



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

The focus shifts overseas for my Walker of the Week with four exceptional performances at the World Masters Championships in Brazil last weekend.

- **Ralph Bennett** (M71) won gold in the M70 5000m walk with a time of 28:27.70
- **Heather Carr** (W64) won gold in the W60 5000m walk with 28:26.97 and had the overall highest Age-Graded ranking for the women (91.01%)
- **Gwen Steed** (W71) won gold in the W70 5000m walk with 32:38.05
- **Andrew Jamieson** (M67) took silver in the M65 5000m walk with 24:45.40 and had the overall highest Age-Graded ranking for the men (93.25%).

You can read about the WMA champs later in the newsletter.

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

VWRC SUMMER SEASON TRACK WALKS, CLIFTON HILL, WEDNESDAY 16 OCTOBER

Our VRWC summer season kicked off last Wednesday evening with track walks at the George Knott track in Clifton Hill. It was a windy evening so fast times were hard to come by in the longer events but Adam Garganis 24:02, Emmet Brasier 13:44 and Kyle Swan 13:51 were all in good form. The 1500m walk saw the largest field and Jesse Osborne used it as an opportunity to blitz his PB with a super fast 5:32. Wow, that is fast walking! Terry Swan was there with his camera - you can check out his latest photo gallery at <http://www.vrwc.org.au/coppermine/>.

5000m Walk

1. Garganis, Adam M 24:02

3000m Walk

1. Brasier, Emmet M 13:44
 2. Swan, Kyle M 13:51
 3. Donahoo, Mark M 15:47
 4. Collis, Lauren F 17:32
 5. Smyth, David M 17:37
 6. Collis, Hugh M 18:43
 7. Clarke, Patrick M DNF

1500m Walk

1. Osborne, Jesse M 05:32 PB 0:07
 2. Clarke, Eliza F 07:22
 3. Owen, Cooper M 07:36
 4. Swan, Emily F 07:55
 5. Burgess, Liam M 07:58
 6. Collis, Bede M 08:00
 7. Langford, Taylor F 08:11
 8. Collis, Frances F 09:15
 9. Clarke, Georgia F 09:31
 10. Holmes, Charlotte F 09:49
 11. Smith, Hannah F 09:50
 12. Holmes, Molly F 10:16

Officials: Tim Erickson, Bob Gardiner, Terry Swan
Judges: Peter Vysma, Judy Mason, Matt Owen



Taylor Langford, Molly Holmes, Adam Garganis, Jesse Osborne and Mark Donahoo



Hugh Collis, Emmet Brasier, Eliza Clarke and Cooper Owen

SAMA SUMMER SEASON WALKS, SANTOS STADIUM, ADELAIDE, WEDNESDAY 16 OCTOBER

Thanks to Colin Hainsworth for the results of the first summer season walks for the South Australian Masters. Colin commented that it was a very windy day and evening.

1500m Walk

1.	George White	07:55	89.04%	M68
2.	Jack Russell	08:09	80.18%	M61
3.	Gloria Holliday	08:23		
4.	Kevin Finn	10:03		
5.	Helen SurrIDGE	10:09	69.69%	W62
6.	Graham Harrison	10:38	67.89%	M70
7.	Jan Layng	10:47	67.04%	W64
8.	Roger Lowe	10:49	66.74%	M70
9.	Leigh Smith	11:03	72.6%	M78
10.	James Hoare	11:38		

3000m Walk

1.	George White	16:28	87.28%	M68
2.	Jack Russell	17:37	75.61%	M61
3.	Kevin Finn	19:55		
4.	Helen Suridge	21:09	69.49%	W62
5.	Bill Starr	21:17	70.02%	M71
6.	Graham Harrison	21:47	67.47%	M70
7.	Roger Lowe	22:30	65.42%	M70
8.	Leigh Smith	22:43	72.09%	M78
9.	Colin Hainsworth	23:11	76.32%	M83
10.	Linda Whitelaw	23:29	60.55%	W59
11.	James Hoare	24:11		
12.	Kristine Freeman	24:26	54.85%	W53
13.	Edna Bates	24:50	57.88%	W60
14.	Gill White	25:13	60.41%	W65

ACTRWC TRACK WALKS, AIS STADIUM, BRUCE, THURSDAY 17 OCTOBER

Thanks to Robin Whyte for the latest results from the ACT Race Walking Club in Canberra.

3000m Handicap Start (Place,Name,Time,Start)

1.	Rosemary Parker	21:17	(07:45)
2.	Ashleigh Resch	14:36	(14:40)
3.	Roger Pilkington	20:42	(08:35)
4.	Doug Fitzgerald	21:41	(07:40)
5.	Bob Parker	21:20	(08:05)
6.	Ruth Baussmann	21:10	(08:20)
7.	Mitchell Baker	18:20	(11:10)
8.	Karina Hopkins	18:28	(11:10)
9.	Chris Vincent	20:37	(09:15)
10.	Robin Whyte	18:45	(11:20)
11.	Bryan Thomas	20:23	(09:50)
12.	Emily Hopkins	19:04	(11:10)
13.	Mick Saunders	19:53	(10:25)
14.	Spencer Burns	25:09	(14:10)
15.	Gabby Hunt	16:33	(13:55)
16.	Jennifer Gilchrist	22:23	(08:05)
17.	Thomas Hopkins	16:28	(14:10)
18.	Val Chesterton	25:17	(05:25)
19.	Alan Williams	21:30	(09:15)
20.	Carmen Carlon	30:47	(00:00)
21.	Rod Gilchrist	20:49	(10:10)
	Robyn Saunders	DNF	
	Sherryl Greathead	DNF	

5000m Walk

1.	Zoe Hunt	25:06
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1000m Walk

1.	Callum Burns	5:14
2.	Dylan Eddowes	5:20
3.	Laura Burns	5:58
4.	Colby Eddowes	6:31
5.	Barbara Eddowes	6:33
6.	Nick Blackaby	10:54

AV SHIELD COMPETITION - ROUND 1, SATURDAY 19 OCTOBER

Athletics Victoria Shield competition kicked off on Saturday with full T&F competitions held in 7 different venues across Victoria - 4 Melbourne based venues and country venues in Ballarat, Geelong and Bendigo. 2000m track walks were on offer and a large number of walkers dusted off the cobwebs in generally good but windy conditions.

Red zone - Doncaster

Emmet Brasier was the top male walker at Doncaster with a PB time of 8:44.8 while Eliza Clarke was the top female walker with a PB time of 9:53.7. Trenton Hawkins and Adam Garganis also walked well, both breaking the 10 minute barrier. This was the largest walks venue with 34 starters.

Mixed 2000 Meter Race Walk

1.	Brasier, Emmet	M15	DIAMOND VALLEY AC	8:44.8	PB 0:06
2.	Hawkins, Trenton	M34	PRESTON AC	9:42.2	
3.	Garganis, Adam	M16	COLLINGWOOD	9:46.3	
4.	Clarke, Eliza	W13	DIAMOND VALLEY AC	9:53.7	PB 0:07
5.	McDonough, Aaron	M41	PRESTON AC	10:06.6	
6.	Galbraith, Jordan	M16	DIAMOND VALLEY AC	10:10.7	
7.	Laufer, Michelle	W44	COLLINGWOOD	10:28.5	
8.	Collis, Lauren	W	DIAMOND VALLEY AC	10:47.3	

9.	Owen, Cooper	M15	DIAMOND VALLEY AC	10:51.2
10.	Smyth, David	M44	COLLINGWOOD	10:57.5
11.	Reid, Ross	M59	COLLINGWOOD	11:30.7
12.	Gardiner, Bob	M77	COLLINGWOOD	11:41.9
13.	Elms, Donna-Marie	W52	PRESTON AC	11:51.5
14.	Burgess, Liam	M14	DIAMOND VALLEY AC	12:01.6
15.	Langford, Taylor	W12	DIAMOND VALLEY AC	12:12.1
16.	Walshe, Kerryn	W51	DIAMOND VALLEY AC	12:21.7
17.	Clarke, Patrick	M45	DIAMOND VALLEY AC	12:31.1
18.	Quinn, Karen	W49	DIAMOND VALLEY AC	12:53.4
19.	Fisher, Sarah	W26	DIAMOND VALLEY AC	14:09.9
20.	Garganis, Clare	W43	COLLINGWOOD	14:20.3
21.	Iacona, Tom	M20	UNATTACHED	14:43.7
22.	Walburg, Kirsten	W15	DONCASTER AC	14:48.1
23.	Lui, Yuan Chow	M14	DONCASTER AC	14:57.9
24.	Rudston-Brown, Caitlyn	W12	WHITTLESEA CITY AC	14:59.0
25.	Colley, Jamee-Leigh	W23	PRESTON AC	15:02.7
26.	Grenande, Christopher	M11	PRESTON AC	15:40.0
27.	Camilleri, Brent	M12	DIAMOND VALLEY AC	16:13.9
28.	Clifford, Jaryd	M14	DIAMOND VALLEY AC	16:14.7
29.	Kolar, Liam	M11	DIAMOND VALLEY AC	16:15.7
30.	Bolzon, Hayden	M12	DIAMOND VALLEY AC	16:18.6
	Clamp, Joel	M16	DIAMOND VALLEY AC	DQ
	Wesley, Joel	M12	DIAMOND VALLEY AC	DQ
	Christidis, Theodore	M36	PRESTON AC	DQ
	Morgan, Rosalie	W32	DIAMOND VALLEY AC	DQ

Blue Zone - Knox Athletic Centre

Rhydian Cowley was the proverbial mile in front at Knox to record a swift 8:31.9 ahead of young guns Reese Walmsley 9:38.5, Kyle Bird 9:44.8 and Michael O'Mahony 9:58.1. Emily Hamilton was the top girl with her time of 10:29.3.

2000m Walk Men

1.	Rhydian Cowley	MOP	GHY	8:31.9
2.	Reese Walmsley	MU16	KNA	9:38.5
3.	Kyle Bird	MU18	MPA	9:44.8
4.	Michael O'Mahony	MOP	KNA	9:58.1
5.	Simon Baker	M50	OAK	11:36.7
6.	Corey Dickson	MU14	KNA	11:45.0
7.	Hayden Walmsley	MU14	KNA	12:25.1
8.	Geoff Barrow	MOP	MEN	12:48.2
9.	Philip Hutton	MOP	GHY	12:50.7
10.	John Morrison	MOP	SAN	13:41.2
11.	Peter Buller	MOP	GHY	14:18.7

2000m Walk Women

1.	Emily Hamilton	WU16	KNA	10:29.3
2.	Jade Sanders	WU18	CCA	11:07.6
3.	Simone McInnes	WOP	GHY	11:26.0
4.	Brodie Richardson	WU14	KNA	11:46.0
5.	Marlene Gourlay	W60	VMA	12:00.0
6.	Kathleen O'Mahony	WU14	KNA	12:04.2
7.	Jessica Lillie	WU16	KNA	12:27.3
8.	Bianca Attard	WU20	KNA	12:34.7
9.	Mikhala Hodges	WU14	KNA	12:41.3
10.	Michaela Attard	WOP	KNA	13:15.0
11.	Janet Holmes	W60	VMA	13:22.6
12.	Rebekah Lyness	WOP	CCA	14:40.0
	Vicki Charles	WOP	GHY	DQ
	Billie Dever	WU14	SAN	DQ

White Zone - Nunawading

I am still waiting for the Nunawading results to be posted on the AV website (<http://www.athsvic.org.au/competitions-info/av-shield>)

Yellow Zone - Williamstown

Chris Erickson was the top gun at Williamstown with 8:31.8, almost identical to Rhydian Cowley's time at Knox. Mark Donahoo 9:45.2 and Paul Kennedy 9:47.7 were also in fine form and Paul surprised us all by fronting in a KSB uniform after 25 years wearing the MUAC colours. Gerard, Lachlan and Madeleine Feain also donned the KSB colours for their Shield debuts (well, debuts for Lachlan and Madeleine and a long time since for Gerard). Brian Hamer was another to have his first walk for many years - welcome

back Brian! Carly Bertrand was the fastest of the women with her time of 12:37.5 ahead of Julia Irons and Madeleine Feain.

2000m Walk Men

1.	Erickson, Chris	ATHLETICS ESSENDON	8:31.8
2.	Donahoo, Mark	ATHLETICS ESSENDON	9:45.2
3.	Kennedy, Paul	KEILOR ST BE	9:47.7
4.	Kondogonis, John	KEILOR ST BE	10:44.5
5.	Feain, Gerard	KEILOR ST BE	10:48.0
6.	McShanag, Connor	ATHLETICS ESSENDON	11:27.6
7.	Feain, Lachlan	KEILOR ST BE	12:23.4
8.	Dunstone, Phillip	WESTERN ATHL	14:43.8
9.	Hamer, Brian	WESTERN ATHL	15:19.5
10.	Masini, Daniel	WESTERN ATHL	15:20.1
11.	Ireland, Mark	BRUNSWICK AC	15:54.1
12.	Sykes, Dominic	KEILOR ST BE	16:49.6
13.	Rickard, Ian	BRUNSWICK AC	17:31.6
	Murphy, Stephen	ATHLETICS ESSENDON	DQ

2000m Walk Women

1.	Bertrand, Carly	KEILOR ST BE	12:37.5
2.	Irons, Julia	KEILOR ST BE	13:00.0
3.	Feain, Madeliene	KEILOR ST BE	13:06.5
4.	Shaw, Robyn	WESTERN ATHL	13:12.3
5.	Matthews, Rhiannon	KEILOR ST BE	13:52.5
6.	Abfalter, Maria	KEILOR ST BE	14:30.9
7.	Roberts, Jacqueline	KEILOR ST BE	14:45.7
8.	Gunn, Nicole	KEILOR ST BE	14:54.3
9.	Hodgart, Janice	WESTERN ATHL	15:33.2
10.	Cashin, Brenda	WESTERN ATHL	16:39.1
11.	Kapetanovic, Emily-Layne	KEILOR ST BE	16:49.9
12.	Rickard, Tess	BRUNSWICK AC	17:21.6
13.	Lamb, Heather	BRUNSWICK AC	17:55.1
	Close, Linda	WILLIAMSTOWN AC	DQ
	Sadler, Felicity	KEILOR ST BE	DQ

Ballarat Zone - Llanberris Reserve, Ballarat

Small fields in our three country venues but these will grow as the season progresses. Sarah Brennan was the top walker at Ballarat with her time of 10:10.21.

2000m Walk

1.	Brennan, Sarah	W37	BALLARAT YCW	10:10.21
2.	Ruddick, Kevin	M63	BALLARAT HAR	11:32.30
3.	Prendergast, Mauri	M50	UNATTACHED	11:47.69
4.	Somerfield, Kobie	W17	BALLARAT HAR	12:10.63

Bendigo Zone - LA Trobe Uni Track, Bendigo

Madison Hill took line honours in Bendigo with 12:15.02.

2000m Walk

1.	HILL, MADISON	W13	SOUTH BENDIGO	12:15.02
2.	SAVAGE, JOSHUA	M18	EAGLEHAWK YMCA	13:03.70
3.	WATSON, JOHN	M63	BENDIGO HARRIERS	14:48.53

Geelong Zone - Landy Field, Geelong

Alas, it looks like Thomas Mirarchi might have been a lone walker at Geelong!

2000m Walk

1.	Mirarchi, Thomas	13	CORIO ATHLETIC CLUB	16:58.82
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ASA INTERCLUB WALKS, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 19 OCTOBER

Thanks to Kim Mottrom for the latest South Australian interclub results. Kim commented: We had 3000m and 1500m track races yesterday with a 28C temperature, so we're getting into summer and getting used to the heat of the track. Considering the weather we actually had a lot of walkers out which is a good sign with the State All-Schools next week and our State 10km the week after.

Open Men 3000m walk

1.	Kim Mottrom	13:20.01
2.	Justin Hill	13:48.70
3.	Troy Hooker	15:54.93
4.	Alix Harlington	16:32.04
5.	Peter Crump	16:41.83
6.	Jayden Goode	17:44.90

Open Women 3000m Walk

1.	Tanya Holliday	13:32.32
2.	Jemma Potezny	15:17.75
3.	Anna Cross	15:18.78
4.	Danielle Walsh	16:19.23
5.	Bethany Cross	16:52.11
6.	Sarah Damin	17:03.71
7.	Gloria Holliday	17:21.10

Girls 1500m Walk

1.	Erin Dallimore	8:20.46
2.	Rhiana Hooker	8:39.25
3.	Hayley Goode	9:09.17

Boys 1500m Walk

1.	Joe Cross	8:00.54
2.	Nicholas Dallimore	9:19.53

RWCWA ROAD WALKS, WILSON, PERTH, SUNDAY 20 OCTOBER

Thanks to Rick Cattermole for the results from the first round of summer competition for the Racewalking Club of Western Australia. Rain at the start followed by warm blue skies!

5km Open

1.	Breanna Brown	U20	30.37
2.	Caitlin Gerken	U18	30.41
3.	Christopher Gerken	U14	30.45
4.	Michelle Butler	U23	31.54

3km Open

1.	Sara Cattermole	OP	18.40
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2km Open

1.	Summer Brown	U10	12.22
2.	Timothy Kezic	U13	12.55
3.	Tina Kezic	U15	13.11
4.	Ryan Kezic	U10	13.20

WORLD MASTERS CHAMPIONSHIPS, PORTO ALEGRE, BRAZIL, 15-27 OCTOBER

The **World Masters Athletic Championships** (see <http://www.wma2013.com>) is now underway in Porto Alegre, Brazil. This week I report on the 5000m track walks which were held in warm conditions last Friday (men) and Saturday (women).

Men's 5000m Track Walks, Friday 18 October

Latvian Normunds Ivzans (M40 21:52.65) was fastest overall in the men's 5000m championships at Porto Alegre. He finished ahead of Argentinian Benjamin Loreface (M40 21:57.87) and Mexican Etiel Soto Maldonado (M40 22:07.49). But the walk of the day had to go to British walker **Ian Richards** who set a new M65 world record of 24:13.10, beating **Andrew Jamieson's** 2012 record time of 24:14.04. Andrew, now aged 67, was second behind Ian with his own excellent time of 24:45.40. 93-year-old Mexican Armando Estanol was the oldest competitor to finish, his time being 46:59.72. Apart from Andrew, other Australians in the mix included **James Christmass** (4th in M45 with 23:44.65) **Russ Dickenson** (5th in M65 in 29:19.30), **Ralph Bennett** (1st in M70 with 28:27.70). **Colin Silcock-Delaney** (2nd in M80 with 37:04.15) and **Bert James** (3rd in M80 with 37:10.82). The results below are restricted to the first 10 from each division. See https://wma2013.com/results/results16_19_men_women.html for the full results listings.

M35 5000 Meter Race Walk

1.	Pinera Alvarez, Ru	M38	Spain	23:42.89
2.	Rodriguez Jimenez,	M38	Spain	24:41.50
3.	Soliana, Raynold	M37	Netherlands	27:07.61

M40 5000 Meter Race Walk

1.	Ivzans, Normunds	M41	Latvia	21:52.65
2.	Loreface, Benjamin	M43	Argentina	21:57.87
3.	Soto Maldonado, Et	M40	Mexico	22:07.49
4.	Svensson, Christer	M43	Sweden	23:59.88
5.	Monteiro, Izael Go	M43	Brazil	26:54.41

M45 5000 Meter Race Walk

1.	Arena, Walter Salv	M49	Italy	22:28.69
2.	Cacia, Salvatore	M46	Italy	22:36.11
3.	Banda, Royce	M47	Mexico	23:36.06

4. Christmass, James	M45	Australia	23:44.65
5. Garnyk, Petro	M49	Ukraine	24:59.23
6. Vargas Mendoza, Al	M45	Colombia	25:01.10
7. Breide, Madars	M48	Latvia	25:56.54
8. Liepins, Modris	M47	Latvia	26:11.90
9. Zahoncik, Jan	M48	Slovak Repub	29:16.69
10. Elfried, Laker	M45	Netherlands	29:25.91

M50 5000 Meter Race Walk

1. Perianez Garcia, M	M50	Spain	22:20.63
2. de los Angeles, Gu	M52	Mexico	22:38.07
3. Sadlej, Zbigniew	M51	United State	23:34.55
4. Gutierrez Brenes,	M52	Costa Rica	23:50.12
5. Dietsche, Klaus	M51	Germany	24:07.70
6. Talcott, David	M53	United State	24:10.92
7. Iglesias Barrio, J	M50	Spain	26:06.58
8. Buitrago, Omar	M50	Colombia	26:14.83
9. Aguilera, Jose Man	M51	Argentina	26:47.41
10. Gnauck, Dick	M50	Germany	26:57.22
Hastie, Garry	M52	Australia	DNF

M55 5000 Meter Race Walk

1. Prieler, Helmut	M58	Germany	26:01.55
2. Lyzhin, Sergey	M58	Russia	26:37.08
3. Corona, Juan	M58	Mexico	28:29.17
4. Bosman, Marius	M57	South Africa	28:38.87
5. Barrera Villa, Uri	M58	Chile	28:45.01
6. Hauger, Georg	M56	Germany	29:01.97
7. Smith, Gary	M57	Great Britai	30:01.86
8. Oliveira, Martins	M57	Brazil	30:29.63
9. Lopez, Juan Carlos	M58	Argentina	31:00.14
10. Cambroner, Edgar	M58	Costa Rica	31:06.17

M60 5000 Meter Race Walk

1. Lopez Camarena, Jo	M64	Mexico	25:04.99
2. Parker, Mike	M60	New Zealand	25:16.38
3. Adam, Petr	M63	Czech Republ	27:48.51
4. Diaz Berkowitz, Lu	M61	Colombia	27:54.77
5. Smith, Andrew	M64	United State	28:06.27
6. Aytmukhametov, Nar	M61	Russia	28:15.23
7. Villa Lorenzo, Rob	M62	Argentina	28:52.43
8. Fernandez, Luis Al	M63	Argentina	29:03.18
9. Pin, Jean Pierre	M64	France	29:10.99
10. Callaghan, Christo	M60	South Africa	29:15.68
16. Doran, Anthony	M61	Australia	33:33.34

M65 5000 Meter Race Walk

1. Richards, Ian	M65	Great Britai	24:13.10 WR
2. Jamieson, Andrew	M67	Australia	24:45.40
3. Niestelberger, Lud	M65	Austria	26:57.07
4. Delayre, Bernard	M66	France	28:42.92
5. Dickenson, Russell	M67	Australia	29:19.30
6. Frable, Norman	M68	United State	29:32.70
7. Campbell, Richard	M67	United State	30:27.77
8. Kovalev, Ivan	M65	Russia	30:41.77
9. Rosales, Oscar Fra	M66	Argentina	31:12.01
10. Vinuesa, Josep	M65	Argentina	32:34.85

M70 5000 Meter Race Walk

1. Bennett, Ralph	M71	Australia	28:27.70
2. Agreda Hernandez,	M70	Venezuela	32:27.84
3. Battaia, Silvio Es	M70	Argentina	32:39.04
4. Backlund, John	M73	United State	35:20.60
5. Ceconato, Raul Hu	M72	Argentina	38:08.15

M75 5000 Meter Race Walk

1. Kuchumov, Aglia	M75	Russia	31:22.97
2. Panaseiko, Mykola	M78	Ukraine	31:29.80

3.	de Coppet, Alexis	M75	Switzerland	34:05.57
4.	Tsukrov, Semen	M77	Russia	34:07.00
5.	Mikulis, Gunars Ja	M76	Latvia	35:04.22
6.	Stevens, David	M77	Great Britai	36:00.43
7.	Aravena, Hector	M75	Chile	36:37.33
8.	Caro Martinez, Vic	M78	Chile	37:09.66
9.	Cruz Gonzalez, Dav	M77	Mexico	37:13.16
10.	Alvarez, Luciano	M79	Dominican Re	38:04.14
14.	Beaumont, Ian	M77	Australia	43:21.89

M80 5000 Meter Race Walk

1.	Pushkin, Ivan	M83	Ukraine	36:51.04
2.	Silcock-Delaney, Colin	M81	Australia	37:04.15
3.	Janes, Bert	M80	Australia	37:10.82
4.	Michel Paoli, Serg	M82	Dominican Re	38:50.97
5.	David, Saturnino A	M81	Argentina	43:26.44
6.	Guerra, Samuel	M80	Chile	43:39.99
7.	Keshishev-Galii, V	M82	Russia	44:48.60
8.	Bom, Jose	M80	Portugal	45:40.02
9.	Reino, Walter da S	M84	Brazil	48:13.16

M85 5000 Meter Race Walk

1.	Moremen, William	M85	United State	37:13.78
2.	Amano, Kohsoh	M88	Japan	40:07.77
3.	Palomino Ruiz, Hum	M86	Peru	43:39.65
4.	Theurel Franoy, Te	M86	Mexico	45:40.60

M90 5000 Meter Race Walk

1.	Estanol, Armando	M93	Mexico	46:59.72
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Women's 5000m Track Walks, Saturday 19 October

American international Erin Taylor-Talcott (W35 26:05.76) was the fastest of the women in Porto Alegre, just 6 days after winning the USA 40km championship (3:39.20) in New York State. Next fastest were South African Lesley Van Buuren (W50 26:15.42) and Australian Pam Tindal (W50 27:26.54). Of the 122 women who participated in the 5000m walks, 105 completed the event successfully, 14 were disqualified and 3 dropped out. Apart from Pam Tindal's silver medal in the W50 division, other top Australian performances came from Heather Carr (1st in W60 with 28:26.97), Gwen Steed (1st in W70 with 32:38.05) and Margaret Beaumont (4th in W75 with 43:01.87). Again results are restricted to the first 10 from each division. See https://wma2013.com/results/results16_19_men_women.html for the full results listings.

W35 5000 Meter Race Walk

1.	Taylor-Talcott, Erin	W35	United State	26:05.76
2.	Flores, Carolina	W35	Venezuela	27:52.42
3.	Vidotto Rech, Edil	W37	Brazil	30:09.61
4.	Raetsen, Sarah	W37	Canada	30:23.31
5.	Guimaraes, Marcia	W38	Brazil	36:45.91

W40 5000 Meter Race Walk

1.	Borovickova, Lenka	W40	Czech Republ	28:01.00
2.	Sierra, Lorena	W41	Venezuela	28:11.20
3.	Dell'isola, Andrea	W40	Argentina	28:18.29
4.	Medeiros, Sara Rod	W43	Brazil	29:12.09
5.	Geraldino, Claudia	W44	Brazil	33:20.59

W45 5000 Meter Race Walk

1.	Brooke, Susan	W48	Canada	27:39.37
2.	Triay, Esmeralda R	W48	Brazil	29:41.87
3.	Battaia, Nora Alej	W47	Argentina	31:00.01
4.	Duarte, Zulma Beat	W45	Argentina	35:01.96
5.	Conejeros Luna, No	W49	Chile	38:07.24
6.	Tholat, Sarojini	W45	India	39:29.30
7.	Jaeger, Alberta Cr	W47	Brazil	40:07.33

W50 5000 Meter Race Walk

1.	Van Buuren, Lesley	W51	South Africa	26:15.42
2.	Tindal, Pam	W53	Australia	27:26.54
3.	Cochereau, Veroniq	W54	France	28:24.39
4.	Kichenbrand, Franc	W51	South Africa	28:57.95

5.	Tamasiro, Marcia d	W50	Brazil	30:17.34
6.	Vazquez, Concepcio	W54	Mexico	32:29.22
7.	Calleros Ramos, Ma	W53	Mexico	32:43.28
8.	Gormley, Anne	W50	Ireland	34:36.61
9.	Martinez Huenuque,	W51	Chile	35:01.67
10.	Tangestani, Marzie	W51	Iran	35:46.04

W55 5000 Meter Race Walk

1.	Kryvokhyzha, Tetia	W57	Ukraine	27:58.49
2.	Nell, Barbara	W58	South Africa	29:30.86
3.	Risk, Monica	W55	South Africa	30:15.13
4.	Vazquez Garcia, Ro	W57	Mexico	30:18.44
5.	Picard, Marie Fran	W55	France	30:29.51
6.	Pelaez Cardona, Ro	W57	Colombia	30:36.87
7.	Garbarino, Liliana	W55	Argentina	32:15.83
8.	Quijada, Yajaira	W58	Venezuela	35:07.55
9.	Ramirez Beltran, F	W56	Mexico	35:26.76

W60 5000 Meter Race Walk

1.	Carr, Heather	W64	Australia	28:26.97
2.	Mendes, Ma Orlete	W62	Portugal	30:40.28
3.	de Thy, Anne	W60	Canada	30:46.87
4.	Briz, Maria Jose	W62	Spain	31:05.50
5.	Graham, Donna	W64	United State	32:52.65
6.	Alvarez, Aurora	W61	Spain	33:05.49
7.	Green, Donna	W61	United State	33:10.97
8.	Whalen, Liliana	W62	Canada	33:47.54
9.	Sea, Juana	W61	Argentina	34:57.73
10.	Rodriguez Rodrigue	W64	Mexico	35:29.58

W65 5000 Meter Race Walk

1.	Meyer, Elsa	W67	South Africa	29:45.48
2.	Blatchford, Noel	W65	Great Britai	30:56.17
3.	Wilson, Jacqueline	W67	New Zealand	32:44.97
4.	Buitrago, Olga	W66	Argentina	32:46.55
5.	de Coppet, Brigita	W67	Switzerland	33:37.10
6.	Neidel, Heidrun	W66	Germany	33:58.15
7.	Johnson, Celia	W66	Australia	34:57.98
8.	Backlund, Darlene	W68	United State	35:33.44
9.	Gonzalez, Dora	W65	Chile	35:44.87
10.	Frable, Kathleen	W68	United State	35:54.59
	Feldman, Elizabeth	W65	Australia	DQ

W70 5000 Meter Race Walk

1.	Steed, Gwen	W71	Australia	32:38.05
2.	Karetie, Pirjo	W71	Finland	32:49.02
3.	Vey, Hildegard	W72	South Africa	33:35.54
4.	Higbie, Janet	W72	United State	35:27.08
5.	Purcell, Joan	W72	Australia	35:58.78
6.	Sinkovec, Rita	W74	United State	36:34.87
7.	Hults, Sandra	W71	United State	37:49.98
8.	Valderrama Pardo,	W73	Chile	38:15.32
9.	Schickert, Lynne	W71	Australia	38:26.91
10.	Raoufi, Iran	W73	Iran	39:03.09

W75 5000 Meter Race Walk

1.	Sukochova, Lidiya	W75	Ukraine	39:52.88
2.	Ortiz, Ana Maria	W75	Mexico	39:53.15
3.	Gurmiresmi, Micky	W77	Indonesia	40:05.39
4.	Beaumont, Margaret	W75	Australia	43:01.87
5.	Cabrera, Esther	W76	Bolivia	43:07.86

W80 5000 Meter Race Walk

1.	Horne, Jean	W80	Canada	39:54.23
2.	Moremen, Grace	W83	United State	44:17.99

Dave Talcott has ranked the various performances from an Age-Graded perspective. Dave commented that the 2010 tables were used for this analysis. WMA officially still uses the 2006 tables which has been shown (by historical statistics) to be swayed towards the

older athletes - as it used very limited data on the history of older race walkers. The 2010 tables do a better job at levelling the playing field and more realistically depicts the comparison of the age groups. It is great to see Heather Carr and Andrew Jamieson on top of their respective tables, as well as top ten rankings to Pam Tindal and Gwen Steed.

	Name	Country	Age	Time	%	Equiv. Time
1.	Heather Carr	Australia	64	28:26.97	91.01%	22:01
2.	Elsa Meyer	South Africa	67	29:45.48	89.29%	22:27
3.	Leslie Van Buuren	South Africa	51	26:15.42	86.74%	23:06
4.	Tetia Kryvokhyzha	Ukraine	57	27:58.49	86.57%	23:09
5.	Pam Tindal	Australia	53	27:26.54	84.73%	23:39
6.	Gwen Steed	Australia	71	32:38.05	84.51%	23:43
7.	Noel Blatchford	Great Britain	65	30:56.17	84.42%	23:45
8.	Pirjo Karetie	Finland	71	32:49.02	84.03%	23:51
9.	Ma Orlete Mendes	Portugal	62	30:40.28	83.00%	24:09
10.	Hildegard Vey	South Africa	72	33:35.54	82.97%	24:09
1.	Andrew Jamieson	Australia	67	24:45.40	93.25%	19:24
2.	Ian Richards	Great Britain	65	24:13.10	93.08%	19:26
3.	M Perianez Garcia	Spain	50	22:20.63	92.44%	19:34
4.	Gu de los angeles	Mexico	52	22:38.07	91.71%	19:44
5.	Walter Salv Arena	Italy	49	22:28.69	91.14%	19:51
6.	Jo Lopez Camarena	Mexico	64	25:04.99	88.82%	20:22
7.	Benjamin Lorefice	Argentina	43	21:57.87	88.81%	20:22
8.	Salvatore Cacia	Italy	46	22:36.11	88.42%	20:28
9.	Zbigniew Sadlej	United States	51	23:34.55	87.83%	20:36
10.	Normunds Ivzans	Lativa	41	21:52.65	87.76%	20:37



Andrew and Lyn Jamieson after Andrew's silver medal in the 5000m walk

The walks action continues this week with 10km and 20km roadwalks scheduled as follows:

10km Road Walk	Tuesday 22 nd October
20km Road Walk	Saturday 26 th October

SOUTH AMERICAN JUNIOR T&F CHAMPIONSHIPS, CHACO, ARGENTINA, 18-20 OCTOBER

Manuel Estoban Soto (Colombia - 41:55.95) and Karla Jaramillo (Ecuador - 49:05.84) were the winners in the annual South American Junior T&F Championship walks last weekend.

Men's 10,000m Race Walk - 19.10.2013

1.	Manuel Esteban SOTO	COL	94	41:55.95
2.	Daniel Brayan PINTADO	ECU	95	42:02.20
3.	Paolo Cesar YURIVILCA	PER	96	42:25.48
4.	Kenny Martin PEREZ	COL	94	42:54.06

5.	Marco Antonio RODRIGUEZ	BOL	94	44:23.45
6.	Fernando CUIRO	PER	94	45:59.20
7.	Max Batista GONCALVES DOS SANTOS	BRA	94	47:41.61
	Bruno Marques FIDELIS	BRA	94	DQ

Women's 10,000m Race Walk - 20.10.2013

1.	Karla JARAMILLO	ECU	97	49:05.84
2.	Stefany CORONADO	BOL	96	49:09.92
3.	Sara Patricia PULIDO	COL	94	49:33.35
4.	Jessica HANCCO	PER	95	49:56.91
5.	Leyde GUERRA	PER	98	56:21.70
6.	Sofia KLOSTER	ARG	96	60:09.02
	Elyse DA SILVA ALBINO	BRA	94	DQ
	Rayana Caroline LINS DE OLIVEIRA	BRA	96	DQ

ITALIAN U18 10KM ROADWALK CHAMPIONSHIPS, GROTTAMMARRE, SUNDAY 20 OCTOBER

The Marcia Italia website (see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1600) reports on the latest Italian racewalking carnival, held on Sunday in Grottammare, in the province of Ascoli Piceno. The meet included Italian U18 10km roadwalk championships and National Masters championships as well as a wide variety of other races. See full results at <http://www.fidal.it/risultati/2013/COD4334/RESULTSBYEVENT1.htm>. A quick summary of key results follows

Italian 10km U18 Chhampionship - Men

1.	ANGELINI Gregorio	1996	45:36
2.	INGLESE Giuseppe	1996	46:47
3.	BERSANI Matteo	1996	47:51
4.	PICCHIOTTINO Gianluca	1996	48:17
5.	DE ROSA Luigi	1996	48:51
6.	RIGAMONTI Alessandro	1997	49:05
7.	GRILLO Ettore	1997	49:11
8.	CALIFANO Matteo	1996	49:40
9.	COPPINI Niccolo'	1997	50:32
10.	ORAZI Elio	1997	50:54

Italian 10km U18 Chhampionship - Men

1.	STELLA Noemi	1997	49:28
2.	DOMINICI Eleonora	1996	52:42
3.	BERTAZZO Caterina	1997	52:51
4.	CIABINI Giada Francesca	1997	54:18
5.	IMBESI Giulia	1996	55:32
6.	FUSELLA Erica	1996	55:41
7.	GOZZI Maria Giulia	1996	56:08
8.	BARCELLA Lidia	1997	56:41
9.	ANSALDI Martina	1996	57:16
10.	CORCELLA Chiara	1997	59:14

20km Open Men

1.	MINEI Vito	1994	1h31:04
2.	AMATI Marco	1994	1h31:55
3.	FORTUNATO Francesco	1994	1h32:59
4.	DEFENDENTI Roberto	1968	1h34:03
5.	ROMAGNOLI Tommaso	1991	1h34:25
6.	ANTONELLI Michele	1994	1h35:21
7.	QUACQUARELLI Giuseppe	1993	1h36:41
8.	TODISCO Daniele	1995	1h37:55
9.	MALTONI Alessandro	1993	1h38:45
10.	MANSUTTI Stefano	1995	1h40:28

20km Open Women

1.	CLEMENTE Anna	1994	1h45:24
2.	GALLI Ilaria	1987	1h46:59
3.	SCIPIONI Sara	1995	1h49:19
4.	CIVILETTI Laura	1992	1h49:58
5.	DELL'AQUILA Nicoletta	1988	1h53:21
6.	SCOLOZZI Erika	1995	1h54:29
7.	AMBROSINI Letizia	1991	1h54:39
8.	GUIDI Alessia	1993	1h56:16

9. MORETTI Gladys	1991	1h57:44
10. COGOLI Mariagrazia	1962	1h59:01

WALKING SHORTS

- The Russian anti-doping agency RUSADA has now confirmed on its website that walker Ekaterina Medvedeva has been banned for a period of two years, taking effect from June 13 this year.
See <http://omarchador.blogspot.pt/2013/10/junior-ekaterina-medvedeva-nas-malhas.html>
- Athletics Australia and The Australian Little Athletics Assn have work to do to satisfy the Australian Sports Commission and ensure that they retain their full funding allocations, going forward.
See <http://www.insideathletics.com.au/editorial/13832-merger-discussions-finely-balanced>
- Robbie Heffernan is tipped to clean up big time in the annual Irish National Athletics Awards later this month
See <http://www.athleticsireland.ie/content/?p=34967>
- The Italian Athletics Federation (FIDAL) will celebrate the 80th birthday of Olympic gold medal-winning walker Abdon Pamich at a special ceremony on 18 October at the headquarters of FIDAL in Rome. See <http://www.european-athletics.org/news/latest-news/496-general/12275-italian-federation-to-honour-walking-legend-abdon-pamich.html>

MORE NEWS ON THE ASIAN WALKING FRONT

In last week's newsletter, I posted the first 3 places in the annual MTR Hong Kong 10km roadwalk. The meet results have now been published in full - see http://www.hkaaa.com/page.php?pid=1044&mid=147&ac_id=6&type=% . The full 10km results follows

MTR 10km International Roadwalk for Men

1. CHOE BYEONG KWANG	KOR	0:43:53
2. SHUNTARO KOBAYASHI	JPN	0:44:19
3. JESSE OSBORNE	AUS	0:45:55
4. LO PO YING	TPE	0:47:48
5. TSE CHUN HUNG	HKG	0:49:06
6. HIROKI MAKITANI	JPN	0:49:27
7. MOHAMAD SHAMRIN BIN MO HD ARIS	MAS	0:49:31
8. CHIN MAN KIT	HKG	0:52:02
9. KITTIPHONG CHONDUANG	THA	0:53:33
10. CHEUNG WAI TAK	HKG	0:55:05
11. NG HANG TAT	HKG	0:57:08
12. CHONG HIU FUNG	HKG	0:57:43
13. CHOW FUNG CHUEN	HKG	0:58:30
14. CHAN KA YIU	HKG	0:58:44
15. CHEUNG WING HIN DANIEL	HKG	0:59:07
16. SIU MAN SHUN	HKG	1:00:32
17. GREGOIRE PETER	HKG	1:01:08
18. YU WAI KEE	HKG	1:02:07
19. FU CHI WING JASON	HKG	1:04:56
20. FONG SAI HO	HKG	1:06:31
21. BILL PURVES	HKG	1:07:48
22. LEUNG TING KIN	HKG	1:08:11
23. LEE CHI KO	HKG	1:09:54
24. CHAN SHUN KING	HKG	1:11:48

MTR 10km International Roadwalk for Women

1. JESSICA PICKLES	AUS	0:51:30
2. CHANG CHIA FENG	TPE	0:51:47
3. TANAPHON ASSAWAWONGCHAROEN	THA	0:53:10
4. NUR AISYAH BINTII AHMAT	MAS	0:54:26
5. MIE SHINODA	JPN	0:54:45
6. NG SAU MAN	HKG	0:57:45
7. KWOK CHIK HA	HKG	1:02:16
8. CHAN CHUN FUNG FORIS	HKG	1:03:15
9. CHENG IP MING	HKG	1:03:54
10. KWAN SIU YIN	HKG	1:06:07
11. SUEN WAI HA	HKG	1:06:50

12. CHOI KIN YUNG
13. IP CHEUNG SAU

HKG 1:07:48
HKG 1:08:17

The next major racing opportunity in Hong Kong is their annual 20km championships which will be held on Sunday 1st December. Entry forms are now available at <http://www.hkaaa.com/page.php?pid=1136&mid=147&type=gameevent>. I know a few people who have gone in years past and it's another great meet and not too expensive from Australia.

If you really want to, you can then make it a week long trip and stay over for the annual 50km / 12 Hour roadwalks in Putrajaya in Malaysia the following weekend. Entries for that are open too at <http://www.racewalkermalaysia.com/12-hour-walk.php>.

BOB GARDINER CELEBRATES HIS SIXTIETH ATHLETICS VICTORIA TRACK SEASON

In what is an amazing endurance performance, VRWC Vice President and life member Bob Gardiner celebrates his 60th year of Athletics Victoria Shield competition this year. To help celebrate this wonderful milestone, Collingwood Harriers are organizing a special function for him from 2PM on Sunday 10th November. As we have our VRWC club championship road races that morning, why not make it a big day out and finish off at the Collingwood Harriers clubrooms at the George Knott Athletics Track in Clifton Hill.

Collingwood president Steve Griffiths advises that all are welcome but he would appreciate a heads up on possible/probable numbers if at all possible. His contact details are in the flyer below.



COLLINGWOOD HARRIERS ATHLETIC CLUB Incorporating Kew Camberwell Athletic Club

What a milestone!!

60th season as a competitor with our great Club!

.....And what apart he has played in our history!

Bob Gardiner

began his career in the Black and White on November 11th. 1953

and you are invited to celebrate with him at the Clubrooms on November 10th 2013 between 2:00pm and 4:00pm (and perhaps a little longer!!)

A representative at Olympic level and at the Commonwealth Games (Silver Medal) and the Club's only World Record holder, Bob holds a special place in our history.

You are cordially invited to attend this get together
to help acknowledge Bob's tremendous contribution to our sport in general
and more particularly the Collingwood Harriers.

A light luncheon will be supplied and refreshments will be available.

The Club is looking forward to many of Bob's Clubmates of years gone by attending to help celebrate this great achievement

An indication of likely attendance would be appreciated for catering purposes.

Steve Griffiths 5786 5385 or griffiths.stephen.r@edumail.vic.gov.au

Please feel free to publicise to others with whom we may have lost contact!

2014 IAAF CHALLENGE SERIES EVENTS UNVEILED

It is not up yet on the IAAF website but I have been forwarded this listing of the 2014 IAAF Challenge Series walks ratified thus far. The first meet for the year is our own 20km event in Hobart which is also being advertised as a Commonwealth Championship. I will publish further information as it becomes available.

02/02/2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
15-16/02/2014	Cochabamba	BOL	South American Race Walking Championships	C Category
22/02/2014	Chihuahua	MEX	IAAF Permit	B Category
16/03/2014	Lugano	SUI	Area Permit	C Category
16/03/2014	Nomi City	JPN	Asian Race Walking Championships	C Category
22/03/2014	Dudince	SVK	Area Permit	C Category
05/04/2014	Rio Maior	POR	Area Permit	C Category
12/04/2014	Podebrady	CZE	Area Permit	C Category
24/05/2014	La Coruna	ESP	IAAF Permit	B Category
03-04/05/2014	Taicang	CHN	IAAF World RW Cup	A Category
10/14/08/2014	Marrakech	MAR	African Championships	C Category
12-27/08/2014	Zurich	SUI	European Championships	C Category

WHAT'S COMING UP

The **2013 Victorian All Schools Track & Field Championships** will be held at Lakeside Stadium this coming weekend. Good luck to all our Victorian walkers. The final walks timetable reads as follows

Fri 25 Oct 4:50pm	U17, U18, U20 Men & Women 5000m Walk
Sun 27 Oct 2:20pm	U14 Boys & Girls 3000m Walk
Sun 27 Oct 2:35pm	U15, U15 Boys & Girls 3000m Walk

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.

2013/2014 Australian/Victorian Summer Season Key Dates

Oct 25-27, 2013	Victorian All Schools T&F Championships, Lakeside Stadium, Melbourne
Dec 6-8, 2013	Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013	Australian 50km Race Walking Championships, Melbourne (ViC - 2014 World Cup 50km trial)
Feb 2, 2014	Australian 20km Race Walking Championships, Hobart (Tas)
	Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC - 10,000m walks)

2013 International Fixture

October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com
Nov 11-14, 2013	Chinese Racewalk Tournament, Suzhou, China
Sun Dec 1, 2013	Hong Kong 20km Championships - http://www.hkaaa.com/page.php?pid=1136&mid=147&type=gameevent
Dec 7-8, 2013	50km / 12 Hour roadwalks in Putrajaya, Malaysia - http://www.racewalkermalaysia.com/12-hour-walk.php

2014 International Fixture

Jan 4-12, 2014	Oceania Masters Championships, Bendigo - see http://www.omabendigo2014.com.au
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
May 3-4, 2014	26th IAAF World Race Walking Cup, Taicang, China
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA

2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 24, 2014	La Coruna	ESP	IAAF Permit	B Category

Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

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 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
2017	29th Summer Universiade, Taipei
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
2018	Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)
July 2020	32nd Olympic Games, Tokyo

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