



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 1  
2 October 2012



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### VALE FRANK MCGUIRE: 1912 - 2012

I must pass on the sad news that VRWC Life Member Frank McGuire passed away last Friday September 28<sup>th</sup> 2012.

Frank was without question the elder statesman of Australian racewalking, dating his start way back to 1931 when he joined the VAWC in Melbourne as a junior. In a career that spanned over 60 years, he competed with distinction as a walker, managed Victorian teams and finally moved into judging and coaching roles, becoming Australia's first national walks coach (1959) and an IAAF International Judge (he judged at the 1960 Olympics).

He gained international respect and recognition as the author of numerous books on coaching and training, with emphasis on junior walkers in many of his publications. His definitive book "Training for Race Walking" was published in 1962 and remains a standard text in many collections even nowadays.

Frank continued coaching at the Mentone athletics track in suburban Melbourne until his nineties and earlier this year he celebrated his one hundredth birthday, the occasion captured in the club newsletter [heelandtoe-2012-num27](#). He was prolific in many diverse areas of interest and also wrote extensively on local history, another of his passions.

Amongst his many accolades were the British Empire Medal (1982) and the Australian Sports Medal (2000).

You can read a more comprehensive biography of Frank at <http://www.vrwc.org.au/tim-archive/wv-frank-mcguire.pdf>.

Frank's funeral will be at Gateway/Grant Funerals, corner of Wells Rd & Thames Promenade, Chelsea Heights, on Friday 5<sup>th</sup> October at 1 pm. Cards of condolence may be sent to the family care of Frank's son Frank at the following address: Mr Frank McGuire, 23 Berrys Rd, Emerald, Vic, 3782.

To his large and extended family, we pass on our condolences on the passing of one of the giants of our sport.



**Frank McGuire races for Collingwood Harriers in a 1948 event in Melbourne**

## AUSTRALIAN UNIVERSITY GAMES, SANTOS STADIUM, ADELAIDE, 22-28 SEPTEMBER 2012

Jessica Pickles and Jim Mottrom were the winners of the annual Australian University Games T&F Championship walks in Adelaide just over a week ago. Kim in particular excelled with this excellent time of 21:39.08.

### Women 5000 Metre Walk, Tuesday 25 September

Games Record: 23:19.54, 2004 Laura Johnson, ACPE

1.	Jessica Pickles	UQ	25:49.80
2.	Allegra Steele	AU	26:50.83
3.	Vanessa Noble	ACPE	29:25.56
4.	Casey Sims	QUT	32:29.10
	Eliza Nguyen	SUT	DNF

### Men 5000 Metre Walk, Tuesday 25 September

Games Record: 21:09.13, 2008 Thomas Barnes, MELB

1.	Kim Mottrom	CDU	21:39.08
2.	Derek Mulhearn	USYD	25:35.93
3.	Jordan Mulhearn	USYD	25:58.23

## HUNTER ALL SCHOOLS AND NSW ALL SCHOOLS MULTIS, GLENDALE, 22-23 SEPT

One track walk result from the leadup towards the NSW All Schools championships, this time at the Hunter Sports Centre in Glendale. Quick walking as usual from Tyler Jones.

### Mixed 3000 metre Race Walk Open

1.	Jones, Tyler	M14	Hunter Sports High School	13:43.34
2.	Killen, Matthew	M17	Unattached	16:05.81
3.	Beasley, Bryony	W15	St Clair High School	17:03.73
	Hopkins, Karina	W14	Karabar Queanbeyan	DNF

## BENDIGO WALKERS CLUB RACE REPORTS

Thanks to Paul Rance for the results of the last couple of Bendigo Walkers Club events.

### 1.2km and 2.4km handicap events, Lake Neangar, Sunday 16 September

The 1.2km event saw just one competitor with 9 year old Carissa Brook completing the event in a time of 7.32. In the 2.4km event the Club's two up and coming 11 year old female athletes Zahra Hayes and Madison Hill took the first two placings with both girls recording personal bests and Zahra winning the race from Madison by 50 metres. The improving Catherine Heard took 3<sup>rd</sup> place, also with a personal best, while her daughter Amanda continued her strong form to claim fastest time honours.

#### 2.4km

1.	Zahra Hayes	13.23
2.	Madison Hill	14.36
3.	Catherine Heard	16.15
4.	Annette Curtis	16.28
5.	Barb Bryant	14.17
6.	Amanda Heard	13.00
7.	Jeremiah Jones	13.50

#### 1.2km

1.	Carissa Brook	7:32
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### 3x2km Team Relays, Lake Neangar, Sunday 23 September

The Club's last Sunday morning winter event for 2012 was held on Sunday 23<sup>rd</sup> September with a 3x 2km team's race at Lake Neangar. The team of Amanda Heard, Jeremiah Jones and Norm West walked superbly to race away to a strong victory with the team of Ebony Whiley, Carissa Brook and Annette Curtis in 2<sup>nd</sup> place. Best performances were by Amanda Heard with fastest overall time, while Carissa Brook from the second placed team broke her estimated time by the largest margin and also produced a personal best effort. Zahra Hayes and Catherine Heard also walked Personal bests.

At the completion of the day's event, Geoff Major, Barb Bryant and Annette Curtis were presented with banners for passing major Club kilometre milestones during this Year with Geoff Major in his 24<sup>th</sup> Year completing 3000km, Barb Bryant, having competed for 16 years, passing 2000km and Annette Curtis 1000km in 9 years with the Club and Sunday's race saw Annette Curtis complete her 250<sup>th</sup> competition walk in succession which is an amazing achievement that will surely never be equalled. Prizes were also presented to the most consistent and most improved walkers during the Sunday morning winter walks with Barb Bryant the most consistent competitor while Catherine Heard won the senior most Improved and Zahra Hayes took out the junior most improved.

### 3x2km Team Relays

1. Amanda Heard 10.14	Jeremiah Jones 10.21	Norm West 15.33	Total Time 36.08
2. Ebony Whiley 11.10	Carissa Brook 12.10	Annette Curtis 13.34	Total Time 36.54
3. Annette Major 11.43	Madison Hill 12.10	Catherine Heard 13.28	Total Time 37.21
4. Barb Bryant 11.45	Colin Cleary 15.08	Zahra Hayes 11.07	Total Time 38.00



Annette Curtis, Geoff Major and Barb Bryant with their awards

## SLOVAK WALKS MEET, NITRA, SLOVAK REPUBLIC, FRIDAY 28 SEPTEMBER

The last walking race in the Slovak season is traditionally held in the city of Nitra where Matej Tóth started his athletics career as a child. The races are held over a 500m lap in the centre of the city and the meet offers lots of races in the younger age groups to showcase the sport of racewalking. In 5km Open events it was Tóth once again who won the men's walk with 19:35 (not far outside his meet record of 19:28) and Agnieszka Dygacz of Poland who won the women's walk with 22:09. And there was plenty of good walking in the younger age groups.

Full results at [http://atletikasvk.sk/Podklady/Preteky/2012/Vysledky/0928\\_MR\\_chodza.pdf](http://atletikasvk.sk/Podklady/Preteky/2012/Vysledky/0928_MR_chodza.pdf)

### 5km Open Men

1. Tóth Matej	1983	DUKBB	19:35
2. Kučmín Anton	1984	DUKBB	19:43
3. Babík Zdenko	1984	UMBBB	20:35
4. Bátorovský Miloš	1979	DUKBB	21:17
5. Tišťan Martin	1992	DUKBB	21:28
6. Rác Szándor	1986	HUN	22:32
7. Krestianko Boris	1964	UMBBB	26:36
8. Kovář Rostislav	1951	CZE	29:00

### 5km Junior Men

1. Spevák Patrik	1994	DUKBB	20:41
2. Dolinský Andrej	1994	DUKBB	22:04

### 2km Youth Boys

1. Úradník Miroslav	1996	DUKBB	7:59
2. Morvay Michal	1996	NITRA	8:18

### 1km U16 Boys

1. Černý Dominik	1997	AFKNM	4:40
2. Cesnak Peter	1997	BACUC	5:03

### 1km U14 Boys (first 5 only)

1. Nikel Marek	2000	BACUC	4:51
2. Krestianko Matej	2001	UMBBB	4:53
3. Nemčok Patrik	2003	UMBBB	5:04
4. Detko Ľubomír	1999	UMBBB	5:20
5. Abbatantuono Matteo	2002	SGNR	5:25

### 5km Open Women

1. Dygacz Agnieszka	1985	POL	22:09
2. Czaková Mária	1988	DUKBB	22:28
3. Madarász Viktória	1985	HUN	22:54
4. Strmeňová Katarína	1993	DUKBB	24:43
5. Málková Anna	1963	CZE	28:24

### 5km Junior Women

1. Škantárová Dáša	1995	BACUC	26:05
2. Čubaňová Lucia	1995	BACUC	26:22

### 2km Youth Girls

1. Piliarová Radoslava	1996	BACUC	9:28
2. Škantárová Lucia	1996	BACUC	10:11
3. Tomajková Terézia	1995	BACUC	10:32

### 1km Y14 Girls (first 5 only)

1. Kuklicová Bibiána	1999	UMBBB	4:44
2. Zlúkyová Alexandra	2000	BACUC	4:51
3. Kuklicová Lívia	1999	UMBBB	4:53
4. Orovčíková Lucia	2002	BACUC	5:12
5. Abbatantuono Ambra	2000	ŠGNR	5:22

**WOODIE'S DIY NATIONAL 20K WALK CHAMPIONSHIPS, RAHENY, DUBLIN, SATURDAY 29 SEPT**

The Woodie's DIY National 20k Walk Championships took place last Saturday in Raheny, Dublin. With the Irish Olympic walkers on a well deserved break from competition, it was a chance for the younger generation of Irish race walkers showcase their abilities.

**Irish 20km Championships - Open Men**

1.	Cian McMenamon	Westport A.C.	1.37.37
2.	David Kidd	St Laurence O Toole A.C.	1.43.57
3.	Niall Prenderville	Farranfore Maine Valley A.C.	1.44.58
4.	James Treanor	Shercock A.C.	1.46.21

**Irish 20km Championships - Open Women**

1.	Maeve Curley	Craughwell A.C.	1.52.23
2.	Sean McMullen	Mullingar Harriers A.C.	2.05.50

**ITALIAN YOUTH TRACK CHAMPIONSHIPS, FLORENCE, SATURDAY 29 SEPTEMBER 2012**

60 walkers contested the annual Italian Youth (ages 16 and 17) Track walk championships last weekend in Florence. Results are restricted to the top 10 in each event.

**10.000m Youth Men**

1.	Daniele Todisco	1995	46:13.57
2.	Andrea Agrusti	1995	47:42.90
3.	Gregorio Angelini	1996	47:59.19
4.	Manuel Giordano	1995	48:28.80
5.	Giuseppe Inglese	1996	49:11.01
6.	Luigi de Rosa	1996	49:14.52
7.	Stefano Chiesa	1996	49:39.86
8.	Francesco Adriani	1995	50:09.76
9.	Stefano Mansutti	1995	50:27.15
10.	Massimiliano Cortinovia	1995	50:27.93

**5.000m Youth Women**

1.	Nicole Colombi	1995	24:20.71
2.	Erika Scolozzi	1995	24:38.13
3.	Giorgia Menis	1996	24:41.21
4.	Eleonora Dominici	1996	25:18.29
5.	Valeria Cicco	1995	25:21.34
6.	Sara Scipioni	1995	25:40.07
7.	Marta Stach	1995	26:01.77
8.	Beatrice Tedaldi	1996	26:15.17
9.	Annamaria Vosa	1995	26:23.95
10.	Luisa Gemme	1996	26:26.79

**CRO-CZE-HUN-SVK-SLO U16 MATCH, RIJEKA, CROATIA, SATURDAY 29 SEPTEMBER****Women's 3000m Race Walk**

1.	Ema HACUNDOVÁ	SVK	99	15:05.65
2.	Anna SÜDI	HUN	97	15:13.24
3.	Viktória BENCZIK	HUN	97	15:19.69
4.	Nikoleta ABBATANTVONO	SVK	97	15:38.58
5.	Antonela GOLOBIČ	CRO	97	16:10.46

**Men's 3000m Race Walk**

1.	Tomáš GDULA	CZE	97	14:10.86
2.	2Donát BURGER	HUN	97	14:42.87
3.	Miklós SZEGEDI	HUN	97	15:07.36

**RWNZ 35KM OPEN CHAMPIONSHIP, NGATARINGA BAY, SUNDAY 30 SEPTEMBER**

Hosted by the Racewalking Auckland club on a still and mild North Shore morning, the Racewalking New Zealand 35km Open Championship was full of intrigue and fiercely contested. Mike Morresey surged to an early lead which he did not surrender until the 16<sup>th</sup> of 28 laps. Behind him, Mike Parker and Graeme Jones had bided their time, and over the concluding stages, fought for dominance as each made short, but not decisive breaks. The outcome of the race was not settled until the final lap when Mike Parker had too much strength, finishing in 3:26:12, just 11 seconds ahead of Graeme Jones. Mike Morresey slipped off the leaders but finished bravely in 4:08:28. Bob Sanders, walking as a B Grade competitor, showed the benefit of a solid training build up, and walked consistently to finish in 4:24:47. Shirley Barber, the only female entrant, persisted gamely through the midday heat, to record

a time of 5:20:15. Starting with the 35km competitors, the junior, Jared Free, rattled off 10km in 1:01:00. Note: each lap around the Naval Sportsground circuit was 1258.4m, with the start lines being adjusted for the distances raced.

#### RWNZ 35km National Roadwalk Championship

1.	Mike Parker	3:26:12
2.	Graeme Jones	3:26:23
3.	Mike Morresey	4:08:28
4.	Bob Sanders	4:24:47
5.	Shirley Barber	5:20:15
	Jared Free	(10km in 1:01:00)

#### BRITISH 50KM CHAMPIONSHIPS, COLCHESTER, SATURDAY 22 SEPTEMBER

In last week's newsletter, I reported on the British Centurions 100 mile qualifying event which was held the previous weekend in Colchester. The meet also hosted the British 50km championships. With Dominic and Dan King both successfully attempting their first hundreds, it was left to the Masters walkers to show the way in both the men's and women's championships, won by Steve Allen (5:35:01) and Maureen Noel (6:01:12). Arthur Thomson's silver medal performance (second in a National Title at 75 years of age!) must be some sort of longevity record that it not likely to be ever bettered!

#### RWA 50km Championship - Men

1.	Steve Allen	M55	Barnet & District AC	5.35.01
2.	Arthur Thomson	M75	Enfield & Haringey AC	5.42.47
3.	Colin Vesty	M45	Leicester WC	6.03.24
4.	Sean Pender	M55	Enfield & Haringey AC	6.25.46
5.	Alan O Rawe	M70	Ilford AC	6.24.25
6.	John Constandinou	M40	Birchfield Harriers	6.48.06
	Bob Dobson	M65	Ilford AC e	DQ
	Ian Richards	M60	Steyning AC	DQ
	Ed Shillabeer	M70	Ilford AC	DNF
	Francisco Reis	M50	Ilford AC	DNF
	John Ralph	M55	Enfield & Haringey AC	DNF

#### RWA 50km Championship - Women

1.	Maureen Noel	W45	Belgrave Harriers	6.01.12
2.	Angie Alstrachen	W45	Enfield & Haringey AC	6.22.17
3.	Karen Davies	W50	Birchfield Harriers	6.43.25

#### FRENCH NATIONAL 50KM CHAMPIONSHIP, CORCIEUX, FRANCE, SUNDAY 30 SEPTEMBER 2012

Emmanuel Tardi was in Corcieux last weekend for the French National 50km championship which saw a healthy 20 starters. With their 3 French Olympic walkers resting, it was left to Johan Augeron to win with 4:06:55. Maxime Faiteau won the U23 category with 4:41:09 while Remi Bonotte won the masters category with 4:53:13.

In the accompanying women's 20km race, Finnish walkers Karoliina Kaasalainen, Mikaela Löfbacka and Marika Peltoniemi finished first, second and fourth with 1:51:02 while LANOUE Severine Lanoue was the first French walker to finish with 1:51:02

#### 50km Men - French National Championship

1	AUGERON Johan	Ac Haut Poitou	86	4:06:55
2	DUJOUR Guillaume	As Aix-les-bains	73	4:40:32
3	FAITEAU Maxime	Ac Haut Poitou	86	4:41:09
4	GAUDIN Dominique	Asc Saint-barthelemy	49	4:51:13
5	BONNOTTE Remi	Dijon Uc*	21	4:53:13
6	GALICIA Alfredo	Intrepide Angers	49	4:58:06
7	ERARD Christophe	Asm Bar-le-duc	55	4:58:44
8	POTIER Nicolas	Athle Pays De Fougères *	35	5:10:35
9	VAN LIERDE Franck	Athle Halluin-val-de-lys	59	5:17:57
10	DENONCIN David	Jogging Et Athletisme Fretin	59	5:18:46
11	BOLLINGER Vincent	Dynamic Aulnay Club	93	5:19:32
12	PLATEAU Albert	Jogging Et Athletisme Fretin	59	5:29:45
13	KORZHYK Aliaksei	As Culturelle Francophone	93	5:33:18
14	LE GARGASSON Patrick	Ua Des Cotes D:armor*	22	5:33:21
15	CLAISSE Jean-michel	Jogging Et Athletisme Fretin	59	5:42:25
16	TOUTAIN Eric	As Culturelle Francophone	93	5:58:12
	SPIESER Jean-paul	Athletic Vosges Entente Clubs*	88	DQ
	HAUMESSER Marc	Ac Villeneuve D:ascq	59	DNF
	MASSELIN Jean-paul	Manche Athle Centre Sud*	50	DNF
	THIRIOT Louis	Asm Bar-le-duc	55	DQ



### 20km Women

	KERASALAIEN Karolina	Finland		1:40:22
	LOFBAGKA Mickaela	Finland		1:48:43
1	LANOUE Severine	Avia Club Issy-les-moulx	92	1:51:02
	MARIKA Tenonicni	Finland		1:51:50
2	BARTHELEMY Virginie	Dijon Uc*	21	1:53:09
3	NAUMANN Marit	Ea Macon *	71	1:55:07
4	GENEBRIER Nora	Ga Haut-saonais (fc)	70	1:58:27
5	HARISPURU Solenn	Ea Chambery	73	1:58:48
6	COMTET Stephanie	Ac Chenove	21	2:04:47
7	BELIN Lucie	Ao Nivernaise (nevers)	58	2:06:35
8	FAUQUEUR DUDA Corinne	Entente Littoral Athletisme No	59	2:07:18
9	ANXIONNAT Claudine	Athletic Vosges Entente Clubs*	88	2:18:18

Thanks to Emmanuel Tardi for the photos.



**French 50km winner Johan Augeron**



**Masters winner Remi Bonnotte (19)**



**20km winner Karolina Kerasalaien of Finland**



**French U23 50km winner Maxime Faiteau (7)**

## LYN VENTRIS IS IAAF MASTERS ATHLETE OF THE YEAR AGAIN!

From a short list of 5 women and 3 men, The World Masters Association Council has voted on and confirmed the 2012 Best Masters of the World - and the winners are Lyn Ventris (W55, AUS) and Robert Lida (M75, USA).

The nominations were as follows:

WOMEN	<b>Lyn Ventris (55) AUS</b> Christa Bortignon (75) CAN Angela Copson (65) GB/NI Dinah Heymans (45) RSA Solange Witteveen (36) ARG
MEN	Robert Lida (75) USA <b>Andrew Jamieson (65) AUS</b> Vladmir Vybostok (65) SVK

Lyn won the award last year and has been successful once again. VRWC member Andrew Jamieson also made the short list but missed out this year. The awards will be presented at the IAAF Gala in Barcelona in November. Lyn commented on facebook:

*I would like to share my excitement with the news that I have again been announced as the IAAF Female Masters Athlete of the Year 2012. Honestly, I am so humbled by the news given the wide spectrum of athletic talent amongst world masters athletes. The hard work, commitment and dedication that goes into my training and preparation for events is made all the more worth it with awards like these precious ones! My coach Mark Donahoo must take some of the credit with his quiet achiever work ethic and support. AND special mention to my husband John my other coach, travel coordinator, sports psych and everything else it takes to get me prepared for an event. So after all that we are off to Barcelona in November to be presented with the award. Soooo exciting!!*



Lyn with husband John in Adelaide in August at the Australian roadwalking championships

## AA UNDER 19 CAMP

I was lucky enough to be helping at the Athletics Australia Under 19 High Performance Camp in Canberra a couple of weekends ago. You can read about it a [http://www.athletics.com.au/home/news/news/2012/september/u19\\_camp\\_in\\_canberra\\_huge\\_succ](http://www.athletics.com.au/home/news/news/2012/september/u19_camp_in_canberra_huge_succ). There were 3 walkers in attendance - Jessica Pickles, Jesse Osborne and Brad Aiton - and they were amongst a larger group of 45 of our best junior athletes in what has now become an annual 'must attend' event.



AIS Chief Walks Coach Brent Vallance with Jesse, Jessie and Brad in Canberra

### RACEWALK STAMPS

I saw an Isle of Man racewalking stamp on facebook the other day and it got me thinking about just how many stamps have been produced to celebrate our sport. A quick browse of the internet found two more - here are the three in question.



And of course there are lots more documented on the following page of the British Racewalking Association:  
<http://www.racewalkingassociation.btinternet.co.uk/Stamps.html>

I would be keen to know of any others so let me know if you have further details and any scans.

### SUMMER SEASON PLANNING

For those who want to start planning for the summer, the new Athletics Victoria website has the main dates up (see [http://www.athsvic.org.au/images/uploads/publications/AV\\_Summer\\_Calendar\\_3.09.2012.pdf](http://www.athsvic.org.au/images/uploads/publications/AV_Summer_Calendar_3.09.2012.pdf)). Here are the first AV Shield dates:

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

**Geelong Walkers Club** kick off on Thursday 13 October (see [http://www.sportingpulse.com/assoc\\_page.cgi?client=1-7221-0-0-0](http://www.sportingpulse.com/assoc_page.cgi?client=1-7221-0-0-0) for further fixture details).

The **VRWC Summer Season fixture** is also now up on our website ([www.vrwc.org.au](http://www.vrwc.org.au)). It is reproduced below for those who want to see the gory details. Note that we have transferred the AV Teams 5km Roadwalk championships from our winter season to a prime time summer date of Sunday 20 January. We kick off on Sunday 28 October with opening roadwalks.



<b>Sunday 28<sup>th</sup> October 2012, VRWC Events</b>		<b>Middle Park</b>
8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
	3km	Under 15
10:00am	2km	Under 12
	1km	Under 9
<b>Sunday 18<sup>th</sup> November 2012, VRWC Championships and AGM</b>		<b>Middle Park</b>
8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
9.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
10.30am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	
<b>Sunday 9<sup>th</sup> December 2012, Australian 50 km Championship</b>		<b>Fawkner Park</b>
7:00am	50km Australian Championship	Open Men
8.00am	20km Open Invitational (entries via A.A)	Open Men/Women
8.30am	10km Under 20 Invitational (entries via A.A)	Under 20 Men/Women
<b>Wednesday 12<sup>th</sup> December 2012, VRWC Events</b>		<b>Clifton Hill</b>
	Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill	
6.30pm	5000m and 3000m	Open
7.15pm	1500m	Open
<b>Sunday 20<sup>th</sup> January 2013, AV and VRWC Events</b>		<b>Middle Park</b>
8.30am	20km, 15km, 10km	Open
9:30am	<b>AV 5km Teams Championship *</b>	Open Men
	<b>AV 5km Teams Championship *</b>	Open Women
	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9
* Rules for AV Teams Championships:		
1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.		
2. The first 3 walkers to finish will be designated as the first finishing team for that club.		
3. The next 3 walkers to finish for that club will be designated as their second team and so on.		
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.		
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.		
<b>Sunday 3<sup>rd</sup> February 2013, VRWC Events</b>		<b>Middle Park</b>
8.30am	20km, 15km, 10km	Open
9:30am	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9
<b>Thursday 7<sup>th</sup> February 2013, AMA Champs</b>		<b>East Burwood</b>
	Venue: East Burwood Athletics Track, Burwood Highway, East Burwood	
7.20pm	VMA 4x800m Relay	Masters
<b>Sunday 17<sup>th</sup> February 2013, VMA Champs &amp; VRWC Events</b>		<b>Mentone</b>
	Venue: Mentone Athletics Track, Dolamore Oval, Queens St, Mentone	
8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.40am	1500m	VRWC Open
<b>Sunday 7<sup>th</sup> April 2013, VRWC Bush Walk</b>		<b>Dandenong Ranges</b>
	Venue: TBA	
8.30am	Meet for start of bushwalk	

## 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.
Sun Oct 28, 2012	VRWC Roadwalks, Middle Park
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
Sun Nov 18, 2012	VWRC Summer Roadwalk Championships and AGM, Middle 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
October 5-12, 2013	Australian Masters Games, Geelong, See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a>

### 2012 International Fixture

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

### 2013 International Fixture

July 6-17, 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 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, Hungary
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

2015	28 <sup>th</sup> Summer Universiade, Gwanju, Korea
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>
2017	29 <sup>th</sup> Summer Universiade, Taipei
August 5-13, 2017	16 <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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