



## HEEL AND TOE ONLINE

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

Last week's Walker of the Week was 11 year old **Mikhala Hodges**. The holder of a number of VRWC club records, she upped the ante with regard to her U12 10km road walk record which she set 12 months ago as a 10 year old - her time then was 1:09:00. On Saturday, she improved her 10km time to 1:06:21 to shave well over 2 minutes off her record. It is not often that I get the chance to highlight one of our very young walkers but this week I can. Well done Mikhala. We hope to see many big walks over the next few years.

This week two walkers have caught my eye so it's a vote once again!

- **Simon Evans** won the Victorian 50km championship on Sunday in a 20 minute PB time of 5:17:01. This comes on top of wins in the State 20km and 30km championships, a silver in the 15km championship and a bronze in the 10km championship. This has been by far his best ever season and he set PBs in all of the above races except for the 10km one. He even walked his first ever Canberra 20 Miler this year, finishing 6<sup>th</sup> in a very good first up effort.
- 14 year old NSW walker **Tyler Jones** was the standout walker in the NSW Combined High Schools Sports Association T&F Championships held last weekend, winning the Boy's Age 15 and Under 1500m with a 7 sec PB time of 6:16. Tyler has been nominated quite a few times this year and has won my Walker of the Week twice. It is a tribute to his continuing good form that he keeps getting nominated so regularly.

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

As a matter of interest, our multiple weekly winners in our first year of the Walker of the Week, are as shown below. Tanya Holliday leads the charge with weekly 4 wins while Claire and Jared Tallent have shown great husband-wife savvy, each winning 3 times!

Tanya Holliday	4	7 Feb, 21 Feb, 22 May, 31 July
Claire Tallent	3	28 Feb, 3 Apr, 3 July
Jared Tallent	3	6 Mar, 7 Aug, 14 Aug
Peter Bennett	2	10 Dec, 19 Jun e
Chris Erickson	2	2 Nov, 15 Apr
Tyler Jones	2	27 Mar, 1 May
Kim Mottrom	2	8 May, 24 July
Michelle Thompson	2	13 Mar, 26 Jun e
Lyn Ventris	2	10 Apr, 21 Aug

### AV, RWA AND AV CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 9 SEPTEMBER 2012

Sunday saw the last of the winter season racewalking competitions and it was a big one with the annual long distance championships being contested in ideal conditions at Middle Park.

The main events on offer were the men's Victorian 50km championship and women's Racewalking Australia 50km championship and all four starters successfully finished the tough challenge. Box Hill walker Simon Evans added to his wins in the Victorian 20km and 30km championships to take his third gold for the winter in a big PB time of 5:17:01. He led the whole way to finish ahead of Gippsland's Terry O'Neill with 5:22:44 and Preston's Aaron McDonough with a first up 5:28:38. VRWC walker Michelle Thompson mixed it with the men to win the RWA championship in 5:23:38, a new Australian Masters W40 record but well outside her winning time last year.

VICTORIAN 50KM CHAMPIONSHIP			10km	20km	30km	40km	50km	
1.	Simon Evans	BOH	0:58:57	1:57:59	2:56:42	4:01:17	5:17:01	PB 20:05
2.	Terry O'Neill	GPA	1:05:52	2:04:19	3:12:19	4:16:25	5:22:44	
3.	Aaron McDonough	PTN	0:59:15	1:58:24	2:57:44	4:09:11	5:28:38	First One
RWA 50KM CHAMPIONSHIP - WOMEN								
1.	Michelle Thompson	VRWC	1:02:10	2:05:00	3:08:30	4:18:17	5:23:37	



**50km finishers Simon Evans, Michelle Thompson, Terry O'Neill and Aaron McDonough**

A number of other VRWC long distance events were contested over 35km, 4 Hours, 5 Hours and 6 Hours. Husband and wife team Terry and Karyn O'Neill took the honours in the 6 Hour event in what was one of the morning's other highlights while Sandra Howorth and Gary Turner won the 5 Hour and 4 Hour events. Medals in the 35km Club Championship went to Simon, Aaron and Michelle.

**VRWC 6 HOUR WALK**

1.	Terry O'Neill	1:05:52	2:04:19	3:12:19	4:16:25	5:22:44	54.971km
2.	Karyn O'Neill	1:09:51	2:25:10	3:40:31	5:02:40		47.170km PB 737m
3.	Steve Jordan	1:16:04	2:37:52	4:01:53	5:27:30		43.873km

**VRWC 5 HOUR WALK**

1.	Sandra Howorth	1:18:33	2:40:10	4:07:15	35.774km
2.	Rudolf Skrucany	1:20:50	2:45:58	4:14:10	35.000km

**VRWC 4 HOUR WALK**

1.	Gary Turner	1:25:12	2:56:14	26.000km
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**VRWC 35KM CLUB CHAMPIONSHIP - RAY SMITH TROPHY**

1.	Simon Evans	3:27:20
2.	Aaron McDonough	3:30:24
3.	Michelle Thompson	3:41:23
4.	Terry O'Neill	3:45:25
5.	Karyn O'Neill	4:21:26
6.	Steve Jordan	4:43:59
7.	Sandra Howorth	4:53:00
8.	Rudolf Skrucany	4:58:53

The usual mix of smaller distance events were on offer and we saw high quality winning performances by Andrew Jamieson (20km in 1:43:36) and Nathan Brill (10km in 44:53). The 20km event also saw Barry Loveday, in his first ever racewalk, record a very impressive 2:03:55 while in the 10km, a number of our younger walkers stepped up for their first ever challenge over such a big distance - Adam Garganis 53:27, Shelby Kay 1:00:20 and Emily Swan 1:03:49. And a special mention for Liz Feldman who walked with a broken and plastered wrist!

**VRWC 20KM WALK**

1.	Andrew Jamieson	0:50:43	1:43:36	
2.	Barry Loveday	1:00:30	2:03:55	First One
3.	Adam Patterson	1:02:48	2:07:55	
4.	Heather Carr	1:02:48	2:07:55	
5.	Liz Feldman	1:09:33	2:19:43	
6.	Celia Johnson	1:12:31	2:26:01	

**VRWC 15KM WALK**

1.	Anna Wallace	1:00:26	01:41:48
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**VRWC 10KM WALK**

1.	Nathan Brill	0:44:53	
2.	Adam Garganis	0:53:27	First One
3.	Reese Walmsley	0:54:43	
4.	James Christmass	0:55:54	
5.	Ralph Bennett	0:56:32	
6.	Shelby Kay	1:00:20	First One
7.	Emily Swan	1:03:49	First One
8.	Donna Elms	1:04:25	
	Kyle Swan	DNF	32:47 for 6km
	Billy Allamby	DNF	22:00 for 4km
	Carly Bertrand	DNF	

Thanks to our judges and officials who had a long day at the office - and a special thank you to Simone O'Neill who looked after the feed station for the duration!

**Judges:** Gordon Loughnan (Chief), Peter Vysma, David Cash, Michael Bodey, Terry Swan  
**Officials:** Tim Erickson, Damien Elms, Ian Laurie, Bob Gardiner, Harry Summers  
**Setup:** Harry Summers, Bob Gardiner, Peter Vysma. Damien Elms  
**Canteen:** Marlaire Stanway  
**Feed Station:** Simone O'Neill

You can see our usual array of photos at <http://www.vrwc.org.au/coppermine/>.



**Karyn O'Neill, Gary Turner, Sandra Howorth, Shelby Kay and Barry Loveday**



**Andrew Jamieson, Emily Swan, Liz Feldman, Adam Garganis and Nathan Brill**





Feet up after a successful 50km outing - Aaron McDonough, Michelle Thompson, Simon Evans and Terry O'Neill

**SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 8 SEPTEMBER**

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: *G'day Tim. 5k 'Turkey' (guess your time) handicap. Followed by Winter Medal presentations and afternoon tea. Last walk for Winter Season. Next Sunday 'City to Bay', 2k, 6k and 12k.*

	<b>5km Guess Your Time Handicap</b>	<b>Estimate</b>	<b>Act Time</b>	<b>Difference</b>		
1.	Lillian Harpur	45:00	45:04	+ 0:04	W64	57.56%
2.	Graham Harrison	33:00	33:16	+ 0:16	M69	74.38%
3.	Rodger Barber	36:30	36:06	- 0:24	M74	73.04%
4.	Marie Maxted	32:30	31:53	- 0:37	W52	71.3%
5.	George White	27:40	26:59	- 0:41	M67	89.57%
6.	Colin Hainsworth	39:00	38:18	- 0:42	M80	75.1%
7.	Roger Lowe	35:00	36:31	+ 1:31	M65	64.71%
8.	David Robertson	42:30	40:55	- 1:35	M75	65.34%
9.	Gill White	39:10	41:08	+ 1:58	W64	63.07%
10.	Phil Coles	43:08	41:08	- 2:00	M62	55.65%

**ACT RACE WALKING CLUB WALKS, LENNOX GARDENS, CANBERRA, SATURDAY 8 SEPTEMBER**

Thanks to Robin Whyte for the latest results from Canberra .

**4 Hour**

1.	Robin Whyte	34.617 Km
2.	Derek Robinson	32.250 Km
3.	Val Chesterton	24.444 Km

**2 Hour**

1.	Monika Short	15.695 Km
2.	Doug Fitzgerald	14.308 Km

**5Km Walk**

1.	Zoe Hunt	29:24
2.	Jane Bates	33:26
3.	Bryan Thomas	36:31
4.	David Mackenzie	39:27
5.	Kate Black	DNF
6.	Theresa Dorman	DNF

**3Km Walk**

1.	Callum Burns	16:50
2.	Spencer Burns	17:05

**1Km Walk**

1.	Thomas Hunt	07:31
2.	Laura Burns	08:23

**BRWC ROADWALKS - GRAHAM NICHOLS LAP OF THE LAKE, BALLARAT, SUNDAY 9 SEPTEMBER**

Thanks to Sarah Brennan for the report on Sunday's racing at the Ballarat Racewalking Club.

Cool & sunny conditions greeted the 9 racewalkers competing in the Graeme Nichols Lap of the Lake. The pack headed out at a solid pace in the sealed handicap. Josh Dillon and Sarah Brennan took an early lead and walked together to take line honors in 35:30. They were closely followed by in-form youngster Jemma Peart, in a PB of 36:16. But it was 12yo Rodney Davis who stormed home in a huge 5:58 min PB to take the handicap win in 39:45. It was also great to see the Platt brothers back in action, both pulling out sub-40min walks.

**6km**

1.	Rodney Davis	39:45	5:58 PB
2.	Joshua Platt	38:38	
3.	Jemma Peart	36:16	0:33 PB
4.	Emily Crowley	40:31	First Ever
5.	John Platt	39:44	
6.	Sarah Brennan	35:30	
7.	Kobie Somerfield	38:37	First Ever
8.	Daryl Biggin	40:31	
9.	Josh Dillon	35:30	

**2km**

1.	Olivia Davis	16:43
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**BRWC President Daryl Biggin with Lap of the Lake winner Rodney Davis**

**BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 10 SEPTEMBER**

Thanks to Paul Rance for the latest walks report from Bendigo in country Victoria.

The Bendigo Walkers Club held handicap events over 1600m and 3200m on Sunday morning. In the 1600m just 20 metres separated the 3 competitors with Madison Hill scoring a strong win in a personal best time from limit marker Carissa Brook 2nd and backmarker Zahra Hayes in 3rd place and taking fastest time also with a personal best effort. The 3200m was won by Catherine Heard in a personal best time with Annette Curtis close up in 2nd place and Barb Bryant flying home to take 3rd while Amanda Heard secured fastest time honours.

**3.2km Handicap**

1.	Catherine Heard	22.12
2.	Annette Curtis	22.09
3.	Barb Bryant	18.43
4.	Norm West	25.23
5.	Ebony Whiley	18.05
6.	Amanda Heard	17.39
7.	Geoff Major	23.32

**1.6km Handicap**

1.	Madison Hill	9.29
2.	Carissa Brook	9.51
3.	Zahra Hayes	8.35

## NSWCHSSA T&F CHAMPIONSHIPS, SYDNEY, 6-8 SEPTEMBER

The NSW Combined High Schools Sports Association T&F Championships were held last weekend with walk results as shown below. This meet targets the State Public School System. The All-Schools Championships are held later in the year. 14 year old Tyler Jones was the standout walker with a 7 sec PB time of 6:16. As usual, the depth and quality were very impressive.

### Girls 1500 Metre Walk 15 & Under

1.	Jasmyn McDonald	Carlf	6:57.14
2.	Shanae Norton	Stjoh	7:19.72
3.	Ebony Burnard	Rivgi	7:26.14
4.	Rhiannon Minnett	Chest	7:30.44
5.	Natalie Norris	David	8:02.12
6.	Karina Hopkins	Karab	8:07.45
7.	Brooke Ferguson	Colo	8:21.42
8.	Emily Hopkins	Karab	8:22.56
9.	Cori Hardy	Scros	8:22.94
10.	Shivon Nolland	Seveh	8:33.07
11.	Danielle Calemusic	Ullad	8:34.79
12.	Breanna Steadman	Hunsp	9:08.70
13.	Jade Kearsey	Peakh	9:18.81
14.	Raigen Russo	Peakh	9:26.51
15.	Simone Roberts	Bathu	11:08.79
16.	Cindy McGrath	Bathu	11:20.50
	Olivia Hamill	Byron	DQ

### Boys 1500 Metre Walk 15 & Under

1.	Tyler Jones	Hunsp	6:16.00
2.	Ethan Dhu	Bidwl	6:48.09
3.	Thomas Hopkins	Karab	6:49.80
4.	Eric Morey	Ruthf	7:17.37
5.	Ryan Owen	Seveh	7:42.46
6.	Danyon Dowton	Blaxl	8:02.35
7.	Benjamin Norris	David	8:06.88
8.	Lachlan Miller	Eagle	8:19.06
9.	Mathew Wilson	Eastb	8:46.04
10.	Ben Kaufmann	Tweed	9:34.18
	Alex Vustyan	Balma	DQ
	William Sexton	Sydyt	DQ

### Girls 17+ Years 3000m Walk

1.	Kirsty Klein	Hawks	14:47.29
2.	Jasmine Dighton	Crane	15:23.13
3.	Jayde Hill	Nambh	15:28.68
4.	Emily Warden	Bomad	17:08.33
5.	Summer Micallef	Picto	18:18.20
6.	Hannah Kelly-Moore	Warnb	18:22.33
7.	Chantelle Torres	Sredf	18:38.10
8.	Hannah Tansey	Burwg	18:47.53
9.	Karina Hopkins	Karab	19:00.09
10.	Laura Henry	Oatle	19:34.92
11.	Kim Williams	Merew	20:56.66
12.	Michelle Banning	Phack	21:01.35
	Dana Pendrick	Gosfd	DQ

### Boys 17+ Years 3000m Walk

1.	Jay Felton	Kincu	14:12.74
2.	Steven Washburn	Stmar	14:56.65
3.	Kurt Birch-Ward	Menai	15:29.96
4.	Luke Wilesmith	Eastb	17:53.40
5.	Luke Thorn	Bellg	19:45.56
6.	Craig Buchanan	Byron	19:53.83
7.	Rahul Jagtap	Sydyt	19:56.18
8.	Ben Maxwell	Blaxl	22:46.32
	Robert Morey	Bossp	DQ

## SARWC ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 1 SEPTEMBER.

And from the week before, the South Australian Racewalking Club results from Adelaide. As usual, Kim Mottrom led from the front with yet another PB, this time recording 44:11 (best by 8 secs).

### 10Km Walk

1.	Kim Mottrom	44:11
2.	Blake Steele	49:21
3.	Justin Hill	51:47
4.	Peter Crump	55:28
5.	Allegra Steele	59:38
6.	Gloria Holliday	1:02:44
7.	Bill Starr	1:12:35

### 5Km Walk

1.	Lachlan Tyler-Dowd	27:47
2.	Amber Tuscharski	29:43
3.	Rhiannon Lovegrove	32:07
4.	Michael Nicolaidis	33:01
5.	Barb Cain	36:20
6.	Jim Hoare	39:22

### 1Km Walk

1.	Summer Pelentsov	7:03
2.	Hayley Goode	7:15

### 2Km Walk

1.	Alix Harlington	9:59
2.	Jay Goode	11:38
3.	Riona Tyler-Dowd	12:13
4.	Chantelle Nicolaidis	13:31

## OVERSEAS RESULTS

### Polish National League, Krakow, Poland, Saturday 8 September

#### 5000m Walk Men

1.	Grzegorz SUDOŁ	78-08-28	KS AZS AWF Kraków	19:30.64
2.	Jakub JELONEK	85-07-07	KS AZS AWF Kraków	19:30.80

3.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	20:09.27
4.	Rafał AUGUSTYN	84-05-14	AZS-AWF Katowice	20:11.03
5.	Rafał SIKORA	87-02-17	KS AZS AWF Kraków	20:29.29
6.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	20:39.51

#### 3000m Walk Women

1.	Agnieszka DYGA CZ	85-07-18	AZS-AWF Katowice	12:31.89
2.	Paulina BUZIAK	86-12-16	AZS-AWF Katowice	12:51.62
3.	Agnieszka SZWARNÓG	86-12-28	KS AZS AWF Kraków	12:57.85
4.	Katarzyna GOLBA	89-12-21	KS AZS AWF Kraków	13:32.07

#### Zcech Republic Teams Championships, Tabor, Saturday 8 September

Good effort in the men's 5000m here with a father/son combination filling third and fourth spots. And more good walking for Pelantová and Czaková (a 15 sec PB for her apparently).

#### 5000m Women

1.	Lucie Pelantová	865507	PSK Olymp Praha	22:17.56
2.	Mária Czaková	886002	Hvězda SKP Pardubice	22:24.58
3.	Anežka Drahotová	955722	Univerzitní sportovní klub Praha	24:20.93
4.	Eliška Drahotová	955722	Univerzitní sportovní klub Praha	24:28.62
5.	Hana Herberová	815103	Hvězda SKP Pardubice	25:30.00

#### 5000m Men

1.	Lukáš Gdula	911206	Hvězda SKP Pardubice	21:30.75
2.	Karel Ketner	900411	AK Kroměříž	22:16.78
3.	Jiří Malysa	910515	AK Kroměříž	23:05.88
4.	Jiří Malysa	660814	VSK Univerzita Brno	23:10.51
5.	Milan Švehla	780504	VSK Univerzita Brno	23:17.88

#### USA 40 km Race Walk Championships, Ocean Township, NJ, Sunday 9 September

The USA 40km Championship, organised by Elliott Denman and Shore A.C. was held in Ocean Township in New Jersey last Sunday. Unfortunately official results are not yet available but I suspect from email discussions that the final placings and times were as shown below. 23 year old Colombian Samuel Babativa was first home with 3:20:14 ahead of teammate Rodrigo Moreno 3:20:21 while the National Championship went to Ben Shorey with 3:30:14. The women's National Championship title went to Erin Talcott who had maintained 5:18 per km pace through about 25 km and looked on target for something in the low 3:30's before slowing to finish in 3:44:45 - still a fantastic time!

1.	Samuel Babativa	3:20:14	(Colombia)
2.	Rodrigo Moreno	3:20:21	(Colombia, aged 46)
3.	Ben Shorey	3:30:14	
4.	Dan Serriana	3:33:25	
5.	Ray Sharp	3:43:44	(age 52)
6.	Erin Talcott (F)	3:44:45	(women's champion)
7.	Dave Talcott	3:47:00	
8.	Chris Schmid	4:02:10	
9.	Dave McGovern	4:16:30	
10.	Max Walker	4:20:04	
11.	Tammy Stevenson (F)	4:23:10	
12.	Rod Craig	4:29:12	
13.	Alexis Davidson	4:32:29	
14.	Bill Vayo	4:39:20	
15.	Bruce Logan	4:46:40	
16.	Cathy Mayfield (F)	4:54:50	
17.	Rebecca Garson (F)	4:55:28	
18.	Maria Paul (F)	5:04:26	
19.	Tim Chelius	5:04:27	
20.	Tom Quattrocchi	5:11:21	
21.	Dorrit Attias (F)	5:14:58	
22.	Darlene Backlund (F)	5:15:18	
23.	John Backlund	?	

#### VRWC CLUB RECORD UPDATE

Three new club records to confirm this week. I mentioned Mikhala's 10km time last week. It has since come to my attention that Jemima's 5km time from May was also a club record. Well done to both girls. And Sandra Howorth's 30km split in the 35km Club Championship sets an inaugural club W45 record.

Mikhala Hodges	U12 10km Road Walk	1:06:21	VRWC Club Race, Middle Park	01/09/2012
Jemima Montag	U15 5km Road Walk	24:23	VRWC Club Race, Middle Park	19/05/2012

## YARRA RANGES ATHLETICS TRACK OPENING

Melbourne has a lot of all-weather tracks and now we have one more. This Saturday morning, 15 September, sees the opening of the new all weather home of Yarra Ranges Athletics, made possible with the ongoing support of Yarra Ranges Council.

Activities kick off at 10:30AM and the festivities will continue until 1.00pm at Morrison Reserve (off Hereford Rd Mt Evelyn). Yarra Ranges Athletics President Susan Taylor needs to know if you plan to come - you can email her at [kesulule@bigpond.com](mailto:kesulule@bigpond.com).

I hope to pop along myself and help celebrate what is sure to be a big occasion.

## GORDON LOUGHNAN – RACE WALK JUDGE

Gordon Loughnan is a familiar figure at VRWC races, being one of our most regular judges. So I thought it timely to zoom in on Gordon and let readers know a little more about him.



**Gordon (right) judging at Middle Park recently**

Like many of our officials and judges, Gordon became involved in Little Athletics (in 1983) when his son Damien was in the Under 8 age group. He quickly threw himself into the fray, completing his Preliminary Coaching Certificate with the AT&FCA in 1984 and his Grade 1 Coaching Certificate with the AT&FCA in 1985.

The head coach at Westernport Little Athletics, Terry Eberius, got him involved in Race Walking and introduced him to race walk judging which he is still doing today. Terry also got him involved in the Penport Race Walking club which also included the children of Heather Carr. The race walking club eventually folded but his interest in racewalking has continued.

When Terry eventually left Westernport, Gordon took over as Centre coach. Race walking was just one of the events that he had to coach and he managed to get various kids up to State Level including his daughter Andria who won a bronze medal in the Under 9 age group.

Gordon also managed the Westernport Little Athletics Website for many years and I know it used to have a very comprehensive racewalk results section. It was only recently that he stepped down from this role to allow for a new website organised for the club by LAVic.

For many years, he was a member of the Peninsula Road Runners and before that he was a member of the VMC where he ran and officiated for many years. Once his son Damien graduated from Little Aths, he competed with him at Athletic Victoria events and started acting as an AV official. When his daughter Andria finished Little Athletics his judging involvement grew at senior level and Diane Lowden helped him qualify as an AV walk judge.



H moved up the rank, gaining his Little Athletics A Grade Judging certification in 2002 and his Athletics Australia A Grade Judging certification in 2004. He has judged at various Australian Road Championships and most 50km road championships since 2001. He has also judged at most Canberra race walking carnivals since 2001. He still judges at Region and State Championships for LAVic and has done so for many years now.

In 1993 he received a Distinguished Service Award from Victorian Little Athletics and in 2011 he received a 25 year service award from Athletics Victoria.

He is currently the Race Walking representative on the LAVic Education Committee and is also on the LAVic Race Walking Committee and is the Race Walking Co-ordinator for the SMR region. He also served on the Throws Standards Panel for LAVic for a number of years and completed a strength and conditioning certificate as several of the athletes he was coaching were throwers, including his daughter who also excelled with the Javelin.

He has coached at several SMR coaching camps and one EMR camp and has been a camp parent at several LAVic State Coaching camps at Queens College (and he seems to have survived the experience!)

He has been a regular judge at VRWC since 2001 and is indeed one of our stalwarts. He tells me that he does remember coming to one VRWC meeting in the Penport Walkers Club days in the old club rooms at the top end of the lake. He also attended a Canberra Carnival during that time and, being a slow runner, let the field have a 20 minute head start. The only person he could not catch was Kerry Junna-Saxby!

He actually racewalked with the Veterans at Frankston from 1996 to 2009 but was not particularly fast (3km PB 21:31 5km PB 37:49). But he did enjoy trying to keep fit!



**Gordon discusses the finer points of judging with Judy Mason**

Gordon is indeed one of our most valued officials at Middle Park. We thank him for his ongoing contribution to the club and hope that he will continue to share his expertise and friendship with us for many years to come.

## WHAT'S ON

It's a well earned rest for nearly all of us for the next few weeks but there is one more international fixture to go and it will see a number of Australians in action - the **IAAF Racewalking Challenge Final** will be held in **Erdos, China**, on **Friday 14<sup>th</sup> September**. It has been a long year for most of our top walkers so few are competing in this final event - I think that **Claire Tallent** and **Luke Adams** will be our only two Olympians in action. **Dane Bird-Smith** and **Rhydian Cowley** (who were first and second in our recent National 20km championship in Adelaide) are also expected to race in the season finishing 10km. Good luck everyone!

For those who want to start planning for the summer, the AV website has the main dates up (see <http://www.athsvic.org.au/cache/NewsFile/6496AV%20Summer%20Calendar%203.09.2012.pdf>). Here are the first few:

Saturday 13 Oct	AV Shield – Round 1
Saturday 20 Oct	AV Shield – Round 2
Saturday 27 Oct	AV Shield – Round 3
Saturday 3 Nov	AV Shield – Round 4
Friday 9 – Sunday 11 Nov	Adidas Victorian All Schools Track & Field Championships

Our VRWC summer season fixture is in draft mode but we expect to kick off again on **Sunday 14 October** with our first roadwalks for the new season. Expect more news and the main summer mailout in the next couple of weeks.

### 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.

#### 2012/2013 Victorian/Australian Summer Season Key Dates

Sat Oct 13, 2012	AV Shield Starts with Round 1 (2000m)
Oct 13-20, 2012	Alice Springs Masters Games, Alice Springs, N.T.
Nov 3-11, 2012	Pan Pacific Masters Games, Gold Coast, QLD. See <a href="http://www.mastersgames.com.au">www.mastersgames.com.au</a>
Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park
Nov 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sun Dec 9 2012	Australian 50km Championship, Fawkner Park, Melbourne
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 29-Apr 1, 2013	Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW

#### 2012 International Fixture

Sunday 28 Oct, 2012 2012 MTR HONG KONG Race Walking Carnival, Hong Kong. See <http://www.hkaaa.com/>

#### Remaining 2012 IAAF Race Walking Challenge Dates

14 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

#### 2013 International Fixture

June 29 - Jul 20, 2013	27 <sup>th</sup> Summer Universiade, Kazan, Russia (see <a href="http://www.kazan2013.com">http://www.kazan2013.com</a> )
July 10-14, 2013	8 <sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14 <sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia
October 5-12, 2013	Australian Masters Games, Geelong
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See <a href="http://www.wma2013.com">http://www.wma2013.com</a>

#### 2014 International Fixture

5-6 May 2014	26 <sup>th</sup> IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, HUN
July 22-27, 2014	15 <sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA
July 23 – Aug 3, 2014	20 <sup>th</sup> Commonwealth Games, Glasgow. See <a href="http://www.glasgow2014.com/">http://www.glasgow2014.com/</a>

#### Looking even further forward

August 22-30, 2015	15 <sup>th</sup> IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France
2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a>
Aug 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL. See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
August 5-13, 2017	156 <sup>th</sup> IAAF World Championships in Athletics, London, UK
July 2020	32 <sup>nd</sup> Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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