



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 45
6 August 2013



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TIM'S WALKER OF THE WEEK

This week's Walker of the Week will be by vote and will zoom in on the four VRWC walkers who set new club records at the weekend. They make for an interesting mix and I am sure that the voting will be keenly contested.

- 17 year old **Nathan Brill** won the Victorian U18 10km Road Walk at Middle Park on Saturday in a PB time of 42:33. This time actually bettered Troy Sundstrom's Australian U18 Road Walk Record. Alas, we did not know in advance that Nathan was intending to have a go and hence did not have the required 3 watches in place. However, with 5 months to go in the calendar year, he is sure to have plenty more opportunities and it is only a matter of time now until he gets his name in the books for this record.
- 40 year old **Kelly Ruddick** won the VRWC Open Women's 10km roadwalk championship on Saturday in a PB time of 46:15, bettering her own pending W40 World Masters record by some 18 seconds. Kelly just gets better every time she steps on the start line and is amongst our best Open walkers.
- 11 year old **Mikhala Hodgestook** bronze in the Victorian U20 10km roadwalk championship on Saturday, her PB time of 1:05:36 breaking her own VRWC U12 club record. Mikhala shows no fear in attempting the longer distances and continues to set the bar high for those who come after her.
- **Margaret Beaumont** continued her W75 records rampage with yet another great performance on Saturday, her 20km time of 2:57:00 setting new Australian Masters, Victorian Masters and VRWC W75 records.

As usual, you can cast your vote at <http://www.vrwc.org.au/vrwcWOW.php>.

WHAT'S COMING UP

Next week sees our final points races for the winter season and what better way to finish than with a Handicap Start. That way, whoever finishes first in each Open or U15 race automatically wins the Handicap. **It is also a Prizes Day with prizes on offer for each handicap winner. As usual, the donation of any additional prizes for the table is always appreciated.**

Walkers Note: We can only allocate Handicap Start Times to those walkers who have raced over that distance or a comparable distance during the last 12 months. No entries for the Open and Under 15 handicap races will be accepted after 1.45pm as we need plenty of time pre-race to sort out the start times. Later entries may race but will not be able to participate in the Handicap event.

Saturday 10 th August 2013, Middle Park			
VRWC EVENTS: Entries close for handicap start events at 1.45pm sharp.			
2.15pm	8km	Handicap start	Open
2.15pm	4km	Handicap start	Open
2.15pm	4km	Handicap start	Under 15
2.45pm	2km	Handicap	Under 12
2.45pm	1km	Handicap	Under 9

A further reminder that **entries close this Friday evening** for the **Australian Roadwalk Championships** which will be held in Tasmania on **Sunday 1st September**. The entry panel is found at https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1047&OrgID=887. So far, we have 97 entries but there is always room for more!

And finally, **entries for the Australian Masters Games**, which will be held in Geelong from 5-12 October, **close tomorrow, Wednesday 7th August**, See <http://www.australianmastersgames.com>.

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, MELBOURNE, SATURDAY 4 AUGUST

The annual Victorian Roadwalk Championships were held on Sunday morning at Middle Park in perfect conditions - cool, overcast and still. This was a huge change to Saturday where Victoria experienced the worst of our winter weather - it is always a case of timing and on this occasion, the timing was perfect. With VRWC club championships also on offer, it was pleasing to see 70 walkers in action. Terry Swan has loaded some 130 action photos from the day to our VRWC photo Gallery - check it out at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=144>

The Victorian 30km championship saw **Chris Erickson** win his fourth winter season title, following on from his wins over 10km, 15km and 20km. In what was his final race before flying out to Moscow for the World Championships tomorrow, he strolled through the first 20km before putting the pedal down and powering through to his final time of 2:22:16. The only other finisher was **Terry O'Neill** who worked hard for his 3:10:54.

AV 30km Open Men

1.	Chris Erickson	ATE	0:50:18	1:37:59	2:22:16
2.	Terry O'Neill	GPA	1:00:57	2:00:20	3:10:54
	Bradley Simpson	ANW	0:50:31	DNF	



Chris Erickson and Terry O'Neill in action in the 30km Championship

The Victorian Underage roadwalk championships saw lots of good performances but none better than 17 year old **Nathan Brill** whose 10km PB time of 42:33 was some 14 seconds better than Troy Sundstrom's Australian U18 record. Alas, a lack of notification meant that the required 3 watches were not in place but I am sure that Nathan will put that to rights before the end of the year, given his rapidly improving form. Others to excel included **Kyle Swan** (huge PB of 22:54 for U16 5km), **Jesse Osborne** (45:07 for 10km), **Mikhala Hodges** (PB of 1:05:36 for 10km at 11 years of age!) and **Rebecca Henderson** (15:20 for U14 3km),

AV U20 10km Men

1.	Jesse Osborne	BOH	45:07	
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AV U20 10km Women

1.	Cassandra Raselli	CCA	1:01:56	
2.	Ebony Whiley	EAG	1:02:07	
3.	Mikhala Hodges	KNA	1:05:36	PB 0:47, VRWC U12 Club Record
4.	Chloe McNicol-Davidson	SCA	1:09:45	

AV U18 10km Men

1.	Nathan Brill	BOH	42:33	PB 0:15, VRWC U18 Club Record
2.	Adam Garganis	COL	51:33	

AV U18 5km Women

1.	Jade Sanders	CCA	30:31	
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AV U16 5km Boys

1.	Kyle Swan	ANW	22:54	PB 0:55
2.	Reese Walmsley	KNA	24:52	
3.	Ross Darlow	EKA	25:19	PB 1:21

AV U16 5km Girls

1.	Emily Hamilton	KNA	27:21	
2.	Paige De Lisen	KNA	28:07	
3.	Jessica Lillie	KNA	31:42	First one

AV U14 3km Boys

1.	Nikola Mandic	CCA	16:03	First one
2.	Harry Hockley Samon	CHI	18:06	
3.	Hayden Walmsley	KNA	19:28	

AV U14 3km Girls

1.	Rebecca Henderson	CCA	15:20	PB 0:44
2.	Jemma Peart	BYC	15:33	PB 0:56
3.	Zahra Hayes	SBE	15:47	PB 0:18
4.	Karla Bulte	CCA	16:48	
5.	Brodie Richardson	KNA	17:13	
6.	Madison Hill	SBE	18:05	
7.	Emily Noonan	COL	19:48	
8.	Lee Taylor	YRA	19:57	PB 0:04



Nathan Brill, Mikhala Hodges, Jesse Osborne and Kyle Swan

In our VRWC club championship for Open Women, the highlight was provided by **Kelly Ruddick** who bettered her own pending World Masters W40 10km record with a PB time of 46:15. **Natalie Laurie**, finally back after a few horror years of injury, was second to Kelly with her own PB of 51:43. Our U12 and U9 club championships went to **Rebecca Henderson, Nikola Mandic, Hayley Woolfe** and **Marcus Byron**. Quite a few of the U12 walkers had earlier walked in the Victorian U14 3km championships so for them, it was a big day's work.

VRWC 10km Open Women Club Championship - Mabel Robinson Trophy

1.	Kelly Ruddick	VRWC	46:15	PB 0:20, new WMA W40 record
2.	Natalie Laurie	VRWC	51:43	PB
3.	Sandra Geisler	VRWC	54:04	
4.	Carly Bertrand	VRWC	1:10:16	PB 2:04
	Michelle Laufer	VRWC	DNF	

VRWC 2km U12 Club Championship

1.	Rebecca Henderson	VRWC	10:28	
2.	Mackayla Davison	VRWC	10:56	
3.	Alanna Peart	Ballarat	11:26	
4.	Arnika Nelson	VRWC	11:38	
5.	Brianna Lillie	VRWC	11:46	
6.	Kathleen O'Mahony	VRWC	11:55	
7.	Caitlyn Rudston-Brown	VRWC	14:01	PB 0:06
1.	Nikola Mandic	VRWC	10:27	
2.	Tom Hockley-Samon	VRWC	11:42	First one

VRWC 2km U9 Club Championship

1.	Hayley Woolfe	VRWC	11:55	PB 2:18
2.	Brianna Briet	VRWC	12:03	First one
3.	Gemma Lillie	VRWC	12:53	PB 0:11
4.	Claire Noonan	VRWC	13:32	First one
5.	Ruby Saunder	Ballarat	13:41	PB 0:49
6.	Mia Darlow	Ballarat	14:09	PB 1:28
7.	Freya Evans	VRWC	15:23	First one
8.	Zara Irshad	VRWC	19:01	
1.	Marcus Byron	VRWC	12:36	First one
2.	Fraser Saunder	Ballarat	13:41	PB 0:13
3.	Scott Peart	Ballarat	19:31	First one



Rebecca Henderson, Nikola Mandic, Karla Bulte, Kelly Riddick and Natalie Laurie

We also had a series of VRWC non-championship walks with results shown below. The best effort came from James Christmass who won the 20km with a PB time of 1:48:38.

VRWC 3 Hour Walk

1.	Karyn O'Neill	VRWC	25.120 km	
2.	Margaret Beaumont	VRWC	20.312 km	(W70 20km Club Record)
3.	Ian Beaumont	VRWC	20.190 km	
4.	Alex Poore	VRWC	19.348 km	

VRWC 20km Open Walk

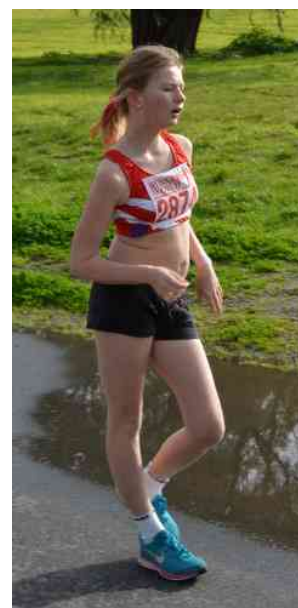
1.	James Christmass	VRWC	1:48:38	PB 0:07
2.	Mark Donahoo	VRWC	1:55:54	
3.	Pam Tindal	VRWC	1:57:22	
4.	Ralph Bennett	VRWC	1:59:23	
5.	Heather Carr	VRWC	2:02:36	
6.	Russ Dickenson	VRWC	2:08:51	
7.	Liz Feldman	VRWC	2:14:21	
	David Smyth	VRWC	DNF	

VRWC 5km Open Walk

1.	Simon Evans	VRWC	26:57	
2.	Donna Urquhart	VRWC	29:14	
3.	Celia Johnson	VRWC	33:23	
4.	Pam Mews	VRWC	47:38	
	Gabriella Crea	VRWC	DQ	

Finally, thanks to the many officials and judges in attendance. Thanks also to those who helped with course setup and pull down. Apologies if I have missed anyone from the list.

Officials: Tim Erickson, Harry Summers, Bob Gardiner, Ian Laurie, Mark O'Mahony, Cody McNicol-Davidson
Judges: Brenda Felton (Chief), Judy Mason, Matt Owen, Terry Swan, David Cash, Lloyd Nichols, Gordon Loughnan, Lincoln Mah, Stuart Cooper (DQ Board), Diane Lowden (Mentoring)
Canteen: Kate Suich, Wendy Cooper
Race Registration: Damien Elms, Mark Donahoo



Margaret Beaumont, Marcus Byron, Brianna Briet, Hayley Woolfe and Madison Hill

VRWC POINTS UPDATE

With only 1 round to go in the VRWC Winter Season Points competition, competitors may be interested to see who is leading each of our three points competitions so I have refreshed the progressive points on the website. You can check them out at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 3 AUGUST

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: Atrocious weather, Cold wind from the sea, frequent showers. A bit hilly. Fortunately the very heavy showers held off until driving home.

10km yacht handicap

1.	M54	Norman White	1:15:20	57.89%
2.	W48	Raelene Schild	1:14:14	61.31%
3.	M68	George White	57:32	87.30%
4.	M83	Colin Hainsworth	1:21:05	77.03%
5.	M80	David Robertson	1:29:48	66.1%

5km yacht handicap

1.	W68	Jill Rogers	41:53	65.36%
2.	W59	Linda Whitelaw	38:02	61.55%
3.	M75	Rodger Barber	37:19	71.64%
4.	M70	Roger Lowe	37:43	66.41%
5.	W60	Edna Bates	42:50	57.70%

ACT WALKERS CLUB ROADWALKS, LENNOX GARDENS, SATURDAY 3 AUGUST

Thanks to Robin Whyte for the weekly results from Canberra.

20km Walk

Colin Heywood	1:55:03
Robin Whyte	2:09:19
Peter Tutty	2:17:11
Bryan Thomas	2:23:52
Derek Robinson	2:25:40

3km Walk

Peter Baker	17:10
Emily Hopkins	18:32
Dylan Eddowes	18:33
Mitchell Baker	18:34
Karina Hopkins	20:00

Monika Short 2:30:50
Mick Saunders 2:31:07

10km Walk

Rod Gilchrist 1:13:39
Robyn Saunders 1:18:56
Warren Butler 1:22:56
Val Chesterton 1:29:00
Pat Fisher 1:30:46

5km Walk

Ashleigh Resch 26:27
Zoe Hunt 28:33
Ally Durr 28:54
Bob Parker 36:19
Rosemary Parker 36:45
John Gloe 42:34

Carmen Carlon 36:28

1.5km Walk

Thomas Hopkins 08:06
Laura Burns 08:44
Colby Eddowes 09:18
Barbara Eddowes 10:17
Samantha Papantoniou 12:26

SARWC TIMED WALKS, VICTORIA PARK, ADELAIDE, SATURDAY 3 AUGUST 2013

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

Our timed walks over 60, 30 and 15 minutes were held in favorable (but cool) conditions for the first half hour and then ongoing rain for the second half hour. Stand out performances from Justin Hill (which would have been better if he had not stopped to re-tie his laces!), Danielle Walsh and Mark Hooker over the 60, 30 and 15 minutes respectively. Ryan Hooker learnt the hard way (waiting out in the rain for the course measurers to come around) that it's better to just pass the start / finish line than come up just short.

1 hour

1. Kim Mottrom 12.484 km
2. Justin Hill 12.207
3. Peter Crump 11.030
4. Troy Hooker 9.813
5. Bill Starr 8.539

15 minutes

1. Tristan Camilleri 2.362 km
2. Chantelle Nicolaides 2.343
3. Hayley Goode 2.287
4. Mark Hooker 2.262
5. Michael Nicolaides 2.203
6. Madeleine Wallace 2.013
7. Ryan Hooker 1.990

30 minutes

1. Danielle Walsh 5.436 km
2. Rhiannon Lovegrove 5.109
3. Rhiana Hooker 4.850
4. Felicity Henderson-Wilson 4.845
5. Zoe Eastwood-Bryson 4.822
6. Ayeesha Wallace 4.788
7. Riona Tyler-Dowd 4.617
8. Samantha Findlay 4.499
9. Sarah Damin 4.492
10. Jay Goode 4.000 (withdrew)
11. Chris Nicolaides 3.583
12. Trevor Mayhew 3.000 (withdrew)
13. Alix Harlington 2.000 (withdrew)

SUNSHINE COAST WINTER CARNIVAL, SIPPY DOWNS, QUEENSLAND, SUNDAY 28 JULY

Thanks to Robin Wales for this report and accompanying photos from the Sunshine Coast Winter Carnival, held a week ago at the University of the Sunshine Coast Athletics Trac, Sippy Downs, in Queensland.

With nothing on offer at either Gold Coast or Brisbane several crazy race walkers set off at some ungodly hour for the Sunshine Coast last Sunday. Just about to line up for the starter's gun, we were shocked to see Skippy come through a gate and hop onto the track with very bent knees! After half a lap and the threat of a red card, Skippy leapt over the fence down to the Rugby Field to be joined by the rest of the 'roo family. The race started without further ado and Nyle Sunderland took off at a fast pace eventually lapping the field.

3000m Walk

1. Nyle Sunderland W40+ 16:40.04
2. Jessica Wright W19
3. Denise Fellows W40+ 22:16.48
4. Robyn Wales W60+ 23:19.45

These walkers then headed to the javelin (which was officiated by Pan PAC star Keith Henness) for more weight bearing exercise as well as the shot put. Results from these events are protected by privacy laws!

1500m Walk

1. Luke McCutcheon U16 6:50.01
2. Jamie McCutcheon U16 8:13.33

- | | | | |
|----|----------------|------|------|
| 3. | Jenna Lawrence | U14G | 8:48 |
| 4. | Callum Haig | U14 | ? |

800m Walk

- | | | |
|----|-------------------|---------|
| 1. | Kobe Hinton | 4:13.15 |
| 2. | Nelson McCutcheon | 4:54.56 |
| 3. | Mason Tiver | 5:49.76 |



Left: Kobe Hinton leading Nelson McCutcheon



Right: Denise Fellows leading Robyn Wales



Careful - kangaroo on the track!

TOWER INSURANCE ISLE OF MAN 100 MILE WALK, ISLE OF MAN, 3-4 AUGUST 2013



Last weekend saw the Tower Insurance Isle of Man 100 mile walk (incorporating the RWA National Long Distance Championships), held at the National Sports Centre, Isle of Man. The full quota of 100 spots had been filled and it was expected to be a highly competitive event. But who could have imagined that it would see a record 24 new centurions of whom 17 (including the first 3) were from the Isle of Man. In fact, there were an amazing 36 centurion walks from the field of 100 - what depth!

You can read lots more about this impressive event on their website <http://www.isleofman100milewalk.co.uk/index.html>. For our

purposes, here is the roll of honour from the race. First time British Centurions are designated C1106-C1129. Overall, Richard Gerard won easily with 18:29:40 ahead of Vinny Lynch 19:00:51 and Robbie Callister 19:19:45 while the amazing Sandra Brown led the ladies home with a superb 19:57:50. The centurion finishers included walkers from as far afield as Sweden, Belgium, Netherlands and South Africa.

1.	Richard Gerrard	Isle of Man	18:29:40	C1106
2.	Vinny Lynch	Isle of Man	19:00:51	C1107
3.	Robbie Callister	Isle of Man	19:19:45	C1108
4.	Jock Waddington	Isle of Man	19:34:01	
5.	Sandra Brown (W)	UK	19:57:50	
6.	Mark Denby	Isle of Man	20:05:33	C1109
7.	Christer Svensson	Sweden	20:19:00	C1110
8.	Kim Janssens	Belgium	30:37:05	C1111
9.	Terry Moffat	Isle of Man	20:37:38	
10.	Simon Briggs	Isle of Man	20:44:42	C1112
11.	Brian Kelly	Isle of Man	20:50:13	C1113
12.	Chris Cale	Isle of Man	20:52:02	
13.	Stephen Corkill	Isle of Man	20:59:52	C1114
14.	Noel Ash	Isle of Man	21:35:45	C1115
15.	Maureen Moffat (W)	Isle of Man	21:36:12	C1116
16.	Janette Morgan (W)	Isle of Man	21:46:12	C1117
17.	Suzanne Bearsmore (W)	UK	21:47:36	
18.	Rob Tersteeg	Netherlands	22:02:08	C1118
19.	Andrew Titley	Isle of Man	22:04:05	
20.	Rudy Schoors	Belgium	22:05:25	
21.	Frank van der Gulik	Netherlands	22:11:26	
22.	Joanne Cubbon (W)	Isle of Man	22:20:05	C1119
23.	Gareth Davies	UK	22:30:49	
24.	Herwin Weststrate	Netherlands	22:31:23	C1120
25.	Johan Koning	Netherlands	22:41:11	
26.	Philip Vermeulen	South Africa	22:42:54	C1121
27.	Andrew Dawson	Isle of Man	22:58:10	C1122
28.	Stewart Jones	Isle of Man	23:12:06	C1123
29.	Nouraddine Ayyoub	South Africa	23:18:23	C1124
30.	Stephanie Quayle (W)	Isle of Man	23:26:09	C1125
31.	Christopher Burn	Isle of Man	23:44:57	C1126
32.	Frank Feeney	Isle of Man	23:47:16	C1127
33.	Chris Flint	UK	23:48:53	
34.	Paul Phillips	Isle of Man	23:50:21	C1128
35.	James Vickers	Isle of Man	23:56:11	C1129
36.	Robert de Wolf	Belgium	24:03:11	

Thanks to Emmanuel Tardi for the following photos



**Left: Frans leijtens (158), Simon Briggs (110), Andrew Titley (184), Karen Davies (129) and Sandra Brown (112)
Right: The incomparable Sandra Brown**



Richard Gerrard (144), Vinny Lynch (160) and Jock Waddington (190)



The first 4 - Jock Waddington, Vinny Lynch, Richard Gerrard and Robbie Callister - all from Isle of Man

And what of Emmanuel. He walked in the 20 Mile event, coming 4th in a time of 4:25:32. The event was won by Michael George in 3:14:43.

25TH USA VS. CANADA MATCH, EAST BOSTON MEMORIAL PARK, BOSTON MA, SUNDAY 4 AUGUST

The annual USA vs Canada Race Walk Match was contested last Sunday in Boston, with USA taking the points in both the women's 5km and men's 10km road races.

Women 5km Race Walk

1.	Ramage, Katelyn	CAN	25:31	7
2.	Josephs, Molly	USA	26:24	5
3.	McCollum, Brenda Jo	USA	26:47	4
4.	Michta, Katie	Walk Usa	27:19	
5.	Farmer, Monika	USA	27:50	3
6.	Dunn, Abigail	USA	28:00	-
7.	Collins, Brittany	USA	28:33	-
8.	Podlaski, Meaghan	Fleet Feet Albany	29:56	
9.	Newhoff, Katharine	Walk Usa	30:28	
10.	Roach, Mandy	CAN	30:30	2

11.	Rai, Simran	CAN	30:37	1
12.	Allen, Maegan	Waltham Track Club	32:02	
13.	Vaitones, Valia	Golden Spikes TF	33:17	

1.	USA	12 (5, 4, 3)
2.	CAN	10 (7, 2, 1)

Men 10km Race Walk

1.	Adamowicz, Marek	CAN	46:12	7
2.	Roberts, Nathaniel	USA	47:43	5
3.	Peters, Alexander	USA	51:42	4
4.	Peters, Anthony	USA	52:48	3
5.	Flores, Geraldo	USA	54:54	-
6.	Dunn, Spencer	USA	56:33	-
7.	Gagne, Vincent	CAN	61:15	2
	Allen, Nolan	Waltham Track Club	DNF	

1.	USA	12 (5, 4, 3)
2.	CAN	9 (7, 2)

Mixed 2km Race Walk Novice

1.	Caira, Alessia	W12	Waltham Track Club	13:04
2.	Woodard, Lindsey	W15	Golden Spikes TF	13:06
3.	Gagne, Etienne	M12	Canada	15:16
4.	Beaudin, Alec	M10	Canada	15:39
5.	Fishman, Lily	W09	Unattached	18:00

Mixed 3km Race Walk All Comers

1.	Daniel, Maryanne	W55	Connecticut RW	16:09
2.	Lawrence, Don	M53	Fleet Feet Albany	16:10
3.	Leggett, Sagan	W16	Fleet Feet Albany	18:07
4.	Epstein, Larry	M50	New England Walk	18:13
5.	Harvey, Maryann	W	Unattached	23:59
6.	McCollum, Jody	W	Unattached	24:41

ROMANIAN JUNIOR CHAMPIONSHIPS, BUCHAREST, ROMANIA. 203 AUGUST 2013

Men 10,000m Walk

1.	Adrian Ionut DRAGOMIR	ROU	94	46:01.93
2.	Andrei GAFITA	ROU	94	46:34.53
3.	Maricel NECULA	ROU	96	49:10.51
	Cosmin Gabriel BAHNEANU	ROU	94	DNF

Women 10,000m Walk

1.	Mihaela PUȘCAȘU	ROU	95	49:23.00
2.	Mihaela ACATRINEI	ROU	95	51:07.51
3.	Liliana MANOLACHE	ROU	95	53:31.17
	Carmen Bianca MOLNAR	ROU	96	DNF

WORLD MASTERS GAMES, TURIN, ITALY, 2-11 AUGUST

The multi-discipline World Masters Games (see <http://www.torino2013wmg.org/?lang=en>) are currently underway in Turin in Italy and the 5000m track walks have been held.

The men's 5000m walks were first up, on Sunday 4 August. Results are restricted to the first 5 placings. For fuller details, check out <http://omarchador.blogspot.pt/2013/08/5000-m-masculinos-dos-jogos-mundiais.html>.

M35	1	Sébastien Eichholtzer	1976	France	25:10.43
M40	1	Viacheslav Degtyarenko	1971	Russia	23:57.23
	2	David Durand Pichard	1972	France	25:00.70
	3	Adam Sleziona	1973	Poland	26:58.41
	4	Goobinnaan Suresh Kumar	1972	Malaysia	27:24.89
	5	Emanuele Caminada	1970	Italy	30:34.76
M45	1	Walter Arena	1964	Italy	22:39.55
	2	Philippe Bonneau	1965	France	23:08.13
	3	Steffen Meyer	1966	Germany	24:10.45
	4	Jianping Xu	1965	Canada	24:37.41
	5	Gianni Siragusa	1968	Italy	24:50.87

M50	1	Anton Mashkevich	1963	Belarus	24:37.80
	2	Sergio Ansaldo	1961	Italy	27:13.04
	3	Igor Agishev	1962	Russia	27:29.86
	4	Marian Ion	1963	Romania	27:43.90
	5	Guido Vernassa	1962	Italy	29:08.46
M55	1	Rosario Petrunaro	1958	Italy	25:25.68
	2	Sergey Lyzhin	1955	Russia	26:27.68
	3	Mikhail Kiselev	1955	Russia	26:45.02
	4	Waldemar Malecki	1958	Poland	27:08.91
	5	Alexander Vovk	1956	Ukraine	27:48.44
M60	1	Fabio Ruzzier	1953	Italy	25:57.54
	2	Alberto Pio	1952	Italy	26:47.69
	3	Henry Charrois	1951	Canada	27:52.06
	4	Sergei Murashev	1948	Russia	28:15.69
	5	Sergio Fasano	1952	Italy	30:26.13
M65	1	Mario Fiori	1947	Italy	29:07.52
	2	Harijs Abolins	1948	Latvia	29:35.59
	3	Norman Frable	1945	United States	29:37.31
	4	Alfred Kesselring	1948	Germany	30:19.10
	5	Giancarlo Salvi	1943	Italy	34:00.68
M70	1	Gianfranco De Lucia	1943	Italy	31:16.84
	2	Arvid Bjørsvik	1943	Norway	31:18.80
	3	Alexandr Sartakov	1942	Russia	31:27.90
	4	Gian Paolo Boido	1940	Italy	35:03.20
M75	1	Alexis Jordana	1937	France	31:49.15
	2	Gunars Janis Mikulis	1937	Latvia	37:08.48
	3	Upali Hippola	1936	Canada	41:42.82
M80	1	Ivan Pushkin	1930	Ukraine	35:11.00
	2	Giuseppe Meola	1933	Italy	35:13.21
	3	Vladimir Keshishev-Galli	1931	Russia	42:35.67

The women's 5000m followed the next day Monday 5 August . Results are restricted to the first 5 placings. For fuller details, check out <http://omarchador.blogspot.pt/2013/08/5000-m-femininos-dos-jogos-mundiais.html>

W35	1	Valeria Pedetti	1973	Italy	25:00.10
	2	Sandrine Eichholtzer	1977	France	25:27.97
	3	Marcia Romina Irastorza	1973	Argentina	26:40.84
	4	Thu Elisa Garciel	1976	Italy	30:38.81
	5	Katia Toia	1976	Italy	31:05.79
W40	1	Tetiana Poluliashchenko	1972	Ukraine	27:07.92
	2	Katarzyna Slezione	1970	Poland	29:35.90
	3	Orsolya Gruber	1972	Hungary	30:13.23
	4	Hanne Liland	1969	Norway	31:26.04
	5	Claudia Gerardian	1969	Brazil	34:48.04
W45	1	Niobe Menendez	1966	France	27:56.86
	2	Irina Kokorina	1964	Russia	28:51.38
	3	Valentyna Zagalska	1964	Ukraine	30:02.58
	4	Bianca Mottura	1966	Italy	31:32.60
	5	Mara Rinasa	1966	Latvia	31:46.18
W50	1	Natalia Terentyeva	1961	Russia	28:12.88
	2	Olena Veremiichuk	1959	Ukraine	30:17.82
	3	Sandra Archibald	1959	Canada	31:14.24
	4	Galyna Shvedova	1960	Ukraine	33:47.47
	5	Eddi Tiozzo Bastianello	1961	Italy	34:42.29
W55	1	Tetyana Kryvokhyzha	1956	Ukraine	28:21.64
	2	Natalia Marcenco	1954	Italy	28:57.67
	3	Linda Wilson	1955	Canada	29:52.51
	4	Osorio Dorys	1955	Venezuela	31:20.59
	5	Liudmila Nityagovskaya	1954	Germany	32:17.21
W60	1	Marianne Martino	1950	United States	30:11.21
	2	Miyoko Yazawa	1952	Japan	30:49.27
	3	Vera Trushkina	1950	Russia	31:50.64
	4	Sharon M. Wright	1949	Canada	32:03.13
	5	Galina Lapaeva	1949	Russia	36:12.77
W65	1	Antonina Tyshko	1947	Ukraine	33:11.10
	2	Janine Bernier	1946	France	33:41.54
	3	Brigita De Coppet	1946	France	34:02.17
	4	Franca Monasterolo	1943	Italy	34:32.72
	5	Suzanne Loyer	1947	France	36:17.07
W70	1	Halldis Nagell-Dahl	1942	Norway	36:19.61

2	Larysa Lebedieva	1940	Ukraine	38:53.97
3	Alla Kolesnikova	1941	Russia	42:17.73

WALKING SHORTS

- Congratulations to Victorian racewalk coach **Frances Attard**. She was recently nominated for LA Vic's Coach of the Year and has taken out the bronze medal. Fran herself finally makes it to the State podium - due recognition of her long hours at the track and roadside at VRWC. And thanks also for the weekly race videos that she takes each raceday at Middle Park.
- **Megan Szirom**, former Australian racewalk representative and now Australian Youth Event Coach for racewalking, will join the Australian team coaches at this month's World Championships as part of her ongoing fast track development. Well done Megan! See http://www.athletics.com.au/home/news/news/2013/august/szirom_and_didyk_to_reap_benef
- Check out his video from the Athletes Australia website (www.athletesaustralia.com.au) to introduce the Australian athletes who have been selected to compete at the 2013 world championships in Moscow. Note this video includes some athletes who have withdrawn from the team in the last few weeks. See http://www.youtube.com/watch?v=92FSI3yH_HE
- The Athletics Australia media guide for the World Champs team contains profiles of each selected athlete (including the walkers) as well as event overviews at the end. See http://www.athletics.com.au/freestyler/files/IAAF_mediaGuide.pdf
- Chris Wainwright of the runnerstribе website (see <http://www.runnerstribе.com>) previews Australia's biggest medal chances in the forthcoming IAAF World Championships. The list starts with Jared Tallent who will compete in the 50km walk. See: <http://runnerstribе-statscentral.com/tallent-looking-for-golden-ending-iaaf-world-championships-mens-preview/>
- Australian World Champs debutante racewalker **Dane Bird-Smith** is interviewed by Athletics Australia. See <http://www.insideathletics.com.au/25-video/13751-youtube-id-13j-fa23k6u>
- Jon Mulkeen previews the World Championships from a different perspective on <http://jonmulkeen.com>. Married couples who hope to win 2 medals between them include multi eventers Ashton Eaton and Brienne Theisen and Javelin throwers Maria Abakumova and Dmitri Tarabin. There are three sets of twins competing in the race walks Joao and Sergio Vieira, Edward and Yerko Araya and Ayman and Sholpan Kozhakhmetova. Belgian twins Kevin and Jonathan Borlee will run the 400m and will be joined by their brother Dylan in the 4x400m in what is the first ever time that three brothers will contest the same event at the World Championships. Other twins that are competing include Slovakian jumpers Jana and Dana Veldakova and runners Jake and Zane Robertson from New Zealand. Jesus Angel Garcia will compete in his 11th World Championships, an outright record for male participant. Blessing Okagbare could become the first ever medallist in the 100m, 200m and the long jump in a single World Championships. If Usain Bolt medals in all three of his events he will equal Carl Lewis' record for the most World Championships medals ever won by a male athlete. That record currently stands at 10.
- At this month's World Championships in Moscow, the racewalks will be held on a 2km loop with the start and the finish in the main stadium. This will be the first time since 2008 that the walks will start and finish in the stadium - since then, the Olympics, World Cups and European Championships have been held fully outside the stadium. See <http://www.veteranswalk.pl/templates/veteranswalk/regulaminy/2013.08.10%20Moskwa%20trasa.jpg>
- Ireland zooms in on its team for Moscow - <http://www.athleticsireland.ie/content/?p=34011>
- Host nation Russia announced their team last Tuesday for the IAAF World Championships which start in Moscow next Saturday - and the line-up is formidable. Of the 119 athletes (50 men and 69 women) they have six reigning world champions.

20 km Men	Aleksandr Ivanov, Andrey Ruzavin, Denis Strelkov
50 km Men	Sergey Kiryapkin, Ivan Noskov, Mikhail Ryzhov
20 km Women	Olga Kaniskina, Anisya Kiryapkina, Elena Lashmanova, Vera Sokolova
- Spain has also announced the race walking team that will participate in the next World Championships in Moscow. For veteran Jesus Angel Garcia, it will be his 11th World Championships start and what a World Championships record - gold in 1993, silver in 1997 and bronzes in 2001 and 2009. He has started in all World Championships, Olympic Games, European Championships, World Cups and European Cups since 1992 except for the 2003 European Cup in Cheboksary.

20 km Men	Miguel Angel Lopez - Personal Best: 1:19:49 (2012) - Season Best: 1:21:49 Francisco Arcilla - Personal Best: 1:22:23 (2013) - Season Best: 1:22:23 Alvaro Martin - Personal Best: 1:22:12 (2012) - Season Best: 1:22:25
20 km Women	Julia Takacs - Personal Best: 1:28:44 (2013) - Season Best: 1:28:44 Lorena Luaces - Personal Best: 1:31:32 (2013) - Season Best: 1:31:32

- 50 km Men Beatriz Pascual - Personal Best: 1:27:44 (2008) - Season Best: 1:31:49
 Jesus Angel Garcia - Personal Best: 3:39:44 (1997) - Season Best: 3:52:38
 Claudio Villanueva - Personal Best: 3:52:40 (2013) - Season Best: 3:52:40
 Jose Ignacio Diaz - Personal Best: 3:51:09 (2005) - Season Best: 3:54:58
- Portugal's race walking team for Moscow is also a strong one
- 20 km Men Joao Vieira - Personal Best: 1:20:09 (2006) - Season Best: 1:21:08
 Sergio Vieira - Personal Best: 1:21:25 (2008) - Season Best: 1:21:53
- 20 km Women Ines Henriques- Personal Best: 1:29:30 (2013) - Season Best: 1:20:30
 Ana Cabecinha - Personal Best: 1:27:46 (2008) - Season Best: 1:29:21
- 50 km Men Pedro isidro - Personal Best: 3:57:09 (2013) - Season Best: 3:57:09
- Russia has also announced the race walking team to participate in the the Moscow World Championships. Interestingly, it does not include Borchin (in spite of the IAAF wild card) and Kanaykin.
- 20 km Men Denis Strelkov - Personal Best: 1:19:53 (2013) - Season Best: 1:19:53
 Aleksandr Ivanov - Personal Best: 1:21:22 (2013) - Season Best: 1:21:22
 Andrey Ruzavin - Personal Best: 1:17:45 (2012) - Season Best: 1:19:06
- 20 km Women Anisya Kornikova-Kirdyapkina - Personal Best: 1:25:09 (2011) - Season Best: 1:25:59
 Olga Kaniskina - Personal Best: 1:24:56 (2009) - Season Best: no time (IAAF wild card)
 Yelena Lashmanova - Personal Best: 1:25:02 (2012) - Season Best: 1:25:49
 Vera Sokolova - Personal Best: 1:25:08 (2011) - Season Best: 1:26:00
- 50 km Men Mikhail Ryzhov - Personal Best: 3:44:41 (2013) - Season Best: 3:44:41
 Ivan Noskov - Personal Best: 3:45:31 (2013) - Season Best: 3:45:41
 Sergey Kirdyapkin - Personal Best: 3:35:59 (2012) - Season Best: no time (IAAF wild card)
- Slovakia has announced its team for Moscow - there might be only 11 athletes but 5 of them are walkers, spearheaded by Matej Tóth who will go into the 50km as one of the favourites.
- 20km Men Anton Kučmín, Dušan Majdán
 50km Men Matej Tóth
 20km Women Mária Czaková, Mária Gáliková
- The Guatamala n team will be spearheaded by Erick Barrondo
- 20 km Men Erick Bernabé Barrondo - Personal Best: 1:19:53 (2012) - Season Best: 1:20:25
 Jaime Daniel Quiyuch - Personal Best: 1:22:25 (2013) - Season Best: 1:22:25
 Aníbal Paau - Personal Best: 1:22:19 (2013) - Season Best: 1:22:19
- 20 km Women Mirna Sucely Ortíz Flores - Personal Best: 1:28:31 (2013) - Season Best: 1:28:31
 Mayra Herrera Perez - Personal Best: 1:31:02 (2012) - Season Best: 1:31:25
- All five of China's reigning global medallists have been named in the walks team for the 2013 World Championships. Olympic 20km Race Walk champion Chen Ding will contest his specialist event alongside Olympic bronze medallist Wang Zhen and Olympic fourth-place finisher Cai Zelin. Liu Hong, who took silver in Daegu two years ago, leads the Chinese women in the 20km Race Walk while Olympic bronze medallist Qieyang Shenjie has also been named in the event. Si Tianfeng, the Olympic bronze medallist, will compete in the 50km Race Walk with the two men who finished ahead of him at the Race Walking National Games: Wu Qianlong and Li Jianbo.
- 20km Men Cai Zelin - Personal Best: 1:18:47 (2012) - Season Best: 1:18:55
 Chen Ding - Personal Best: 1:17:40 (2012) - Season Best: no time
 Wang Zhen - Personal Best: 1:17:36 (2012) - Season Best: 1:19:08
- 20km Women Li Yanfei - Personal Best: 1:27:40 (2013) - Season Best: 1:27:40
 Liu Hong - Personal Best: 1:25:46 (2012) - Season Best: 1:27:06
 Qieyang Shenjie - Personal Best: 1:25:16 (2012) - Season Best: 1:28:05
 Sun Huanhuan - Personal Best: 1:27:36 (2013) - Season Best: 1:27:36
- 50km Men Li Jianbo - Personal Best: 3:39:01 (2012) - Season Best: 3:52:12
 Li Tianfeng - Personal Best: 3:37:16 (2012) - Season Best: 3:53:19
 Wu Qianlong - Personal Best: 3:51:35 (2013) - Season Best: 3:51:35

FOCUS ON OUR WALKERS FOR THIS MONTH'S IAAF WORLD CHAMPIONSHIPS

For those who want a refresher, here is a brief profile for each of the 8 walkers who will represent us in Moscow at the World Championships.



Tanya Holliday (20km)

An outstanding junior who competed at both World Youth (2005) and World Juniors (2006), Tanya was picked up by the AIS walks program as an 18 year old and spent several years in Canberra. Unfortunately, a series of injuries hampered her progress into the senior ranks and she returned home to Adelaide to recuperate, not returning to racing until 2010. By 2012, she was in top form once again and was perhaps unfortunate to miss selection to both the 2012 World Cup and Olympics - her qualifying times came just too late for selection purposes. This year, there were no such timing issues and her win in the Australian 20km championship in Hobart in February cemented her place in her first IAAF World Championships.

Her PBs indicate her immense potential.

3000m	0:12:27	19/01/2013
5000m	0:21:21	09/03/2013
10km	0:43:58	28/07/2012
10 mile	1:13:16	10/06/2012
20km	1:31:28	19/05/2012



Regan Lamble (20km)

Since Regan started her International career in 2008 as a 16 year old, she has consistently improved year by year, often doing her big PBs in the major meets. Still aged only 21, she already has 3 World Cups and an Olympics under her belt and has now been selected for her second IAAF World Champs team. Her international career reads impressively

2008	Racewalking World Cup	Cheboksary (RUS)	U20 10km	26 th	49:38
2010	Racewalking World Cup	Chihuahua (MEX)	U20 10km	15 th	51:16
2010	World Junior Champs	Moncton (CAN)	10,000m	8 th	47:55
2011	IAAF World Champs	Daegu (KOR)	20km	15 th	1:33:38
2012	Racewalking World Cup	Saransk (RUS)	20km	24 th	1:34:34
2012	Olympics	London (UK)	20km	17 th	1:30:03

Her PBs show her obvious talent over both short and long distances.

5000m	0:22:06	18/2/2012
10km	0:45:42	22/4/2011
20km	1:30:03	11/8/2012
30km	2:21:43	10/6/2012
20 miles	2:32:17	10/6/2012



Jess Rothwell (20km)

With Jess Rothwell's emphatic record breaking victory in the 2008 Australian Under 20 10,000m track championship, the 18 year old Victorian confirmed her place at the top of the Australian Junior racewalking tree. It was the start of a wonderful 3 years of racing which saw her come 5th in the 2008 World Cup, 4th in the 2008 World Juniors and 9th in the 2010 World Cup.

2008	Racewalking World Cup	Cheboksary	10 km	5 th	46:44
2008	World Junior Champs	Bydgoszcz	10,000m	4 th	44:44.22
2009	IAAF World Champs	Berlin	20km	22 nd	1:36:01
2010	Racewalking World Cup	Chihuahua	20km	9 th	1:35:04

It was in the leadup to the 2010 Commonwealth Games in Delhi that her hamstring gave out and it signalled a frustrating 3 years of rehabilitation and eventual surgery. It was only in 2013 that she could return to racing and her selection in this year's World Championships team is great to see. Her PBs, all from 2009 and 2010, read very impressively

5000m	0:21:03	20/02/2009
10km	0:44:05	29/05/2010
10 mile	1:14:33	07/06/2009
20km	1:30:25	07/03/2009



Dane Bird-Smith (20km)

Dane Bird-Smith was untouchable in Australian circles as he worked his way up through the youth and junior age groups. His 8th place in the 2009 World Youth Champs and his 5th place in the 2010 World Youth Champs indicated his immense potential and his subsequent transition to the senior ranks has been fast and furious.

2009	IAAF World Youth Champs	Bressanone (ITA)	10,000m	8 th	43:53.62
2010	IAAF World Junior Champs	Moncton (CAN)	10,000m	5 th	41:42.36
2010	World Walking Cup	Chihuahua(MEX)	U20 10km	DQ	
2012	World Walking Cup	Saransk (RUS)	20km	44 th	1:25:41

Now at only 21 years of age, he has made his first World Championships team. Coming off a successful European tour in May/June, he looks in great form and is a walker to watch.

His PBs are very impressive for such a young athlete.

1500m	00:05:21	03/11/2011
3000m	00:11:23	06/01/2012
5000m	00:18:56	05/07/2013
10km	00:40:21	29/06/2012
20km	01:22:03	01/06/2013



Rhydian Cowley (20km)

22 year old Rhydian gained his first World Cup berth in 2008 at only 17 years of age and followed that up with further international representations as a 19 year old in the 2010 World Cup and 2010 World Juniors. A seriously good runner as well as walker, he has now progressed into one of our best 20km walkers and has earned his spot in the 20km team to this year's IAAF World Championships.

2008	Racewalking World Cup	Cheboksary	U20 10 km	39 th	45:24
2010	Racewalking World Cup	Chihuahua	U20 10km	15 th	46:57
2010	World Junior Champs	Moncton	U20 10,000m	17 th	44:49
2012	Racewalking World Cup	Saransk	Open 20km	90 th	2:32:28

His PBs show a walker with an excellent mix of speed and endurance

5000m	0:19:29	05/08/2012
1500m	0:05:29	12/12/2012
10km	0:40:38	19/08/2012
20km	1:24:22	01/06/2013



Chris Erickson (50km)

Definitely a late developer, Chris did not make his first Australian team until the age of 22 (2004 World Cup). Since then, he has gone on to represent us at 5 World Cups (2004-2012), 2 Commonwealth Games (2006, 2010 - including a bronze medal performance in 2006), 2 IAAF World Championships (2007 and 2009) and 2 Olympics (2008 and 2012). In summary, he has made every team bar one since 2006.

One of our most consistent performers and a regular A qualifier at both 20km and 50km, he shows what can be achieved with hard work and a good attitude. He is a great role model for any young walkers aspiring to make this sport his or her own.

Aged 31, he is still improving and will be one to watch in the 50km next week.

His PBs read very impressively

5000m	19:24	18/11/2011
10km	38:59	18/09/2010
20km	1:22:20	12/05/2012
20 miles	2:21:10	09/06/2013
50km	3:51:57	11/12/2011



Ian Rayson (50km)

Unlike many of our other top walkers who have honed their skills since Little Athletics, Ian was a late starter to our sport and was 14 when he first tried his hand at race walking. Even then he did not give himself exclusively to the discipline but continued his parallel career as an elite swimmer. Even when he made his first international racewalking team (2006 World Cup) as an 18 year old, he also won a silver medal at the Australian Age Swimming Championships (in the 17-18 yr 10km Open Water swim) that same year. After that, he decided that his future lay in the sport of racewalking and made the necessary transition into senior ranks, quickly working his way up from 20km to 50km. His selection in the 50km event at this year's World Championships is his sixth major international vest. Others have been

2006	World Cup	La Coruna	U20 10km	DQ	
2009	World Universiade	Belgrade	20km	21 st	1:30:59
2010	World Cup	Chihuahua	20km	47 th	1:31:21
2011	World Univeriade	Shenzhen	20km	DQ	
2012	World Cup	Saransk	50km	DNF	

This year he has been in career best form, as indicated by his superb walk in the 20 miler at the LBG Carnival in Canberra in June, leading for most of the race and only going down to Jared Tallent and Chris Erickson in the dying stages of the event. His PBs are as follows:

5000m	0:20:12	18/02/2012
10km	0:41:23	26/05/2013
20km	1:24:25	13/11/2011
20 mile	2:22:00	09/6/2013
50km	3:57:55	11/12/2011



Jared Tallent (50km)

Jared's two Olympic medals in 2008 - 3rd in the 20km and 2nd in the 50km - made him the first Australian male Track and Field athlete in 100 years to win 2 medals at a single Olympics. A versatile walker, he also holds the Commonwealth and National 5000m records at 18:41.83 and seems at ease over all distances. A proven big time performer who seemingly medals in just about every major international, he has the world at his feet and the next few years should see more staggering performances. He is currently ranked number 1 male racewalker by the all-athletics website and is the consummate big time performer.

His medal count stands as follows

2006 Commonwealth Games	bronze in 20km
2008 Olympic Games	bronze in 20km and silver in 50km
2010 World Walking Cup	bronze in 50km
2010 Commonwealth Games	gold in 20km
2011 - World Championships	bronze in 50km
2012 World Walking Cup	bronze in 50km
2012 Olympic Games	silver in 50km

He is our most highly performed walker of all time based on this ever growing list.

Check out these PB!

5000m	0:18:41	28/02/2009
10km	0:38:29	18/09/2010
20km	1:19:15	13/02/2010
30km	2:08:27	08/08/2010
20 miles	2:14:57	07/06/2009
50km	3:36:53	11/08/2012

The walks are scheduled as follows

- 20km Walk Men Sun August 11th, 5:00PM (11PM AEST)
- 20km Walk Women Tues August 13th, 9:35AM (3:35PM AEST)
- 50km Walk Men Wed August 14th, 8:30AM (2:30PM AEST)

With temperatures expected to be in the mid to high twenties, it is expected to be hot.

For local Australian viewers, SBS2 television will broadcast a one-hour highlights package of each day of the IAAF World Championships at the following times (AEST.):

7:30pm – Sunday 11 August
 7:45pm – Monday 12 August
 7:45pm – Tuesday 13 August
 7:45pm – Wednesday 14 August
 7:45pm – Thursday 15 August
 7:45pm – Friday 16 August
 7:30pm – Saturday 17 August
 7:30pm – Sunday 18 August
 7:45pm – Monday 19 August

VRWC CLUB RECORD UPDATE

Quite a few new VRWC club records this week

Nathan Brill	U18 10km Road Walk	42:33	AV 10km U20, Middle Park	03/08/2013
Kelly Ruddick	W40 10km Road Walk	46:15	VWWC 10km Champ, Middle Park	03/08/2013
Mikhala Hodges	U12 10km Road Walk	1:05:36	VRWC 10km Champ, Middle Park	03/08/2013
Margaret Beaumont	W75 20km Road Walk	2:57:00	VRWC Club Races, Middle Park	03/08/2013

And a catchup on a new M70 record, set by Ralph Bennett last year

Ralph Bennett	M70 20km Road Walk	1:57:35	AMA 20km Champ, Middle Park	24/06/2013
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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.

2013 Australian/Victorian Winter Season Key Dates

Aug 17, 2013 VMA 10km Roadwalk Championship, Middle Park, VIC
 Sept 1, 2013 Australian Roadwalk Championships, Symmons Plains racewalk (near Launceston), TAS
 Sept 14-15, 2013 Australian Centurions 24 Hour Roadwalk, Middle Park, VIC
 Sept 15, 2013 Vic 50km Championship, RWA Women's 50km Championship, Middle Park, VIC
 October 5-12, 2013 **Australian Masters Games, Geelong**. See <http://www.australianmastersgames.com>. Entries close 7 Aug.

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
 Aug 3-4, 2013 English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man. See www.isleofman100milewalk.co.uk
 Oct 14, 2013 MTR 10km roadwalk, Hong Kong. See <http://www.hkaaa.com/page.php?pid=759&mid=199>
 October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil**. See <http://www.wma2013.com>

2013/2014 Australian Summer Season Key Dates

Dec 6-8, 2013 Australian All-Schools Championships, Townsville (Qld)
 Dec 15, 2013 Australian 50km Race Walking Championships, Melbourne (Vic)
 Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (Tas)
 Incorporating the Oceania Racewalking Cup (Aust vs NZ)
 Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
 April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 5000m walks

2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au/>
 May 3-4, 2014 **26th IAAF World Race Walking Cup, Taicang, China**
 Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
 July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
 2015 **9th World Youth T&F Championships, Cali, Colombia**
 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 Championships, 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>
 2017 **29th Summer Universiade, Taipei**
 August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
 July 2020 **32nd Olympic Games, City TBA: Istanbul, Madrid, Tokyo**

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