



HEEL AND TOE ONLINE

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

Yes, it's back again and I have two very worthy nominations for your review and voting this week. They are

- 19 year old **Dane Bird-Smith** whose 3000m track time of 11:23.05 at the St Lucia Track on Friday evening took 4 secs off his PB and propelled him to 9th in the Australian All-time ranking list.
- 25 year old **Adam Rutter** whose great 10,000m time of 41:29.01 in the NSW 10,000m Track Walk championships last Saturday afternoon in hot and trying conditions continued his steady buildup to the Olympic 20km trial in Hobart next month. Adam is sure to be one of the key players in this race and his track form omens well.

You can vote at <http://www.vrwc.org.au>.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WED 4 JANUARY 2011

Thanks to Colin Hainsworth for latest South Australian Masters Track result from last Wednesday evening. Colin commented: *Cooler after a couple of days in the 40's!* SARWC walkers Kim Mottrom and Justin Hill walked the 1500m/3000m double as did a number of the masters walkers. As usual, George White was the pick of the Masters.

1500m Walk

-	Kim Mottrom	06.26	
-	Justin Hill	06.55	
M66	George White	08.02	85.77%
M65	Geoff Byham	09.19	73.15%
W51	Marie Maxted	09.33	66.83%
M68	Graham Harrison	09.42	72.67%
W60	Helen Suridge	10.11	68.04%
M65	James Hoare	10.33	64.60%
M76	Leigh Smith	10.54	71.56%
W61	Mary Abrey	10.55	64.12%
M75	Paul Boyce	11.04	69.53%
M82	Colin Hainsworth	11.21	75.07%
M68	Roger Lowe	11.22	62.01%
W67	Margaret Trengove	11.44	63.8%
M74	Colin Trengove	11.45	64.62%
M78	David Robertson	11.52	67.60%
W67	Jill Rogers	11.58	62.56%
W59	Edna Bates	2.53	53.25%

3000m Walk

-	Kim Mottrom	14.58	
-	Justin Hill	15.14	
M66	George White	17.01	82.55%
M65	Geoff Byham	19.11	72.42%
M68	Graham Harrison	19.48	72.59%
M65	James Hoare	21.57	63.29%
W57	Linda Whitelaw	23.18	59.77%
M82	Colin Hainsworth	23.33	73.92%
W63	Gill White	25.20	58.70%
W78	Cynthia Dally	26.36	69.37%

ACTRWC TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 5 JANUARY 2012

Thanks to Robin Whyte for the latest ACTRWC results from Canberra

3000m Walk

1.	Thomas Hopkins	17:37
2.	Karina Hopkins	19:07
3.	Emily Hopkins	19:27
4.	Jordan Bardsley	19:28
5.	Geoff Barker	20:08
6.	Doug Fitzgerald	20:53

1500m Walk

1.	Carl Gibbons	7:14
2.	Peter Baker	7:55
3.	Kara Baker	8:56
4.	Wendy Kupkee	10:35

WA INTERCLUB WALKS, STATE ATHLETICS CENTRE, PERTH, FRIDAY 6 JANUARY 2012

Now to Western Australia where Track and Field Interclub restarted on Friday evening with a 3000m Walk.

3000m Walk

- | | | | |
|----|--------------|---------|---------|
| 1. | Smyth, David | Aths WA | 16:34.3 |
| 2. | Best, David | Aths WA | 21:01.3 |

UQAC PERMIT MEET, ST LUCIA, BRISBANE, FRIDAY 6 JANUARY 2012

Queensland Track and Field competition restarted on Friday evening with a University of Queensland permit meet at the new UQ Athletics Track in St Lucia. Dane-Smith took 4 secs off his PB to win the 3000m walk with a superb 11:23.05. I hear that Brad Aiton actually led for the first 1400m before surrendering the lead and the race to Dane. Tayla Billington (NSW) was the fastest of the girls with a 1500m time of 7:28.56.

5000m Walk

- | | | | | |
|----|-------------------|-----|------|---------|
| 1. | Billington, Tayla | W15 | COMP | 7:28.56 |
| 2. | Pinchen, Ryan | M12 | QRW | 9:07.67 |

3000m Walk

- | | | | | |
|----|------------------|-----|-----|----------|
| 1. | Bird-Smith, Dane | M20 | QRW | 11:23.05 |
| 2. | Aiton, Brad | M18 | GCV | 12:04.02 |
| 3. | Dewar, Brandon | M20 | QRW | 12:14.45 |

Dane's superb time pushes him a few places higher on the all-time list to 9th. Sadly, we don't race over 3000m all that much now.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	10.56.22	Andrew Jachno	V	13-04-1962	1	Melbourne	07-02-1991	33
2	10.59.04	Luke Adams	N	22-10-1976	2	Cork, Ireland	03-07-2010	33
3	11.00.56	Dave Smith	V	24-07-1955	1	Perth	24-01-1987	31
4	11.11.45	Nick A'Hern	N	06-01-1969	2	Melbourne	07-02-1991	22
5	11.13.77	Jared Tallent	V	17-01-1984	1	Sydney	28-02-2009	25
6	11.16.2	Troy Sundstrom	N	30-05-1981	1	Sydney	27-11-1999	18
7	11.17.0	Nathan Deakes	V	17-08-1977	1	Melbourne	10-12-1998	21
8	11.21.86	Adam Rutter	N	24-12-1986	3	Sydney	28-02-2009	22
9	11.23.05	Dane Bird-Smith	Q	15-07-1992	1	Brisbane	06-01-2012	19
10	11.23.2	Steve Beecroft	V	14-03-1971	1	Melbourne	13-01-1994	22
11	11.26.0	Simon Baker	V	06-02-1958	1	Solleftuna	07-07-1989	31
12	11.27.0	Michael McCagh	W	16-04-1986	2	Sydney	17-02-2007	20
13	11.28.2	Willi Sawall	V	07-11-1941	1	Melbourne	15-03-1980	38
14	11.29.7	Brent Vallance	N	30-04-1972	1	Sydney	06-12-1997	25
15	11.32.9	Doug Connolly	N	30-10-1982	2	Sydney	27-11-1999	17
16	11.32.98	Chris Erickson	V	01-12-1981	1	Melbourne	21-02-2009	27
17	11.38.8	Liam Murphy	S	05-06-1979	1	Adelaide	13-11-1999	20
18	11.42.7	Damien O'Mara	N	03-10-1975	2	Sydney	04-01-1997	21
19	11.45.5	Paul Copeland	V	25-04-1967	1	Melbourne	16-01-1992	24
20	11.46.09	Anthony Miles	Q	30-11-1971	2	Brisbane	16-11-1991	19

You can see the full ranking lists for all distances at <http://www.rwa.org.au/arankings.shtml>

ATHLETICS SA PREMIERSHIP CUP, SANTOS STADIUM, ADELAIDE, FRIDAY 6 JANUARY 2012

Athletics South Australia Premiership Cup restarted on Friday evening with Rhiannon Lovegrove and Peter Crump in action.

1500m Walk U14

- | | | | |
|----|--------------------|------|---------|
| 1. | Rhiannon Lovegrove | ELIZ | 9:19.46 |
|----|--------------------|------|---------|

3000m Walk Open

- | | | | |
|----|-------------|-----|----------|
| 1. | Peter Crump | SPC | 16:49.35 |
|----|-------------|-----|----------|

NSW 10,000M WALK CHAMPIONSHIP, BLACKTOWN, SATURDAY 7 JANUARY 2012

The NSW 10,000m Track Walk championships were held in conjunction with the NSW Combined Event Championships last weekend at Blacktown and the winners were Nicole Fagan 49:02.69 and Adam Rutter 41:29.01. Others to do well included Cheryl Webb 50:34 and Kirsty Klein 51:20. A special mention to 14 year old Tyler Jones who walked his first 10km, recording the good

time of 58:24. I hear the walks were held on the Saturday afternoon and conditions were very hot.

10,000m Walk Women

1.	Fagan, Nicole	23	SYDNEY PACIFIC	49:02.69
2.	Webb, Cheryl	36	BLACKTOWN CI	50:34.09
3.	Klein, Kirsty	18	ASICS WESTS TRACK	51:20.69
4.	Noble, Vanessa	20	SYDNEY UNIVERSITY	1:05:03.43
5.	Barendregt, Amanda	16	NEPEAN DISTRICT	1:06:44.90
	Jennings, Shannon	19	ASICS WESTS TRACK	DNF

10,000m Walk Men

1.	Rutter, Adam	26	SYDNEY PACIFIC	41:29.01
2.	Felton, Jay	17	MINGARA	53:26.17
3.	Washburn, Steven	18	NEPEAN DISTRICT	56:32.45
4.	Jones, Tyler	14	WYONG	58:24.51
5.	Osborne, Robert	57	NEPEAN DISTRICT	1:01:33.88
6.	Dredge, Mark	51	MINGARA	1:02:03.34
7.	Kingston, Brett	40	BLUE MOUNTAINS	1:13:28.11
	Malone, Kyle	21	NEPEAN DISTRICT	DNF
	Williams, Dennis	64	HILLS DISTRICT	DQ
	Killen, Matthew	17	WYONG	DQ

VRWC ROAD RACES, MIDDLE PARK, SUNDAY 8 JANUARY 2012

The VRWC summer season got back underway after the Christmas breaks with roadwalks at our headquarters at Middle Park in Melbourne. As expected, numbers were low (30 walkers in total) due to many people away on walks camps or on holidays. The weather was kind to those who raced, with only a couple of light showers.

The U9 and U12 walkers were in good form with Ballarat sisters Alanna and Jemma Peart taking the honours ahead of local Melbourne walkers Mercedes Brennan and Rebecca Henderson. Terry O'Neill was the most adventurous of the starters, testing himself out over 20km (2:06:18). Others to do well were Aaron McDonough (1:23:28 for 15km), Mark Donahoo (54:48 for 10km) and Pam Tindal (55:09 for 10km).

1km Under 9

1.	Alanna Peart	6:05
2.	Mercedes Brennan	6:12
3.	Gemma Lillie	7:29

2km Under 12

1.	Jemma Peart	11:34
2.	Rebecca Henderson	12:45
3.	Jessica Lillie	12:57
4.	Brianna Lillie	12:58
5.	Leah Wright	16:32
6.	Ethan Wright	13:35
7.	Lachlan Feain	13:41
	Jonty Brennan	DQ

3km Under 15

1.	Stacey McLaren	22:06
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3km Open

1.	Gwen Steed	20:19
2.	Margaret Beaumont	24:54
	Gordon Onley	DQ

5km Open

1.	Sandra Geisler	28:50
2.	David Armstrong	29:27
3.	Russ Dickenson	29:34
4.	Geoff Barrow	33:29
5.	Barrie Wicks	38:14

10km Open

1.	Mark Donahoo	54:48
2.	Pam Tindal	55:09
3.	Kirstin Shaw	1:01:49
4.	Robyn Shaw	1:07:41
5.	Donna Elms	1:09:04

Amelia Finnegan	DNF	28:46 for 5km
Bradley Simpson	DNF	21:36 for 4km

15km Open

1.	Aaron McDonough	1:23:28
2.	Karen O'Neill	1:47:51

20km Open

1.	Terry O'Neill	2:06:18
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Course Setup: Peter Vysma, Bob Gardiner, Pam Tindal, Harry Summers
Officials: Tony Doran, Mark Donahoo, Harry Summers, Damien Elms, Don McLaren
Judges: Peter Vysma, Michael Bodey
Canteen: Marlaine Stanway

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 8 JANUARY 2012

Thanks to Rick Cattermole for the latest Western Australian results. As with VRWC, numbers were small as many of the regulars were still on holidays. Rick says that the walkers enjoyed a cooler morning on Sunday.

10km Open

1.	David Smyth	59.15
2.	David Best	76.42

5km Open

1.	Breanna Brown	31.15
2.	Caitlin Gerken	32.23
3.	Sara-Jane Cattermole	33.00
4.	Christopher Gerken	55.27

2km Open

1.	Summer Brown	14.20
2.	Jemma Brown	DNF

OVERSEAS RESULTS

The northern hemisphere indoor season is now underway so I enclose a number of early results from Europe.

Klaipeda, Lithuania, 3.12.2011

5000m Walk Men	Tadas Suskevicius 20.38.97
3000m Walk Women	Brigita Virbalyté 12.50.39

Kyiv, Ukraine, 9-10.12.2011

10000m Walk Men	Serhiy Budza 40.12.2; Oleksandr Venhlovskyy 40.39.8; Oleksandr Romanenko 41.09.5
5000m Walk Women	Lyudmyla Olyanovska 22.20.8; Halyna Yakovchuk 23.29.9
5000m Walk Women	Nataliya Zhorniyak 22.45.8; Inna Kashyna 23.35.0

Student Competitions, Moscow, Russia, 23-24.12.2011

5000m Walk Men	Pavel Samoylenko 20.12.8; Kiril Frolov 20.23.6
5000m Walk Women	Iryna Sushina 22.32.2

13th Elena Rodionova Race Walking Memorial, Chelyabinsk, Russia, Fri 6 Jan 2012

5000m Walk Men	Aleksandr Ivanov 19.35.0; Yuri Andronov 19.42.5; ... 4th Viktor Sokolov (94) 20.21.9
3000m Walk U18 Men	Maksim Krasnov 12.09.4
5000m Walk Women	Lina Bikulova 22.11.1; Natalya Makarova 23.12.2
3000m Walk U18 Women	Olga Sargina (96) 13.02.5

Indoor Walks, Banska Bystrica, Slovakia, Friday 6 January

With Matej Toth, Anton Kucmin and Milos Batovsky all training at Thredbo (see later in the newsletter), it was left to young Patrik Spevak to take the honours in the men's 5000m a PB time of 20:43.9 in Banska Bystrica last Friday evening. Hungarian Viktoria Madarasz won the women's 3000m in 13:36.0.

5000m Walk Men	1. Patrik Spevák 20:43,9; 2. Sándor Rác 21:18,7; 3. Kazimír Verkin 22:17,1; 4. Andrej Dolinský 22:52,4
3000m Walk Women	1. Viktória Madarászová 13:36,0; 2. Katarína Strmeňová 13:52,2; 3. Dáša Škantárová 14:49,8
2000m Boys	1. Lukáš Murín 10:55,7.
2000m Girls	1. Nikoleta Abbatantuonová 10:03,0.

BALLARAT WALKERS IN THE NEWS

While most of our walkers started with more traditional track walks last weekend, Ballarat Walkers Club President **Daryl Biggin** and long time member **Andrew Blood** were both in action in the Warrnambool Surf 'T' Surf 6km Fun Run/Walk. Daryl recorded his 5th win in the Walk division, matching Andrew's 5 wins. For the record, Daryl walked the hilly 6km course in 30:28 for first place while Andrew was 4th in 37:37. This is a huge event on the local Warrnambool calendar with about 500 in the run and nearly 500 in the walk. Full results at <http://www.standard.net.au/news/local/sport/athletics/surf-t-surf-fun-runwalk-results-6km-walk/2412917.aspx>

RACE WALKING TASMANIA'S SUMMER ON TRACK

Thanks to Rosemary Coleman for this update from Tasmania.

On the 17th December, the Tasmanian Race Walking community celebrated the inaugural **ALBERT JOHNSON MEMORIAL WALK**, in memory of a great Olympic walker, coach and mentor who passed away last year. Albert's wife Mildred and the family were present to present Daniel Coleman and Stephanie Stigwood the inaugural trophy.

Albert was a past British Olympic Walker who competed in the Melbourne and Rome Olympics and has a colourful history of race walking around the world. Albert was also noted for his coaching with distance runners as well.

The memorial walk was an emotionally charged walk for Daniel Coleman, who was the last walker that Albert coached. In memory of his great friend, coach and mentor Daniel walked in fine style, his first 3km for over 2½ years, following an injury ridden three years. Stephanie Stigwood was another welcome return to the competition scene, with a personal best in her 3km. See results below.

Albert Johnson Memorial 3000W – 17th December 2011

3000m Walk Women

1.	Stephanie Stigwood	OVA	14:46.84
2.	Tahlia Hunt	OVA	16:00.46
3.	Sophie Eberhardt	OVA	17:15.29
4.	Hannah Harrison	NS	18:01.60
5.	Megan Guy	OVA	18:53.52
6.	Sarah Guy	OVA	22:19.69

3000m Walk Men

1.	Daniel Coleman	OVA	12:40.15
2.	Louis Rose	OVA	14:54.62
3.	Mitchell Walker	OVA	17:06.90
4.	Lawrie Marsh	TMA	17:29.15
5.	David Moore	TMA	22:19.92

3,000 Metres Walk – 7th January 2012

300m Walk

1.	Stephanie Stigwood	OVA	14:29.46
2.	Rachelle Taylor	WS	15:27.29
3.	Tahlia Hunt	OVA	15:43.43
4.	Sophie Eberhardt	OVA	17:36.70



Shots of the action from the Albert Johnson Memorial 3000m walk in Hobart



Daniel Coleman and Stephanie Stigwood with Albert's widow Mildred

THE FALLS CREEK CAMP

The Falls Creek walks camp finished on Sunday 8 January just as the rains fell – what perfect timing! For many of the younger walkers, this was their first time at altitude and they all enjoyed it and managed to fit in a lot of quality and quantity during the 9 days. I reported on some of the highlights last week but more recent highlights include

- Callum Evans, who came to the camp with a max distance walked of 2km, walked 10km with his dad Simon on the last day – what a legendary performance
- The swim at Mt Beauty mid week
- The gym sessions which demanded a fair bit of the young walkers
- The fantastic meals, especially on the last few days as we worked to clear the refrigerators and shelves.

Simon plans another camp next year and I am sure there will be a lot of interest.



Left: Simon mans the stopwatch



Middle: What a classic backdrop



Right: Kate Holt of WA warms up



Left: Hayley makes some new friends



Right: Discussing tactics



Left: Out for a hike



Right: The water is still cold!



Left: Ready for some speed work



Right: What would a camp be without a formal group photo!

THREDBO GETS UNDERWAY

As one camp finished, another started and what a one this promises to be. The annual AIS camp at Thredbo Alpine Village in NSW sees 29 walkers in attendance

- AIS walkers Jared and Claire Tallent, Rachel Tallent, Regan Lambie and Blake Steele
- Other Australian walkers Ian Rayson, Brendon Reading, Sean Fitzsimons, Brad Aiton, Jesse Osborne, Harry Bates, Nathan Brill, Beki Lee, Nicole Fagan, Amy Burren, Kirsty Klein, Amy Bettiol and Beth Alexander
- Overseas walkers Matej Toth, Anton Kuchmin and Milos Batovsky (Slovakia), Inaki Gomez and Evan Dunfee (Canada), Alex Wright and Lauren Whelan (UK), Rozie Robinson, Quentin Rew and Matt Holcroft (NZ), Zuzi Schindlerova (Czech Republic) and Mari Olssen (Sweden).

Other AIS walkers may attend for part of the camp to add even more quality to the show. As you might imagine, it takes a lot of people to coordinate such a large group of Elite and Junior walkers and AIS Chief Walks Coach Brent Vallance has done a superb job putting it all together. Lots of AIS and A.A. Staff will be attending for part of the camp and a small group of us will attempt to see out the full 3 weeks up here at Thredbo. I drove across with Beth Alexander, Amy Burren and Nathan Brill from Falls Creek on Sunday – those 3 young walkers are concatenating both camps and will spend 4+ weeks at altitude. What a huge effort!

It's our biggest and highest quality camp ever and the training on the first couple of days has been just so impressive. The smattering of photos below gives some idea of what is going on. I look forward to continuing my report over the next couple of weeks.



Cards anyone – Matt, Amy, Sean, Amy, Brad, Harry, Kirsty and Rozie



**Left: Monday morning – 14km hill climb - Satoshi Yanagisawa hands drinks to Evan Dunfee, Jared Tallent and Inaki Gomez
Right: Satoshi prepares dinner Japanese style**



Monday afternoon - sprints for Ian Rayson, Even Dunfee, Quentin Rew, Alex Wright, Matej Toth and Inaki Gomez



Monday afternoon - sprints for Beth Alexander, Rachel Tallent, Zuzi Schindlerova and Beki Lee



Monday afternoon – pool running for the juniors – Amy Burren, Amy Bettiol and Kirsty Klein on the left



Tuesday morning – a 12km road session for everyone to kick off the day's activities

ENTRIES NOW OPEN

As mentioned last week, the **Australian 20km Road Walking Championships and Selection Trials** will be held at Constitution Dock, Hobart Waterfront, Tasmania on the 25th February, 2012. What I did not mention was that **entries close on Friday 12th February**. A reminder that the following events are to be conducted:

- 20km Race Walk - Open & U23 Men & Open & U23 Women - Championship Event
- 20km Race Walk - U23 Men & U23 Women
- 10km Race Walk - U20 Men & U20 Women

- 5km Race Walk - U18 Men & U18 Women

The second bit of news is that entries have now opened for the **Sydney Track Classic** on **Saturday 18th February** – you can register for the **5000m walk** at <http://www.rwa.org.au/aevents-1.shtml>. This promises to be a big event with most if not all of our top walkers attending. Further, it is part of the new Australian Race Walking Series and will count for points in the Open, U23, U20 and U18 divisions. Check out <http://www.rwa.org.au/aevents-1.shtml> for details of this new Series.

WHAT'S COMING UP

The Victorian Country T&F Championships will be held in Bendigo from 13-15 January. Good luck to all our country walkers. See the Athletics Victoria website for further information.

From then one, things will hot up as we build up towards the National Championships.

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.

2011/2012 Australian/Victorian Summer Season Key Dates

13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sun 22 Jan 2012	VRWC Road Races, Middle Park
Wed 8 Feb 2012	VRWC Track Races and VMA 4x800m Relay Championships, COL Harriers Track, Clifton Hill
Sat 18 Feb 2012	Sydney Track Classic, Sydney (5000m walk)
Sat 25 Feb 2012	Australian 20km roadwalk Championships , Hobart, TAS (World Walking Cup trials for 10km and 20km) Incorporates Oceania Race Walking Trophy competition between Australia and New Zealand
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012	Victorian Open T&F Championships, Melbourne
15-19 Mar 2012	Australian Junior Championships , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
5-9 Apr 2012	Australian Masters T&F Championships , Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m walks)

2012 International Fixture

Feb 5-12, 2012	Oceania Masters Championships, Tauranga, New Zealand
Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyvaskyla, Finland
May 12-13, 2012	25th IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012	14th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30th Olympic Games, London. See http://www.london2012.com/

2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012	Chihuahua, MEX
29-31 Mar, 2012	Taicing, CHN
Sat 14 Apr, 2012	Rio Major, POR
12-13 May, 2012	IAAF Race Walking Cup, Saransk, RUS
Sun 26 May, 2012	La Coruna, ESP
Sat 2 June, 2012	Sesto San Giovanni, ITA
3-12 Aug, 2012	Olympic Games, London, GBR
Sat 15 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN

2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

2014 International Fixture

2014	26th IAAF World Race Walking Cup, Taicing, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, HUN
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

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

July 2020

32nd Olympic Games City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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