



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 6  
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### TIM'S WALKER OF THE WEEK

It was a tough call for last week's Walker of the Week between Rhydian Cowley and Nathan Brill with the numbers neck and neck right through the 7 day voting period. I left it open till 6PM tonight and then turned it off without looking at the progress scores - just to be fair. Then I checked to confirm a final count of 67 votes for Nathan and 64 votes for Rhydian. So last week's Walker of the Week goes to **Nathan Brill** by the smallest of margins.

This week has seen a large number of further excellent performances across Australia. Consider some of them.

- 21 year old **Rhydian Cowley** yet again! - 11:39.8 for a big 3000m PB and a time that takes him to 18<sup>th</sup> on my all time lists.
- 14 year old **Tyler Jones** - 23:06.21 for 5000m in Sydney Interclub competition - he just keeps improving!
- 66 year old **Andrew Jamieson** - 14:13.6 for 3000m in Melbourne to break his own W65 3000m World Record - yet another one for the masters maestro!
- 28 year old **Kim Mottrom** - 21:27.50 for 5000m in Adelaide Interclub - the last 2 years have seen a rejuvenated Kim take all before him in South Australia
- 38 year old **Kelly Ruddick** who was fastest overall in the AV Shield women's competition, recording 13:28.86
- 86 year old Sydney walker **Heather Lee** who broke the world record for the W85 5000m walk with 40:06.97 and only just missed the 10km record with 1:21.17 (99.5%) at the Pan-Pac Masters Championships in Queensland on the weekend.

But nearly all of the above have won this award multiple times and I do like to spread it around if possible. So this week, I have chosen someone different but someone who also walked fantastically well last weekend, namely 42 year old **Michelle Laufer** who produced yet another W40 club record with her 3000m time of 14:47.8 at Doncaster - she has set 9 club records since we set them up a year ago and won our Runners World Winter Season Open award last month so she is continuing to improve.



**Walker of the Week Michelle Laufer in July at Middle Park**

## SAMA MASTERS TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 31 OCT

Thanks to Colin Hainsworth for the latest South Australian Masters results from Adelaide. George White (M67) was in sparkling form, coveing the 3000m in 16:17 to take fastest time while Zoe Eastwood-Bryson won the handicap with her time of 20:34.

### 3000m Yacht Handicap

1.	Zoe Eastwood-Bryson	W52	20:34	64.57%
2.	Vanessa Zammit	W44	23:43	52.38%
3.	Gloria Holiday	W52	16:20	81.31%
4.	Marie Maxted	W52	18:57	70.08%
5.	Colin Hainsworth	M82	22:37	76.97%
6.	Roger Lowe	M69	22:02	66.01%
7.	George White	M67	16:17	87.25%
8.	Jan Layng	W64	23:00	65.43%
9.	Geoff Byham	M66	18:32	75.79%
10.	Rodger Barber	M74	21:42	71.37%
11.	Linda Whitelaw	W58	23:10	60.74%
12.	Helen Suridge	W61	21:08	68.77%
13.	Elaine MacFarlane	W70	24:53	65.4%
14.	Edna Bates	W59	25:25	55.95%
15.	Paul Boyce	M76	25:26	62.58%
16.	Gill White	W64	25:47	58.37%
17.	Cynthia Dally	W78	27:14	67.76%

## ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 3 NOVEMBER

Athletics Victoria Shield competition continued last Saturday with all 6 regions in action and just over 130 walkers in the mix.

### AV Shield Round 4 - East Zone, Rieschick's Reserve, Doncaster

Nathan Brill led the way at Doncaster with 12:33.8 but he was not the only walker in good form. Five of the next 6 walkers to cross the line recorded PBs (Brad Simpson 13:59.3, Lucas Taylor 14:22.3, Michelle Laufer 14:47.8, Kerryn Walshe 16:44.3 and Adrian Patti 17:01.7) while Andrew Jamieson, who was third overall, shattered his M65 world record time with an amazing 14:13.6. In the 1500m race, Emmet Brasier continued his excellent form with 6:27.9 to finish ahead of Adam Garganis who was also fast with 6:46.6.

### Mixed 3000 Meter Race Walk

1.	Brill, Nathan	M	BOX HILL AC	12:33.8	
2.	Simpson, Bradley	M	KNOX AC	13:59.3	PB 0:07
3.	Jamieson, Andrew	M	OLD SCOTCH C	14:13.6	M65 WR by 0:07
4.	Taylor, Lucas	M	YARRA RANGES	14:22.3	PB 0:39
5.	Laufer, Michelle	W	COLLINGWOOD	14:47.8	PB 0:09
6.	Walshe, Kerryn	W	DIAMOND VALLEY AC	16:44.3	PB 3:09 !
7.	Patti, Adrian	M	DONCASTER AC	17:01.7	PB 0:51
8.	Smyth, David	M	COLLINGWOOD	17:11.5	
9.	Dickenson, Russ	M	SOUTH COAST	17:12.6	
10.	Jack, Clarrie	M	RICHMOND HAR	19:49.2	
11.	Best, David	M	COLLINGWOOD	19:59.7	
12.	Garside, Emilie	W	CROYDON AC	20:14.5	
13.	Sofianos, Gerald	M	ST KEVINS AC	20:20.3	
14.	Benke, Geza	M	OLD MELBURNIANS AC	20:20.5	
15.	Clarke, Patrick	M	DIAMOND VALLEY AC	20:57.1	
16.	Summers, Harry	M	BOX HILL AC	21:32.2	
17.	Conboy, Bruce	M	COLLINGWOOD	22:04.3	
18.	Garganis, Clare	W	COLLINGWOOD	22:21.6	
19.	Cowell, Jacqueline	W	DIAMOND VALLEY AC	22:26.4	
20.	Page, Kirsty	W	COLLINGWOOD	23:19.6	
21.	McCann, Adam	M	ATHLETICS NU	23:19.8	
22.	Lane, Mikaela	W	DONCASTER AC	23:23.1	

### Mixed 1500 Meter Race Walk

1.	Brasier, Emmet	M	DIAMOND VALLEY AC	6:27.9
2.	Garganis, Adam	M	COLLINGWOOD	6:46.6
3.	Burgess, Liam	M	DIAMOND VALLEY AC	8:02.0
4.	Clarke, Eliza	W	DIAMOND VALLEY AC	8:03.4
5.	Clarke, Monica	W	OLD XAVERIANS AC	9:12.7
6.	Taylor, Lee	W	YARRA RANGES	9:19.9
7.	Walburg, Kirsten	W	DONCASTER AC	9:36.6
8.	Blake, Dobay	M	ATHLETICS NU	10:29.9
9.	O'Keefe, Jessica	W	DONCASTER AC	11:09.8

10.	Boylen, Adele	W	COLLINGWOOD	11:19.6
11.	Bassett, Charlotte	W	DONCASTER AC	12:03.8
12.	Brown, Tammarah	W	RICHMOND HAR	12:05.5

#### AV Shield Round 4 - North West Zone, Lakeside Stadium, Albert Park

The North West Zone competition was at the new Lakeside Stadium at Albert Park and I was surprised to see a few absentees - I thought we would have had a full house for this one. Chris Erickson finished a 30km morning walk session just as the race was being called, stepped onto the start line and won with 13:57.68 - but it hurt! Then he was off to do a few more kms before calling it a day. These 50km walkers are certainly a tough breed. Teammate Mark Donahoo (M50) also walked well to take second with 14:55.51. We welcomed back Nardene Hammond from Canada (she is over for a holiday) and she showed she has kept pretty fit, taking fastest time for the women with 15:33.67 ahead of Kirstin Shaw who was not far outside her PB with 15:39.81.

#### Mixed 3000m Walk

1.	Erickson, Chris	M	ATHLETICS ESSENDON	13:57.68	
2.	Donahoo, Mark	M	ATHLETICS ESSENDON	14:55.51	
3.	Hammond, Nardene	W	INVITE	15:33.67	
4.	Shaw, Kirstin	W	WESTERN ATHL	15:39.81	
5.	Hawkins, Trenton	M	PRESTON AC	16:05.49	
6.	McShanag, Connor	M	ATHLETICS ESSENDON	16:26.68	
7.	Knox, Duncan	M	ATHLETICS ESSENDON	16:27.78	
8.	Erickson, Tim	M	COBURG HARRIERS AC	16:34.36	
9.	Kondogonis, John	M	KEILOR ST BE	16:39.14	PB 0:14
10.	Elms, Donna-Marie	W	ATHLETICS ESSENDON	17:43.40	
11.	Shaw, Robyn	W	WESTERN ATHL	17:51.82	
12.	Ramsay, Peter	M	SOUTH MELBOURNE AC	20:41.56	
13.	Ryan, Maeve	W	WILLIAMSTOWN AC	22:00.16	
14.	Ireland, Roslyn	W	BRUNSWICK AC	22:13.44	
15.	Law, Rosa	W	SOUTH MELBOURNE AC	22:27.10	
16.	McIntyre, Michelle	W	WESTERN ATHL	23:03.85	
17.	McLaren, Don	M	ATHLETICS ESSENDON	23:19.19	
18.	Nicol, Stuart	M	SOUTH MELBOURNE AC	23:27.13	
19.	Dunstone, Phillip	M	WESTERN ATHL	24:08.42	
20.	Ireland, Olive	W	BRUNSWICK AC	24:56.16	
	Scott, Clement	M	SOUTH MELBOURNE AC	DQ	
	Wilson, Gabrielle	W	SOUTH MELBOURNE AC	DQ	
	Stratford, Luke	M	SOUTH MELBOURNE AC	DQ	

Unfortunately the initial 1500m results for the North West region were incorrect and seemed to be a rerun of Round 2 results. The latest version on the AV website looks more promising but I can't vouch for them with 100% certainty.

#### Mixed 1500m Walk

1.	Irons, Julia	W	KEILOR ST BE	8:36.20
2.	Crea, Gabriella	W	ATHLETICS ESSENDON	approx 8:48
3.	Campbell, Rebecca	W	ATHLETICS ESSENDON	approx 8:50
4.	Utber, Brooklyn	W	WESTERN ATHL	9:30.00
5.	Wellington, Shea	M	KEILOR ST BE	9:53.16
6.	Matthews, Rhiannon	W	KEILOR ST BE	9:59.06
7.	Irons, Elaine	W	KEILOR ST BE	10:23.38
8.	Rudston-Brown, Caitlin	W	WHITTLESEA CITY AC	11:01.02
9.	Campbell, Jessica	W	PRESTON AC	11:23.45
10.	Sykes, Dominic	M	KEILOR ST BE	11:57.00
11.	Tonelli, Jamie	W	KEILOR ST BE	12:48.35
12.	Lumakovski, Sasho	M	WHITTLESEA CITY AC	12:55.66
13.	Magree, Tess	W	KEILOR ST BE	13:23.23
14.	Motta, Anthony	M	WHITTLESEA CITY AC	13:45.67
	Long, Izaak	M	PRESTON AC	DQ

#### AV Shield Round 4 - South East Zone, Casey Fields, Cranbourne East

Rhydian Cowley was the star of the Shield competition once again with yet another PB and what a good one - 11:39.8 for 3000m. Ralph Bennett was also in good form with 16:28.7. In the women's 3000m, it was a battle of the young walkers with Rachael Guy 16:20.2 winning ahead of Jade Sanders 16:38.8. In the 1500m walk, Jemima Montag 7:01.6 and Reese Walmsley 7:11.7 were the winners. There was a lot of confusion initially with the results set and I was advised by three different people to hold off as long as possible. I checked this evening just before sending the newsletter and the results had been changed considerably - times adjusted, positions changed and a number of additional walkers added to the results list. So hopefully it means that what is published below now is basically correct.

#### Men 3000 Meter Race Walk

1.	Cowley, Rhydian	M	GLENHUNTLY AC	11:39.8	PB 0:08
2.	Bennett, Ralph	M	VICTORIAN MA	16:28.7	
3.	Baker, Simon	M	OAKLEIGH AC	16:46.6	
4.	Osmand, Kym	M	OAKLEIGH AC	16:57.0	

5.	Thillaisundaram, Anand	M	MENTONE AC	17:55.0
6.	McNicol-Davidson, Cody	M	SOUTH COAST	18:05.2
7.	Hutton, Philip	M	GLENHUNTLY AC	19:31.5
8.	Morrison, John	M	SANDRINGHAM AC	22:08.6
	Kaiser, Josh	M	SOUTH COAST	DQ
	Jenkins, Llewellyn	M	GLENHUNTLY AC	DQ
	Zeleznikow, John	M	GLENHUNTLY AC	DQ

#### Women 3000 Meter Race Walk

1.	Sanders, Jade	W	CASEY CARDIN	16:20.2
2.	Guy, Rachael	W	CASEY CARDIN	16:38.8
3.	McInnes, Simone	W	GLENHUNTLY AC	16:50.3
4.	Gourlay, Marlene	W	VICTORIAN MA	17:34.6
5.	McNicol-Davidson, Chloe	W	SOUTH COAST	17:37.7
6.	Attard, Bianca	W	KNOX AC	18:01.1
7.	Steed, Gwen	W	VICTORIAN MA	19:27.6
8.	Johnson, Celia	W	VICTORIAN MA	20:06.5
9.	Molnar, Jo	W	ATHLETICS WAVERLEY	22:18.7
10.	Chapman, Kahlia	W	ATHLETICS WAVERLEY	23:50.9

#### 1500 Meter Race Walk

1.	Montag, Jemima	W	MACCABI AC	7:01.6
2.	Walmsley, Reese	M	KNOX AC	7:11.7
3.	Swan, Kyle	M	KNOX AC	7:23.2
4.	Hamilton, Emily	W	KNOX AC	7:36.6
5.	De Lisen, Paige	W	KNOX AC	7:37.2
6.	Vasiljevic, Taylor	W	CASEY CARDIN	7:54.0
7.	Hodges, Mikhala	W	KNOX AC	8:35.6
8.	Walmsley, Hayden	M	KNOX AC	8:47.5
9.	Swan, Emily	W	KNOX AC	8:54.0
10.	Hughes, Tayla Jade	W	FRANKSTON AC	16:46.6
	Eastwood, Jemma	W	OAKLEIGH AC	DQ

#### AV Shield Round 4 - Bendigo Zone, La Trobe University Track, Bendigo

Zoe Boldiston continued her fine form, winning the 3000m in Bendigo with 14:32.66.

#### Mixed 5000 Metre Race Walk

1.	MINCHIN, LISA	W48	SOUTH BENDIGO	39:38.0
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#### Mixed 3000 Metre Race Walk

1.	BOLDISTON, ZOE	W15	SOUTH BENDIGO	14:32.66
2.	HAYES, ZAHRA	W11	SOUTH BENDIGO	17:39.32
3.	SAVAGE, JOSHUA	M17	EAGLEHAWK YMCA	19:10.92
4.	WATSON, JOHN	M62	BENDIGO HARRIERS	23:14.18

#### Mixed 1500 Metre Race Walk

1.	HILL, MADISON	W11	SOUTH BENDIGO	9:32.74
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#### AV Shield Round 4 - Ballarat Zone, Llanberris Reserve, Ballarat

Kelly Ruddick was just outside her PB with a fine 13:28.86 for the 3000m in Ballarat. Others to walk well included Andrew Blood who broke the 15 min barrier with his time of 14:54.12 and Sarah Brennan who walked a PB of 15:27.35. And it's great to see Erin Adamcewicz and Josh Platt both back walking. The only one missing is Daryl Biggin!

#### 3000 Meter Race Walk

1.	Ruddick, Kelly	W	BALLARAT HAR	13:28.86	
2.	Blood, Andrew	M	BALLARAT YCW	14:54.12	
3.	Brennan, Sarah	W	BALLARAT YCW	15:27.35	PB 0:18
4.	Adamcewicz, Erin	W	BALLARAT YCW	17:02.05	
5.	Platt, Josh	M	UNATTACHED	17:59.55	
6.	Prendergast, Maurice	M	UNATTACHED	18:34.92	
7.	Ruddick, Kevin	M	BALLARAT HAR	18:38.32	
8.	Platt, John	M	UNATTACHED	18:41.31	
9.	Govan, Lee	M	WENDOUREE AC	19:18.24	

#### 1500 Meter Race Walk

1.	Darlow, Ross	M	EUREKA AC	7:37.91
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#### AV Shield Round 4 - Geelong Zone, John Landy Athletic Field, Geelong

Josh Dillon won the 3000m in Geelong with 14:52.09 while Mackayla Davison won the 15000m with 8:21.60.

**Mixed 3000 Meter Race Walk**

1.	Dillon, Joshua	M18	CORIO AC	14:52.09
2.	Christmass, James	M45	CORIO AC	15:47.49
3.	Mirarchi, Nicholas	M21	CORIO AC	16:44.84

**Mixed 1500 Meter Race Walk**

1.	Davison, Mackayla	W12	CORIO AC	8:21.60
2.	Wight, Briely	W11	UNATTACHED	9:54.00
3.	Burns, Jonathan	M11	ATHLETICS CH	10:06.58
4.	Mirarchi, Thomas	M12	CORIO AC	10:47.13

**ASA PREMIERSHIP CUP WEEK 2, SANTOS STADIUM, MILE END, SATURDAY 3 NOVEMBER**

Interclub continued in Adelaide on Saturday with Kristie Goznik 26:14.74 and Kim Mottrom 21:27.50 (a 6 sec PB) taking line honours in the 5000m while Bethany Cross 10:45.89 and Jayden Goode 12:04.84 were best in the 2000m,

**Women 5000 Metre Walk**

1.	Kristie Goznik	PORT ADELAIDE	26:14.74
	Anna Cross	PEMBROKE	DNF
	Amber Tuscharski	WESTERN DISTRICT	DNF

**Men 5000 Metre Walk**

1.	Kim Mottrom	ADELAIDE HARRIERS	21:27.50	PB 0:06
2.	Peter Crump	ST PETERS	28:32.46	
3.	Troy Hooker	SALISBURY	30:49.91	

**Women 2000 Metre Walk**

1.	Bethany Cross	PEMBROKE	10:45.89
2.	Julia Potezny	HILLS	11:20.30
3.	Rhiannon Lovegrove	PORT ADELAIDE	11:46.68
4.	Rhiana Hooker	SALISBURY	12:08.45
5.	Felicity Henderson	ST PETERS	12:20.78
	Linda Whitelaw	ENFIELD HARRIERS	DQ

**Men 2000 Metre Walk**

1.	Jayden Goode	SALISBURY	12:04.84
2.	Michael Nicolaides	FLINDERS	13:03.66

**ATHLETICS NSW CLUB PREMIERSHIP ROUND 2, NARRABEEN, SATURDAY 3 NOVEMBER**

NSW Interclub competition on Saturday saw 1500m, 3000m and 5000m walks on offer at Narrabeen. Unfortunately conditions were quite cool and windy and a number of the walkers were left standing around at their marshalling areas for a significant time as the meet was running behind and they didn't have enough lap counters to allow all the walks to be run concurrently. Yes, it takes a lot of officials to run a meet like this and we depend on our volunteers.

Tyler Jones 23:06.21 and Lauren Bourke 24:18.79 were the standouts in the Open 5000m, both doing fine PBs. Tyler chased Kyle Malone early until Kyle retired at the 3000m mark while Lauren was quite happy with her result as she is still recovering from her first ever triathlon from last weekend that included a 1.9km swim, 90km bike ride and 20km run !!! And a special mention to Sarah Raycanovski for her big PB time of 24:42.03.

Nathan Brown (PB of 14:27.03) and Jasmyn McDonald (14:32.41) were the best in the 3000m although Jasmyn McDonald had to work hard after getting stomach cramps with two laps to go. Aidan Kerr was not far behind with his own PB of 14:44.65. The 1500m walkers raced with the 3000m competitors, Raquel Roukos winning the girls and Ryan Thomson coming through with a new PB as the sole male contestant. So only small numbers but some impressive performances.

**5000m Walk Open**

1.	Jones, Tyler	M14	Wyang Athlet	23:06.21	PB 0:27
2.	Bourke, Lauren	W22	Mingara Athl	24:18.79	PB 0:52
3.	Raycanovski, Sarah	W29	Mingara Athl	24:42.03	PB 0:22
4.	Dighton, Jasmine	W16	Illawong and	25:50.09	PB 0:09
5.	Hill, Jayde	W15	Nambucca Dis	26:27.80	
6.	Jessurun, Ian	M45	Nsw Masters	26:48.73	
7.	Barendregt, Amanda	W16	Nepean Distr	27:14.36	PB 0:55
	Gibbons, Carl	M16	Westlakes Athletics	DNF	
	Malone, Kyle	M21	Nepean Distr	DNF	

**3000m Walk Under 14**

1.	McDonald, Jasmyn	W13	Parramatta C	14:32.41
2.	Richardson, Dylan	M12	Mingara Athl	16:09.58

3.	Mavin, Harrison	M11	Sydney Pacif	16:18.80	
4.	Crichton, Sophie	W12	Sydney Pacif	18:06.54	
<b>3000m Walk Under 17</b>					
1.	Brown, Nathan	M14	Parramatta C	14:27.03	PB 0:07
2.	Kerr, Aidan	M14	Sydney Pacif	14:44.65	PB 0:13
3.	Kelland, Sarah	W14	Ryde Athleti	17:43.07	PB 0:15
<b>1500m Walk Under 14</b>					
1.	Roukos, Raquel	W12	Nepean Distr	7:22.10	
2.	Thomson, Ryan	M12	Nepean Distr	7:43.18	PB 0:07
3.	Crichton, Emily	W11	Sydney Pacif	10:44.89	

### WA STATE ALL SCHOOLS T&F CHAMPS, WA ATHLETICS STADIUM, PERTH, 2-4 NOVEMBER

The Western Australian All Schools championships were held last weekend with Mikayla Johns, Christopher Gerken, Holly Hughes and Kate Holt winning their respective State titles.

#### Girls 3000 Metres Race Walk U14, Friday 2 November

1.	Johns, Mikayla	00	MELVILLE	16:30.23
2.	Maynard, Joanna	99	KINGSWAY SENIORS	17:20.43
3.	Gee, Sarah	99	ATHLETICS WA	20:03.46
	Burgess, Jasmin	00	ATHLETICS WA	DQ

#### Boys 3000 Metres Race Walk U14, Friday 2 November

1.	Gerken, Christopher	00	ATHLETICS WA	20:28.13
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#### Girls 3000 Metres Race Walk U16, Friday 2 November

1.	Hughes, Holly	97	ATHLETICS WA	16:19.34
2.	Tolardo, isabella	97	MELVILLE	17:54.54
3.	Gerken, Caitlin	97	ATHLETICS WA	17:55.79
	DelPup, Jennifer	98	ATHLETICS WA	DQ

#### Girls 5000 Metres Race Walk U18, Sunday 4 November

1.	Holt, Kate	96	MELVILLE	28:21.51
2.	Brown, Breanna	95	KINGSWAY SENIORS	29:11.92
3.	Hughes, Holly	97	ATHLETICS WA	30:30.04
4.	Tolardo, isabella	97	MELVILLE	33:45.79
	Di Pietro, Courtne	95	ATHLETICS WA	DNF

### TASMANIAN ROUNDUP

I have a few weeks of Tasmanian interclub competition to catch up on so here goes. Best performer has to go to Stephanie Stigwood for her PBs of 14:03.46 (3000m) and 24:18.08 (5000m). Tahlia Hunt also walked an excellent 3000m, doing a big PB of 15:11.93. And finally Daniel Coleman continues his comeback with a good 5000m time of 23:04.66.

#### Athletics Tasmania Interclub Round 2, Domain Athletics Centre, Hobart, Saturday 20 October

##### 1,500 Metres Walk

Jennifer O'Connor	SB	16	8:34.92
Elizabeth Leitch	ES	15	9:03.12

#### Athletics Tasmania Interclub Round 2, Domain Athletics Centre, Saturday 27 October

##### 3,000 Metres Walk

Tahlia Hunt	OVA	20	16:18.60
Alice Randall	OVA	18	18:25.07
Elizabeth Leitch	ES	17	18:40.80
Sarah Guy	OVA	15	21:14.78

#### Athletics Tasmania Interclub Round 4, Domain Athletics Centre, Hobart, 3-4 November

##### Men 3000m Walk

1.	Rose, Louis	Southern Saints	16:12.06
2.	Stanley, Corey	Western Suburbs	18:51.50

##### Women 3000m Walk

1.	Stigwood, Stephanie	Southern Saints	14:03.46	PB 0:09
2.	Hunt, Tahlia	Southern Saints	15:11.93	PB 0:30

3.	Randall, Alice	Southern Saints	17:26.17
4.	O'Connor, Jennifer	Sandy Bay	19:19.86
5.	Guy, Sarah	Southern Saints	20:40.33

#### Women 5000m Walk

1.	Stigwood, Stephanie	Southern Saints	24:18.08	PB 0:26
	Hunt, Tahlia	Southern Saints	DNF	

#### Men 5000m Walk

1.	Coleman, Daniel	Southern Saints	23:04.66
2.	Marsh, Lawrie	Masters	30:17.54

### PAN PACIFIC MASTERS GAMES, SOUTHPORT, GOLD COAST, QLD, NOV 3-11, 2012

The Pan Pacific Masters Games (see [www.mastersgames.com.au](http://www.mastersgames.com.au)), held every 2 years, are currently underway on the Gold Coast in Queensland. The events offered are amazing - AFL, Archery, Athletics, Baseball, Basketball, Beach Volleyball, Calisthenics, Cricket, Cycling, Dragon Boats, Football (Soccer), Futsal, Golf, Hockey, Indoor Netball, Indoor Rowing, Judo, Lawn Bowls, Motocross & Enduro/Vinduro, Netball, Outrigger Canoeing, Polocrosse, Rowing, Rugby League, Rugby Union 10s, Shooting - Clay Target, Softball, Squash, Swimming, Swimming - Open Water, Taekwondo, Tennis, Tenpin Bowling, Touch, Volleyball and Water Polo - and the athletics component was held on Saturday, Sunday and yesterday (Monday).

There were three walks on offer as part of the Athletics program

Saturday 4PM - 5000m Track Walk  
 Sunday 7AM - 10km Road Walk  
 Monday 12:30PM - 3000m Track Walk

and they even had a power walk was for "odds and sods". It was hot and humid on all 3 days but the standard of walking was high. The walks highlight was probably provided by Heather Lee from NSW who broke the world record in the W85 5000m track walk on Saturday (40:06.97) and only just missed the 10km road walk record on Sunday (1:21.17 and 99.5%).

Queensland walkers Iggy Jimenez (M45) and Nyle Sunderland (W45) were the fastest in all three walks and set the standard for everyone else. VRWC walkers Adam Patterson (M40), Simon Evans (M50) and Colin Silcock-Delaney (M80) were also in the mix and all featured in the medals. QRWC President Peter Bennett (M55) also walked excellently with times of 25:07.95 (5000m) and 51:58.00 (10km). He did not contest the 3000m walk on Monday as I assume he had to earn a crust!

And you can see a YouTube video of the 5000m walk at <http://www.youtube.com/watch?v=Zq6dZgUxfkA&feature=youtu.be>.

#### 5000m Track Walk, 4PM, Saturday 3 November.

M40	1	Kropik, Franz	M44	Austria	27:12.20	71.75%
	2	Patterson, Adam	M40	Vic	27:40.33	68.34%
	3	Kingston, Brett	M40	Act	36:46.44	51.42%
M45	1	Jimenez, Ignacio	M47	Qld	24:09.42	82.79%
M50	1	Evans, Simon	M52	Vic	24:59.72	83.44%
	2	Lindenberg, Paul	M50	Qld	28:54.50	70.93%
	3	Blanchard, Michael	M51	Usa	30:10.76	68.52%
M55	1	Bennett, Peter	M56	Qld	25:07.95	85.94%
	2	Worsnop, Christopher	M55	Vic	34:38.68	61.79%
M60	1	Mayhew, Trevor	M66	SA	29:10.92	81.88%
	2	Harrison, Graham	M69	SA	33:39.59	73.51%
	3	Hennes, Keith	M66	Qld	34:57.58	68.35%
M70	1	Sela, Patrick	M73	Qld	35:24.92	73.47%
M75	-	Robertson, David	M79	SA	DQ	
M80	1	Johnson, Ronald	M80	Nzl	36:34.57	78.64%
	2	Silcock-Delaney, Colin	M80	Vic	38:41.34	74.34%
W40	1	Neill, Rhonda	W40	Qld	46:38.17	44.07%
W45	1	Sunderland, Nyle	W45	Qld	29:44.27	71.92%
	2	Beikoff, Donna	W45	Qld	33:04.96	64.65%
W50	1	Shaw, Kay	W53	Qld	31:07.19	73.75%
W55	1	Lloyd, Nancy	W58	Nsw	36:48.20	65.66%
W60	1	Hoskin, Susan	W61	Nzl	31:04.95P	80.44%
	2	Leitch, Mary	W63	Vic	46:03.52 3	55.62%
W70	1	McKinven, Noela	W70	Qld	38:45.27	72.72%
W80	1	Dauphinet, Christiane	W81	Qld	40:31.16	84.27%
W85	1	Lee, Heather	W85	Nsw	40:06.97	92.85%

#### 10km Road Walk, 7AM, Gold Coast City Council Grounds, Bundall, Sunday 4 November

M40	1	Kropik, Franz	M44	Austria	59:24.00	67.61%
	2	Patterson, Adam	M40	Vic	1:02:38.00	62.15%

M45	1	Jimenez, Ignacio	M47	Qld	50:53.00	80.84%
M50	1	Evans, Simon	M52	Vic	52:24.00	81.82%
	2	Blanchard, Michael	M51	Usa	1:01:11.00	69.49%
	3	Lindenberg, Paul	M50	Qld	1:02:23.00	67.59%
M55	1	Bennett, Peter	M56	Qld	51:58.00	85.39%
	2	Worsnop, Christopher	M55	Vic	1:12:18.00	60.84%
	-	Robertson, Douglas	M59	Vic	DQ	
M65	1	Harrison, Graham	M69	SA	1:01:26.00	82.74%
	2	Mayhew, Trevor	M66	SA	1:04:45.00	75.79%
	3	Hennes, Keith	M66	Qld	1:13:58.00	66.35%
M70	1	Sela, Patrick	M73	Qld	1:02:38.00	85.44%
M75	-	Janes, Bert	M79	Nsw	DQ	
M80	1	Silcock-Delaney, Colin	M80	Vic	1:19:56.00	74.26%
W40	-	Neill, Rhonda	W40	Qld	DQ	
W45	1	Sunderland, Nyle	W45	Qld	1:01:11.00	72.43%
	2	Beikoff, Donna	W45	Qld	1:10:41.00	62.69%
W50	1	Shaw, Kay	W53	Qld	1:08:05.00	70.23%
	2	Tillman, Annette	W52	Nsw	1:33:59.00	50.35%
W55	1	Lloyd, Nancy	W58	Nsw	1:19:06.00	63.91%
W60	1	Hoskin, Susan	W61	Nzl	1:04:50.00	80.89%
	-	Leitch, Mary	W63	Vic	DQ	
W65	-	O'Mahony, Jill	W68	Qld	DQ	
W70	1	McKinven, Noela	W70	Qld	1:21:06.00	73.58%
W80	1	Dauphinet, Christiane	W81	Qld	1:23:07.00	88.45%
W85	1	Lee, Heather	W85	Nsw	1:21:17.00	99.50%

#### 3000m Track Walk, 12:30PM, Monday 5 November

M40	1	Kropik, Franz	M44	Austria	15:12.53	75.38%
	2	Patterson, Adam	M40	Vic	15:43.42	70.64%
	3	Kingston, Brett	M40	Act	21:49.66	50.88%
M45	1	Jimenez, Ignacio	M47	Qld	13:56.90	84.23%
M50	1	Evans, Simon	M52	Vic	14:41.45	83.42%
	2	Lindenberg, Paul	M50	Qld	16:47.02	71.78%
	3	Blanchard, Michael	M51	Usa	17:44.56	68.48%
M55	1	Worsnop, Christopher	M55	Vic	20:20.30	61.86%
M60	1	Graham, John	M62	Vic	20:38.67	65.19%
	2	West, John	M62	Nsw	24:46.36	54.32%
M65	1	Mayhew, Trevor	M66	SA	17:02.49	82.43%
	2	Hennes, Keith	M66	Qld	19:24.81	72.35%
	3	Harrison, Graham	M69	SA	19:49.15	73.38%
M70	1	Sela, Patrick	M73	Qld	21:15.04	71.93%
M75	-	Robertson, David	M79	SA	DQ	
	-	Janes, Bert	M79	Nsw	DQ	
M80	1	Johnson, Ronald	M80	Nzl	22:07.93	76.24%
	2	Silcock-Delaney, Colin	M80	Vic	23:17.41	72.45%
	3	Bellette, Ernest	M83	Qld	27:39.32	63.98%
W45	1	Sunderland, Nyle	W45	Qld	17:19.56	72.28%
	2	Beikoff, Donna	W45	Qld	19:09.07	65.39%
W50	1	Shaw, Kay	W53	Qld	18:03.53	74.21%
	2	Tillman, Annette	W52	Nsw	27:25.48	48.43%
W55	1	Lloyd, Nancy	W58	Nsw	22:12.13	63.38%
W60	1	Hoskin, Susan	W61	Nzl	18:07.14	80.21%
	2	Leitch, Mary	W63	Vic	28:30.72	52.15%
W70	1	McKinven, Noela	W70	Qld	23:06.89	70.40%
W80	1	Dauphinet, Christiane	W81	Qld	23:48.25	81.91%
W85	1	Lee, Heather	W85	Nsw	23:24.89	90.34%

And thanks to Robyn Wales for the following photo, taken after the 10km roadwalk on Sunday. I believe the sign said "DEAD SLOW" so the walkers decided to make a subtle change!





**Pan-Pac Masters walkers Nyle Sunderland, Kay Shaw, Christiane Dauphinet and Susan Hoskin - I think they call it live art!**

### VRWC CLUB RECORDS

More VRWC club records this week - firstly to a few retrospective ones - I just had to find the electronic splits from a couple of key international races to get Jared and Nathan on the board. Nathan's new Open Men club records for 2km, 3km and 5km road were all set in the 2005 World Cup in Spain when he finished 5<sup>th</sup> in a time of 1:19:37. It was a fast race right from the start as you can see from the record splits. Jared's new U23 Men club record for 5km was set in the 2006 IAAF World Championship 20km in Helsinki. He stormed through the first 10km of the race in 40:15 before slowing to finish 18<sup>th</sup> with 1:23:42. This was the big breakthrough race for Jared and he has not looked back since.

Jared Tallent	19:53	U23 5km Road Walk	IAAF World Champ 20km	Helsinki, Finland	06/08/2006
Nathan Deakes	7:46	Open 2km Road Walk	IAAF World Cup 20km	La Coruna, Spain	13/05/2005
Nathan Deakes	11:43	Open 3km Road Walk	IAAF World Cup 20km	La Coruna, Spain	13/05/2005
Nathan Deakes	19:32	Open 5km Road Walk	IAAF World Cup 20km	La Coruna, Spain	14/06/2005

And now to this week's AV Shield Competition where Andrew Jamieson has beaten his own club record with a superb walk.

Andrew Jamieson	14:13.6	3000m Walk M65	AV Shield 3000m	Doncaster, VIC	03/11/2012
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### 100 KM AND 50KM TRACK WALKS, VAXJO, SWEDEN, 27-28 OCTOBER

In last week's newsletter, I mentioned the 100km / 12 Hour track meet that had just been held in Vaxjo, Sweden. Unfortunately I did not have the results at that stage but they have since been forwarded to me. It was predominantly a running event but they did have walk categories with a small number of walkers overall. The walk results saw Fredrick Svensson win the 100km track walk in an excellent 10:35:14 while Nigerian Charles Arosanyin was the only other finisher, walking for the full 12 hours for a final distance of 88.200km. Unfortunately there were no finishers in the 50km track walk with both competitors failing to finish.

#### 100km Track Walk

1.	Fredrik Svensson	Växjö AIS	M	1973	100,000km	10:35:14
2.	Charles Arosanyin	Nigeria	M	1967	88,200km	11:58:19

#### 50,000m Track Walk

	Ulf-Peter Sjöholm	Växjö AIS	M	1965	DNF (20,400km in 2:14:25 )
	Monica Svensson	Växjö AIS	K	1978	DNF 16,000km in 1:46:38 )

### FRENCH U23 CLUB CHAMPIONSHIPS, DIJON, SUNDAY 28 OCTOBER

The French Under 23 Club Championships in Dijon a week ago saw Aurelien Quinion 21:35.59 and Emilie Tissot 14:07.74 win.

#### Men 5000m Walk

1.	Aurelien QUINION	FRA	93	21:35.59
2.	Keny GUINAUDEAU	FRA	93	21:35.63
3.	Quentin GAUCHET	FRA	93	24:13.20

4. Maxime COTTEVIEILLE FRA 90 25:10.56

**Women 3000m Walk**

1. Emilie TISSOT FRA 93 14:07.74  
 2. Emilie MENUET FRA 91 14:21.93  
 3. Marine QUENNEHEN FRA 91 14:53.49  
 4. Marine FLORINDI FRA 90 16:06.84  
 5. Manon PIDOUX FRA 94 16:14.36  
 6. Charlotte SANCHEZ FRA 94 16:14.88  
 7. Doriane LANGLOIS FRA 93 16:25.74  
 8. Sandy KAFI FRA 93 16:36.04

**XI LÉGUA DE MARCHA ATLÉTICA DE ALVAIÁZERE, ALVAIÁZERE, PORTUGAL, SAT 3 NOVEMBER**

The XI Léguas de Marcha Atlética de Alvaiázere, held last Saturday, saw 134 walkers in action, representing 25 clubs. The Open Women's 5km went to Daniela Cardoso with 25:09 while the men's race was won by Sérgio Vieira with 21:50 (his third win in a row). There were races on offer for all age groups and the day has been captured by the 'O Marchador' blog - see <http://omarchador.blogspot.pt/2012/11/sergio-vieira-e-daniela-cardoso.html>. The first 10 the senior races follow:

**5km Men (Junior/Senior/Masters)**

1. Sérgio Vieira SL Benfica 21.50  
 2. Miguel Carvalho CNR Maior 21.52  
 3. Leonardo Toro Lopez CA Extremadura-CL 22.07  
 4. Bruno Pedro GAC Vento 22.14  
 5. Nuno Valente CCSJ Madeira 22.53  
 6. Pedro M. Santos GC Bragança 22.57  
 7. Luís Silva J Vidigalense 23.02  
 8. Miguel Perianez CA Extremadura-CL 23.57  
 9. Nuno Santos Sporting CP 24.20  
 10. Cristiano António AC Vermoil 24.42

**5km Women (Junior/Senior/Masters)**

1. Daniela Cardoso Leiria MA 25.09  
 2. Sandra Vieira Leitão ADRE Palhaça 27.15  
 3. Catarina Godinho CAF Zêzere 28.46  
 4. Paula Nascimento AC Alfenense 29.17  
 5. Ana Rute Alberto Leiria MA 29.38  
 6. Maria Alice Fernandes GD Lourocoope 30.21  
 7. Maria Orlete Mendes CA Galinheiras 30.51  
 8. Ana Amaro CP Corroios 32.14  
 9. Paula Gouveia CP Corroios 32.18  
 10. Rute Lourenço CP Corroios 32.22

**RACEWALK STAMPS**

Here is my last instalment of stamps featuring the sport of racewalking. Now that I have finished listing all the ones I could find, I have added the entire collection to our VRWC website. Check out the new index item on the left hand side, labelled *Racewalking Postage Stamps*.

	<p><b>1984 - France</b></p> <p>This French 4 Franc Commemorative Stamp, released on 1 June 1984, celebrates the Los Angeles Olympic Games and the centenary of the I.O.C. and features a Track and Field montage which includes racewalking.</p>
	<p><b>1996 - Latvia</b></p> <p>This Latvian stamp was produced in 1996 to commemorate the Olympic Games of that year.</p>
<p><b>2000 - Poland</b></p>	



Poland produced a series of four stamps to celebrate the Summer Olympics in Sydney in 2000. The stamps featured

- Running
- Platform diving, windsurfing, canoeing, sailing
- Pole vault, weightlifting, fencing
- Basketball, judo and walking.

The fourth stamp, shown here, featured Polish walker Robert Korzeniowski (50km gold medal) in the collage.



#### 2001 - Poland

In 2001, Poland produced a sheetlet of stamps celebrating one thousand years of Polish history, culture and science from a 21<sup>st</sup> century perspective. Every stamp is dedicated to a different field of life in which landmark moments in history are compared with contemporary Polish history.

Amongst the stamps is one featuring Robert Korzenioski.

### MORE WALK VIDEOS

Wow - this set is a beauty - the full race coverage of all three Olympic walks in London has now been loaded onto YouTube. The videos include the actual trackside commentary that kicks in once each race starts. A collector's item!

- 20km Men <http://www.youtube.com/watch?v=qAALNtJakOk&feature=relmfu>
- 50km Men <http://www.youtube.com/watch?v=ffYYgCEKD9o&feature=relmfu>
- 20km Women <http://www.youtube.com/watch?v=TsEiGB92Pwc&feature=relmfu>

And I was also forwarded this link from Daniel Coleman. It's a short US documentary on the 1987 World Cup in New York. While it features the US team, you can also see short cameos of 4 of the Australian contingent. See if you can pick them all!

- 1987 World Cup: <http://www.youtube.com/watch?feature=endscreen&v=fRVww3cW18Y&NR=1>

### THE NEW IAAF WEBSITE IMPRESSES

The IAAF has unveiled it's new website and it's worth a look. The link remains the same ([www.iaaf.org](http://www.iaaf.org)) but the new look is definitely a brighter more visual look. The press release comments:

Our new platform is transparently searchable giving users easier access to the existing statistical information such as results, records and lists, and our editorial content including over 25,000 news articles and 10,000 photographs.

New features include a standalone RESULTS section where you can access ALL results, for the first time providing a one stop location for all archived data from the various categories of IAAF Competitions; a more visual ATHLETES section; and a new DISCIPLINES section providing basic information especially designed to help engage newer fans about our sport. To coincide with our launch the video content of our MULTIMEDIA is powered by the IAAF's YouTube channels, which along with the well-established IAAF World Athletics Club on Facebook and IAAF Twitter, plugs social media into every page.

The new IAAF website has been designed to be mobile compatible, and IAAF apps are planned for 2013, along with further new sections such as a Fan Zone and a Shop.

### EUROPEAN WALKERS IN THE SPOTLIGHT

It is great to see three walkers amongst the European Athletics nominations for Athlete of the Month of September. See <http://www.european-athletics.org/athlete-of-the-month.html>. The three are

- **Gregorz Sudol POL** - The 2010 European Athletics Championships 50km walk silver medallist clocked 3:46:01 over the same distance to win as a guest at the German championships in Gleina on 14 October.

- **Anežka Drahotová CZE** - Still only 17 and a youth, she clocked 44:31 in the Swiss town of Chiasso on 14 October, the best time for her age group in the world this year.
- **Marina Pandakova RUS** - Clocked 43:34 to win the 10km walk at the Memorial Piotr Pochincuk international walks meeting in Grodno, Belarus, on 6 October, the fifth best performance in the world this year.

### AUSTRALIAN 50KM CHAMPIONSHIP ONLINE ENTRIES NOW OPEN

The Australian 50km Road Walking Championships will be held in Fawkner Park, Melbourne (Melways ref.: 2L B6) on Sunday 09 December 2012 and online entries are now open via Athletics Australia.

See [http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=906&OrgID=887](http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=906&OrgID=887)

Date: 9<sup>th</sup> December 2012  
 Location: Fawkner Park, Melbourne, Victoria  
 Contact: Athletics Australia  
 Telephone: 03 9820 3511  
 Website: [www.athletics.com.au](http://www.athletics.com.au)  
 Email: [Caitlin.christie@athletics.org.au](mailto:Caitlin.christie@athletics.org.au)  
 Entry fee: \$20.00  
**Entries close: At midnight on the 28<sup>th</sup> November 2012**

The following timetable and cut-offs apply:

7.00am - Australian 50km Road Walking Championships	(cut-off: 5 hours)
8.00am - 20km Walk: Men and Women	(cut-off: 2 hours Men 2 hours, 15 minutes Women)
9.00am - 10km Walk: U20 Men and Women	(cut-off: 56 minutes Men, 60 minutes Women)
10.00am - 5km Walk: U18 Men and Women	(cut-off: 28 minutes Men, 30 minutes Women)

### AROUND THE TRAPS

And now out and about. First some news for local Melbourne readers - congratulations to the Bertei family - Frank and Sarah and Hugh - on the birth of Gene Elroy Bertei, born 31<sup>st</sup> October 2012. And I was very impressed to see Frank feature in the Box Hill Shield competition results on Saturday 27<sup>th</sup> October with a snappy 10:20.9. Timed to perfection!

Next a couple of photos featuring Jared Tallent. The first is a new display at the Athletics Australia offices front door in Lakeside Stadium with Jared front and centre from London. The second, from Sunday, shows Jared helping open the new Surf Coast Walk, a 44km recreational walking track that follows along the Great Ocean Road. You can read about the opening at <http://www.visitgreatoceanroad.org.au/article?code=%2Fgreat-ocean-road%2F2012%2Ffree-community-event-in-celebration-of-the-completed-surf-coast-walk-redevelopment%2F>



Finally a photo of former VRWC member Nardene Hammond who left our shores for Canada last year. Back on a brief holiday, she competed in AV Shield competition on Saturday at Lakeside Pavilion (15:33.67) and was then seen back in action on Sunday morning having a walk in the monthly Coburg Harriers fun run. Welcome back Nardene!





### WHAT'S COMING UP

Next weekend sees the **2012 Victorian All Schools Track & Field Championships** at Lakeside Stadium. Entries closed last week so I hope you got your entry in. The final walks timetable reads as follows

Sat 10 Nov	10:35AM	U17/U18 5000m Walk
	2:40PM	U14 3000m Walk
	2:55PM	U15/U16 3000m Walk

Competitor lists at [http://www.athsvic.org.au/images/uploads/publications/2012\\_all\\_schools\\_t\\_f\\_champs\\_entries\\_2nov2012.pdf](http://www.athsvic.org.au/images/uploads/publications/2012_all_schools_t_f_champs_entries_2nov2012.pdf).

The following weekend sees our VRWC Summer Championships and AGM. Note that any 10km walkers who want to start earlier can start with our 20km walkers at 8:30AM. If not, you can start at the more socially acceptable time of 9:30AM.

Sunday 18 <sup>th</sup> November 2012, VRWC Championships and AGM, Middle Park		
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	

The AGM is where we vote in next year's committee and set our future direction for the club. If you want to see the current committee, check out <http://www.vrwc.org.au/vrwccommittee.html>. I think we are all intending to stand again for our various portfolios but there is always room for new blood so email me for a chat if you want to discuss.

Note that one of our committee positions is currently vacant - **Social Secretary**. This is our fundraising arm and hence the reason why the club does not ever seem to do any fund raising of socialising apart from gathering for our races. A number of our ladies used to handle this side of things but they eventually decided to call it quits after many years of valuable work. The committee is currently reviewing **automated chip systems for race results**. If we do decide to embark on this path, it will be a major cost expenditure so we may well need to dust off our fundraising and put ourselves to work. I might say more in a future newsletter on this. Volunteers always welcome!

### 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

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 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>

#### **2013 International Fixture**

July 6-17, 2013 **27<sup>th</sup> Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)  
 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 <http://www.wma2013.com>

#### **2013 European Athletics Permit Meets**

March 17, 2013 Mario Albisetti 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 **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 <http://www.glasgow2014.com/>

#### **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 <http://www.perth2016.com/>  
 Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>  
 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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