Carr**

The next events on which to report were our VRWC 5 Hour and 4 Hour walks. The 5 Hour walk saw 3 finishers in Terry O'Neill, Karyn O'Neill and Steve Jordan while the 4 Hour walk saw 2 finishers in Alex Poore and Gary Turner. Again all competitors walked excellently and all seemed pretty pleased with their overall distances.

<b>VRWC 5 HOUR WALK</b>		<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>40km</b>	<b>Final Distance</b>
1.	Terry O'Neill	1:03:11	2:06:44	3:14:23	4:21:10	45.968 km
2.	Karyn O'Neill	1:11:56	2:25:32	3:45:30	-	39.133 km
3.	Steve Jordan	1:14:54	2:34:34	3:55:08	-	37.766 km

  

<b>VRWC 4 HOUR WALK</b>		<b>10km</b>	<b>20km</b>	<b>Final Distance</b>
1.	Alex Poore	1:18:54	2:37:58	29.734 km
2.	Gary Turner	1:22:36	2:46:35	28.000 km
	Simone O'Neill	1:10:36	2:25:32	DQ

We also contested our annual 35km Club Championship for the Ray Smith Trophy and AIS based club member **Chris Erickson** dominated, winning by just over 40 minutes with a superb time of 2:37:36. Chris was keen to test his 50km pace with a timetrial over this slightly shorter distance and all went according to plan as he ticked off 4:30 kilometres with monotonous regularity before kicking down with a final 5km split of 21:46. Behind him, Andrew Jamieson powered through the first 30km to take some 12 minutes off the **World Masters M65 30km record with a time of 2:39:25**. He then strolled through a slow last 5km to satisfy the requirements and finish the event. Third place went to Michelle Thompson en route to her 50km win. Overall, it was great to see 8 finishers in such a long event.

#### VRWC 35KM CLUB CHAMPIONSHIP – RAY SMITH TROPHY

		<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>35km</b>
1.	Chris Erickson	0:45:32	1:30:32	2:15:50	2:37:36
2.	Andrew Jamieson	0:51:21	1:43:49	2:39:25	3:17:52
3.	Michelle Thompson	1:02:05	2:04:47	3:07:10	3:38:48
4.	Simon Evans	1:02:05	2:04:47	3:07:13	3:39:50
5.	Terry O'Neill	1:03:11	2:06:44	3:14:23	3:47:50
6.	Heather Carr	1:03:13	2:09:59	3:19:01	4:01:10
7.	Liz Feldman	1:09:58	2:20:35	3:33:26	4:11:10
8.	Karyn O'Neill	1:11:56	2:25:32	3:45:30	4:23:35



Terry O'Neill, Gary Turner, Andrew Jamieson, Chris Erickson and Karyn O'Neill

The only other event contested was over 10km and it also saw some spirited walking. The men's event saw **Rhydian Cowley** 44:32, **Nathan Brill** 47:30 and **Stuart Kollmorgen** 47:59 all in top form. The women's event was won by 13 year old **Jemima Montag** whose time of **53:18 broke our U14, U16 and U16 club records**. What a superb effort! 15 year old **Stephanie George** walked the first half with Jemima and held on well for a huge PB time of 54:13.

#### VRWC 10km

1.	Jemima Montag	0:53:18
2.	Stephanie George	0:54:13
3.	Caitlin Campbell	1:00:31
4.	Donna Elms	1:05:37
5.	Anna Wallace	1:11:41
6.	Celia Johnson	1:12:46
	Amelia Finnegan	DNF (3km in 15:45 )
1.	Rhydian Cowley	0:44:32
2.	Nathan Brill	0:47:30
3.	Stuart Kollmorgen	0:47:59
4.	Ralph Bennett	0:59:05
5.	Mark Donahoo	1:00:32
	Harry Summers	DNF (5km in 37:07)



**Alex Poore, Rhydian Cowley, Nathan Brill, Jemima Montag, Amelia Finnegan, Stephanie George and Stuart Kollmorgen**

Thanks to the many people who helped out with what was a very long day's work. Sorry if I missed anyone.

**Officials** Tim Erickson, Harry Summers, Ian Laurie, Duncan Knox, Mark Donahoo  
**Feed Station** Russ Dickenson, Celia Johnson, Neil Thompson  
**Judges** Peter Vysma (Chief), Terry Knappe, Lloyd Nichols, Lincoln Mah, Brian Williams, Michael Bodey  
**Canteen** Kate Suich, Wendy Cooper

And finally, some more on Michelle Thompson's 50km time of 5:13:14. I maintain my own 50km ranking list for Australian women and it shows a previous best time of 5:23:08, set by Lisa Wilson of ACT in 2004. Michelle significantly raised the bar for our women with her walk.

Lisa Wilson	W35	ACT	5:23:08	23/04/2004	World Masters Championships, Auckland, NZ
Lillian Harpur	22	SA	5:27:11	1970	SA 50 Km Championship, Adelaide, SA
Sandra Brown	50	ENG	5:29:58	18/09/1999	Australian Centurion 24H Walk, Coburg, VIC
Michelle Thompson	41	VIC	5:36:35	20/06/2010	Australian 24H Champs, Brisbane, QLD
Lillian Harpur	24	SA	5:41:03	1972	SA 50 Km Championship, Adelaide, SA
Liz Feldman	56	VIC	5:45:08	24/10/2004	VRWC 50 km Championship, Albert Park, Melbourne
Marlaine Stanway	42	VIC	5:52:03	05/09/1982	Victorian 50 km Championship, Albert Park, Melb.
Ann Staunton	36	ACT	5:53:23	22/07/2000	ACT 50 KM Championship, Canberra, ACT
Carol Baird	51	ACT	5:54:18	07/01/2001	Coastal Classic 12H Walk, Gosford, NSW
Carol Baird	53	ACT	5:55:55	13/04/2002	Australian Centurion 24H Walk, Coburg, VIC

You can see the usual selection of fine race photos at <http://vrwc.org.au/coppermine/>

### ACT WALKING CLUB ROADWALKS, POINT HUT POND, GORDON, SATURDAY 10 SEPTEMBER

Thanks to Robin Whyte for the latest race results from Canberra.

<b>8km Handicap</b>	1 Geoff Barker	56:47	2 Meghann Griffin	49:37	3 Robin Whyte	49:59	4 Monika Short	54:56
	5 Rod Gilchrist	58:57						
<b>4km Handicap</b>	1 Callum Doherty	26:00	2 Val Chesterton	40:21	3 Nola de Chazal	40:22	4 Zoe Hunt	22:14
	5 Kate Black	26:33						
<b>2km Handicap</b>	1 Callum Burns	10:48						
<b>1km Handicap</b>	1 Laura Burns	08:20	2 Spencer Burns	05:50				

### SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 10 SEPTEMBER

Thanks to Colin Hainsworth for this final winter season report from the South Australian Masters in Adelaide. Colin explains: Cold, showery arvo at Peacock Road for last walk of winter season followed by sumptuous afternoon tea and medal presentations.

<b>5k Turkey Handicap (nominate your time)</b>			
M66	George White	27.05	88.23%
M65	Geoff Byham	31.58	73.92%
M68	Graham Harrison	32.39	74.89%

W51	Marie Maxted	33.02	68.17%
M72	Arthur Jones	34.31	74.42%
M73	Rodger Barber	36.58	70.39%
M76	Leigh Smith	37.10	72.94%
M81	Colin Hainsworth	37.24	78.13%
M62	John Hore	37.28	61.10%
M75	Paul Boyce	39.03	68.46%
W66	Jill Rogers	39.25	67.56%
W57	Linda Whitelaw	39.46	60.11%
W69	Elaine MacFarlane	41.14	67.34%
W58	Edna Bates	42.28	56.90%
W77	Cynthia Dally	42.28	74.44%
W63	Lillian Harpur	43.14	59.25%
M73	Colin Trengove	45.35	57.08%
W67	Margaret Trengove	45.35	59.22%
M61	Jeff Kennett	46.15	48.99%

### SARWC END OF SEASON RELAYS, PARKLANDS, ADELAIDE, SUNDAY 11 SEPTEMBER 2011

Peter Crump reports on the final winter season races from Adelaide

Just for fun today, as we broke up into teams for a 6km relay, with either one or two legs of 1 km each. Times are listed below for each walker, including whether first or second time out, to see if we were holding back or working hard. Some excellent times here, especially for the often overlooked "middle" group. Next week, our City to Bay sees walkers over 12, 6 and 3km.

1	Darren Bown	4:20	1	Lachlan Tyler-Dowd	5:10
1	Kim Mottrom	4:20	2	Danielle Walsh	5:22
2	Kim Mottrom	4:27	2	Alix Harlington	5:22
1	Justin Hill	4:35	1	Danielle Walsh	5:23
2	Justin Hill	4:36	2	Lachlan Tyler-Dowd	5:23
1	Allegra Steele	4:46	1	Rhiannon Lovegrove	5:45
1	Anna Cross	4:48	2	Beth Cross	6:00
2	Allegra Steele	4:51	2	Rhiannon Lovegrove	6:04
2	Anna Cross	4:52	1	Beth Cross	6:04
2	Megan Szirom	4:53	2	Bill Starr	6:28
1	Alix Harlington	4:56	1	Bill Starr	6:39
1	Megan Szirom	5:06	1	Jim Hoare	6:56

### NSWCHSSA T&F CHAMPIONSHIPS, SYDNEY, 10-11 SEPTEMBER 2011

The NSW Combined High Schools Sports Association held its annual T&F Championships last weekend in Sydney and the program included 1500m and 3000m walks. Special mentions to Tyler Jones (6:34.73), Steven Washburn (13:45.37), Jay Felton (13:53.36) and Kirsty Klein (14:52.25).

#### Girls 14 Years 1500m Walk

1.	Jayde Hill	14	Nambh	7:37.20
2.	Ebony Burnard	12	Rivgi	7:38.78
3.	Karina Hopkins	13	Karab	7:46.40
4.	Katrina Shaw	14	Hills	7:54.98
5.	Rhiannon Minett	13	Chest	7:59.58
6.	Talisha Maruta	14	Hills	8:25.32
7.	Julia Howard	13	Hunpa	8:33.97
8.	Taryn McCaffrey	14	West	8:47.33
9.	Rhianna Lucas	13	Woolo	8:58.83
10.	Linda Nixon	14	Horn	9:13.02
	Teagan Henry	14	Pensh	DQ
	Bryony Beasley	14	Stcla	DQ

#### Boys 15 Years 1500m Walk

1.	Tyler Jones	13	Hunsp	6:34.73
2.	Ethan Dhu	15	Bidwl	7:12.26
3.	Luke Jobson	15	Muirf	7:15.53
4.	Thomas Hopkins	13	Karab	7:16.63
5.	Delian Kotevski	14	Chest	7:50.70
6.	Ryan Owen	13	Seveh	8:01.75
7.	Brodie Gunn	15	Hkend	8:16.91
8.	Jack Durr	13	Karab	8:18.96
9.	Eric Morey	14	Ruthf	8:32.75

10.	Joel Bartlett	15	Seftn	8:37.26
11.	Jonte Schmetzer	13	Leetn	9:24.57
12.	Ben Kaufmann	15	Tweed	9:35.13
	Jerome Howard	15	Randb	DNF
	James Scott	13	Gymea	DQ

#### Girls 17+ Years 3000m Walk

1.	Kirsty Klein	17	Hawks	14:52.25
2.	Jasmine Dighton	15	Crane	15:38.90
3.	Shay Southern	16	Colo	16:20.29
4.	Summer Micallef	16	Picto	16:58.77
5.	Emily Warden	16	Bomad	17:01.88
6.	Ally Durr	15	Karab	17:43.46
7.	Jorja Gow	16	Glend	18:01.26
8.	Maddison Sadler	15	Woolg	18:08.48
9.	Amy Legreet	17	Campb	18:34.00
10.	Laura Henry	17	Oatle	19:32.32
11.	Kim Williams	15	Merew	20:00.28
12.	Carla Westwood	16	Woolg	21:39.42
13.	Candice Dooley	16	Kings	22:07.60
	Natalie Smith	17	Armid	DQ
	Shori Hijikata	18	Horn	DQ

#### Boys 17+ Years 3000m Walk

1.	Steven Washburn	17	Stmar	13:45.37
2.	Jay Felton	16	Kincu	13:53.36
3.	Kurt Birch-Ward	16	Menai	15:11.24
4.	Matthew Killen	16	Gorok	16:10.30
5.	Madison Hughes	17	Penri	16:46.18
6.	Jack Dhu	16	Bidwl	17:09.37
7.	Jeffrey Rodrick	17	Asqbo	17:50.01
8.	Craig Buchanan	17	Byron	18:26.25
9.	Dean Rub	16	Rtown	21:23.09
	Nick Russell	16	Ruthf	DQ

### QRWC CLUB CHAMPIONSHIPS, KALINGA PARK, SUNDAY 11 SEPTEMBER 2011

Thanks to Noela McKinven for the latest Brisbane results. She advises that Jessica Pickles and Kenza Benzenati set new Championship records. I also note the good 10km time for Iggy Jimenez (48:32), Dean Nipperess (49:14) and Peter Bennett (51:42).

<b>Open 10km</b>	Men:	(1) Ignacio Jimenez 48.32	(2) Dean Nipperess 49.14	(3) Peter Bennett 51.42
	Women:	(1) Kate Sanford 74.10	(2) Donna Beikoff 75.27	(3) Noela McKinven 77.23
		(4) Christiane Dauphinet 77.50	(5) Robyn Wales 80.51	
<b>U20 Men 8km</b>	Men:	(1) Jesse Osborne 37.15	(2) Brandon Dewar 38.17	(3) Nick Dewar 38.37
<b>U18 6km</b>	Men:	(1) Jesse Osborne 27.20		
	Women:	(1) Jessica Pickles 31.49		
<b>U16 4km</b>	Men:	(1) Trent Miles 22.38		
	Women:	(1) Kenza Benzenati 20.39	(2) Katya Martin 25.32.50	(3) Lucy-Rose Boardman 25.32.85
<b>U14 2km</b>	Men:	(1) Trent Miles 10.10	Ryan Pinchen DQ.	
	Women:	(1) Mikaela Woodward 11.08		
<b>U12 1.5km</b>	Boys:	(1) Yanis Benzenati 7.51		
	Girls:	(1) Thalia Martin 10.50		
<b>U10 750m</b>	Girls:	(1) Jasmine McRoberts 5.18		

### BENDIGO WALKERS CLUB RESULTS

Thanks to Paul Rance for the last couple of weeks' results from Bendigo.

#### Bendigo Walkers Club results, Scott St, Whitehills, Sunday 4 September

##### 2.4km Handicap

1.	Annette Curtis	16.00 (personal best)
2.	Paul Rance	12.06

3.	Jeremiah Jones	13.43
4.	Barb Bryant	13.56
5.	Colin Cleary	17.16
6.	Geoff Major	17.33

### Bendigo Walkers Club results, Scott St, Whitehills, Sunday 11 September

The Bendigo Walkers Club held a 2km handicap event at Scott St, Whitehills, on Sunday with a close exciting finish resulting, with 4 of the 5 athletes in a winning position with 100m to go. Backmarker Paul Rance came through the field to win in a tight finish over Geoff Major with Barb Bryant close up in 3<sup>rd</sup> place.

#### 2km Handicap

1.	Paul Rance	9.59
2.	Geoff Major	14.02
3.	Barb Bryant	11.26
4.	Annette Curtis	13.26
5.	Colin Cleary	19.11

The Bendigo Walkers Club's Winter racing program will continue next Sunday morning at Scott St. Whitehills with a 1600m handicap race being held at 10am. Enquirers phone 5442 6435.

## DANE BIRD-SMITH COMPETES AT THE WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

Last weekend Dane Bird-Smith, our Australian Junior racewalk record holder, competed as part of the Australian Junior team at the World Mountain Running Championships in Tirane in Albania and he produced the goods. The Australian Mountain Running website (<http://www.mountainrunning.coolrunning.com.au>) reported the on junior races as follows:

Running in 32 degree heat on Sunday, the Australian Junior Women's team finished 4<sup>th</sup> with Rosie Donegan 6<sup>th</sup>, Annabelle Wilson 10<sup>th</sup> and Bronwyn Humphries 20<sup>th</sup>. The Junior Men's team was also outstanding, finishing 6<sup>th</sup>, with **Dane Bird-Smith 15<sup>th</sup>**, Jordan Nelson 27<sup>th</sup> after a fall at the start, Ben Duffus 37<sup>th</sup> and Charlie Brooks 50<sup>th</sup>.

I also picked up a short note from Dane's facebook where he comments

*15<sup>th</sup> at world mountain champs Albania. Hardest Course I have ever seen, 40% inclines and even worse declines. more than 3/4 of the fields stacked hardcore. Dozen DNF carried off the course. Just a dangerous course in general, but so much fun.*

Tough course - you bet! Check out the Open Men's race video at <http://www.youtube.com/watch?v=4YccGDfzW90>

Dane will now compete in the IAAF Race Walking Challenge final in La Coruña in Spain next weekend so it will be a case of swap the running shoes for walking shoes and off we go again. Good luck Dane!

## OVERSEAS RESULTS

### Polish National League Walk Results, Krakow, Poland, Saturday 10 September

Poland continues to showcase its high standard of walking with some fine 5000m efforts.

#### 5000m Men

1.	FEDACZYŃSKI Rafał	80-12-03	19:19.02 PB
2.	AUGUSTYN Rafał	84-05-14	19:26.55
3.	JELONEK Jakub	85-07-07	19:51.83
4.	TOMALA Dawid	89-08-27	19:57.68
5.	SIKORA Rafał	87-02-17	20:00.19

#### 5000m Women

1.	DYGACZ Agnieszka	85-07-18	21:43.97 PB
2.	BUZIAK Paulina	86-12-16	21:54.86
3.	SZWARNÓG Agnieszka	86-12-28	23:05.58
4.	GOLBA Katarzyna	89-12-21	23:28.85 PB

### Finland Vs Sweden Track Meet, Helsinki, Finland, 9-10 September

The annual Finland vs Sweden meeting followed recent patterns of success with hosts Finland again better than Sweden on the men's side, while the visitors Sweden scored their 11<sup>th</sup> victory in a row in the women's match. The legendary match was played out in front of a combined two-day crowd of over 50,000 on Friday 9 and Saturday 10 September in Helsinki's 1952 Olympic stadium.

#### 10000m Walk

1.	Jarkko Kinnunen	FIN	39:55.2
2.	Heikki Kukkonen	FIN	39:56.5
3.	Aku Partanen	FIN	40:22.6
4.	Andreas Gustafsson	SWE	40:34.3
5.	Perseus Karlström	SWE	42:08.0
6.	Ato Ibáñez	SWE	42:38.6

### 5000m Walk

- |    |                       |     |         |
|----|-----------------------|-----|---------|
| 1. | Mari Olsson           | SWE | 22:24.8 |
| 2. | Karoliina Kaasalainen | FIN | 22:35.3 |
| 3. | Anne Halkivaha        | FIN | 23:00.4 |
| 4. | Siw Karlström         | SWE | 23:48.8 |
| 5. | Henrika Parviainen    | FIN | 24:30.8 |
| 6. | Ellinor Hogrell       | SWE | 26:59.7 |

### USA 40km Championship, Ocean Township, New Jersey, Sunday 11 September

And some big news from America where **Erin Taylor-Talcott** won the USA 40km Championship outright with a time of 3:41:50. She then decided to kick on for a **50km** time, recording an American best of **4:41:36**. Last year she walked 4:57 for the 50km but this year she has really kicked it up a notch with her latest performance. Coached by Geelong's Jim Leppik, Erin is fast improving and she is keen to walk in the upcoming USA Olympic 50km trial, even if only by invitation. If she does, this fantastic time might be lowered even further. Keeping it in the family, her husband Dave won the Men's 40km championship in the slightly slower time of 3:45.

### THE LATEST NEWS ON THE NEW ATHLETICS CENTRE AT ALBERT PARK

The new Victorian State Athletics Centre at Albert Park is now complete and will open for action in November. Check out the following fantastic video showing track construction: <http://www.youtube.com/watch?v=ueC2tEygRnE&sns=fb>

And talking of the new Albert Park Athletics centre, last week saw the official stadium handover by the Premier of Victoria and VRWC walker **Billy Allamby** was amongst the small group of young athletes chosen to trial the track. Great stuff!



**Billy (in yellow) along with the other young athletes show their certificates indicating that they are the first runners to officially test out the new track.**



**Testing out the track**

## RACE WALK CLINIC NOW ON KINDLE

If you have a kindle bookreader, you can't go past this deal. Jeff Salvage made this announcement via email last week

Hey All,

Two-time Olympian Tim Seaman and my book **Race Walk Clinic in a Book** is now available as an ebook on the Kindle. We took great care in reformatting the book to optimize it for the kindle with every figure hyperlinked from it's point of reference for an improved reading experience. In addition, each graphic was optimized for the kindle. You can download it to a kindle device or an app on an Android phone/tablet, ipad, or iphone. It's available at the following three sites for \$9.99.

US Amazon Site <http://www.amazon.com/dp/B005LSSYMW>  
UK Amazon Site <https://www.amazon.co.uk/dp/B005LSSYMW>  
German Amazon Site <https://www.amazon.de/dp/B005LSSYMW>

Thanks

Jeff Salvage and Tim Seaman  
[www.racewalk.com](http://www.racewalk.com)  
[www.racewalkclinic.com](http://www.racewalkclinic.com)  
[www.greattreks.com](http://www.greattreks.com)

Their books and walk related items are always first rate and the price makes it a bargain.

## WHAT'S COMING UP

Next Saturday sees the **IAAF RaceWalking Challenge Challenge Final** in La Coruña, Spain. Raced over 10km, the annual event always sees a feast of top walking (last year it saw 3 Australians break 39 mins - Jared Tallent 38:29, Luke Adams 38:41 and Chris Erickson 38:59. This year, I know that Dane Bird-Smith is competing and it is possible that some of our other top walkers might take the trip across. I look forward to reporting on proceedings in next week's newsletter.

For the rest of us, it is a chance for a break between seasons - well, for most of us. The Victorian Little Athletics season has already kicked off but the emphasis there at this early stage of proceedings is on fun and participation. The AV Shield competition kicks off on **Saturday 15th October** - see the AV website for full details.

The North West Zone will be holding a PB meet at the Aberfeldie Athletics Track on **Saturday 8th October 2011** with events costing \$2. The timetable shows a 2000m walk as the starting event at 1:30PM. It could be a good way to kickstart the summer season so come along and join us there. The timetable reads

1.30	2000 Metre Walk
1.30	Sprint Hurdles
1.30	Pole Vault
1.30	Long Jump
1.30	High Jump
1.50	1 Mile
2.15	70 Metre Hurdle
2.30	Shot Put
2.30	Javelin
3.15	300 Metres
4.00	3000 Metres

The VRWC summer season fixture is now up online on the website (<http://www.vrwc.org.au/>) and kicks off on **Saturday 23 October** with road races at 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 IAAF RaceWalking Challenge Series – Remaining Races

17 Sept 2011 IAAF Challenge Final, La Coruña, Spain (10km)

### 2011/2012 Australian/Victorian Summer Season Key Dates

7-16 Oct, 2011 13<sup>th</sup> Australian Masters Games, Adelaide (see [www.AustralianMastersGames.com](http://www.AustralianMastersGames.com))  
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 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
 July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
 July 27-Aug 12, 2012 **30<sup>th</sup> 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 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
 July 10-14, 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**  
 July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

#### **2014 International Fixture**

2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China**  
 Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**  
 July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

#### **Looking even further forward**

August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
 July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
 2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
 Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
 July 2020 **32<sup>nd</sup> Olympic Games** City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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