



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AV SHIELD ROUND 11, SATURDAY 21 JANUARY 2011

First a couple of catchup results from Ballarat and Geelong which have finally come online.

AV Shield Geelong Region Round 9, Landy Field, Geelong, Saturday 7 January 2012

Scott Nelson and Josh Dillon were in fine form in early January in Geelong, both recording 3000m times in the 13 min range.

3000m Walk

1.	Scott Nelson	M40+	GGA	13:21.58
2.	Josh Dillon	MU18	COR	13:55.15
3.	James Seid-Christmass	M40+	COR	15:12.29
4.	Nicholas Mirarchi	MOP	COR	15:36.79
5.	Lewis Clark	MU18	CHI	15:53.56
6.	Caitlin Campbell	WU18	INV	16:07.40
7.	Emily Fawcett	WU20	INV	17:35.58

1500m Walk

1.	Morgan Costelloe	WU14	CHI	8:58.4
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AV Shield Ballarat Region Round 10, Llanberris Reserve, Ballarat, Saturday 14 January 2012

Kelly Ruddick was the best of the Ballarat walkers on January 14th with her 2000m time of 8:53.49.

2000m Walk

1.	Ruddick, Kelly	38	BHA	8:53.49
2.	Dillon, Josh	17	COR	9:38.62
3.	Blood, Andrew	37	BYC	10:25.59
4.	Brennan, Sarah	35	BYC	10:29.22
5.	Somerfield, Kobie	15	UNA	11:34.38
6.	Ruddick, Kevin	61	BHA	12:15.00
7.	Munn, Christopher	21	EKA	13:08.94
8.	Govan, Lee	56	WEN	13:39.95

And now to last weekend when Athletics Victoria competition continued in very hot conditions. The times across the board were effected as all competitors struggled in the oppressive conditions.

AV Shield - North West Region Round 11, Meadowglen International Athletics Track, Epping

Mark Donahoo 14:47.2 and Kirstin Shaw 17:21.9 were the winners in the 3000m at Epping while Connor McShanag 7:48.9 and Stacey McLaren 10:07.2 took the honours in the 1500m.

3000m Walk Men

1.	Donahoo, Mark	53	ATE	14:47.2
2.	Hawkins, Trenton	32	PTN	15:14.1
3.	McDonough, Aaron	39	PTN	15:18.9
4.	Hawksworth, Danny	32	ATE	15:30.7
5.	Kondogonis, John	50	KSB	16:53.7
6.	Knox, Duncan	52	ATE	17:41.1
7.	Nicol, Stuart	61	SMB	22:46.4
8.	Dunstone, Phillip	43	WES	23:29.1
9.	Murphy, Stephen	50	ATE	23:42.7
	Crawford, James	76	SMB	DQ

3000m Walk Women

1.	Shaw, Kirstin	20	WES	17:21.9
2.	Elms, Donna	50	ATE	19:37.8
3.	Shaw, Robyn	50	WES	19:58.0
4.	Ryan, Maeve	22	WTN	23:00.6

5.	Ireland, Roslyn	28	BWK	24:01.7
6.	Abfalter, Maria	43	KSB	24:09.9
7.	Stobaus, Anne	70	KSB	25:26.6
8.	Ireland, Olive	51	BWK	25:26.9

1500m Walk Boys

1.	McShanag, Connor	15	ATE	7:48.9
2.	Long, Izaak	11	PTN	11:24.4
3.	Sykes, Dominic	10	KSB	11:35.1
4.	Jaggard, Henry	13	KSB	12:10.0

1500m Walk Girls

1.	McLaren, Stacey	15	ATE	10:07.2
2.	Irons, Julia	13	KSB	10:09.9
3.	Matthews, Rhiannon	10	KSB	11:03.6
4.	Roberts, Jacqueline	11	KSB	11:51.1
5.	Abfalter, Emma	14	KSB	12:09.7
6.	Irons, Elaine	11	KSB	12:39.8

AV Shield - East Region Round 11, Proclamation Park, Ringwood

A huge field of 45 walkers toed the line at Ringwood with Simon Evans 14:50.8 and Michelle Laufer 15:36.4 winning the 3000m and Emmet Brasier 7:11.2 and Jasmine Irshad 7:40.5 winning the 1500m.

3000m Walk

1.	Evans, Simon	M51	BOH	14:50.8
2.	Simpson, Bradley	M18	KNA	15:26.1
3.	Laufer, Michelle	W42	COL	15:36.4
4.	Geisler, Sandra	W34	RWD	16:30.4
5.	Cochrane, Andrew	M56	OSC	16:48.1
6.	Dyer, Bill	M50	BOH	16:51.7
7.	Kozica, Jason	M24	STK	17:49.8
8.	Benke, Geza	M55	OLM	18:31.4
9.	Dyer, Chelsea	W18	BOH	18:40.0
10.	Patti, Adrian	M31	DAC	18:46.2
11.	Facey, Stuart	M61	OSC	19:31.5
12.	Worsnop, Chris	M54	OLX	19:47.4
13.	Gardiner, Robert	M75	COL	19:52.2
14.	Sofianos, Gerald	M62	STK	20:02.9
15.	Olden, Graeme	M47	BOH	20:09.1
16.	Guy, Rachael	W12	CCA	20:30.6
17.	Summers, Harry	M76	BOH	20:40.9
18.	Martini, David	M35	OLX	22:07.0
19.	Bernie, Keirl	M48	DIV	22:10.7
20.	Benke, Maria	W18	DIV	23:27.7
21.	Cowell, Jacqueline	W18	DIV	24:31.9
22.	Williams, Steven	M52	DIV	25:04.6
23.	Mcnicol-Davidson, Chloe	W45	UNA	19:23.3
	Brown, Douglas	M19	DIV	DQ
	Kelham, Rory	M17	DIV	DQ
	Jack, Clarrie	M66	RIC	DQ
	Handasyde, Ian	M58	OSC	DQ

1500m Walk

1.	Brasier, Emmet	M13	DIV	7:11.2
2.	Garganis, Adam	M14	COL	7:22.3
3.	Irshad, Jasmine	W14	KNA	7:40.5
4.	Owen, Cooper	M13	DIV	8:15.8
5.	George, Hayley	W11	UNA	8:19.4
6.	George, Stephanie	W15	KNA	8:19.7
7.	Owen-Smith, Chelsea	W11	DIV	9:03.6
8.	Walburg, Kirsten	W13	DAC	9:16.1
9.	Johnson, Brad	M33	OLX	9:44.8
10.	Clarke, Eliza	W11	UNA	9:51.0
11.	Laufer, Josephine	W12	COL	9:51.8
12.	Neale, Anthony	M13	COL	11:17.9
13.	Kelham, Andrew	M14	DIV	11:26.1
14.	O'Keefe, Jessica	W13	DAC	12:26.1
15.	Walburg, Ashlee	W15	DAC	12:37.3
16.	Kelham, Lewis	M12	DIV	13:13.9
17.	Garganis, Luke	M11	COL	13:27.5
	Bassett, Charlotte	W13	DAC	DQ

AV Shield - South East Region Round 11, Lakeside Stadium, Albert Park

The Round 11 South East Region competition will be held this evening (Tuesday) at Lakeside Oval as per the AV website. Note that no invitations will be accepted.

AV Shield - Bendigo Region Round 11, La Trobe University Bendigo Athletics Complex, Bendigo

Ebony Whiley was the best of the walkers in Bendigo with her time of 17:59.0.

3000m Walk

1.	Ebony Whiley	WU18	EAG	17:59.19
2.	Jeremiah Jones	MU16	EAG	18:07.28
3.	Joshua Savage	MU18	EAG	18:48.97
4.	Geoff Major	M40+	EAG	23:22.07
5.	Ebony-Jade Jones	WU18	EAG	23:59.78
6.	Lisa Minchin	W40+	SBE	24:16.70

1500m Walk

1.	Madison Hill	WU14	SBE	10:38.04
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AV Shield - Ballarat Region Round 11, Llanberris Reserve, Ballarat

Kelly Ruddick continues to show the way in Ballarat, this time with 13:52.57 for the 3000m.

3000m Walk

1.	Ruddick, Kelly	M38	BHA	13:52.57
2.	Blood, Andrew	M37	BYC	16:31.44
3.	Brennan, Sarah	W35	BYC	16:35.68
4.	Govan, Lee	M56	WEN	20:43.50

AV Shield - Geelong Region Round 11, Landy Field, Geelong

Alas, no results available online as yet.

SAMA TRACK WALKS, SANTOS STADIUM, ADELAIDE, WEDNESDAY 25 JANUARY 2011

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters. Colin commented that it was very hot – 36°C - so he did not walk himself.

5km walk yacht handicap

	Kim Mottrom	23.52	
	Justin Hill	26.00	
W57	Linda Whitelaw	38.52	61.50%
M65	Geoff Byham	31.45	74.43%
M76	Leigh Smith	37.07	73.04%
M65	James Hoare	35.41	66.23%
M66	George White	28.01	85.29%
M78	David Robertson	39.20	70.95%
M68	Roger Lowe	43.33	56.15%

3km yacht handicap

M74	Colin Trengove	21.43	71.32%
W63	Jan Layng	23.11	64.14%
W67	Margaret Trengove	21.59	71.07%
W60	Helen Suridge	20.21	70.63%
M75	Paul Boyce	23.57	65.54%
W67	Jill Rogers	24.27	63.90%

BENDIGO WALKERS CLUB ROAD WALKS, BENDIGO, WEDNESDAY 25 JANUARY

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held Sealed handicap races over 1500m and 3000m at the Bendigo Athletic Complex in hot conditions on Wednesday evening. In the 1500m Carissa Brook, having her first walk with the Club, recorded a fine victory with Zahra Hayes in 2nd place with a Club personal best and Ebony-Jade Jones 3rd while Dane Heiden took fastest time honours. The sealed handicap section of the 3000m race resulted in a close finish with just 5 seconds between the first 4 competitors. John Carter scored a close 3 second win over Colin Cleary with a further 2 seconds back to Annette Curtis and Norm West in equal 3rd.

1.5km Walk

1.	Carissa Brook	11.35
2.	Zahra Hayes	9.12
3.	Ebony-Jade Jones	11.08
4.	Madison Hill	10.41

5.	Dane Heiden	9.04
6.	Bree Heiden	11.25

3km Walk

1.	John Carter	20.34
2.	Colin Cleary	22.47
E3.	Annette Curtis	22.19
E3.	Norm West	24.34
5.	Jeremiah Jones	18.41
6.	Ebony Whiley	18.41
7.	Geoff Major	23.43
8.	Annette Major	20.27

The Club's Summer Season will continue in Rosalind Park this Wednesday evening with 1200m and 2000m handicap events from 6pm.

ATHLETICS SA PREMIERSHIP CUP, SANTOS STADIUM, FRIDAY 27 JANUARY

Tanya Holliday was in fine form last Friday evening with a fast 22:55.13 for 5000m in Adelaide.

5000m Walk

1.	Tanya Holliday	23	FLIN	22:55.13
2.	Kristie Goznik	18	ELIZ	26:46.56
3.	Peter Crump	51	SPC	29:38.52

1500m Walk U14

1.	Anna Cross	12	PEM	7:34.65
2.	Alix Harlington	12	ELIZ	7:49.37
3.	Rhiannon Lovegrove	11	ELIZ	8:51.78
4.	Bethany Cross	11	ATHL	9:21.62

WA INTERCLUB, WA ATHLETICS CENTRE, PERTH, FRIDAY 27 JANUARY

Only a small field in Perth last Friday evening by the look of the results.

1500m Walk

1.	Hughes, Holly	Athletics WA	7:22.50
2.	Holt, Kate	Melville	7:34.70
3.	Smith, Jacqueline	West Track	9:10.50

NSW COUNTRY T&F CHAMPS, HUNTER SPORTS CENTRE, GLENDALE, 27-29 JANUARY 2012

The NSW Country Track and Field Championships were held last weekend in Glendale, north of Sydney with track walks on offer.

Friday 27 January, 3000m Walks

The 3000m walks were held last Friday evening with 14 year old Tyler Jones the standout, recording 14:31.25 to win the Open Men's event.

3000m U16 Men

1.	Dhu, Ethan	15	Blue Mountai	16:25.50
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3000m U17 Women

1.	Hill, Jayde	15	Nambucca Dis	17:04.11
2.	Sadler, Maddison	16	Woolgoolga	17:40.95
3.	Dhu, Rachel	13	Blue Mountai	21:40.53

3000m U18 Women

1.	Porley, Tabitha	17	Blue Mountai	17:31.46
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3000m U20 Women

1.	Dhu, Abbey	12	Blue Mountai	18:51.72
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3000m Open Women

1.	Raycanovski, Sarah	29	Mingara Athl	15:28.85
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3000m Open Men

1.	Jones, Tyler	14	Wyong	14:31.25
2.	Gibbons, Carl	16	Westlakes At	15:36.51

3.	Richardson, Dylan	12	Mingara	16:48.83
3000m 30-39 Women				
1.	Sundstrom, Jodie	33	Illawarr	23:32.35
3000m 30-39 Men				
1.	Kingston, Brett	40	Blue Mountains	19:09.91
3000m 40-49 Women				
1.	Porley, Fiona	44	Blue Mountai	17:41.22
3000m 50-59 Women				
1.	Stallard, Trish	54	Wallsend Rsl	24:43.73
3000m 50-59 Men				
1.	Dredge, Mark	51	Mingara	17:06.16
2.	Willcox, Robert	59	Gosford Athl	18:41.79
3000m 60-69 Women				
1.	Brown, Judy	62	Nsw Masters	23:59.42
3000m 60-69 Men				
1.	West, John	62	Answ	23:34.01

Sunday 29 January, 1500m Walks

The U16 1500m walks were contested on Sunday morning and, once again, Tyler was to the fore with 6:37.28.

1500m U16 Women				
1.	Hill, Jayde	15	Nambucca Dis	7:34.91
2.	Dhu, Abbey	12	Blue Mountai	8:32.13
3.	Porley, Candice	14	Blue Mountai	8:49.26
4.	Robson, Natalia	14	Coffs Harbour	9:06.05
5.	Rodda, April	13	Nowra Athlet	9:40.36
6.	Dhu, Rachel	13	Blue Mountai	9:47.92
7.	Burnett, Megan	14	Illawarra Bl	10:49.54
8.	Davey, Emma	11	Athletics Wo	11:00.21
9.	Connell, Rhiannon	12	Athletics Wo	11:28.95
1500m U16 Men				
1.	Jones, Tyler	14	Wyong)	6:37.28
2.	Dhu, Ethan	15	Blue Mountai	7:29.64
3.	Richardson, Dylan	12	Mingara	8:00.78
4.	McGinniskin, Cory	13	Edgewort	10:19.89
5.	Chapman Bianco, Ka	10	Illawarra Bl	11:10.44

QA INTERCLUB ROUND 6, UQ TRACK, ST LUCIA, SATURDAY 21 JANUARY

Last week I reported on the 5000m and 1500m walks at the University of Queensland track in the latest round of Queensland Interclub. It turns out there was also a 3000m walk and the results for this event are now partially online. The NT (no time) designation against lots of the walkers indicates that there was a major issue with the results collation for this event. Thanks to Robyn Wales for her photos which are published below.

3000m Walk				
1.	Dewar, Nick	M20	QRW	12:51.50
2.	Coleman, Daniel	M23	TAS	NT
3.	Nipperess, Dean	M41	QRW	13:38.28
4.	Martin, Katya	W15	GCV	NT
5.	Taylor, Rachelle	W16	TAS	NT
6.	Woodward, Mikaela	W13	UNQ	NT
7.	Smith, Clara	W14	UNQ	NT
8.	Benzenati, Yanis	M12	QRW	17:00.46
9.	Henderson, Emma	W14	UNQ	NT
10.	Brackin, Aimee	W13	QRW	NT
11.	Sims, Jesse	W15	ATN	NT



In action last week in Brisbane – Daniel Coleman, Dane Bird-Smith, Brandon Dewar, Rhydian Cowley and Katya Martin

OLYMPIC CHAMPION SCHWAZER IN IMPRESSIVE EARLY SEASON FORM

2008 Olympic 50km Champion Alex Schwazer was in great form at the Italian Racewalking Winter Trophy in Latina last Sunday. The following report is taken from the European Athletics website (<http://www.european-athletics.org>).

Despite windy conditions, Italy's reigning Olympic Games 50km walk champion Alex Schwazer clocked an impressive 2:28:10 over 35km on home soil at the Winter Walking Trophy "Trofeo invernale" in Latina on Sunday.

Schwazer, who was also the 2010 European Athletics Championships 20km silver medallist, clocked good intermediate splits of 10 km in 43:18 and then 20 km in 1:26:18 before turning in a very impressive final 10km of 40:34 (he was also timed at 20:31 between 25 and 30km and 20:03 between 30 and 35km with a final kilometre in 3:55).

Showing the benefits of a training regime in which he clocks over 200km a week on a regular basis, he beat China's Wang Zhen by over three minutes, his Asian rival clocking 2:31:29. Schwazer's compatriot Giorgio Rubino, fourth in the 2009 World Championships 20km walk at and fifth over the same distance at the 2010 European Athletics Championships, was third in 2:33:52.

"It was an important test to assess my shape at this point of the season. I didn't think I would walk so fast. This means that everything is going in the right direction. My first goal is to qualify for the Olympic Games when I race over 50km in Dudince (Slovakia) on 24 March", said Schwazer.

35km Men, Latina, Italy, Sunday 29 January 2012

1.	Alex Schwazer	21:50	43:18	1h04:47	1h26:18	1h47:34	2h08:05	2h28:10
2.	Wang Zhen	22:37	45:03	1h07:16	1h29:21	1h50:53	2h11:14	2h31:29
3.	Giorgio Rubino	22:37	45:03	1h07:16	1h29:21	1h50:53	2h12:08	2h33:52
4.	Matteo Giupponi	22:37	45:03	1h07:16	1h29:21	1h51:17	2h13:03	2h34:43
5.	Jean Jacqus Nkouloukidi	22:20	44:47	1h07:16	1h29:28	1h52:01	2h14:02	2h35:46
6.	Federico Tontodonati	22:37	45:03	1h07:16	1h29:55	1h52:10	2h14:26	2h36:33
7.	Si Tianfeng	22:37	45:03	1h07:16	1h29:28	1h51:50	2h16:27	2h41:16

Elisa Rigaud, the 2008 Olympic Games 20km walk bronze medallist, made it a double Italian triumph when she won the women's 20km race in 1:31:56. ahead of Chinese walkers Liu Hong and Li Yanfei.

20km Women, Latina, Italy, Sunday 29 January 2012

1.	Elisa Rigaud	23:30	46:35	1h09:36	1h31:56
2.	Liu Hong	23:30	46:35	1h09:36	1h31:56
3.	Li Yanfei	23:30	46:35	1h09:36	1h32:07
4.	Sibilla Di Vincenzo	23:36	46:35	1h09:36	1h32:30

STUART KOLLMORGEN TESTS HIMSELF OUT INDOORS

VRWC member and now international student Stuart Kollmorgen emailed me to tell us of his first Indoors race in England – a 3000m in Lee Valley. Here is what he had to say:

Hi Tim,

First Euro Indoor track experience was a cracker. London Indoor Games at Lee Valley near Enfield Town. Amazing facility

in the middle of '2 trains and a bus' nowhere, which apparently resulted from a government decision not to underwrite a major championship, so some legacy funds were used. Lots of athletes but not so many walkers.

Starved of walking action, eastern Europeans present, short distance race and a crowd - a good combination. Lithuanian male walker led first lap (250m) in 47 seconds, I overtook on the next curve using the downhill from the bank. Again in 47 seconds. It seemed like a cycling velodrome and is actually not flat when you are out there. The laps flash by quickly, and you have no idea of your pace. The idea is probably to power the straits and presume no one will be stupid enough to waste their energy passing uphill on a corner. Of course, I did. It was short lived fun though as a caution or two awaited me so I really needed to sit. And the pace was unsustainable, I realised that it was not a sprint anymore. The Lithuanian got away and then a compatriot woman with amazingly long legs passed later. They went mid 12 mins. I held on for 13.23.

In short, a 'steep learning curve'. Next time, sit and pass on the strait, so they have to pass you uphill !

I am thinking about joining Andrew and others in the Finland World Indoors in April if I can manage this around studies. Andrew, they talk about you here...

Next week, the UKA nationals 20km at Victoria Park.

Have enjoyed a few visits to the Stratford city Olympic site. You have to walk through a massive Westfield to get there - which reminds me of home (well, Chaddy).

Regards and for those going good luck for a great race in Hobart.

Stuart

3000m Indoors Racwalk, Lee Valley, London, Sunday 29 January 2012

1.	Vilius Mikelionis	Iford AC	SM	12:39.07
2.	Neringa Aidietyte	Iford AC	SW	12:46.87
3.	Stuart Kellmorgen	Belgrave Harriers	V45M	13:23.84
4.	Cameron Corbisuley	Medway & Maidstone AC	U17M	13:51.53
5.	Fabian Deuter	Hillingdon AC	SM	13:58.35
6.	Grazina Narviliene	Ealing Southall & Middlesex AC	SW	15:28.71
7.	John Hall	Belgrave Harriers	V60M	15:33.85
8.	Steve Allen	Barnet & District AC	V55M	15:45.63
9.	John Ralph	Enfield & Haringey AC	V55M	16:23.57
	Francisco Reis	Iford AC	V55M	DNF



From Stuart – the start of his indoors 3000m event at Lee Valley

JEAN-PAUL MASSELIN DOES IT AGAIN

French Masters walker Jean-paul Masselin has recorded yet another wonderful walk time, this time in a 5000m race in Mondeville, France, last Saturday. His time of 24:49.39 was well under the listed World Best for the M65 division and continues his fine form of recent weeks. Full meet results at

http://bases.athle.com/asp_net/liste.aspx?frmbase=resultats&frmcode=1&frmspace=0&frmcompetition=090143&frmposition=2

5000m Walk, Mondeville, France, Saturday 28 January 2012

1.	21'45"87	PREVEL Jean-michel	Athle Pays De Fougères	BRE	SEM/84
2.	22'12"84	LE GALLE Laurent	Us Bannalec	BRE	VEM/62
3.	22'38"81	HURAUULT Simon	Manche Athle Centre Sud	B-N	ESM/92
4.	22'41"60	LATOUCHE Jonathan	Stade Nantais Ac	P-L	SEM/87
5.	23'11"35	POTIER Nicolas	Athle Pays De Fougères	BRE	SEM/89
6.	23'50"24	SIZORN Arnaud	Ula Quimper Cornouaille	BRE	ESM/92
7.	23'50"92	NICOLLE Vincent	Manche Athle Centre Sud	B-N	SEM/81
8.	23'51"79	BUNEL Xavier	Manche Athle Centre Sud	B-N	VEM/62
9.	24'45"26	FESSELIER Fabian	Flers-conde Sur Noireau Athle	B-N	JUM/94

10.	24'49"14	LECAPLAIN Maxime	Manche Athle Centre Sud	B-N	JUM/
11.	24'49"39	MASSELIN Jean-paul	Manche Athle Centre Sud	B-N	VEM/46
12.	25'15"91	GANOT Mathieu	Athle 72 Le Mans	P-L	JUM/93
13.	27'23"07	GRUARDET Mathias	Athletic Vosges Entente Clubs	LOR	SEM/84

WOMEN'S ALL TIME LIST - 50KM

Following on from last week's report on the USA 50km Olympic Trial and the fine effort of Erin Taylor-Talcott, Emmanuel Tardi has sent me his All-Time list for the women's 50km. It now shows Erin in 9th place overall behind the world leading time of 4:10:59, done by Monica Svensson in 2007. You will see that most of the ranking times have been done in the Italian city of Scanzorosciate (outside Milan) which has hosted international 100km and 50km events each October for many years now. In fact, the 2007 race saw two World Bests for the women:

- Monica Svensson of Sweden set a new World Best for 50 km with her time of 4.10.59. The previous record of 4:12:16 had been set by Belarussian Elena Ginko in the same competition in 2004. Svensson made her 50 km in this same competition in 2006 and recorded 4.17.29. In 2007, she opened fast and was just 2.03 at the halfway mark, holding on well in the second half. Amazingly, she beat the first man, Lukas Padzera (4.11.49), by nearly one minute.
- In the women's 100 km event, Latvia's Jolanta Dukure won with a World Best of 10.04.50. The previous best had been held by French walker Kora Boufflert who recorded 10.13.56 in Roubaix in 1994. Jolanta started in the 100 km event the previous year but was disqualified. This time she made amends.

1.	4h10.59	WR	Monica SVENSSON	SUE/261278	SCANZOROSCIATE	21.10.2007
2.	4h12.16	WR	Elena GINKO	BLR/300776	SCANZOROSCIATE	17.10.2004
3.	4h16.27		Jolanta DUKURE	LET/200979	PARALEPA	09.09.2006
4.	4h25.21		Brigita VIRBALYTE	LIT/010285	SCANZOROSCIATE	17.10.2010
5.	4h28.13		Evaggelia XINOY	GRE/221181	SCANZOROSCIATE	17.10.2004
6.	4h28.53		Aydieta NERINGA	LIT/050683	IVANO FRANKIVSK	01.10.2006
7.	4h29.56		Natalia BRUNIKO	ITA/230273	SCANZOROSCIATE	27.10.2002
8.	4h32.36		Lyudmila SHELEST/YEGOROVA	UKR/041074	SCANZOROSCIATE	18.10.2009
9.	4h33.22		Erin TAYLOR TALCOTT	USA/210578	SANTEE	22.01.2012
10.	4h35.51		Anna Lisa POTENZA	ITA/100281	SCANZOROSCIATE	18.10.2009
11.	4h36.45		Olena KRYVOKHYZHA	UKR/100379	SCANZOROSCIATE	28.10.2001
12.	4h37.40		Martina GABRIELLI	ITA/150286	SCANZOROSCIATE	15.10.2006
13.	4h39.45		Susan ARMENTA	USA/190973	CHULA VISTA	17.02.2002
14.	4h41.32		Agnese PASTARE	LET/271088	SCANZOROSCIATE	19.10.2008
15.	4h41.57	WR	Kora BOUFFLERT	FRA/230466	AY	17.09.1995
16.	4h43.24		Anita LIEPINA	LET/171167	SCANZOROSCIATE	27.10.2002
17.	4h44.09		Henrietta RUSNAKOVA	SVK/171071	SCANZOROSCIATE	19.10.2003
18.	4h45.13		Katsiaryna PASHKOUSKAYA	BLR/030976	SCANZOROSCIATE	18.10.2009
19.	4h45.57		Laura POLLI	SUI/070983	SCANZOROSCIATE	16.10.2005
20.	4h46.35		Monica GARDINI	ITA/031173	SCANZOROSCIATE	19.10.2003
21.	4h47.27		Tiziana SECHI	ITA/120182	SCANZOROSCIATE	27.10.2002
22.	4h47.42		Maria Teresa MARINELLI	ITA/300485	SCANZOROSCIATE	15.10.2006
23.	4h49.25	WR	Jacqueline DELASSEAU	FRA/141246	CHAUMONTEL	17.09.1978
24.	4h49.39		Despina ZAPOUNIDOU	GRE/051085	SCANZOROSCIATE	16.10.2005
25.	4h49.44		Monika CHODEROVA	RUC/150476	SCANZOROSCIATE	27.10.2002
26.	4h50.05+		Ludmilla LUBOMIROVA	RTC/131162	PERPIGNAN	15.10.1995
27.	4h50.51		Sandra BROWN	GBR/010449	BASILDON	13.07.1991
28.	4h52.29		Natalia BRUNIKO	ITA/230273	SCANZOROSCIATE	29.10.2000
29.	4h52.39		Silvia PANSERI	ITA/170980	SCANZOROSCIATE	27.10.2002
30.	4h54.10		Nadezhda PUTILOVA	RUS/080483	ST PETERSBURG	08.09.2002
31.	4h55.19.4t		Svetlana BYCHENKOVA	RUS/170276	ST PETERSBURG	27.06.1998
32.	4h58.08		Lucie PELANTOVA	RTC/070586	SCANZOROSCIATE	21.10.2007
33.	4h58.13		Heidi MAEDER	SUI/131043	YVERDON	06.08.2000
34.	5h00.10+		Valentina SETROVA	BLR/191271	SCANZOROSCIATE	19.10.2003
35.	5h01.52		Lilian MILLEN	GBR/050345	YORK	16.04.1993
36.	5h02.55		Micheline DANEAU	CAN/070860	WEST LONG BEACH	17.05.1992
37.	5h03.49+		Evgenia GOURIEVA	RUS/021269	ROUBAIX	09.10.1994
38.	5h05.18		Yelena MIKHAYLOVA	RUS/160183	ST PETERSBURG	08.09.2001
39.	5h05.44.7t		Tatyana AMBRAZEVA	RUS/180786	ST PETERSBURG	12.10.2003
40.	5h06.05		Daniela MANCINI	ITA/030483	SCANZOROSCIATE	18.10.2009
41.	5h08.06		Dora JAKOB	SUI/050959	YVERDON	13.09.2009
42.	5h08.13		Katalin VARRO	HON/090186	SCANZOROSCIATE	21.10.2007
43.	5h08.46		Anne-Marie MESMOUDI	FRA/280560	AY	17.09.1995
44.	5h09.23		Maura MARCHIORI	ITA/240759	SCANZOROSCIATE	17.10.2004

+ on 100km walk
t on track



Monica Svensson of Sweden in action in the IAAF World Championships in Berlin in 2009

THE 1999 PARIS-COLMAR CLASSIC NOW ON YOUTUBE

And talking of long distance events, Emmanuel Tardi has uploaded a 27 minute French video of the 1999 Paris-Colmar classic. You can check it out at http://www.youtube.com/watch?v=BBpgPxzX4Gc&feature=digest_sun

This famous event has been the yardstick by which the top ultra distance walkers have measured themselves for over 80 years. In 1926, Emile Anthoine, President of le Cercle des Sports de France, launched a 504 km event and some 50 walkers took up the challenge. It made sense to start the event in Paris while Strasbourg, the capital of Alsace, was chosen as the finish point. Strasbourg was chosen to reinforce the French links with the Alsace region, recently returned to the motherland after the Great War.

Soon after the Second World War, the event swapped direction to become the STRASBOURG - PARIS. In 1981, on the initiative of Francis Jenevein, the finish was changed to COLMAR and the event was rebadged as the PARIS - COLMAR. The distance has varied from year to year as the event weaves its way through different towns, like the famous Tour de France in the cycling world. The race distance is normally 440+ km (the longest was 552 km in 1952) and is walked almost continuously, with only a small number of compulsory rest spots.

In the early days, there was no time limit and the last finisher might be some 4-5 days behind the winner. Eventually, time limits were brought in and nowadays those competitors not able to reach the intermediate timing points within the set times are compulsorily withdrawn from the race.

An event was added for women in 1989; this event is held concurrently with the men's event, starts from Chalons en Champagne and annually traverses more 300+ kilometres to also finish at Colmar.

It is not an event for the inexperienced. In recent years, strict qualifying criteria have been put into place and qualifying events (over 200 km for men and 170 km for women) are held. Entry to the PARIS - COLMAR is by invitation only and only the very best are invited. The event is run by le Cercle des Sports de France, under the control of the French Federation of Athletics, with financial support from the local and territorial communities and other partners and volunteers. It is indeed a team effort of vast proportions.

The 1999 event saw Polish legend Zbigniew Klapa win the men's event for the 5th time, covering the 521 km in an astonishing 58 hours and 53 mins while French walker Delcina Pajoul won the women's event of 343km in 45 hours and 53 minutes, her second win in a row. The overall results from that year read as follows:

MEN, 3-6 JUNE 1999, 521 KM

1	KLAPA	ZBIGNIEW	IND-LASOWSKI	POL.	521KM	58H53m	8.848
2	URBANOWSKI	G-ADAM	WKS-SLASK-WROCLAW	POL.	521KM	61H15m	8.506
3	RODIONOV	ALEXSEI	CS-MEAUX	RUS.	521KM.	63H06m	8.257
4	RODITCHEV	ALEXANDER	IND-PLECHENIZI	KGZ	521KM	64H48m	8.040
5	LETESSIER	GILLES	COM-BAGNEUX.	FRA	521KM.	65H26m	7.962
6	MACKANIC	LUBOS	ACM-BARDEJOV	SVK	521KM	67H06m	7.765
7	TOURNOIS	PASCAL	ASPTT-BAR-LE-DUC	FRA	521KM	68H40m	7.587
8	BOIDATCHENKO	V.	SC-COSMOS	RUS	521KM	68H50m	7.569
9	MOREL	PHILIPPE	AC-CHATEAU THIERRY	FRA	521KM	70H55m	7.347
10	MAJETIC	IVO	AC-PRAGUE.1890	CZE	521KM	72H03m	7.231
11	HUART	GILLES	CSL-NEUF-BRISACH	FRA	521KM	72H16m	7.209
12	LANDORMY	JANICK	RESDA-EPINAL	FRA	415KM	59H49m	
13	GOUVENAUX	J-CLAUDE	CM-EPERNAY	FRA	388KM	55H30m	
14	JOSE-MORA	BERNARDO	CD-PLAYA-DE PALMA	ESP	357KM	50H00m	

15	LEGRAND	GUY	CA-AGEEN	FRA	343KM.	49H52m
16	LECOMTE	JEAN-CLAUDE	EA-HAINAUT	BEL	321KM	49H05m
17	HARTMANN	EMMANUEL	GASM-LIGNY EN BARROIS	FRA	312KM	45H13m
18	ZAİKINE	EVGUENI	IND-ST/PETERSBOURG	RUS	266KM	35H59m
19	OSSIPOV	VLADIMIR	KROK MINSK	BLR	266KM	37H11m
20	KAZANTSEV	VLADIMIR	KROK MINSK	BLR	266KM	37H11m
21	COULOMBEL	PIERRE	CM-ROUBAIS	FRA	227KM	29H09m
22	GRANGE	J.PIERRE	LmASTRAGALE-AULNAY	FRA	191KM	26H20
23	MEYER	BERTRAND	CCA-ROUFFACH	FRA	191KM	28H46m
24	REGY	DAVID	NEUILLY-PLAISANCE-S	FRA	183KM	25H30m
25	DONZE	ERIC	ASPTT-BAR-LE-DUC	FRA	177KM	20H04m
26	SZALAS	MENYHERT	HONVED-SCHWECHATER	HON	141KM	18H16m
27	KRUTCHENOK	ALEXANDER	KROK-MINSK	BLR	110KM	13H54m
28	TOUROV	ANATOLY	KROK-MINSK	BLR	110KM	14H39m

WOMEN 4-6 JUNE 1999, 343 KM

1	PAJOUL	DELCINA	AS-MONTFERRAND.	FRA	343KM	45H53m	7.486
2	AMIROVA	LUDMILA	AM-ST/PETERSBOURG	RUS	343KM	46H37m	7.369
3	PUTINTSEVA	IRINA	AM-ST/PETERSBOURG	RUS	343KM	46H39m	7.363
4	ANXIONNAT	CLAUDINE	RESDA-VOSGES	FRA	343KM	49H19m	6.965
5	CHIRA	MARIE CLAUDE	CA-FOREZIEEN	FRA	343KM	51H38m	6.653
6	CLOVEL	DOMINIQUE	PLM-CONFLANS	FRA	343KM	54H39m	6.285
7	CHERY	ANNIE	CA-MONTREUIL-93	FRA	343KM	57H14m	6.002
8	PLEE	MARYLINE	M-MEHUNOIS	FRA	269KM	46H25m	
9	LACHIA	FRANCINE	CM-DIJONNAIS	FRA	237KM	38H29m	
10	BYTCHENKOVA	SVETLANA	AM-ST/PETERSBOURG	RUS	180KM	27H32m	
11	RODITCHEVA	ELENA	IND-PLECHENIZI	KGZ	146KM	19H17m	



Left : Klapa after his 5th win in the 1999 event
 Right : Pajoul on her way to a repeat victory in the 1999 event

The video shows the superhuman effort required to complete what is undoubtedly the toughest walking event in the world.

YET MORE VIDEOS AND PHOTOS

Emmanuel has also put two further videos online, from 1995, with Australians Kerry Saxby-Junna and Nick A'Hern in action. The races, 20km for men and 10km for women, were held in Fougères in France on 11th June 1995 and were high quality internationals. Note that you can also see Alison Baker in action in the women's event – she was still competing for Canada at that time even though she had already married Simon Baker. First to the links:

- Women's 10km: http://www.youtube.com/watch?v=X9XGBRFOxMI&feature=digest_sun
 Men's 20km: http://www.youtube.com/watch?v=abHs9buFHa8&feature=digest_sun

The race results indicate the high quality of the events.

Women's 10km Walk

1.	Anna Rita Sidoti	ITA	25.7.69	42'04
2.	Kerry Junna Saxby	AUS	2.6.61	42'18
3.	Elisabetta Perrone	ITA	9.7.68	42'44
4.	Rossella Giordano	ITA	1.12.72	42'49
5.	Iléana Salvador	ITA	16.1.62	43'41

6.	Erica Alfridi	ITA	22.2.68	43'54
7.	Beate Gummelt	ALL	4.2.68	44'00
8.	Cristina Pellino	ITA	21.9.70	44'41
9.	Nathalie Fortain	FRA	12.7.69	45'11
10.	Katrin Boyde	ALL	4.12.70	45'33
11.	Encarna Granados	ESP	30.1.72	45'53
12.	Maria Vasco	ESP	26.12.75	45'59
13.	Deirdre Gallagher	IRL	13.7.74	46'21
14.	Simone Thust	ALL	22.9.71	46'36
15.	Victoria Lupton	GBR	17.4.72	46'40
16.	Lisa Langford	GBR	15.3.67	47'13
17.	Carolyn Partington	GBR	27.6.66	47'21
18.	Teresa Palacios	ESP	27.10.58	47'42
19.	Valérie Nadaud	FRA	16.3.68	47'48
20.	Nora Leksir	FRA	13.5.74	48'43
21.	Mélanie Wright	GBR	5.4.64	48'48
22.	Alison Baker	CAN	6.4.64	50'11
23.	Valérie Chauvel	FRA	24.1.69	51'13
	Emilia Cano	ESP	4.3.68	DNF
	Anne Catherine Berthonnaud	FRA	26.10.66	DNF
	Sandy Leddin	ALL	1.11.70	DNF

20km Walk Men

1.	Valenti Massana	ESP	5.7.70	1h21'25
2.	Nick A Hearn	AUS	6.1.69	1h21'55
3.	Stefan Johansson	SUE	11.4.65	1h22'40
4.	Jean Olivier Brosseau	FRA	23.6.67	1h22'54
5.	Robert Ihly	ALL	5.5.63	1h23'22
6.	Nichan Tsamonikian	ALL	19.7.67	1h23'28
7.	Martin Saint Pierre	CAN	4.3.72	1h23'31
8.	Denis Langlois	FRA	10.10.68	1h23'36
9.	Enrico Lang	ITA	31.3.72	1h24'00
10.	Massimo Fizialetti	ITA	7.2.65	1h24'09
11.	Pietro Fiorini	ITA	13.3.67	1h25'09
12.	Mike Trautman	ALL	13.3.74	1h25'13
13.	Fernando Vasquez	ESP	4.5.71	1h25'30
14.	Sylvain Caudron	FRA	10.9.69	1h25'37
15.	Eddy Riva	FRA	17.3.73	1h25'59
16.	Martial Fesselier	FRA	9.10.61	1h26'34
17.	Michael Lohse	ALL	6.6.62	1h26'58
18.	Santiago Perez	ESP	15.1.72	1h27'05
19.	Chris Maddocks	GBR	28.3.57	1h28'11
20.	Steve Partington	GBR	17.9.65	1h28'35
21.	David Boulanger	FRA	11.12.74	1h30'12
22.	Andrew Penn	GBR	31.3.67	1h32'28
	Walter Arena	ITA	30.5.64	DQ
	Daniel Plaza	ESP	3.7.66	DQ

And talking of such matters, it has been some time since I visited <http://www.multimediasvisini.com/index.php> and the Italian racewalk photo repository website has grown significantly. There you will see photos from past and present – it is a website you should definitely bookmark.

THREDBO CAMP UPDATE

Phew..it's all over and I am back home after 4 weeks away in the alpine country, first at Falls Creek and then at Thredbo. The Thredbo camp concluded last Saturday and I have no doubt that the 32 walkers returned to some well earned home pampering! Once again, a selection of photos from behind the scenes. A huge thanks to AIS Chief Walks Coach Brent Vallance for putting together such a wonderful 3 weeks.



Left: Regan and Ian walk from Jindabyne to Thredbo (33km). Regan walked the whole distance, one of the few girls to ever master those hills!
Right: It takes a big team to keep everyone going – AIS physio Ben Raysmith works on Mari



Sean's birthday – the lolly cake



Sometimes a bloke just needs a little extra rest!



Brent's Australia Day BBQ – left: the full table; right: all gone Matej!



Australia Day cricket with an international flavour: From left Milos Batovsky SLV (silly mid off), Matt Holcroft NZ (fourth slip – or is that gully), Rozie Robinson NZ (third slip), Matej Toth SLV (second slip), Zuzi Schindlerova CZE (first slip), Satoshi Yanagisawa JAP (batter), Mari Ohlsson SWE (square leg), and Quentin Rew NZ (wicket keeper).



**Left: Australia day dressups for Rozie, Matt, Brad, Sean, Jesse, Harry, Blake, Amy, Amy and Nathan
Right: taking the chairlift – Blake, Amy, Amy and Sean**



**Left: Dinner out for a change!
Right: chef Phil Reading in action**

2012 IAAF RACE WALKING CHALLENGE

The IAAF Race Walking Challenge is held yearly, bringing the world's top walkers together in a series of high quality races. The 2012 Challenge Handbook has now been published (http://www.iaaf.org/mm/Document/06/33/66/63366_PDF_English.pdf) and it lists the events that have been included for this year. As usual, it includes 3 event categories

Category A: Major World Championships
Category B: IAAF Permit Race Walking Meetings
Category C: Area Permit Race Walking Meetings

with the selected events reading as follows:

25 Feb	Hobart (AUS)	Category C
3 Mar	Chihuahua (MEX)	Category B
18 Mar	Lugano (SUI)	Category C
24 Mar	Dudince (SVK)	Category C
30 Mar	Taicang (CHN)	Category B
14 Apr	Rio Maior (POR)	Category B
12-13 May	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
1 June	Alytus (LTU)	Category C
9 June	La Coruña (ESP)	Category B
17 June	Sesto San Giovanni (ITA)	Category B
3-12 Aug	The Games of the XXX Olympiad, London (GBR)	Category A

The 2012 Race Walking Challenge Final will take place in Erdos (CHN) on 14 September.

Note that the first cab off the rank is our Australian 20km Summer Championships in Hobart later this month.

HOBART – CHANGE OF PLANS FOR U18 WALKERS

Just republishing the following from last week's newsletter.

We had previously announced that there would be U18 5km walks scheduled at the **Australian 20km Road Walking Championships and Olympic/World Cup Selection Trials** in Hobart on the 25th February, as part of our inaugural Australian Race Walk Series. Unfortunately, due to oversight, this was not cleared with meet organiser Brian Roe and it has now been necessary to pull this event from the program. Luckily no one had yet entered the U18 race so hopefully we are making this announcement in time. The U18 walkers can of course still enter and compete in the U20 10km and I know that both Nathan Brill and Zac Partington are probably intending to do this. We are currently discussing how best to proceed with regard to the Race Walk Series. The program now reads as follows with all events starting concurrently at 6PM

- 20km Race Walk - Open & U23 Men & Open & U23 Women - Championship Event
- 20km Race Walk - U23 Men & U23 Women
- 10km Race Walk - U20 Men & U20 Women

A reminder that **entries close on Friday 12th February** so you have 2 weeks left to enter.

HOBART AND THE VIC JUNIOR T&F CHAMPS

Younger Victorian walkers have probably noticed that we have a major clash between the Hobart championships and the Victorian Junior T&F Championships – both fall on the same weekend in late February. Normally you have to compete in the Vic T&F Champs to be eligible to compete in the Victorian team at the National Champs so we asked AV for some leniency here. Things look good as per their response:

Dear Tim and Simon

Thank you for your emails regarding the clash of events between the Victorian Junior Championships and the Australian 20km Championship Carnival.

As you are both aware the Victorian Selection criteria states that all athletes must enter the Victorian Championships in order to be selected for the Australian Championships. On this occasion Athletics Victoria is prepared to waive this criteria providing the following:

- All athletes requesting an exemption from the Championships notify me in writing by 5pm Monday 13th February.
- All athletes must have achieved the qualifying standard or finished in the top 3 at the 2011 Victorian All Schools Championships.

We wish all your athletes the best in their preparations for the Australian Junior Championships.

Kind Regards,

LEANA JOYCE | ATHLETE DEVELOPMENT OFFICER | ATHLETICS VICTORIA

So if you are entering the U20 10km in Hobart, get your letter off to Leana at AV as soon as possible and quote your 2011 Vic All Schools result or AA qualifying time.

The Vic All Schools T&F walk results can be checked at <http://www.vrwc.org.au/newsletters/heelandtoe-2012-num06.pdf> and the AA qualifying standards are documented at <http://www.athletics.com.au/home/competition/392/3656/3657>. The AA qualifying period starts from 1st Jan 2011 so provided you have a qualifying time from the last 12 months, you are ok.

WHAT'S COMING UP

The final round of **Athletics Victoria Shield competition** will be held next Saturday across our 6 regions:

Sat 4 Feb	AV Shield - East Region - Round 12	Hagenauer's Reserve, Box Hill
Sat 4 Feb	AV Shield - South East Region - Round 12	Knox Athletic Track, Scoresby
Sat 4 Feb	AV Shield - Bendigo Region - Round 12	La Trobe Uni Athletics Complex, Bendigo
Sat 4 Feb	AV Shield - Geelong Region - Round 12	Landy Field, Geelong
Sat 4 Feb	AV Shield - Ballarat Region - Round 12	Llanberris Reserve, Ballarat
Sat 4 Feb	AV Shield - North West Region - Round 12	Moonee Valley Athletics Centre, Aberfeldie

The following Wednesday evening, we have our next round of **VRWC Track Races** and we will also be hosting the annual VMA 4x800m Relay Championships at the Collingwood Harriers Track in Clifton Hill. The program reads as follows:

Wednesday 8 February 2012, VRWC and VMA Events, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill (Melway 30 F12)		
6.30pm	VRWC 5000m and 3000m	Open
7.15pm	VRWC 1500m	Open
7:25pm	4x800m VMA relay championships	Masters

So get busy and start organising your VMA team for the relay. This event can be entered on the night but note that all entrants must be currently VMA members and you must wear your VMA uniform.

Entries are now open for the **2012 Victorian Junior Track & Field Champs**, to be held on 24-16 February at Lakeside Stadium – see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=805&OrgID=189 Please note the following from the AV website: Late entries will only be accepted where there are places available in the chosen event. All entries received after Monday 13th February will be charged at \$24.00 per event, should they be accepted.

The draft timetable shows the walk championships scheduled as follows:

Friday 24 Feb	7:30PM	U17/U18/U20 5000m Walks
Saturday 25 Feb	11:30AM	U14 3000m Walks
Sunday 26 Feb	11:05AM	U15/U16 3000m Walks

The **Oceania Masters Championships** kick off on Sunday 5 February in Tauranga in New Zealand and a number of our Australian Masters walkers will be competing. Website is <http://www.nzmastersathletics.org.nz/Oceania/oceania.html>.

Next Sunday in Moscow sees an **IAAF Indoor meet** which will be of great interest to racewalk enthusiasts. The men's 5000m walk features Russians Valeriy Borchin, Sergey Bakulin, Denis Nizhegorodov and Vladimir Kanaykin along with Spaniard Juan Manuel Molina and Mexican Eder Sanchez. The women's 3000m walk features world champion Olga Kaniskina who will be facing Melanie Seeger of Germany, Ukrainian Yelena Shumkina, Sylwia Korzeniowska and home rival Anisya Kiriyapkina. I can hardly wait to see the results of this one!

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.

2011/2012 Australian/Victorian Summer Season Key Dates

Wed 8 Feb 2012	VRWC Track Races and VMA 4x800m Relay Championships, COL Harriers Track, Clifton Hill
Sat 18 Feb 2012	Sydney Track Classic, Sydney (5000m walk)
Sat 25 Feb 2012	Australian 20km roadwalk Championships , Hobart, TAS (World Walking Cup trials for 10km and 20km) Incorporates Oceania Race Walking Trophy competition between Australia and New Zealand
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	Australian Junior Championships , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
5-9 Apr 2012	Australian Masters T&F Championships , Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m walks)

2012 International Fixture

Feb 5-12, 2012	Oceania Masters Championships, Tauranga, New Zealand
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Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyväskylä, Finland**
 May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
 July 10-15, 2012 **14th World Junior Championships, Barcelona, Spain**
 July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

2012 IAAF Race Walking Challenge Dates

Sat 25 Feb, 2012	Hobart (AUS)	Category C
Sat 3 Mar, 2012	Chihuahua (MEX)	Category B
Sun 18 Mar, 2012	Lugano (SUI)	Category C
Sat 24 Mar, 2012	Dudince (SVK)	Category C
Fri 30 Mar, 2012	Taicang (CHN)	Category B
Sat 14 Apr, 2012	Rio Maior (POR)	Category B
12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 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 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
 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**
 2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
 Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
 July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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