



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 4
23 October 2012



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

TIM'S WALKER OF THE WEEK

This week I am calling it a tie for my Walker of the Week and the two outstanding performers are **Rhydian Cowley** and **Kelly Ruddick**.

Both have excelled in the first two rounds of Victorian Shield competition, leading the times overall on each occasion. Rhydian has recorded 7:59.3 (2000m) and 12:02.7 (3000m) while Kelly has recorded 8:52.28 (2000m) and 13:27.18 (3000m). For Rhydian it is a case of getting back into training after a holiday in New Zealand and for Kelly it is her first couple of races since representing Australia in the Oceania Championships in July. Hence both have plenty more to produce in the near future.

Well done Rhydian and Kelly!

VRWC SHIELD COMPETITION, SATURDAY 20 OCTOBER

We had a bumper crop of 116 walkers competing in the 6 main venues of Athletics Victoria Shield competition last Saturday. Conditions were warmer and sunny but not too hot and times were generally good. Interestingly, our three metropolitan regions each had 35 walkers. Now that is an bit of trivia that I am sure would have been of great interest to Bruce McAvaney!

AV Shield Round 2 - East Zone, Reischiecks Reserve, Doncaster

Simon Evans led the way at Doncaster in the 3000m walk with 14:35.3 ahead of Andrew Jamieson 14:45.3. Michelle Laufer was the fastest of the women and her time of 14:56.7 was a 4 sec PB as she cracked the magical 15 minute mark. Well done Michelle! In the 1500m, 14 year old Emmet Brasier led the way again with a huge PB time of 6:36.6, holding out Adam Garganis with 6:49.4.

Mixed 3000 Meter Race Walk

1.	Evans, Simon	M	BOX HILL AC	14:35.3	
2.	Jamieson, Andrew	M	OLD SCOTCH C	14:45.3	
3.	Laufer, Michelle	W	COLLINGWOOD	14:56.7	PB 0:04
4.	Taylor, Lucas	M	YARRA RANGES	15:21.3	
5.	Smyth, David	M	COLLINGWOOD	16:46.9	
6.	Keirl, Bernie	M	DIAMOND VALLEY AC	16:49.0	
7.	Reid, Ross	M	COLLINGWOOD	17:29.1	
8.	Jack, Clarrie	M	RICHMOND HAR	17:48.4	
9.	Dickenson, Russ	M	SOUTH COAST	17:51.8	
10.	Gardiner, Bob	M	COLLINGWOOD	18:16.2	
11.	Laurie, Natalie	W	ATHLETICS NU	18:37.9	
12.	Benke, Geza	M	OLD MELBURNIANS AC	18:48.2	
13.	Best, David	M	COLLINGWOOD	19:25.3	
14.	Walshe, Kerry	W	DIAMOND VALLEY AC	19:53.6	
15.	Walsh, Robert	M	ATHLETICS NU	20:30.9	
16.	Garside, Emilie	W	CROYDON AC	21:38.5	
17.	Summers, Harry	M	BOX HILL AC	21:52.2	
18.	Lane, Mikaela	W	DONCASTER AC	24:51.3	
19.	Lane, Natasha	W	DONCASTER AC	24:51.6	
20.	Lane, Kiandra	W	DONCASTER AC	24:51.9	
21.	McCann, Adam	M	ATHLETICS NU	25:04.1	
22.	Vining, Edward	M	DONCASTER AC	25:21.8	
23.	Iacono, Thomas	M	COLLINGWOOD	26:06.1	
	Conboy, Bruce	M	COLLINGWOOD	DNF	
	Down, Nathan	M	DONCASTER AC	DQ	

Mixed 1500 Meter Race Walk

1.	Brasier, Emmet	M	DIAMOND VALLEY AC	6:36.6	PB 0:14
2.	Garganis, Adam	M	COLLINGWOOD	6:49.4	

3.	Owen, Cooper	M	DIAMOND VALLEY AC	7:28.6
4.	Aitken, Josie	W	RICHMOND HAR	8:39.5
5.	Noonan, Emily	W	COLLINGWOOD	9:16.1
6.	Laufer, Josephine	W	COLLINGWOOD	9:22.5
7.	Taylor, Lee	W	YARRA RANGES	9:31.1
8.	Derby, Lachlan	M	COLLINGWOOD	10:35.7
9.	Brown, Tammarah	W	RICHMOND HAR	12:05.9
10.	Gaunt, Meaghan	W	COLLINGWOOD	12:22.6

AV Shield Round 2 - North West Zone, Meadowglen Athletics Track, Epping

Aaron McDonough was just 1 sec outside his PB in winning the 3000m walk at Epping with 14:42.63 ahead of MUAC walker Paul Kennedy with 15:42.63 while Donna Elms was the fastest of the women with 18:25.84.

Mixed 3000 Meter Race Walk

1.	McDonough, Aaron	M	PRESTON AC	14:42.63
2.	Kennedy, Paul	M	MELBOURNE UN	15:42.63
3.	Hawkins, Trenton	M	PRESTON AC	16:13.60
4.	Erickson, Tim	M	COBURG HARRIERS AC	16:22.41
5.	McShanag, Connor	M	ATHLETICS ESSENDON	17:07.04
6.	Knox, Duncan	M	ATHLETICS ESSENDON	17:10.28
7.	Kondogonis, John	M	KEILOR ST BE	18:18.88
8.	Elms, Donna	W	ATHLETICS ESSENDON	18:25.84
9.	Shaw, Robyn	W	WESTERN ATHL	18:35.14
10.	Nicol, Stuart	M	SOUTH MELBOURNE AC	22:04.72
11.	Ryan, Maev	W	WILLIAMSTOWN AC	22:14.68
12.	Law, Rosa	W	SOUTH MELBOURNE AC	22:55.73
13.	Hopkin, Andrea	W	SOUTH MELBOURNE AC	22:56.43
14.	Keighery, Peter	M	KEILOR ST BE	23:11.31
15.	Bannan, James	M	WHITTLESEA CITY AC	23:14.94
16.	Dunstone, Phillip	M	WESTERN ATHL	23:22.13
17.	McLaren, Donald	M	ATHLETICS ESSENDON	23:48.57
18.	Hodgart, Janice	W	WESTERN ATHL	26:54.56
19.	Rickard, Ian	M	BRUNSWICK AC	27:02.33
20.	McIntyre, Michelle	W	INVITE ATHLETE	23:45.48
	Cobb, David	M	SOUTH MELBOURNE AC	DQ
	Hawksworth, Trevor	M	ATHLETICS ESSENDON	DQ
	Rodriguez Velarde,	W	SOUTH MELBOURNE AC	DQ

Mixed 1500 Meter Race Walk

1.	Irons, Julia	W	KEILOR ST BE	8:48.56
2.	Simkin, Rohan	M	GLENHUNTLY AC	9:01.50
3.	Crea, Gabriella	W	ATHLETICS ESSENDON	9:03.56
4.	Matthews, Rhiannon	W	KEILOR ST BE	10:12.75
5.	Cullen, Larissa	W	WHITTLESEA CITY AC	10:24.83
6.	Irons, Elaine	W	KEILOR ST BE	10:39.26
7.	Long, Izaak	M	PRESTON AC	11:48.52
8.	Sykes, Dominic	M	KEILOR ST BE	12:03.63
9.	Wellington, Shea	M	KEILOR ST BE	12:03.77
10.	Abfalter, Kate	W	KEILOR ST BE	14:07.54
11.	Rudston-Brown, Cai	W	WHITTLESEA CITY AC	15:25.59
12.	Theodorou, Amy	W	INVITE ATHLETE	15:42.63

AV Shield Round 2 - South East Zone, Ballam Park, Frankston

Rhydian Cowley was the fastest overall across all the regions (like last week) with a very impressive 12:02.7. 16 year old Nathan Brill made the most of the pacemaking and stormed through to a PB time of 12:15.3 in taking second place. Brad Simpson is getting back into top shape and was not far outside his PB with his time of 14:06.6. Tracey Feiner was the best of the women with an excellent 15:08.9. In the 1500m, Kyle Swan was fastest with an equal PB time of 6:54.8 ahead of Reese Walmsley with a 6 sec PB time of 7:08.2. Emily Swan was the fastest of the girls with 8:12.9.

Mixed 3000 Meter Race Walk

1.	Cowley, Rhydian	M	GLENHUNTLY AC	12:02.7	
2.	Brill, Nathan	M	BOX HILL AC	12:15.3	PB 0:01
3.	Simpson, Bradley	M	KNOX AC	14:06.6	
4.	Feiner, Tracy	W	KNOX AC	15:08.9	
5.	Lockwood, Chris	M	VICTORIAN MA	15:50.1	
6.	Baker, Simon	M	OAKLEIGH AC	16:13.4	
7.	Irshad, Kylie	W	SOUTH COAST	16:35.9	
8.	Attard, Tamara	W	KNOX AC	16:41.9	
9.	Sanders, Jade	W	CASEY CARDIN	16:51.1	
10.	Carr, Heather	W	EAGLEHAWK YMCA AC	16:54.6	
11.	Kay, Shelby	W	KNOX AC	16:58.5	

12.	Bennett, Ralph	M	VICTORIAN MA	17:15.1
13.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	17:17.8
14.	McInnes, Simone	W	GLENHUNTLY AC	17:21.1
15.	Chapman, Kahlia	W	ATHLETICS WAVERLEY	17:55.5
16.	Attard, Bianca	W	KNOX AC	18:14.2
17.	Osmand, Kym	M	OAKLEIGH AC	18:19.1
18.	Doran, Anthony	M	GLENHUNTLY AC	19:18.8
19.	Steed, Gwen	W	VICTORIAN MA	19:36.2
20.	Barrow, Geoff	M	MENTONE AC	20:05.2
21.	Johnson, Celia	W	VICTORIAN MA	20:16.8
22.	Morrison, John	M	SANDRINGHAM AC	21:37.4
	Fairburn, Noel	M	KNOX AC	DQ
	Zeleznikow, John	M	GLENHUNTLY AC	DQ
	Jenkins, Llewellyn	M	GLENHUNTLY AC	DQ

Mixed 1500 Meter Race Walk

1.	Swan, Kyle	M	KNOX AC	6:54.8	Eq PB
2.	Walmsley, Reese	M	KNOX AC	7:08.2	PB 0:06
3.	Dickson, Corey	M	KNOX AC	7:45.1	
4.	Swan, Emily	W	KNOX AC	8:12.9	
5.	George, Hayley	W	KNOX AC	8:14.2	
6.	McNicol Davidson, Cody	M	INVITATIONS	8:14.6	
7.	McNicol-Davidson, Chloe	W	SOUTH COAST	8:22.3	
8.	Eastwood, Jessie	W	OAKLEIGH AC	8:32.5	
9.	Hodges, Mikhala	W	KNOX AC	8:47.1	
10.	Lillie, Jessica	W	KNOX AC	8:54.6	

AV Shield Round 2 - Geelong Zone, John Landy Athletic Field, Geelong

The three country venues are smaller in size and the walks fields follow the same pattern. At Geelong, James Christmass walked well in the 3000m for his time of 14:23.50 while Megan Walker won the 1500m with 7:51.56.

3000 Meter Race Walk

1.	Christmass, James	45	CORIO AC	14:23.50
2.	Mirarchi, Nicholas	21	CORIO AC	16:20.21
3.	Shaw, Kirstin	21	WESTERN ATHL	17:02.98
4.	Clark, Lewis	18	ATHLETICS CH	17:04.81

1500 Meter Race Walk

1.	Walker, Megan	15	CORIO AC	7:51.56
3.	Mirarchi, Thomas	12	CORIO AC	11:21.46

AV Shield Round 2 - Bendigo Zone, La Trobe University Track, Bendigo

Current Australian U16 roadwalk champion Zoe Boldiston showed good form to take line honours in the 3000m in Bendigo with 15:22.20 while Madison Hill was the fastest in the 1500m with 9:11.56.

Mixed 3000 Meter Race Walk

1.	BOLDISTON, ZOE	W15	SOUTH BENDIGO	15:22.20
2.	WHILEY, EBONY	W17	EAGLEHAWK YMCA	16:23.23
3.	JONES, JEREMIAH	M15	EAGLEHAWK YMCA	16:48.83
4.	SAVAGE, JOSHUA	M17	EAGLEHAWK YMCA	19:15.27
5.	WATSON, JOHN	M62	BENDIGO HARRIERS	23:06.76
6.	MINCHIN, LISA	W48	SOUTH BENDIGO	23:20.45

Mixed 1500 Meter Race Walk

1.	HILL, MADISON	W11	SOUTH BENDIGO	9:11.56
2.	WELLARD, KEN	M41	EAGLEHAWK YMCA	9:17.49
3.	WELLARD, MACKLIN	M11	EAGLEHAWK YMCA	9:42.66

AV Shield Round 2 - Ballarat Zone, Llanberris Reserve, Ballarat

And last but not least to Ballarat where Kelly Ruddick was once again the fastest woman in the competition, her time of 13:27.18 only 1 second outside her PB. Pretty impressive!

3000 Meter Race Walk

1.	Ruddick, Kelly	W	BALLARAT HAR	13:27.18
2.	Brennan, Sarah	W	BALLARAT YCW	15:51.96
3.	Adamcewicz, Erin	W	UNATTACHED	17:34.13
4.	Ruddick, Kevin	M	BALLARAT HAR	21:13.42

1500 Meter Race Walk

1.	Walburg, Kirsten	W	DONCASTER AC	9:29.98
----	------------------	---	--------------	---------

2012 ATHLETICS SA ALL SCHOOLS INVITATIONAL, SANTOS STADIUM, MILE END, 19-20 OCTOBER

To South Australian for their All Schools Championships where the walks of the day were by the U14 winners, Anna Cross recording 15:01.46 and Alix Harlington recording 15:40.28.

Girls 5000 Metre Walk U/18

1.	Danielle Walsh	96	Xavier College	28:32.33
----	----------------	----	----------------	----------

Boys 5000 Metre Walk U/18

1.	Jordan McKenna	95	Trinity College	28:24.82
----	----------------	----	-----------------	----------

Girls 3000 Metre Walk U/16

1.	Julia Potezny	98	Glenunga Interna	16:25.15
2.	Erin Dallimore	98	Woodcroft College	18:18.57

Boys 3000 Metre Walk U/16

1.	Michael Nicolaides	98	Sunrise Christia	20:47.84
2.	Yanni Triandafilid	97	Rostrevor College	27:07.50

Girls 3000 Metre Walk U/14

1.	Anna Cross	99	St Peter's Girls	15:01.46
2.	Bethany Cross	00	St Peter's Girls	16:02.95
3.	Rhiannon Lovegrove	00	Salisbury Do	17:41.33
4.	Rhiana Hooker	99	Trinity College	18:22.86
5.	Ayeisha Wallace	01	Morphett Vale Ea	19:22.86
6.	Sarah Damin	00	Wilderness School	19:46.33

Boys 3000 Metre Walk U/14

1.	Alix Harlington	99	Elizabeth Park P	15:40.28
2.	Nicholas Dallimore	00	Woodcroft College	21:42.50

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, WEDNESDAY 17 OCTOBER

Thanks to Colin Hainsworth for the results of the opening walks from the South Australian Masters in Adelaide. As usual, George White dominated with his time of 16:32, pretty good for an M67 athlete!

3km Scratch Walk

1.	George White	16:32	M67	85.93%
2.	Gloria Holliday	17:06	W51	76.98%
3.	Geoff Byham	18:37	M66	75.45%
4.	Marie Maxted	19:21	W52	68.63%
5.	Zoe Eastwood-Bryson	20:45	W	
6.	Rodger Barber	21:52	M74	70.83%
7.	Linda Whitelaw	22:18	W58	63.1%
8.	David Robertson	22:19	M79	74.47%
9.	Roger Lowe	22:26	M69	64.83%
10.	Colin Hainsworth	22:36	M82	77.03%
11.	Bill Starr	23:06	M70	63.72%
12.	Jan Layng	23:18	W64	64:59%
13.	Vanessa Zammit	23:51	W	
14.	Gill White	23:54	W64	62.97%
15.	Kate Henstridge	25:08	W	
16.	Elaine MacFarlane	25:09	W70	64.71%
17.	Edna Bates	25:41	W59	55.37%
18.	Cynthia Dally	26:43	W78	69.07%

QUEENSLAND ROUNDUP

QA All Comers Meet, Gold Coast Athletics Track, Southport, Friday 19 October

Only a few walkers at the Queensland Athletics All Comers meet on the Gold Coast last Friday evening. 14 year old Luke McCutcheon walked a big PB to win the 3000m walk with 14:45.41. Robyn Wales tells me that conditions were perfect - cool with minimal wind.

3000m Walk

1.	McCutcheon, Luke	M14	Qe2	14:45.41
2.	Woodward, Mikaela	W13	Unq	15:56.84
3.	McCutcheon, Jamie	M13	Qe2	17:21.76

Masters 5000m Walk , Gold Coast City Athletics Track, Southport, Sunday 21 October

This was not the case on Sunday morning when conditions were very hot and humid for a Masters 5000m walk.

5000m Walk

1.	Paul Lindenberg	29:20
2.	Nyle Sunderland	29:26
3.	Kay Shaw	32:12
4.	Denise Fellows	38:19
5.	Christiane Dauphinet	39:42

TASMANIA KICKS OFF ITS SUMMER SEASON

Tasmania also kicked off its summer track season last week with an All Comers meet in Hobart where Stephanie Stigwood was in fine form, recording 14:15.21 for the 3000m walk.

3000m Race Walk, Hobart, Saturday 13 October

1.	Stephanie STIGWOOD	AUS	90	14:15.21
----	--------------------	-----	----	----------

ALICE SPRINGS MASTERS GAMES, ALICE SPRINGS, N.T., OCTOBER 13-20, 2012

The annual Alice Springs Masters Games are a regular feature on the Australian calendar and they are advertised as a friendly and laid back Games - just as well when you consider the average daily temperature in Alice Springs at this time of the year hovers in the high thirties!

Alice Springs Masters 5km walk, Alice Springs Desert Park, Monday 15 October

With a daily temperature of 35C expected, competitors were probably glad that the 5km road walks were held early in the morning on Monday 15th October in the Alice Springs Desert Park. There were a lot of competitors but only a few known to readers. I will just list the winners of each division but you can check out the full result set at <http://alicespringmastersgames.com.au/site/page/2012-results>. The sole VRWC entrants seemed to be Margaret and Ian Beaumont who each took bronze in their respective events.

W30-34	1	Anatola Taylor	32:42
W35-39	1	Deanne Ward	38:07
W40-44	1	Nardine Collier	32:33
W45-49	1	Ann Staunton-Jugovic	27:07
W50-54	1	Debbie Page	27:38
W55-59	1	KAREN MCPHERSON	33:20
W60-64	1	Margaret Stevenson	34:13
W65-69	1	Magraret Trengove	36:22
W70-74	1	Ann Ireland	37:32
	3	Margaret Beaumont	45:07
W75-79	1	Margaret Roberts	42:52
M30-34	1	Adam Richter	53:17
M35-39	1	Danny Fraser	53:09
M45-49	1	Leon Weston	53:18
M50-54	1	Craig Saunders	35:04
M55-59	1	Philip Nippress	36:27
M60-64	1	Ray Martagh	35:57
M65-69	1	Trevor Mayhew	30:09
M70-74	1	Robert Ryan	44:39
M75-79	1	Bert James	35:56
	3	Ian Beaumont	45:02
M80-84	1	Raymond Norman	50:19

10km Walk, Simpsons Gap, Wednesday 17 October

The temperature on the Wednesday was tipped to reach 38C so again the early morning start (6AM) was appreciated. Anne Staunton-Jugovic (ACT) 57:39, local NT walker Debbie Page (who also walks for SARWC) 58:17 and Trevor Mayhew (SA) 1:00:37 were the fastest. Once again, Margaret and Ian scored bronzes.

W30-34	1	Robyn Ryan	1:13:18
W35-39	1	Rachelle Enever	1:23:14
W40-44	1	Nardine Collier	1:08:16
W45-49	1	Ann Staunton-Jugovic	0:57:39
W50-54	1	Debbie Page	0:58:17
W55-59	1	Glenys Cummings	1:13:16
W60-64	1	Margaret Stevenson	1:11:43
W65-69	1	Magraret Trengove	1:16:23
W70-74	1	Ann Ireland	1:15:15
	3	Margaret Beaumont	1:30:53

W75-79	1	Margaret Roberts	1:28:59
M30-34	1	Michael Bodnar	1:37:38
M35-39	1	Danny Fraser	1:37:41
M45-49	1	Leon Weston	1:37:39
M50-54	1	Craig Saunders	1:13:09
M55-59	1	Philip Nippress	1:19:09
M60-64	1	Ray Martagh	1:15:30
M65-69	1	Trevor Mayhew	1:00:37
M70-74	1	George Kimber	1:33:30
M75-79	1	Bert Janes	1:13:15
	3	Ian Beaumont	1:30:53
M80-84	1	Raymond Norman	1:52:33

ATHLETICS NZ LONG DISTANCE WALK CHAMPS, PALMERSTON NORTH, SUNDAY 21 OCTOBER

David Lonsdale, the Secretary of Race Walking New Zealand, reports on the Athletics NZ Long Distance walk championships which were held in Palmerston North on Sunday in what could only be described as very trying conditions!

The Open 50 km was walked in a wide range of conditions. The race started and continued for the first two hours with heavy cold showers. Then as the showers became less frequent, a very strong westerly wind hampered walkers and damaged club tents with its strength. The last gruelling hour for the three men in the 50 km was in warm conditions but still with an uncomfortably strong west wind. Graeme Jones of Napier retained his title but in a time 25 minutes slower than 2011 which was on the same course but in ideal conditions in 2011. In second place was 59 year old Mike Parker who paced himself wonderfully with a slow start and accelerated for a few hours until the first of a couple of bad spells. He battled on to complete the 50 km 37 years after his first one in 1975 when he was third behind Norm Read and Maurice Hinton with a time of 4:56.19. To be less than 37 minutes slower 37 years later is amazing. Graeme Jones's slower time can partially be attributed to his wonderfully kind gesture of stopping for a few minutes to fill Mike Parker's bottles with the correct replacement. Peter Zwart in third place completed his second 50 km and, as Chairman of the Local Organising Committee, he can be proud of his great team of helpers from the Manawatu Striders club.

Many of the other titles were retained by last year's winners but the performances were varied. Emma Dunbar retained the W16 10 km nearly ten minutes faster than 2011. Rozie Robinson also retained her Open WM 15km title but was two minutes slower. Lesley Cantwell chased her hard and improved her time by over five minutes. Sue Hoskin retained her MW 60-64 20 km in a time an amazing seven and a half minute faster than 2011. Jonathan Lord retained his M16 10 km but faded with his second five km over three minutes slower than the first five. Matthew Holcroft showed his improving strength by improving his 20 km time by well over four minutes to retain his M19 20 km.

Women 16 10 km	1	Emma Dunbar	Racewalking Auckland	1:11.35
Women 19 15 km	1	Courtney Ruske	Christchurch Avon	1:29.21
	2	Sarah-Amy Rhind	Racewalking Auckland	1:46.22
Open Women 15 km	1	Roseanne Robinson	Hill City AAC	1:23.14
	2	Lesley Cantwell	Fiordland A C	1:24.00
Masters Women 55-60 20km	1	Theresa Large	Tokoroa AA & HC	2:23.13
Masters Women 60-64 20 km	1	Susan Hoskin	Palmerston North A & HA	2:13.09
	2	Marlene White	Taranaki Race Walking Club	2:19.48
Men 16 10 km	1	Jonathan Lord	South Canterbury A A C	53:23
	2	Jared Free	Waitakere City A C	1:03.08
Men 19 20 km	1	Matthew Holcroft	Hamilton City Hawks A C	1:44.44
Open 50 km	1	Graeme Jones	Napier H C	5:11.58
	2	Mike Parker	Calliope A & H C	5:32.52
	3	Peter Zwart	Palmerston North A & H C	5:48.05

There was also a 10km non-championship race on offer

Open 10km	1	Stuart Hood	0:59:28
	2	Tina Bell	1:02:09
	3	Averil Sheehan	1:17:22

And here is another take on the day, from the Racewalking New Zealand website (<http://racewalkingnewzealand.org>) - great writing!

21st Oct 2012 - When you look back in ten or 20 years then all you will see is the result of the 50km Championship with Graeme Jones winning by nearly 3K over the ever young Mike Parker. This was not the story at all. What we need to get into the annals of history is Graeme Jones the "Gentleman champion". We also need to record the heroic battles into a gale force westerly wind (the wind was so strong it blew my hat off, so! I hear you say, but hey. my hat was made in Wellington). Mike Parker had gone through about 40km and had gradually slowed over a few ks. Remarkably he was still walking legally even though he was starting to wobble; at the point he knocked a cone over I thought it was all over. Graeme caught up with him (3 laps ahead at that time) and nursed him through to the drinks station. He got sustenance into Mike and then stopped at the drinks station and made up the right formulas for Mike. About 5 minutes after this you could see Mike had a whole new lease of life and he carried on to

finish in a galant 2nd place. Well done Graeme you have shown the true meaning of Sportsmanship and a a worthy New Zealand Champion. Well done to all the competitors today battling those conditions showed true character. With Brooke Cowsill withdrawing from the Senior Women's 15km because of illness we were robbed of another intriguing battle between Rozie and Brooke. Make sure you are at the track and field champs at the end of March (Auckland) because there will be a third walker in the mix. Lesley Cantwell looked very strong over the last few K today. I haven't seen the K splits yet but they should show interesting reading in the last 5K and at the end Lesley was less than a minute adrift.

1ST MIDLAND AREA WINTER LEAGUE SERIES 2012, HALESOWEN A.C. , SATURDAY 13 OCTOBER

Now back to England for the first of the Midland Winter League roadwalks, held at Halesowen. As you can see, the numbers were very impressive with 61 competitors in total.

5km Walk

1.	Andrew Miller	Wolv.& Bilston AC	27.29
2.	Kevin Monk	Halesowen AC	27.33
3.	Jasmine Nicholls	Leicester W.C.	27.36
4.	Matt Redfern	Nuneaton Harriers	27.43
5.	Mike Smith	Coventry Godiva	27.54
6.	Daniel Waples	Kettering Town	28.35
7.	Rebecca Chambers	City of Sheffield	29.08
8.	Ann Wheeler	Nuneaton Harriers	29.12
9.	John Constandinou	Birchfield Harriers	29.35
10.	Daniel Watling	Wolv.& Bilston AC	29.45
11.	Colin Vesty	Leicester W.C.	30.02
12.	Gareth Edwards	Telford Harriers	30.43
13.	Glyn Jones	Coventry Godiva	31.19
14.	Stuart Edgar	D.A.S.H.	32.32
15.	Julian Barnett	Birchfield Harriers	32.43
16.	Julie Bellfield	Halesowen A.C.	32.45
17.	Keith Richards	Coventry Godiva	32.48
18.	David Winter	Sparkhill Harriers	32.55
19.	Kate Hargreaves	Unattached	33.00
20.	Jessica Mills	Birchfield Harriers	33.26
21.	Tracey Mills	Birchfield Harriers	33.52
22.	Mike Horton	D.A.S.H.	33.57
23.	Zita McDonald	Birchfield Harriers	34.27
24.	Hilary Mann	Sparkhill Harriers	34.30
25.	Karen Davies	Birchfield Harriers	34.33
26.	Lynn Bellfield	Halesowen A.C.	34.36
27.	David Fall	Birchfield Harriers	36.44
28.	Jill Langford	Wolv.& Bilston AC	37.00
29.	Sue Rey	Leicester W.C.	37.47
30.	Eric Horwill	D.A.S.H.	37.49
31.	Chris Smith	Leicester W.C.	41.00
32.	John Culshaw Snr	Tamworth A.C.	41.04
33.	Peter Bilson	City of Sheffield	44.19

Under 11 1km Walk

1.	Laura Archer	Nuneaton Harriers	6.01
2.	Amelia Tutt	Rugby & N'hampton	6.32
3.	McKenzie Brazier	Wolv.& Bilston A.C.	7.01
4.	Alex Hurrell	D.A.S.H.	7.15

Under 13 2km Walk

1.	Ana Garcia	City of Sheffield	10.49
2.	Sam Redfern	Nuneaton Harriers	11.51
3.	Kara Lane	Birchfield Harriers	11.59
4.	Alana Zeidler	Silverdale School	12.01
5.	Ben Allen	Leicester W.C.	13.04
6.	Jessica Finney	Tipton Harriers	13.23
7.	Matt Davies	D.A.S.H.	13.58
8.	James Brazier	Wolv.& Bilston AC	15.46

Under 15 3km Walk

1.	Amy Phipps	Neath Harriers	19.54
----	------------	----------------	-------

10km Walk

1.	Andrew Miller	Wolv.& Bilston AC	53.21
2.	Steve Arnold	Nuneaton Harriers	57.36
3.	Chris Berwick	Leicester W.C.	60.55
4.	Ann Wheeler	Leicester W.C.	61.50
5.	Colin Vesty	Leicester W.C.	62.50
6.	Gareth Edwards	Telford Harriers	63.53
7.	John Constandinou	Birchfield Harriers	64.14
8.	Mark Palethorpe	Worcester A.C.	64.22
9.	Paul Hayden	Nuneaton Harriers	64.37
10.	Tony Collins	Birchfield Harriers	64.54
11.	George Smolinski	Leicester W.C.	65.34
12.	Les Scrivens	Worcester A.C.	68.27
13.	David Fall	Birchfield Harriers	73.51
14.	Zita McDonald	Birchfield Harriers	74.11
15.	Neale Smith	Nuneaton Harriers	DNF

OVERSEAS SHORTS

To South America for a couple of under age championships, compliments of Argentina and Brazil

Argentinian Junior Championships, Mar del Plata, Saturday 13 October

Women's 10,000m Race Walk

1.	Jenny Guadalupe ORTIZ	ARG	93	54:45.35
----	-----------------------	-----	----	----------

Brasilian U18 Championships, Maringá, Saturday 13 October

Women's 5000m Race Walk

1.	Rayana Caroline LINS DE OLIVEIRA	BRA	96	26:18.67
2.	Amanda DE OLIVEIRA CARVALHO	BRA	95	27:05.63

LINKS, LINKS, LINKS

I saw the link to this fantastic advertisement featuring 50km track world record holder Yohan Diniz. It is part of a series of similar advertisements made for Adidas. Others in the series include Lionel Messi, David Beckham, Asmir Begovic and Steven Gerrard. - see <http://www.youtube.com/watch?v=R3kmHLQ1KFM&feature=related>

And a website link that I just came across by accident today - has probably been there for ages! Yes, 2012 World Number One walker Jared Tallent has his own website - check out <http://jaredtallent.com>

And New Zealand Olympic 50km walker Quentin Rew's latest addition to his blog certainly makes for good reading. See <http://www.morethanracewalking.blogspot.com.au/>. Quentin is currently work in England but obviously is still thinking of New Zealand walking.

RACEWALK STAMPS

There are a lot of stamps out there featuring racewalking. This week, as I continue my explorations of this theme, I hone in on a couple of the legends of the sport. Readers will all have heard of the great Ecuadorian walker Jefferson Perez (2 stamps) but you may not be so familiar with the triple Olympic champion Ugo Frigerio of Italy (3 stamps). You can read more about him at <http://www.vrwc.org.au/tim-archive/wo-ugo-frigerio.pdf>



1957 - Dominican Republic : Former Olympic Champions - Ugo Frigerio

In celebration of the 1956 Summer Olympic Games, held in Melbourne, the Dominican Republic issued a set of eight attractively engraved stamps on January 24, 1957. The set included five regular postage issues and three airmail stamps. The stamps honoured former Olympic greats and their nation's flag.

One of the stamps features the great Italian triple Olympic gold medallist Ugo Frigerio who won the racewalks in the 1920 and 1924 Games. This is one of 3 stamps that feature Frigerio. Keep reading to find out about the other two.



1971 - Yemen : Italian Gold Medallists

This 1971 stamp, issued by Yemen, featured a set of 4 former Italian Olympic Champions. The list included

- 1908 - E. Pocco - Greco-Roman Wrestling
- 1912 - Nedo Nadl - Fencing
- 1920 - Ugo Frigerio - Racewalk
- 1924 - P. Gabetti - Weight Lifting

Interestingly, Frigerio's corner shows a runner! And it spells his first name as Ugon. Does this make it even more of a collector's item?



This is the second of three stamps from different countries honouring Frigerio.



1978 - DPR Korea

North Korea produced yet another stamp featuring 1924 Olympic Racewalk winner Ugo Frigerio. This is the third stamp featuring this famous champion who won both racewalk golds in 1920 and another gold in 1924 - 3 golds in total!

It was one of a series of North Korean stamps chronicling the Olympic Games History and it's gold medal winners.

	<p>1996 - Ecuador</p> <p>Jefferson Perez of Ecuador became the country's inaugural Olympic Gold Medallist when he won the 20km walk in the Games of that year. It made him a household name in that country and his feat was celebrated with this postage stamp.</p>
	<p>2007 - Ecuador</p> <p>A further stamp, featuring Jefferson Perez, was released by Ecuador on December 18 2007 as part of a set of 5 commemorating the Pan-American Games of that year.</p>

FROM THE VAULT - SIMON BAKER IN 1985

I saw that Gordon Loughhan had posted the following photo on Facebook last week and, as it is one that I do not have, I thought it worthwhile sharing it via the newsletter. It shows Australian walking legend Simon Baker in 1985 during the early days of his international career. The next year, he won the Gold medal in the 1986 Commonwealth Games 30km and from there he went on to win World Racewalking Cup gold and silver medals over the 50km distance. Thanks Gordon!



AA/AV RACEWALK JUDGING SEMINAR ORGANIZED FOR SATURDAY 8TH DECEMBER

Diane Lowden, the Victorian Racewalk Judging Coordinator, has organised a **Judging Seminar/Exam** to be run in Melbourne on **Saturday 8 December**. This is the day before the Australian 50km Championship at Fawkner Park so why not come down a day earlier and make it a bumper racewalking weekend! Further information is available from the flyer / registration form which can be downloaded from <http://www.vrwc.org.au/documents/2012%20VIC%20Walk%20Judges%20Seminar%2010%20December.pdf>.

Diane advises that **registrations close on 30th November** but she would like to know approximate numbers before then if possible to ensure room sizes and catering, etc. So please get your registrations in as soon as possible.

Inquiries can be directed to Diane via email at dilowden@virginbroadband.com.au.

CHANGING OF THE GUARD AT THE AIS

And now another photo, taken last weekend at the Capel Vale Winery, south of Perth. Yes, AIS Senior Walks Coach Brent Vallance has finally tied the knot to fiancée Amelia Carr and quite a few of his AIS training squad were there to help the new couple celebrate the big occasion.



Beki Lee, Chris Erickson, Amelia and Brent, Jared and Claire Tallent and Regan Lamble at the big wedding

This does lead into a brief discussion of recent changes, about which you may have heard a few rumours.

- **Brent Vallance** has indicated to the AIS that he is terminating his coaching role at the end of the year. Having been coaching at the AIS for 6 years now (2003-2008), he has decided that the time is right to move onto the next phase of his career. He and Amelia will settle in Melbourne where she is now working and he is talking to Athletics Australia about how he can fit into the High Performance program in a new capacity. I am sure that this will be soon sorted as Brent is too valuable a resource to let go. For us Victorians, it is a huge boost in that we will now have the country's top walking coach resident in Melbourne.
- **Nathan Deakes** has now announced his racewalking retirement post Olympics. With a new baby in the family, he now moves onto a new life but we hope that he will continue his association with our sport in one way or another. He has used his time well over the past few years and has a number of university degrees including Law. He will be snapped up!
- **Adam Rutter** has also advised the AIS that he is retiring and will be terminating his walks scholarship. Adam has represented Australia in the last 2 Olympic Games and has a proud record of times and performances. He came to the AIS in January 2003, the same year as Brent and they both leave at the same time.
- **Chris Erickson** has also terminated his AIS scholarship and actually moved back to Melbourne 3 weeks ago. This was negotiated some time ago and reflects the fact that, with a 14 month old child, he and his wife Rachel have decided he time was right to return to their home town and move closer to their respective families. From a personal perspective, Lois and I are very excited and I have dusted off the bike and have been accompanying Chris on his training sessions, drink bottles to the ready. Chris hopes to continue on for a further Olympic cycle and will be hoping for a third Olympic berth in 2016 but hopefully in the 50km rather than the 20km. He will be racing at our VRWC races at Middle Park on Sunday morning so come along and say hello then.

So it is very much a changing of the guard at the AIS with Brent and 3 of the senior walkers all leaving at the same time. Plenty of walkers remain there on scholarship - **Jared Tallent, Luke Adams, Blake Steele, Claire Tallent, Beki Lee, Regan Lamble, Jess**

Rothwell and Rachel Tallent - so the momentum will continue but we wait to see what will happen from a coaching perspective. Given that, the following article from the Canberra Times is quite an interesting one: <http://www.canberratimes.com.au/sport/talent-faces-uncertain-future-as-ais-coach-plans-move-to-melbourne-20120901-257ms.html>. I am sure all will be sorted out in the new year and that our walking momentum will continue unabated.

FOCUS ON BRENT VALLANCE

With the big news above, it is about time I put fingers to keyboard and profiled Brent for those who don't know him personally. This was put together today from scratch so I have not talked to Brent about it and it is certainly not definitive. I hope Brent will excuse me for any inaccuracies! Here goes....

1995	Race Walking World Cup	Beijing	20 km Walk	81/124	1:34:44
1997	Race Walking World Cup	Prague	20 km Walk	68/140	1:25:23
1997	Universiade	Catania	20 km Walk	9/14	1:32:27
1998	Commonwealth Games	Kuala Lumpur	20 km Walk	14/17	1:36:29

Brent Vallance, born 30 April 1972 in western Sydney, was one of a large pool of talented walkers to come out of the Yvonne Melene training squad in the late 1980's and early 1990's. Possessed of great speed, he was one of the many track specialists zooming around the interclub tracks in Sydney during the early nineties.

His big breakthrough came in 1994/1995. By way of illustration, the AA yearly rankings for the year ending 30 June 1995 showed him first over 3000m (11:52.2), third over 5000m (20:22.1), fourth over 10000m (43:45.0) and tenth over 20km (1:31:04). He also placed third in the National 5000m championship in March behind Nick A'Hern and Dion Russell with a time of 20:40.5.

On the basis of these fine performances, he was selected to represent Australia in the 1995 World Racewalking Cup in Beijing, coming 81st in a time of 1:34:44. That same year, he walked his first LBG 20 miler in Canberra, taking fourth place in an impressive first up time of 2:38:47.

1996 saw big improvements in times. In March he took bronze in the Australian 20km championship behind Nick A'Hern and Dion Russell, his time a big PB 1:26:50, and two days later he was second to Nick in the National 5000m with a time of 19:30.63. The AA yearly rankings to 30 June 1996 showed him first over 3000m (11:33.0), second over 5000m (19:30.63), third over 10,000m (42:39.0) and third over 20km (1:26:50).



Brent races to second place in a PB time of 19:30.63 in the 1996 Australian 5000m championship

1997 saw Brent continue to improve, setting new PBs for 5000m (19:28.68 - Hobart, Feb) and 20km (1:25:08 - Eisenhüttenstadt, May). He represented Australia twice that year, firstly in the 1997 World Racewalking Cup when he finished 68th in the 20km with 1:25:23 and in the 1997 World University Games when he finished 9th with 1:32:27.0.

1997 saw walkers start to focus their attention on the upcoming Commonwealth Games in Kuala Lumpur. The 30 km event for men had been replaced by the two international distances of 20 km and 50 km. So now the Commonwealth Games matched the Olympics with three walks on offer.

Brent fronted for his first ever 50km in December 1997 in Melbourne in the official trial but is recorded as one of 5 DNFs, the placings and Games spots going to Dion Russell, Duane Cousins and Dominic McGrath.

The men's 20 km trial was held in conjunction with the Australian Championships in Melbourne in March, the race held on a 2 km circuit around Princes Park with the start/finish alongside the Optus Oval stadium. Nick A'Hern was an easy winner in 1:22:07 – no issues there! The real turmoil was a couple of minutes further back in the field - Nathan Deakes crossed the finishing line in second

place in around 84 minutes, only to discover that he had picked up a third report late in the race and had been disqualified. The minor places were subsequently taken by Dion Russell (1:27:02) and Duane Cousins (1:28:23) with Brent in fourth (1:32:56) but the times were not good enough to guarantee selection (the A standard was set at 1:23:30 and the B standard at 1:26:00).

With only one team spot clearly clearly filled, the race was on to clinch the second and third positions. Brent joined the AIS team going to Europe to race the European summer. This was his last chance to get the points on the scoreboard and he had to self-fund his trip. On May 23rd in Naumburg, Nathan recorded an A qualifying time of 1:23:24 and Brent recorded 1:24:34 for a B qualifier. Nathan's spot now looked confirmed but had Brent done enough to secure the final berth? Apart from his one failure at the National titles in March, Brent had raced well. He had recorded 1:25:01 at the Adelaide GP on 26/01/98, 1:24:34 in Naumburg on 23/05/98 and won the Second Federation event in Geelong in 1:24:37 on 02/08/98.



Brent is congratulated by AIS walks coach Ron Weigel after his 1:24:34 in Naumburg in May 1998

The selectors obviously had him in mind for the final spot and, when Nick and Nathan were asked to participate in a pre-departure 10 km trial in August, Brent was called by Ron Weigel two days before the event and told he was also expected to walk. Selector Brian Rowe had rung Ron to inform him it would be a three man pre-departure trial. The times of the three walkers were Nick 39:20, Nathan 40:14 and Brent 41:43. The selectors decided that Brent had done enough and all three were finally confirmed to contest the 20 km in Kuala Lumpur.

After all his efforts to make the team, Brent had a shocker and walked what he subsequently described as the worst race of his life. It just goes to show that even with the best preparations, things can still go wrong on the day. He faded in the sweltering conditions to finish 14th with 1:36:29.

A few months later, he fronted for the LBG 20 mile class in Canberra and was fifth in the highest quality ever scheduling of that race. Consider the times - Craig Barrett (NZ) 2:19:37, Nathan Deakes 2:21:50, Dion Russell 2:26:14, Duane Cousins 2:28:47 and Brent Vallance 2:30:12. An 8 minute PB and one of the fastest times ever and all he could take home was fifth place. It was indeed a time of great depth in Australian racewalking.

Brent discussed these formative years with me some time ago

I wasn't on scholarship in 1998 when I toured with the AIS athletes. I had to fork out about 1500DM at the airport to Ronnie for my accommodation and meal costs - I was the only one paying out of my own pocket. That's why I love to see someone outside the AIS program keeping them honest. That was my job in the 96-98 period, and I reckon we need more of it. I had PBs of 11:29/19:28/41:06/1:24:34 before I got a scholarship in 1999 - and lost it when I was injured after 9 months. I raced only once in an AIS uniform, and was having surgery four weeks after that.

Yes, what should have been the best of times turned sour very quickly as Brent, less than one year into his AIS scholarship, badly tore his hamstring, had to opt for an operation to reattach it to the bone, and then endured a long rehabilitation. He briefly returned but found that, once he applied the pressure, the hamstring issue was still there.

At that stage, as others were preparing for the 2000 Olympic Games in Sydney, he was forced to retire. His PBs, as per the AA ranking lists, still read very impressively

3000m	11.29.7	Sydney	06/12/1997
5000m	19:20.87	Sydney	20/02/2000
10km	41.38	Canberra	08/02/1998
20km	1:24.34.0	Naumburg, Germany	23/05/1998
30km	2:17:45	Canberra	07/06/1998
20 Mile	2:30:12	Canberra	07/06/1998

Luckily for us, Brent was not lost to the sport and, when the opportunity was presented, he applied for and took up a position as AIS Scholarship Coach - Racewalking. He worked in this capacity until 2005, taking on Nathan Deakes, Jared Tallent, Michael McCagh and Adam Rutter amongst others. It was under his guidance that Nathan won his bronze medal in the 2004 Olympic 20km final in Athens. Brent was the official Olympics Team Coach for racewalking on that trip.

Since 2006 he has been the AIS Chief Coach - Racewalking and has taken the Australian walks program to new heights. Taking teams overseas every year, organizing January training camps at the AIS or in Thredbo, taking on the additional role of AA Development Coordinator for the walking program or simply inviting our up and coming walkers to come to Canberra for a weekend or a week to train with 'the big boys', his enthusiasm and commitment never cease to amaze me. He is highly sought after, both locally and overseas, as a presenter. And of course, he continues to coach our elite scholarship walkers in Jared and Claire Tallent, Chris Erickson, Regan Lamble, Beki Lee, Rachel Tallent and Blake Steele.



A familiar role as Brent looks after Jared Tallent (2009) and Regan Lamble (2012)

His contribution was fittingly acknowledged in 2008 when he was recognised as Athletics Australia Coach of the Year.



Brent in presenter mode - January 2011 at an Australian Junior Walks camp at the AIS

As Brent now relinquishes his mantle as AIS Chief Coach - Racewalking, we wish him all the best in the next phase of his endeavours.

WHAT'S COMING UP

Next Saturday sees the Athletics Victoria Shield Competition continue with all 6 regions running Program 2 of competition (this includes 2000m walks). The venues are as follows:

AV Shield Round 3 - East Zone
AV Shield Round 3 - Geelong Zone

Hagenauer Reserve, Box Hill
John Landy Athletic Field, Geelong

AV Shield Round 3 - South East Zone	Dolamore Reserve, Mentone
AV Shield Round 3 - North West Zone	Williamstown Athletics Track, Newport
AV Shield Round 3 - Bendigo Zone	La Trobe University Track, Bendigo
AV Shield Round 3 - Ballarat Zone	Llanberris Reserve, Ballarat

See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

And our own VRWC Summer Season kicks off next Sunday 28 October with roadwalks at Middle Park with program as follows:

Sunday 28th October 2012, VRWC Events, Middle Park		
8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
	3km	Under 15
10:00am	2km	Under 12
	1km	Under 9

We hope to see a big crowd there for what should be a great morning of racing.

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

Sun Oct 28, 2012	VRWC Roadwalks, Middle Park
Nov 3-11, 2012	Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park
Sun Nov 18, 2012	VRWC 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 16-20, 2013	Australian Youth Olympic Festival, Sydney
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 http://www.australianmastersgames.com

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	27th Summer Universiade, Kazan, Russia (see http://www.kazan2013.com)
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2012 European Athletics Permit Meets

March 17, 2013	Mario Alibisetti Memorial Meet, Lugano, Switzerland
March 23, 2013	Dudinska 50km, Dudince, Slovakia
April 6, 2013	Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013	Podebrady Meet, Podebrady, Czech Republic
June 29, 2013	Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

5-6 May 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
July 23 – Aug 3, 2014	20th Commonwealth Games, Glasgow. See http://www.glasgow2014.com/

Looking even further forward

2015	28th Summer Universiade, Gwanju, Korea
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
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)