



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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8 May 2012



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TIM'S WALKER OF THE WEEK

Ok, it's time to vote again this week for 3 very impressive performances, selected from this week's result set. Here goes

- 14 year old **Billy Allamby** is now starting to attack the longer distances and his 5km time of 24:17 on Saturday in VRWC competition was an 89 sec PB. Billy, who won the Australian U16 3000m title earlier this year, is certainly going to turn a few heads this winter season and this is the first of what I expect to be a large number of PBs this winter season.
- 66 year old **George White** of the South Australia Masters quietly goes his way in Adelaide producing superb performances every week. Last weekend he was at it again with an 8km time of 44:47 (87.03%). George won all 3 of the M65 Australian Masters Championship walks in Melbourne over Easter and, like our other superb Masters walkers, just keeps churning out the performances year by year.
- 27 year old **Kim Mottrom** of the South Australian Walkers Club was one of our top juniors some years ago but faded in his early senior years. The past 12 months has seen him getting his motivation back and he was rewarded on Saturday with an 8km PB of 36:36. Kim featured in the newsletter a couple of weeks ago as the coach of Sandy Brunner. Now he is back again for his walking exploits.

So get to it and vote as usual at www.vrwc.org.au.

WORLD RACEWALKING CUP PREVIEW

The 25th edition of the IAAF World Race Walking Cup will be held in Saransk (RUS) this coming weekend and it is expected to be one of the highlights of the year for the racewalking fraternity. Always the largest meet in the racewalking world calendar, this year sees the competition bigger than ever with 67 countries sending teams. Russia will of course go in as favourites with their proven track record and in front of a home crowd but, this time around, there are incredibly talented walkers spread across many countries and many geographic areas and I think we will see a variety of team colours mounting the podium over the weekend.

There are two websites, the IAAF one <http://www.iaaf.org/mini/wrw12/index.aspx> and the official WWC Website <http://www.saransk12.ru/eng/news/>. The IAAF website promises a live results feed which should see either 2km or 5km splits from all events being posted as they occur. With a bit of luck, we might even find a video feed but I haven't heard anything further on this front yet.

The timetable is shown below and sees the events spread across Saturday 13 May and Sunday 14 May. There are Australians in all 5 events as shown below

Sat 4PM	10km walk Junior Men:	Nathan Brill (VIC), Jesse Osborne (QLD), Blake Steele (SA/AIS)
Sat 5PM	10km Walk Junior Women:	Kristie Goznik (SA), Rachel Tallent (VIC/AIS)
Sat 6:15PM	20km walk Men:	Luke Adams (NSW/AIS), Dane Bird-Smith (QLD), Rhydian Cowley (VIC), Chris Erickson (VIC/AIS), Adam Rutter (NSW/AIS)
Sun 8:30AM	50km walk:	Jared Tallent (VIC/AIS), Ian Rayson (ACT)
Sun 1:20PM	20km Walk Women:	Nicole Fagan (NSW), Regan Lamble (VIC/AIS), Beki Lee (NSW/AIS), Claire Tallent (SA/AIS)

Saransk is 6 hours behind AEST so readers in Melbourne, Sydney or Brisbane should add on 6 hours to the times published above if they want to view the results as they occur live.

Most of the Australian team arrived on Monday morning after about 40 hours of travelling (plane to Abu Dhabi, plane to Moscow and then overnight train to Saransk. Luke, Jared, Claire and Regan are to arrive in the next day or so to complete the team makeup. They are all staying at the Saransk University which is one of the designated team residences.

Thanks to Simon Baker for most of the photos shown below.



Dinner in Moscow before the final leg to Saransk



**Left: finally arriving in Saransk after about 40 hours of travel
Right: Plenty of billboard advertising for what is a major event for this Russian city**



Left: Warming up on Monday afternoon before the first session in Saransk



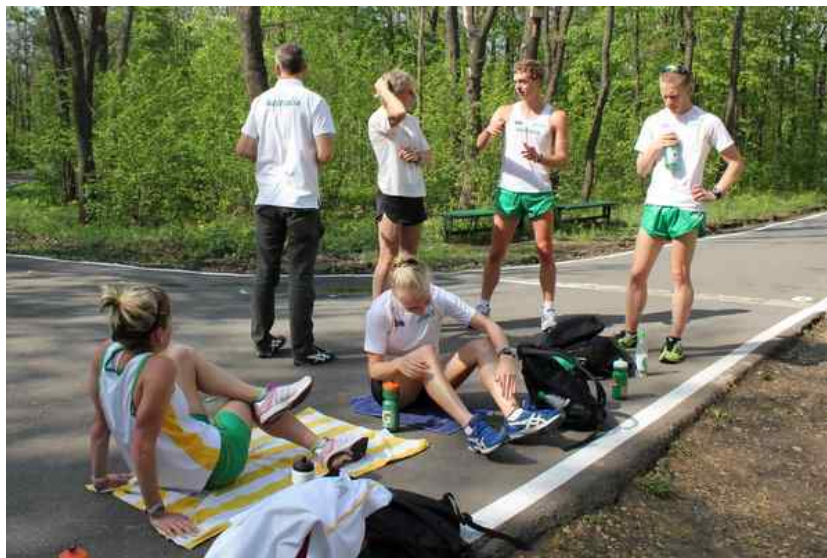
Right: Beki Lee gets into stride



Left: Chris, Beki, Christie, Rachel, Nathan, Rhydian and Jesse



Right: Rachel Tallent



That's it for Monday – Nicole, Brent, Tim, Rachel, Ian and Chris



Team meeting Monday evening

REGAL RACEWALKERS ROADWALKS, TEMPE, SATURDAY 28 APRIL

Thanks To Renee Cassell for the latest results from Regal Racewalkers in Sydney.

Division 1 12km

1.	Robert Osborne	1:15:07	
2.	Jim Seymon	1:20:42	
	Jodie Sundstrom	53:57	6km

Division 2 10km

1.	Susan Knapton	1:01:58	
2.	Vanessa Ebejer	1:01:58	
3.	Chloe Jones	1:01:58	

Division 3 5km

1.	Charlene Ebejer	36:17	
	Natasha Estrada	20:40	3km
	Patrick Estrada	12:16	2km

Division 4 2km

1.	Amy Henry	12:33	
2.	Laura Henry	12:33	
3.	Blake Dwyer	13:37	
4.	Kaeden Bianco	17:50	
	Taya-Jade Radford	6:17	1km
	Dakota Bennett-Ward	7:32	1km
	Karen Estrada	7:44	1km

NSWRWC ROADWALKS, EARLWOOD, SATURDAY 28 APRIL

NSWRWC had another bumper turnout on Saturday 28 April at Earlwood with 49 competitors taking part. As an additional point of interest, NSWRWC also has a weekly a fun run at the conclusion of their club walks each Saturday and it is free entry for everyone who has walked. Others who would like to join in the fun and just have a run only have to pay \$2. The club maintains point scores for this, as they do for the walks. Now that is a great innovation.

As to the walks, the 8km saw Nicole Fagan having a final hitout before heading off to the World Cup and she was clearly the fastest with 37:08 ahead of Steven Washburn 38:29 and Cheryl Webb 39:03. Tyler Jones was the best over 6km with a quick 29:32. In the shorter distance races, Stephanie Grujoski 12:47 for 2.5km and Leah McDonald 10:07 for 2km were both in fine form but there were lots of other fast performers not far behind. And the U12 1km was certainly a big event.

Long Division - 8km

1.	Nicole Fagan	37.08
2.	Steven Washburn	38.29
3.	Cheryl Webb	39.03
4.	Jay Felton	40.56
5.	Lauren Bourke	41.24
6.	Ian Jessuran	45.03
7.	Matthew Killen	47.02

U16 Division - 2km

1.	Leah McDonald	10.07
2.	Kyle Bedford	10.13
3.	Benjamin Tisdale	10.13
4.	Dylan Richardson	10.46
5.	Ryan Thompson	11.17
6.	Ally Grujoski	12.21
7.	Travis Barendregt	12.26

Medium Division - 6km

1.	Tyler Jones	29.32
2.	Tom Doyle	32.17
3.	Robert Murphy	32.55
4.	Amanda Barendregt	36.54
5.	Bryony Beasley	37.44
6.	Demi Psarianos	40.01
7.	Peter Greenland	41.19
8.	Judy Brown	48.24
	Caitlin Plummer	NTR
	Tayla Billington (INV)	DNF

U12 Division - 1km

1.	Samantha Brown	5.18
2.	Sybella Mckay	5.34
3.	James Plummer	5.39
4.	Niamh Sanday	5.52
5.	Morgan Little	5.59
6.	Renee Hardy	6.04
7.	Bayden Little	6.06
8.	Flynn Ross	6.08
9.	Lachlan Beecroft	6.12
10.	Logan Barendregt	7.22
11.	Brooke Martin	7.23
12.	Bronti Westaway	8.06
13.	Jada Thompson	8.07
14.	Aiden Hardy	10.33
15.	Emily Challinor	10.35
	Dion Carrothers (INV)	5.43

Short Division - 2.5km

1.	Stephanie Grujoski	12.47
2.	Nathan Brown	12.54
3.	Lucy Francis	12.56
4.	Aiden Kerr	13.15

5.	Adam Mylonas	14.21	Daniella Salisbury (INV)	5.51
6.	Jasmyn McDonald	14.44		
7.	Mary Willis	16.05		
E8.	Jenny Lingley	21.30		
E8.	Nicolle Challinor	21.30		

VRWC AND AV ROADWALKS, MIDDLE PARK, SATURDAY 5 MAY

Conditions may have been wet and wintery at Middle Park last Saturday but the 89 walkers in attendance actually had pretty good racing conditions as the drizzly rain stopped just before the first races got underway. Saturday saw our first Victorian championships for the winter – the 5km Teams Championships for men and women. The weekly photos were a dual effort this week with Sabby George wielding the camera on race day and Terry Swan uploading them as usual to <http://www.vrwc.org.au/coppermine/>

Stuart Cooper summed the AV Teams Race up nicely with his VRWC Facebook post

A thrilling contest in the AV Men's 5km Team's race saw Corio AC (Josh D 16pts, James 10 and Nicholas 7) hang on to defeat the strong Knox squad (Billy 14, Kyle S 11 and Reese 6) by 2 points to take out the pennant. South Coast Aths (Josh K 9, Lucas 8 and Russ 4) claimed bronze ahead of Box Hill AC and Collingwood Harriers. Josh Dillon claimed fastest time with 23m 54s but had to work to hold off a fast-finishing Kyle Bird (Peninsula AC) by just 3 seconds.

The Women's race saw South Coast (Stephanie 10pts, Jasmine 7 and Kylie 5) dominate the event, with new junior captain Steph George easily taking line honours in 25m 13s. Equal on 12 points were Knox Aths and Western Aths, with the 'Baby Blues' (Emily H 6, Emily S 4 and Hayley B 2) getting 2nd place owing to finishing their team ahead of the Westerners (Kirstin 8, Robyn 3 and Courtney 1).

POINT OF INTEREST: How many times would, not one, but TWO mother-daughter combinations have gained podium finishes for their clubs in the same AV teams race? It may happen more frequently in cross-country but surely it's a first for us. (Take a bow, Jasmine/Kylie and Kirstin/Robyn.)

There were certainly some great PB performances by our younger walkers with Billy Allamby taking third against his older rivals with a fine 24:17, Kyle Swan with 24:59, Stephanie George with 25:13, Jasmine Irshad with 26:34 and Emily Swan with 31:51. And of course I can't leave out Kyle Bird who produced yet another great 5km time with 23:57 and Adam Garganis who recorded an excellent 24:47 in his first ever 5km. Others doing their first ever 5km walks included Callum Evans, Hayley Brown and Courtney Utber.

VICTORIAN 5KM TEAMS CHAMPIONSHIPS – MEN

1.	Dillon, Josh	COR	23:54	16	
2.	Bird, Kyle	MPA	23:57		
3.	Allamby, Billy	KNA	24:17	14	PB 1:29
4.	Evans, Simon	BOH	24:40	13	
5.	Garganis, Adam	COL	24:47	12	First one
6.	Swan, Kyle	KNA	24:59	11	PB 0:58
7.	Christmass, James	COR	25:29	10	
8.	Kaiser, Joshua	SCA	25:55	9	
9.	Taylor, Lucas	SCA	26:00	8	
10.	Mirarchi, Nicholas	COR	26:41	7	
11.	Walmsley, Reese	KNA	27:04	6	PB 1:02
12.	McShanag, Connor	ATE	27:25		
13.	Dyer, Bill	BOH	27:37	5	
14.	Dickenson, Russ	SCA	27:58	4	
15.	Reid, Ross	COL	28:19	3	
16.	Gardiner, Bob	COL	29:17	2	
17.	Evans, Callum	BOH	32:28	1	First one

Teams Championships

1.	COR	16,10,7=33	J Dillon, J Christmass, N Mirarchi
2.	KNA	14,11,6=31	B Allamby, K Swan, R Walmsley
3.	SCA	9,8,4=21	J Kaiser, L Taylor, R Dickenson
4.	BOH	13,5,1=19	S Evans, B Dyer, C Evans
5.	COL	12,3,2=17	A Garganis, R Reid, B Gardiner

VICTORIAN 5KM TEAMS CHAMPIONSHIPS – WOMEN

1.	George, Stephanie	SCA	25:13	10	PB 0:24
2.	Shaw, Kirstin	WES	26:20	8	PB 0:05
3.	Irshad, Jasmine	SCA	26:34	7	PB 1:39
4.	Hamilton, Emily	KNA	28:29	6	PB 0:08
5.	Irshad, Kylie	SCA	28:51	5	

6.	Gourlay, Marlene	VMA	29:27		
7.	Swan, Emily	KNA	31:51	4	PB 0:28
8.	Shaw Robyn	WES	32:03	3	
9.	Brown, Hayley	KNA	33:18	2	First one
10.	Utber, Courtney	WES	35:26	1	First one
	Hockley-Samon, Jmara	CHI	DNS		
	Svoboda, Nicole	WES	DNS		

Teams Championships

1.	SCA	10,7,5=22	S George, J Irshad, K Irshad
2.	KNA	6,4,2=12	E Hamilton, E Swan, H Brown
3.	WES	8,3,1=12	K Shaw, R Shaw, C Utber



Kyle Bird, Josh Dillon, Billy Allamby, Josh Kaiser and Andrew Jamieson



Jasmine Irshad, Emily Swan, Stephanie George, Kylie Irshad, Heather Carr and Adam Garganis

The usual VRWC scratch races were available and a good number of regulars strutted their stuff alongside the AV walkers. The 5km saw Michelle Laufer 26:20 and Andrew Jamieson 24:07 taking line honours. Quite a few of these walkers could also have been in the AV 5km Teams event but for one reason or another, they chose the VRWC option for the day. Masters walker Mick Gray also had his first walk with us, recording a good 30:04 for the club 5km. And in the U15 3km races, Paige De Lisen walked a big PB of 16:58 while Philippa Huse recorded an even bigger PB with her 17:40.

VRWC 5KM OPEN

1.	Laufer, Michelle	26:20
2.	Carr, Heather	27:57
3.	Wallace, Anna	29:02
4.	Gourlay, Marlene	29:27
5.	Feldman, Liz	30:26
6.	Thompson, Alison	30:47

7.	Elms, Donna	32:12
8.	Steed, Gwen	33:35
9.	O'Neill, Karyn	33:57
10.	O'Neill, Simone	34:07

1.	Jamieson, Andrew	24:07
2.	Gray, Mick	30:04
3.	Lucas, Alan	31:59
4.	Sofianis, Gerald	33:02
5.	Barrow, Geoff	33:29
6.	Skrucany, Rudolf	34:33
7.	Conboy, Bruce	36:58
8.	Poore, Alex	42:08
	Barrett, Tony	DNF

VRWC 3KM OPEN

1.	Mews, Pam	25:39
1.	Wicks, Barrie	21:59
2.	Feain, Gerard	22:21
3.	Beaumont, Ian	24:27

VRWC 3KM U15

1.	De Lisen, Paige	16:58	PB 0:16
2.	Walker, Megan	17:10	
3.	Huse, Philippa	17:40	PB 0:34
4.	Hodges, Mikhala	17:53	
5.	Barbour, Beth	18:10	
6.	Crea, Gabriella	19:52	
7.	Feain, Madeleine	22:21	
	Campbell, Rebecca	DNF	
1.	McNicol-Davidson, Cody	19:18	
	O'Mahony, Brendon	DQ	



Bill Dyer, Philippa Huse, Megan Walker, Robyn Shaw, Paige De Lisen and Thomas Rickard

Hayley George was just one second off her PB in winning the girls' U12 2km with 10:45 and Corey Dickson was even faster in winning the boys' event with 10:41. Behind them, there were PBs galore amongst the boys and girls as you can see from the results list below. In the U9 1km walks, Jared Hodges 6:13 and Gemma Lillie 6:17 were our fastest, both with PBs.

VRWC 2KM U12

1.	George, Hayley	10:45	
2.	Richardson, Brodie	11:09	PB 0:13
3.	Lillie, Jessica	11:39	
4.	Lillie, Brianna	11:49	
5.	Davison, Mackayla	12:37	PB 0:30

6.	Hodges, Anaya	12:48
7.	O'Mahony, Kathleen	12:53
8.	Taylor, Lee	13:52

1.	Dickson, Corey	10:41	PB 0:21
2.	Feain, Lachlan	11:52	PB 0:16
3.	Rickard, Joseph	12:11	PB 0:39
4.	Walmsley, Hayden	12:13	
5.	Rickard, Thomas	14:07	First one
6.	Mirarchi, Thomas	16:46	

VRWC 1KM U9

1.	Lillie, Gemma	06:17	PB 0:08
2.	Evans, Freya	07:29	
	Irshad, Zara	DQ	
1.	Hodges, Jared	06:13	PB 0:12



Jared Hodges, Hayley George, Gemma Lillie, Corey Dickson and Lee Taylor

Thanks to our many officials. Sorry if I missed anyone.

Officials	Tim Erickson, Stuart Cooper, Ian Laurie, Paul Kozaris, Damien Elms, Jason Elms, Liz Feldman, Mark O'Mahony, Harry Summers, Ralph Bennett, Susan Taylor, Marlaine Stanway
Judges	Gordon Loughnan (Chief), Brenda Felton, Terry Swan, Graham George, Matt Owen
Course Setup	Tim Erickson, Bob Gardiner, Harry Summers. Stuart Cooper
Photos	Sabby George
Canteen	Barb Gardiner, Wendy Cooper

ACTRWC ROADWALKS, YERRABI PONDS, CANBERRA, SATURDAY 5 MAY

Thanks to Robin Whyte for the weekly racewalk results from Canberra. Ann Staunton-Jugovic was the best in the 10km event with a very good 56:32 while Callum Burns won the 4km with 22:05 and Spencer Burns won the 1km with 5:32.

10km Roadwalk

1.	Ann Staunton-Jugovic	56:32
2.	Robin Whyte	1:03:52
3.	Lachlan Wilkinson	1:06:14
4.	Derek Robinson	1:08:00
5.	Bryan Thomas	1:08:02
6.	Geoff Barker	1:10:43
7.	Pat Fisher	1:10:58
8.	Doug Fitzgerald	1:13:55

1km Roadwalk

1.	Spencer Burns	5:32
2.	Thomas Hunt	7:34

4km Roadwalk

1.	Callum Burns	22:05
2.	Ashleigh Resch	22:31
3.	Zoe Hunt	24:58
4.	Helena Bialecki	25:57
5.	Marilyn Banfield	27:39
6.	Kate Black	28:56
7.	Bob Parker	29:09
8.	Terry Munro	29:48
9.	David Mackenzie	29:50
10.	Jenny Reading	31:35
11.	Edna Dundas	37:08
12.	Helen Munro	38:33

3. Laura Burns	7:35	13. Nola de Chazal	40:06
4. Hana Jugovic	3:26	14. Trish Thomas	44:10

SAMA ROADWALKS, ADELAIDE, FELIXSTOWE, ADELAIDE, SATURDAY 5 MAY 2012

The South Australian Masters contested 8km and 4km yacht handicap walks at Felixstowe last weekend over what Colin Hainsworth described as a hilly course but with cool and calm conditions. As usual, George White was the pick of the crop with a wonderful M66 time of 44:47 for the 8km.

8km Yacht Handicap

W63	Gill White	1.04.09	66.05%
M82	Colin Hainsworth	1.00.52	79.87%
M66	George White	44.47	87.03%
M65	Geoff Byham	51.18	75.13%
M74	Rodger Barber	59.55	71.86%
W51	Marie Maxted	54.18	68.13%
M78	David Robertson	1.04.20	70.9%
M69	Roger Lowe	1.02.00	65.1%
W59	Edna Bates	1.11.49	56.13%
W68	Margaret Trengove	59.42	76.11%
M68	Graham Harrison	57.38	69.2%
M61	Jeff Kennett	1.12.57	50.65%

4km Yacht Handicap

W67	Jill Rogers	33.08
W61	Helen Suridge	27.39
W58	Linda Whitelaw	30.04
W78	Cynthia Dally	37.44

SARWC ROADWALKS, ADELAIDE PARK, ADELAIDE, SATURDAY 5 MAY

Thanks to Peter Crump for his weekly report from Adelaide

Ideal conditions saw some excellent times this week, with Kim Mottrom walking a personal best over the 8km distance, showing the form that he has restored after a solid training base over the last 6 months or so. Strong PBs also to Justin Hill and Gloria Holliday, which is a pity as next week is the Club handicap over 10km. Bill Starr is walking well above his own recent standards as he trains up to the LBG in just over a month. Anna Cross stepped up to the 4km distance very capably, while Alix Harlington walked a neat time over 2km. We were light on for judges, as Zoe Eastwood-Bryson showed that she has paid attention to the walking technique while judging over the years to return a nice time for a modern day (re)debut. We wish all of our walkers well in the World Race Walking Cup next week.

8km Roadwalk

1.	Kim Mottrom	36:36
2.	Justin Hill	40:09
3.	Peter Crump	44:00
4.	Gloria Holliday	45:17
5.	Bill Starr	54:54
6.	Jim Hoare	56:26
7.	Barb Cain	57:40
8.	Amber Tuscharski	47:44

4Km Roadwalk

1.	Yvette Becker	20:45
2.	Anna Cross	21:17
3.	Kelly Ashby	21:40
4.	Lachlan Tyler-Dowd	23:46

2km Roadwalk (Club Rule)

1.	Peter Walsh	13:50
2.	Chris Nicolaides	15:11
3.	Corey Harlington	18:21

2Km Roadwalk

1.	Alix Harlington	10:14
2.	Rhiannon Lovegrove	10:56
3.	Beth Cross	10:59
4.	Danielle Walsh	11:06
5.	Joe Cross	12:13
6.	Rhiana Hooker	12:23
7.	Zoe Eastwood-Bryson	13:30
8.	Sarah Damin	13:12
9.	Michael Nicolaides	13:14

1km Roadwalk (Club Rule)

1.	Mark Hooker	7:29
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BENDIGO WALKERS CLUB ROAD RACES, LAKE NEANGAR, BENDIGO, SUNDAY 6 MAY 2012

Thanks to Paul Rance for his weekly report from Bendigo in country Victoria.

The Bendigo Walkers Club held 2km and 8km sealed handicap events at Lake Neanger in excellent conditions on Sunday morning. The 2km event saw Zahra Hayes win her 2nd race in succession as she produced a personal best effort and also recorded fastest time to defeat Catherine Heard who also secured a personal best effort with Madison Hill taking 3rd place. Barb Bryant produced an excellent effort in the 8km event to secure a narrow victory in the handicap section over Annette

Curtis with Geoff Major in 3rd place while Amanda Heard claimed fastest time honours.

2km Handicap Walk

1.	Zahra Hayes	11.54
2.	Madison Hill	13.00
3.	Catherine Heard	13.39
4.	Carissa Brook	14.09
5.	Norm West	16.25

8km Handicap Walk

1.	Amanda Heard	46.49
2.	Barb Bryant	49.57
3.	Ebony Whiley	50.10
4.	Annette Curtis	57.59
5.	Geoff Major	59.55

ATHLETICS WA ROADWALKS, WILSON, SUNDAY 6 MAY

Thanks to Terry Jones for passing on the results of the first Athletics WA roadwalks for the 2012 winter season. This seems a new initiative with Athletics WA sanctioning a number of roadwalks during the winter. Not sure if both RWCWA and WARWC are involved in this process now and whether they are both supporting these events - I did see a few emails earlier in the year which implied that RWCWA had been left out of the planning process and did not even know about these particular walks being sanctioned until it was announced as a fait-accomplie by Athletics WA.

8km Walk

1.	Hennighan, Dale	42.10
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4km Walk

1.	Hastie, Garry	21.12
2.	Hughes, Holly	22.45
3.	Smyth, David	23.00
4.	Fitzsimons, Marie	23.50
5.	Number 173	24.03
6.	Lenane, Tom	26.24
7.	Reid, Aimee	28.09
8.	Romeo, Lesley	30.07
9.	Mison, Michele	30.08

2km Walk

1.	Johns, Mikayla	11.47
2.	Johns, Courtney	12.19
3.	Reid, Ben	12.51
4.	Holland, Emily	12.57
5.	Millington, Shae	13.02
6.	Curulli, Georgia	13.14
7.	Rowbottom, Rachel	13.40
8.	Tolardo, Arianna	13.41
9.	Tolardo, Isabella	14.13

1km Walk

1.	Curry, Teyharna	6.50
2.	Curry, Jaymee-Lee	6.56
3.	Holland, Amy	7.36
4.	Rowbottom, Joanna	8.12
5.	Curull,i Mitchell	8.13

OVERSEAS SHORTS

With the World Cup only a week away, there is not much going on of a major nature in the world of walking but I did see the following short during the week on the news wires.

OLFETTA (ITA, Apr 29): Vito Di Bari 42:09 and Eleonora Giorgi 46:08 won the Italian Walking Grand Prix events in Olfetta, Italy.

WHAT'S COMING UP

Next Saturday sees the first of our VRWC Points Competition days at Middle Park. Our Points competition covers Fastest Times, Handicaps and Style Awards. You can read all about how these competitions are done by checking out <http://www.vrwc.org.au/vrwcpointscmps.html>

Saturday 12 th May 2012		Middle Park	
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	10km	Points Races	Open
2.15pm	5km	Points Races	Open
2.15pm	3km	Points Races	Open
2.15pm	3km	Points Races	Under 15
2.30pm	1.5km	Points Races	Under 9
2.40pm	2.5km	Points Races	Under 12

The following weekend sees the second of our championship days with the A.V. 10Km and Victorian Masters 10km championships contested at Middle Park.

Note that entries for the AV 10km Championships (Open, 40+ and 50+) must be made via the AV Online Panel at <https://members.athsvic.org.au/competitions>. Note also that entries for AV championships normally close up to 5 days before the competition date so I recommend you sort out your entry this week. Entries for the VMA 10km are taken on the day at Middle Park. Just turn up and pay your \$10 at the table.

Saturday 19th May 2012		Middle Park	
AV, VMA & VRWC Events: Entries for non championship events close at 2.00pm sharp			
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Women
2.15pm	10km	Victorian Masters Championship	Masters Men
2.15pm	10km	Victorian Masters Championship	Masters Women
2.15pm	10km	Non championship event	Open
2.15pm	5km	Non championship event	Open
2.15pm	3km	Non championship event	Open
2.15pm	3km	Non championship event	Under 15
2.30pm	1.5km	Non championship event	Under 9
2.40pm	2.5km	Non championship event	Under 12

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 Victorian/Australian Winter Season Key Dates

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.

2012 International Fixture

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/>

Remaining 2012 IAAF Race Walking Challenge Dates

12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 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**
 October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 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: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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