



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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3 July 2012



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Michelle Thompson** who walked so well in the Australian 24 Hour Championships late last month. Although in the walk category she finished fourth woman overall against the runners with a PB distance of 174.896 km, the second best ever by an Australian and a new W40 Australian record.

And now onto this week's vote which sees a two way contest between two more of our top walkers.

- 19 year old **Dane Bird-Smith** recorded a 19 sec PB time of 40:21 to win the 10km walk at the Oceania Games in Cairns last weekend. Defying the hot and humid conditions, he showed his mettle with an all the way win and pushed his way further up the all-time ranking lists (see below).
- **Claire Tallent** continues to go from strength to strength, taking the double in Cairns with wins in the 5000m (21:57.48) and the 10km (44:19). This is her fastest ever 10km race although she has a 44:18 split in a 20km event (Taicang, 30/03/12). Claire's form this year has been superb.

As usual, you can vote at www.vrwc.org.au.

For the record, Dane's time pushes him up to 11th on the all-time list as he approaches the heady sub-forty region. You can check out all the rankings at <http://www.rwa.org.au/arankings.shtml>.

Rank	Time	Name	State	DOB	Place	Details	Date	Age
1	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2	38.09	Nathan Deakes	V	17/08/1977	4	Krakow, Poland	09/06/2001	23
3	38.29	Jared Tallent	V	17/01/1984	8	IAAF Challenge Series Final 10km, Beijing	18/09/2010	26
4	38.41	Luke Adams	N	22/10/1976	9	IAAF Challenge Series Final 10km, Beijing	18/09/2010	33
5	38.49	Andrew Jachno	V	13/04/1962	1	Copenhagen, Denmark	23/05/1992	30
6	38.59	Chris Erickson	V	01/12/1981	11	IAAF Challenge Series Final 10km, Beijing	18/09/2010	28
7	39.10	Nick A'Hern *	N	06/01/1969	1	Sydney (Track)	13/01/1991	22
8	39.20	Adam Rutter	N	24/12/1986	15	IAAF Challenge Series Final 10km, Beijing	18/09/2010	23
9	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30
10	40.08	Willi Sawall	V	07/11/1941	1	AFORWC Championship, Richmond, NSW	1982	40
11	40.21	Dane Bird-Smith	Q	15/07/1992	1	Oceania Champs, Cairns, QLD	29/06/2012	19
12	40.46	Steve Beecroft	V	14/03/1971	2	Melbourne	05/01/1992	20
13	40.50	Mike Harvey	V	05/12/1962	-	Canberra (Aust 20 km split)	27/08/1988	25
14	41.00	Liam Murphy	S	05/06/1979	1	Adelaide (SA State 20km split)	26/07/2003	24
15	41.00	Darren Bown	S	30/06/1974	2	Adelaide	19/02/2005	30
16	41.01	Jon Gawley	N	08/05/1980		NSW U20 10km Championship, Sydney	08/05/1999	19
17	41.05	Paul Copeland	V	25/04/1967	3	Melbourne	05/01/1992	24
18	41.05.50	Dion Russell *	V	08/05/1975	1	VIC 10,000m Championship, Box Hill	01/04/1995	19
19	41.38	Brent Vallance	N	30/04/1972	3	Canberra	08/02/1998	25
20	41.46.79	Ian Rayson *	N	04/02/1988	2	Sydney, NSW Title (Track)	03/01/2009	20

OCEANIA T&F CHAMPIONSHIPS, CAIRNS, 27-29 JUNE 2012

Over 400 athletes from 22 nations competed in the Oceania Championships in Cairns on 27-29 June and five of our walkers were in action as part of the official Australian team - Claire Tallent, Kelly Ruddick, Tanya Holliday, Brendon Dewar and Nick Dewar. There were also a number of other Australian walkers in action competing, I imagine, by invitation. The walks were held in the oppressively hot conditions for which Cairns is famous and the performances are excellent considering that. Amongst the many good walks were those by

- **Claire Tallent** who took the women's double, winning the 5000 metres in 21:57.48 and winning the 10km road walk in a PB 44:19 (Claire has actually done 44:18 as a split in a 20km race but this is her best 10km race).
- **Dane Bird Smith** who won the men's 10km in a PB of 40:21.
- **Tanya Holliday** who took the race up to Claire in the women's 10km and led for the first 7km before being passed. She

hung on for an excellent 45:23.

- **Kelly Ruddick** who took second in the 5000m (23:09.62) and third in the 10km (46:04).
- **Brandon and Nick Dewar** who shared the honours, Brandon winning the 5000m in 21:39.81 but Nick beating him in the 10km with 44:09.
- NZ walker **Rozie Robinson** who took third in the 5000m (24:34.24) and fourth in the 10km in a PB 49:43.

Women 5000m Walk Open, Thursday 28 June

1.	Claire Tallent	31	AUS	21:57.48
2.	Kelly Ruddick	39	AUS	23:09.62
3.	Roseanne Robinson	22	NZL	24:34.24

Men 5000m Open, Thursday 28 June

1.	Brandon Dewar	20	AUS	21:39.81
2.	Nicholas Dewar	20	AUS	22:24.31

Women 3000m Walk Under 20, Thursday 28 June

1.	Emma Henderson	14	ANQ	18:21.84
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Mixed 1500m Walk Exhibition, Thursday 28 June

1.	Jonty Brennan	M12	ANQ	8:02.60
2.	Mercedes Brennan	W11	ANQ	8:59.47
3.	Lynne Schickert	W71	AMA	10:24.63
	Amy Anderson	W12	ANQ	DQ
	Paris Brennan	W14	ANQ	DQ

Women 10km Open. Friday 29 June

1.	Claire Tallent	31	AUS	44.19	PB 0:16
2.	Tanya Holliday	24	AUS	45.23	
3.	Kelly Ruddick	39	AUS	48.39	
4.	Roseanne Robinson	22	NZL	49.43	PB

Men 10km Open. Friday 29 June

1.	Dane Bird-Smith	20	NAUS	40.21	PB 0:19
2.	Nicholas Dewar	20	AUS	44.09	PB 0:01
3.	Brandon Dewar	20	AUS	46.04	



10km start: Rozie Robinson, Kelly Ruddick, Tanya Holliday, Dane Bird-Smith, Nick Dewar, Claire Tallent, Brandon Dewar



Part of the Oceania team: Nick Dewar, Claire Tallent, Kelly Ruddick and Brandon Dewar

VRWC CLUB RACES, MIDDLE PARK, SATURDAY 30 JUNE 2012

Last Saturday we were back at Middle Park for our next round of VRWC club races with 59 walkers in attendance. Although the weather threatened and it was very cold, the rain held off, allowing our annual Intervals race to proceed. The idea is simple - you have 17 minutes to finish each 2km leg and you can do as many legs as you can. Club photographer Terry Swan has caught the action with his usual great collection of snaps - see <http://www.vrwc.org.au/coppermine>.

Rhydian Cowley was the star performer in the 5x2km event, clocking in with 2km legs of 7:53, 7:53, 7:52, 8:04 and 8:23 for a combined time of 40:05. Behind him, **Stuart Kollmorgen**, **Billy Allamby** (last lap of 8:58), **Simon Evans** and **Adam Garganis** were also in great form. Of the women, **Michelle Laufer** (her last lap was her fastest) and **Kirstin Shaw** also walked excellently.

VRWC Intervals Race - 5x2km

						Total	
1.	Laufer, Michelle	10:22	10:13	10:13	10:20	10:11	51:19
2.	Shaw, Kirstin	10:20	10:57	11:01	10:53	10:45	53:56
3.	O'Neill, Simone	12:53	12:51	12:55	13:06	12:54	1:04:39
4.	O'Neill, Karyn	14:01	13:42	13:52	13:35	13:37	1:08:47
	Johnson, Celia	13:44	13:40	13:45	14:30	13:53	DQ
1.	Cowley, Rhydian	07:53	07:53	07:52	08:04	08:23	40:05
2.	Kollmorgen, Stuart	09:20	09:22	09:23	09:25	09:29	46:59
3.	Allamby, Billy	09:24	09:21	09:36	10:11	08:58	47:30
4.	Evans, Simon	09:46	09:44	09:37	09:40	09:39	48:26
5.	Garganis, Adam	09:51	09:52	10:35	10:48	09:58	51:04
6.	Mirarchi, Nicholas	10:20	10:25	10:09	10:15	10:40	51:49
7.	Skrucany, Rudolf	13:36	12:49	12:21	14:01	13:01	1:05:48
	Barrow, Geoff	13:14	12:54	13:05	13:27	15:16	DQ

Many of our walkers opted to walk lesser numbers of intervals but they too raced hard. Special mentions to **Anna Wallace**, **Paul Kennedy** and **Reese Walmsley**.

VRWC Intervals Race - 4x2km

					Total	
1.	Wallace, Anna	10:56	11:25	11:34	11:37	45:32
2.	Gourlay, Marlene	11:27	11:38	11:34	11:47	46:26
3.	Kay, Shelby	10:54	11:43	11:47	12:27	46:51
4.	Thompson, Alison	11:40	11:45	11:51	12:41	47:57
1.	Gardiner, Bob	11:59	11:53	11:59	11:54	47:45
2.	Doran, Anthony	13:31	13:22	13:13	13:16	53:22
3.	Johnson, Tony	13:46	13:19	13:27	14:03	54:35

VRWC Intervals Race - 3x2km

				Total	
1.	Shaw, Robyn	11:49	11:51	12:08	35:48
2.	Guy, Rachael	10:57	11:09	14:46	36:52
3.	Steed, Gwen	12:34	12:33	12:45	37:52
4.	McNicol-Davidson, Chloe	11:47	13:37	13:41	39:05

1.	Kennedy, Paul	10:16	10:08	10:00	30:24
2.	Walmsley, Reese	10:04	09:55	10:36	30:35
3.	McNicol-Davidson, Cody	12:10	14:40	14:46	41:36
4.	Poore, Alex	15:58	15:41	15:36	47:15

VRWC Intervals Race - 2x2km

1.	Elms, Donna	11:58	12:32		Total 24:30
2.	Brill, Nathan	08:10	08:24		16:34



Billy Allamby, Rhydian Cowley, Stuart Kollmorgen, Adam Garganis, Michelle Laufer and Simone O'Neill

Walkers also had the option of a simple 4km race and a number took up the offer. **Kyle Bird** 19:14 and **Stephanie George** 20:27 were the best of the Open walkers while **Kyle Swan** 20:27 and **Emily Hamilton** 21:45 were the best of the U15s. We welcomed first time walker **Jake Kellar** and he walked well to record 24:39.

VRWC 4km Open

1.	Bird, Kyle	19:14	
2.	George, Stephanie	20:27	
3.	Kellar, Jake	24:39	First time
4.	Feain, Gerard	27:46	
5.	Wicks, Barrie	30:00	
6.	Mews, Pam	38:10	

VRWC 4km U15

1.	Hamilton, Emily	21:45
2.	De Lisen, Paige	22:38
3.	Walker, Megan	23:26
4.	Eastwood, Jessie	23:56
5.	Swan, Emily	23:58
6.	Utber, Courtney	26:09
7.	Crea, Gabriella	26:18
8.	Feain, Madeleine	27:46
1.	Swan, Kyle	20:27

Our U12 and U9 walkers had their usual points races (their intervals races are in a few weeks time) with **Jessica Lillie, Thomas Mirarchi, Gemma Lillie** and **Jared Hodges** winning the handicaps. **Hayley George** and **Corey Dickson** were both in fine form to take fastest times in the U12 division.

VRWC 2.5km U12 Handicap

	Time	H'cap	H'Cap Place
1.	George, Hayley	13:38	13:11 7
2.	Richardson, Brodie	13:56	14:06 2
3.	Hodges, Mikhala	14:08	13:52 4
4.	Lillie, Brianna	14:20	14:33 3
5.	Eastwood, Jemma	14:38	15:02 6
6.	Lillie, Jessica	14:43	14:39 1
7.	Miller, Tegan	15:47	15:29 5
1.	Dickson, Corey	13:18	13:36 4
2.	Walmsley, Hayden	14:36	14:49 3

3.	Feain, Lachlan	14:43	14:48	2
4.	Mirarchi, Thomas	20:51	20:47	1

VRWC 1.5km U9 Handicap

		Time	H'cap	H'Cap Place
1.	Lillie, Gemma	09:45	09:59	1
1.	Hodges, Jared	09:28	09:44	1
2.	Kennedy, Thomas	11:17	12:25	2

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

Officials: Tim Erickson, Stuart Cooper, Michael Bodey, Paul Kozaris, Marlaine Stanway, Don McLaren, Harry Summers, Justin McLaren, Ian Laurie

Judges: Peter Vysma (Chief), Gordon Onley, Stuart Cooper, Michael Bodey, Lloyd Nichols

Course Setup: Bob Gardiner, Harry Summers, Craig Brill, Tim Erickson, Peter Vysma

Canteen: Barb Gardiner, Wendy Cooper

Photos: Terry Swan



Stephanie George, Kyle Swan, Reese Walmsley, Paul Kennedy and Jake Kellar



Chloe McNicol-Davidson, Madeleine and Gerard Feain, Kyle Bird and Emily Hamilton



Corey Dickson, Tom Mirarchi, Hayley George, Jared Hodges and Jessica Lillie



Justin McLaren on the bike - one of our many officials at work each week

VRWC VIDEOS NOW ONLINE

Thanks to Frances Attard for the following two videos (each about 25 minutes in length) which I have now uploaded to YouTube. Well done Frances on another superb couple of works.

LBG Carnival in Canberra
Victorian Champs 24 June 2012

http://www.youtube.com/watch?v=upgz_2gcj0
http://www.youtube.com/watch?v=bSiP_5MfhGO

ACT RACE WALKING CLUB WALKS, DIDDAMS CLOSE, LAKE GINNINDERRA, SATURDAY 30 JUNE

Thanks to Robin Whyte for the latest results from the Canberra walkers.

12km Walk

- | | | |
|----|--------------------|---------|
| 1. | Robin Whyte | 1:14:42 |
| 2. | Bryan Thomas | 1:21:28 |
| 3. | Derek Robinson | 1:21:28 |
| 4. | Rod Gilchrist | 1:25:39 |
| 5. | Jennifer Gilchrist | 1:31:31 |
| 6. | Geoff Barker | 1:39:50 |
| 7. | Val Chesterton | 1:46:14 |
| 8. | Warren Butler | 1:46:30 |

6km Walk

- | | | |
|----|----------------|-------|
| 1. | Thomas Hopkins | 33:12 |
| 2. | Ashleigh Resch | 33:31 |
| 3. | Zoe Hunt | 34:33 |
| 4. | Karina Hopkins | 39:48 |
| 5. | Jenny Reading | 46:20 |
| 6. | Monika Short | 47:36 |
| 7. | Terry Munro | 59:00 |
| 8. | Helen Munro | 59:01 |

2km Walk

1.	Emily Hopkins	12:31
2.	Jack Thackray	16:33
3.	Hilary Thackray	19:56

SARWC KING OF THE MOUNTAIN WALKS, BELAIR NATIONAL PARK, SATURDAY 30 JUNE 2012
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Thanks to Peter Crump for his weekly report from Adelaide.

Our annual King of the Mountain and support events were held at Belair National Park which is normally a very pleasant place to spend the afternoon. Unless you are taking part in the King of the Mountain, which is our annual torture test for open and senior walkers. The "King" event sees the 5.1 km distance, incorporating a 500 metre steady climb plus further undulations, all over the final 1500 metres, and preceding smaller undulations, repeated twice. The other events are once only, with the major hill work only taken for distances in excess of 3.5km. The minor hill work is still fun for the lesser distances.

Kim Mottrom showed good strength over both 5.1 km legs to easily take out the King title ahead of Justin Hill and Peter Crump, while Bill Starr took out the "old man of the hill" and Jemma the under 20 women's title. The slightly flatter but still challenging shorter distances saw spirited competition taken out by Alix Harlington and Anna Cross (3.5 km) and Rhiannon Lovegrove and Joe Cross (2.5km). We are already looking forward to next year !

10.2 Km (5.1Km, 5.1Km – Total)

1.	Kim Mottrom	28:14, 29:01 - 57:15
2.	Justin Hill	30:13, 30:50 - 1:01:03
3.	Peter Crump	31:41, 32:32 - 1:04:13

5.1 Km

1.	Jemma Potezny	34:37
2.	Bill Starr	42:30

3.5 Km

1.	Alix Harlington	20:16
2.	Lachlan Tyler-Dowd	21:38
3.	Anna Cross	22:23
4.	Julia Potezny	23:36
5.	Michael Nicolaides	27:38
6.	Chris Nicolaides	31:24

2.5 Km

1.	Rhiannon Lovegrove	15:28
2.	Bethany Cross	15:36
3.	Joe Cross	16:06
4.	Jay Goode	16:43
5.	Rhiana Hooker	17:31
6.	Corey Harlington	27:07

RWCWA WALK RESULTS, WILSON, SUNDAY 1 JULY
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Thanks to Rick Cattermole for the latest results from the Race Walking Club of Western Australia.

10km Open

1.	Vanessa Brown	56.37
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5km Open

1.	Christopher Gerken	36.59
	Caitlin Gerken	DNF
	Sara Cattermole	DNF

3km Open

1.	Jasmin Burgess	17.40
2.	Melissa Butler	17.40
3.	Michelle Butler	18.42
4.	Janine Butler	21.46

2km Open

1.	Summer Brown	11.49
2.	Melissa Hall	14.50
3.	Helen Hahn	18.36

WARWC ROADWALKS, WILSON, SUNDAY 1 JULY

And now onto the rest of the Western Australian walk results from the WA Race Walking Club.

4k Handicap

1.	Amy Holland	27:22
2.	Jaymee Curry	30:15
3.	Arianna Tolardo	27:16
4.	Ben Reid	27:42
5.	Emily Holland	26:42
6.	Isabella Tolardo	25:47
7.	Aimee Reid	28:07
8.	Tom Lenane	26:05
9.	Georgia Curulli	30:23
10.	Lesley Romeo	31:16
	Mitchell Curulli	DNF

8k Handicap

1.	Dale Hennighan	41:25
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SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SUNDAY 1 JULY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: *15km SAMA championships at Peacock Road. Showers Saturday morning but cleared up for afternoon. Good conditions but cold and damp.*

15km SAMA Championships

W55	1st	Linda Whitelaw	2:00:21	64.81%
W50	1st	Marie Maxted	1:41:50	71.49%
W45	1st	Raelene Schild	1:53:43	60.88%
M80	1st	Colin Hainsworth	1:58:19	79.39%
M75	1st	David Robertson	2:00:49	72.69%
M70	1st	Rodger Barber	1:53:08	73.08%
M65	1st	George White	1:28:09	85.71%
M65	2nd	Graham Harrison	1:49:04	70.09%
M65	3rd	Roger Lowe	2:01:33	63.66%

5km Walk

W61	1st	Helen Suridge	34:54	71.65%
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NSWRWC CLUB WALKS, HURSTVILLE GROVE, SATURDAY 16 JUNE

I am always a few weeks behind with the NSW results as I have to wait until they are posted. There were some great times recorded by Derek Mulhearn (36:47), Cheryl Webb (37:16), Tyler Jones (28:19), Harrison Mavin (9:43) and others.

Long Division 8 km

1.	Derek Mulhearn	36.47
2.	Cheryl Webb	37.16
3.	Jay Felton	39.07
4.	Matthew Killen	41.27
5.	Amy Bettiol	42.34
6.	Anthony Albanese	49.18
	Kyle Malone	DNF

H'cap Place

U16 Division - 2 km

1.	Harrison Mavin	9.43	5
2.	Benjamin Tisdale	9.59	7
3.	Dylan Richardson	10.13	4
4.	Ryan Thompson	10.16	2
5.	Ally Grujoski	10.58	1
6.	Yasmin Mills	11.24	3
7.	Travis Barendregt	11.48	6

H'cap Place

Medium Division - 6 km

1.	Tyler Jones	28.19
2.	Tom Doyle	29.02
3.	Robert Murphy	30.49
4.	Bryony Beasley	37.25
5.	Carl Gibbons	39.46
6.	Judy Brown	44.03
	Taylor-Paige Billington	DNF

H'cap Place

U12 Division - 1 km

1.	Samantha Brown	4.57	3
2.	Hayley Mills	5.24	6
3.	Renee Hardy	5.44	2
4.	Sybella Mckay	5.50	7
5.	Lachlan Beecroft	6.49	8
6.	Logan Barendregt	6.59	4
7.	Jada Thomson	7.12	5
8.	Emily Challinor	9.21	1
9.	Aiden Hardy	9.21	9

H'cap Place

Short Division - 3 km

1.	Jasmyn McDonald	16.06
2.	Nathan Brown	16.06
3.	Nicolle Challinor	21.25

H'cap Place

USATF OLYMPIC TRIALS MEN'S 20,000M RACEWALK, EUGENE, OREGON, FRIDAY 29 JUNE

Trevor Barron, 19, walked his way onto the USA Olympic Team by winning last Friday morning's 20,000m track race in 1:23:00.10. In doing so he broke the USA National Track Record of 1:23:40 (held by Tim Seamon). En-route he broke the 15,000m record with his split of 1:02:06.57. As the only A qualified USA male walker, he will be their sole representative in the London 20km. Seamon, the second place finisher in 1:27:29.48, set new American Masters M40 records for 5,000m (21:00.07), 10,000m (42:26.20), 15,000m (1:04:36.04) and 20,000m (1:27:29.48). I must admit that I am a bit perplexed as to why you would have your Olympic trial on the track when the Olympics walks are road races! Check out <http://www.racewalk.com/> for Jeff Salvage's usual great collection of race photos and commentary.

Men 20,000m Olympic Trial

1.	Trevor Barron	NYAC	1:23:00.10
2.	Tim Seamon	NYAC	1:27:29.48
3.	Nick Christie	Unattached	1:29:47.30
4.	Dan Serianni	World Class Racewalking	1:32:16.26
5.	Michael Giuseppe Mannozi	Miami Valley TC	1:34:12.48
6.	Tyler Sorensen	Unattached	1:34:24.52
7.	Benjamin Shorey Sr	Shore AC	1:34:45.10
8.	Richard Luettchau II	Shore AC	1:37:53.68
9.	Ian Whatley	World Class Racewalking	1:42:21.39
10.	Jonathan Matthews	Shore AC	1:43:22.82

Joshua Wiseman	Miami Valley TC	DQ
John Nunn	U.S. Army	DNF

As with the men, only one USA woman walker will go to the Olympics as Maria Michta (Walk USA) won the Women's 20000m Walk in an Olympic B qualifier of 1:34:53.33. It was a close finish with Miranda Melville only 3 seconds in arrears with 1:34:56.92. With 8 laps to go, there were 3 women in contention in the front pack but it was Michta who finished the strongest.

Women's 20,000m Olympic Trial

Maria Michta	Walk USA	1:34:53.33
Miranda Melville	Unattached	1:34:56.92
Erin Gray	Bowerman Athletic Club	1:35:40.05
Jill Cobb	Miami Valley TC	1:37:00.07
Joanne Dow	Unattached	1:38:20.20
Lauren Forgues	N Y A C	1:39:48.06
Susan Randall	Miami Valley TC	1:43:26.94
Stephanie Casey	Unattached	1:47:31.90
Rachel Zoyhofski	Unattached	1:49:20.28
Solomiya Login	Southeastern PA Ath. Club	1:50:41.65
Nicole Bonk	Embry-Riddle	1:54:17.35
Erin Taylor	Shore A C	DQ
Katie Burnett	Unattached	DQ
Teresa Vaill	Unattached	DNF
Erika Shaver	Unattached	DNF

TROFÉU BRASIL/CAIXA DE ATLETISMO 2012, SAO PAULO, BRAZIL, SATURDAY 30 JUNE

Caio Bonfim won the Troféu Brasil/Caixa de Atletismo 2012 in Barueri, Sao Paulo, last Saturday. The 21 year old Brazilian walker walked a new competition record of 1:21:36 with his negative splits of 20:45, 20:36, 20:15 and 20:00. Equadorian walkers took first and second places in the women's race but were well outside the required Olympic standard.

20km Men

1.	Caio Oliveira de Sena Bonfim	CASO	1.21.36
2.	Cristian Andrés Chocho León	Equador	1.23.40
3.	Moacir Zimmermann	AABLU	1.25.55
4.	Jonathan Riekman	BM&F Bovespa	1.27.04
5.	Mario Jose dos Santos Junior	BM&F Bovespa	1.27.51
6.	Daniel Alexandre Voigt	ACA	1.29.52
7.	Rolando Jaime Saquipay	Equador	1.30.18
8.	Luiz Felipe dos Santos	ASSEM	1.33.30
9.	Rudney Dias Nogueira	USIPA	1.34.06
10.	Magno Mesias Zapata Pacheco	Equador	1.38.46
11.	Jean Henrique Batista Reinas	União Agrícola Barbarense	1.43.15
	Jean Pedro Rominhuk	FME TIMBO	DQ
	Diogo Mello da Rosa	UCS	DQ
	Max Batista Gonçalves dos Santos	CASO	DQ
	Eder Calixto Gonçalves	ACA	DQ
	Leandro Clementino Silva	AABLU	DQ
	Diogo Dias Gamboa	ASSEM	DNF

20km Women

1.	Paola Bibiana Pérez Saquipay	Equador	1.37.42
2.	Jeanneth Guamán	Equador	1.38.57
3.	Erica Rocha de Sena	UNINASSAU	1.42.05
4.	Elianay Santana da Silva Pereira	CASO	1.44.57
5.	Liliane Priscila Barbosa	ABC	1.45.09
6.	Cleia da Cruz Silva	CASO	1.53.39
7.	Camila da Silva	AABLU	1.54.47
8.	Nair da Rosa	AABLU	1.56.27
9.	Edjane Maria da Silva	GR BARUERI	2.05.47

GERMAN T&F CHAMPIONSHIPS, DIEZ, SUNDAY JUNE 24

I reported briefly in last week's newsletter that Andrew Hohne and Sabine Krantz had won the track walks that the German T&F Championships on Sunday 24 June. I have since sourced the full result set to present it here for completeness.

5.000m Women

1.	Sabine Krantz		TV Wattenscheid 01	21.01,7
2.	Bianca Schenker	w35	TV Wattenscheid 01	24.38,0
3.	Brit Schröter	w35	LG Vogtland	25.15,0

4.	Dittrich Bianca	u20	LG Vogtland	25.15,2
5.	Schröter Laura	u20	LG Ohra Energie	25.33,1
6.	Bandt Janine	u20	LG Vogtland	25.44,7
7.	Linda Betto	w35	VfL Brandenburg	26.19,4
8.	Nicole Hörl	w40	TV Groß-Gerau	26.51,0

10.000m Men

1.	André Höhne		SCC Berlin	40.10,5
2.	Hagen Pohle	u23	SCC Berlin	40.17,7
3.	Carsten Schmidt		SCC Berlin	40.19,2
4.	Marcel Lehmborg	u23	SCC Berlin	41.13,9
5.	Nils Brembach	u20	SCC Berlin	41.17,7
6.	Carl Dohmann	u23	SC Potsdam	41.29,4
7.	Nils Christopher Gloger	u23	SCL - Heel Baden-Baden	41.40,7
8.	Maik Berger		SCC Berlin	42.49,3

PORTO NOVO AFRICAN CHAMPIONSHIPS, BENIN, 26 JUNE - 1 JULY

The 18th African Championships were held in Benin last weekend (see <http://csaabenin2012.com/>) and 20km road walks were amongst the events contested.

The men's 20km walk was reduced to farce as veteran Kenyan walker David Rotich crossed the finish line first, only to be relegated to second place and the silver medal, the gold going to Tunisian Hedi Tارااoui after a successful post-race appeal. The reports imply that Tارااoui was leading the walk when asked to repeat a loop by the race stewards as the rest of the field, led by Rotich, proceeded through the finish in the stadium. Algerian Ameur Mohammed took bronze and South African Marc Mundell placed fourth. In yet another twist, times were nullified for the six finishers due to the mix-up and the results now show a 0 for each of them. Marc Mundell commented on his facebook page

Rough conditions here in Benin. Race moved from Sunday 8am to Friday 10h30. The course was incorrect (management suggest it was 1200m long) and times (1:38:58) were discredited. Also concerns with lap counting and identifying the winner (Tunisian was forced to do an extra lap - which he did under protest). I was very happy with my 4th position in my B event, given the hot and humid conditions. I look forward to returning home tomorrow and starting my final 40 days of preparation.

The women's race was more straightforward with Grace Wanjiru of Kenya, who led from start to finish, successful defending her African title with a time of 1:40:53.

Women's 20km Race Walk, Friday 29 June, 10:30AM

1.	Grace Wanjiru NJUE	KEN	1979	1:40:53
2.	Olfä LAFI	TUN	1986	1:46:17
3.	Aynalem ESHETU	ETH	1992	1:49:45
4.	Askale TIKSA	ETH	1994	1:56:01
5.	Ayele Adanech MENGISTU	ETH	1992	2:04:45
	Chaima TRABELSI	TUN	1982	DNF

20 Km Walk Men, Friday 29 June, 10:35AM

1.	Hedi TARAAOUI	TUN	1989	0
2.	David Kimutai ROTICH	KEN	1969	0
3.	Mohamed AMEUR	ALG		0
4.	Marc MUNDELL	RSA		0
5.	5Chernet MIKORO ANISO	ETH	1986	0
6.	Misebo MINAMO GAMO	ETH	1978	0
	Mikael SONGNABA	BUR		DNF
	Hichem MEDJEBER	ALG		DNF
	Aseffa GIZACHEW KASSA	ETH	1993	DNF
	Gabriel NGHINTEDEM	CMR		DNF

ENGLISH SCHOOLS INTER COUNTIES DEVELOPMENTAL WALKS, MILTON KEYNES, 30 JUNE 2012

Thanks to Mark Wall for the results of the English Schools Inter Counties Race Walks, held last Saturday at Milton Keynes. He commented

Tim and Chris Snook are the sons of the British Walks International/Scottish Commonwealth Games representative, Verity Snook (Larby). The boys have plenty of competitive experience in the sphere of Cross Country but less in walks but they did well as you can see. I would also like to make mention of those from Buckinghamshire and Bedfordshire, they have had a handful of walks sessions with me and all are Milton Keynes AC athletes. The South Yorkshire athletes are all under the Tutelage of Brian Adams (1976 Olympic 20km, 1978 Commonwealth 30km). Click on link <http://www.flickr.com/photos/76762668@N08/> to view 28 photos from the day. In the start picture for the younger athletes that's me behind the starters looking to start his watch.

Under 13 Boys 2km Walk

1.	Jack Leversidge	South Yorkshire	10:48.6
2.	Chris Snook	Surrey	12:26.4
3.	Sam Redfern	Derbyshire	12:35.3
4.	Fergus Walsh	Bedfordshire	12:59.0
5.	Ben Allen	Leicester & Rutland	13:00.0
6.	Tim McElligott	Buckinghamshire	14:22.5
7.	James Dowsett	Buckinghamshire	14:50.9

Under 15 Boys 2km Walk

1.	Matthew Redfern	Derbyshire	09:53.2
2.	Tim Snook	Surrey	11:08.0
3.	Colin Zack	Surrey	13:37.4
4.	Kreston Edghill	Buckingham	14:00.4

Under 13 Girls 2km Walk

1.	Ana Garcia	South Yorkshire	10:51.4
2.	Kara Lane	West Midlands	12:35.1
3.	Holly Hunt	Buckinghamshire	14:03.2
4.	Tazmina Rashid	Leicester & Rutland	14:15.6
5.	Amelia Tutt	Northants	14:18.0
6.	Jessica Nutall	Buckinghamshire	14:21.9
7.	Ella Sharkey	South Yorkshire	14:27.4
8.	Montana Edghill	Buckinghamshire	14:32.5
9.	Charlotte McCready	Hampshire	15:06.9

Under 15 Girls 2km Walk

1.	Becky Chambers	South Yorkshire	11:23.1
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Under 20 Men 3km Walk

1.	Callum Wilkinson	Suffolk	18:00.9
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Under 20 Women 3km Walk

1.	Jasmine Nicholls	Leicester & Rutland	16:14.6
2.	Farina Rashid	Leicester & Rutland	20:22.7
3.	Iona Prosser	Hereford & Worcestershire	21:05.1
4.	Chelsea Hunt	Buckinghamshire	23:31.8

CANADIAN OLYMPIC TRIALS, CALGARY, ALBERTA, 27-30 JUNE

10,000m track walks were scheduled as part of the Canadian T&F Olympic Trials in Calgary last Saturday and the stars of the show were definitely Evan Dunfee (40:15.5 PB) and junior walker Ben Thorne 40:26.0. They were too fast for Canadian Olympic 20km walker Inaki Gomez who still recorded an excellent 41:02.3 ahead of Creighton Connolly 43:51.1. Rachel Seaman won the women's walk with a good 48:19.4 and has also been announced in the Canadian Olympic walks team alongside Inaki. It is great to see the Canadian racewalking standard looking so good.

Men 10000m Walk

1.	Dunfee, Evan	90	BC Athletics	40:15.5
2.	Gomez, Inaki	88	BC Athletics	41:02.3
3.	Connolly, Creighton	88	BC Athletics	43:51.1
4.	Carrière, Bruno	92	Unattached	47:28.9
5.	*babenko, Dmitry	73	Racewalk West	49:58.1
6.	Kenney, James	56	Adrenaline R	52:29.1
7.	Charrois, Henry	51	Edmonton Racewalk	56:12.0
8.	Keenan, David	57	Heartland Ra	1:00:15.0
9.	Landry, Malcolm	49	Heartland Ra	DQ

Women 10000m Walk

1.	Seaman, Rachel	86	Ontario Race	48:19.4
2.	Evangelista, Nicola	88	BC Athletics	50:57.6
3.	Brooke, Susan	65	Unattached	57:06.7
4.	Larssen, Beverley	89	Racewalk West	58:31.6
5.	Flipsen, Johanna	55	Heartland Ra	59:09.9
6.	McCormack, Catherine	72	Ontario Race	1:00:23.9
7.	Rodriguez Ruah, Paola	74	Unattached B	1:14:52.9
8.	Schneider, Amanda	89	Racewalk West	DNF

Men 10000m Junior Walk

1.	Thorne, Benjamin	93	BC Athletics	40:26.0
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Women 10000m Junior Walk

1.	Ramage, Katelynn	93	BC Athletics	56:48.5
2.	Voyer, Anne	93	Mille Pays D	1:01:47.3

CAC YOUTH/JUNIOR CHAMPIONSHIPS, SAN SALVADOR, EL SALVADOR, 29-30 JUNE

I haven't seen any reports on this yet but I assume it was hot and humid. Mexico took 5 of the 12 walks medals on offer and continues to hold its place as the Central American walking powerhouse.

Junior Women 5000m Walk , Friday 29 June

1.	Alejandra Ortega Solis	MEX	23:21.71
2.	Yaneli Caballero Garcia	MEX	23:44.50
3.	Yesenia Ivania Miranda Rivas	ESA	25:21.87
4.	Andreina Gonzales Guzman	DOM	26:24.98
5.	Mishely Gonzalez Marin	GUA	30:31.44

Youth Girls 5000m Walk, Friday 29 June

1.	Mildred Raya Macias	MEX	25:02.71
2.	Sonia Barrondo Garcia	GUA	26:33.70
3.	Karin Vicente Guzman	GUA	27:01.74
4.	Brenda Mauricia Rivera	ESA	27:19.23
5.	Ziomara Lopez Menjivar	EXA	27:37.20

Junior Men 10,000 m Walk, Saturday 30 June

1.	Jesus Vega	MEX	42:03.68
2.	Erwin Gonzalez Castellanos	MEX	42:16.95
3.	Luis Sanchez Perez	GUA	43:25.61
4.	Luis Lopez Menjivar	ESA	45:44.96
5.	Gregorio Caal	GUA	46:48.36
6.	Jan Ramirez	PUR	47:43.86
7.	Cesar Escobar Castro	ESA	50:21.76

Youth Men 10,000m Walk, Saturday 30 June

1.	Jurgen Grave Chavez	GUA	46:05.16
2.	Jose Melendez	PUR	47:16.45
3.	Alcides Rosales Alvarado	ESA	51:07.48
4.	Wilmer Rosales Lucas	GUA	51:16.77

EMMANUEL TARDI OUT AND ABOUT

Thanks to Emmanuel Tardi for the following two race reports and result sets.

I was in Amiens Saturday for a great French track meeting . The manager of the meeting had asked me to judge. The women's race was won by Russian Yevdokia Korotkova (who walked 20.52 in 2006). Second was current 10km French champion Anne Gaëlle Retout. In the men's event Bertrand Moulinet (who will compete in both 20km and 50km walks in London) easily won the race (first km in 4:00 then four more km splits of 3:50).

Women 3000m Walk

1.	KOROTKOVA Yevdokia	Russia	79	13:27.00
2.	RETOU Anne-gaëlle	Val-de-reuil Ac	80	13:52.06
3.	DELEUZE Cecile	Fc Laon	96	15:04.54
4.	FESTOR Priscilla	A. Sarreguemines Sarrebourg	78	15:11.02
5.	ROULAND Marion	Stade Dieppois	90	15:21.58

Men 5000m Walk

1.	MOULINET Bertrand	Amiens Uc	87	19:21.81
2.	LETOURNEAU Florian	Ac Chateau Thierry	88	21:27.47
3.	QUINION Aurelien	Entente Franconville Cesame Va	93	21:36.61
4.	DENIMAL Romain	Amiens Uc	92	22:42.49
5.	DURAND-PICHARD David	Antony Athletisme 92	72	22:52.66
6.	DESJARDINS Florian	Val-de-reuil Ac *	94	23:33.86

On Sunday Emmanuel walked in the Belgium National 20km in the city of Sirault. Main places were as follows.

Belgian National 20km Championship

1.	Benjamin Leroy	1973	1:55:53
2.	Dirk Bogaert	1958	1:59:51
3.	Edwin Derenzis	1976	2:01:50
11.	Emmanuel Tardi	1967	2:27:50



**Left: Korotkova leads Retout in Amiens
Middle: Bertrand Moulinet leads the men's event
Right: Emmanuel in official judging mode**

WALKING VIDEOS

Finally a few videos that have caught my attention this week.

Production Europe Télévision has a great video collage of last month's Paris-Colmar Classic ultra distance walk.
<http://www.europetelevision.info/node/679>

Take a virtual Tour of London Olympic Park
<http://www.jasonhawkes.com/blog/360/June%202012%20A/virtualtour.html>

Meet Regan Lambie with a 60 second snapshot
<http://london2012.olympics.com.au/media/0E8905C0-BF2D-11E1-9C0E005056A302E2>

ALTITUDE TRAINING - QUENTIN REW

It's good when elite athletes can see the funny side of things. NZ Olympic 50km walker Quentin Rew is in St Moritz training with the Australian walkers and he posted the following on his blog yesterday - see <http://morethanracewalking.blogspot.com.au/>.

I have, over the last 24 hours, developed an unfortunate array of serious medical conditions. These include (but are not limited to): bilateral hip osteoarthritis; gastro-oesophageal reflux disease; emphysema; chronic fatigue syndrome; migraines; narcolepsy; bilateral thoracic outlet syndrome; bilateral sciatica; bilateral plantar fasciitis, and I think I caught myself Cheyne-Stokes-ing a minute ago.

Either that or I'm sore everywhere from training hard.

I've survived to day 10 training at St. Moritz, in one of Switzerland's eastern tentacles. At 1800m above sea level, it's in the altitude training 'sweet spot' - high enough to stimulate extra red blood cell production, but not so high as to inhibit training quality. Or so the theory goes. In reality, doing any kind of endurance training is noticeably harder here than the equivalent at sea-level. Inhaling a lungful of the thin air gives a feeling of fullness without satisfying the body's plea for oxygen. It's the respiratory equivalent of a mouthful of candyfloss.

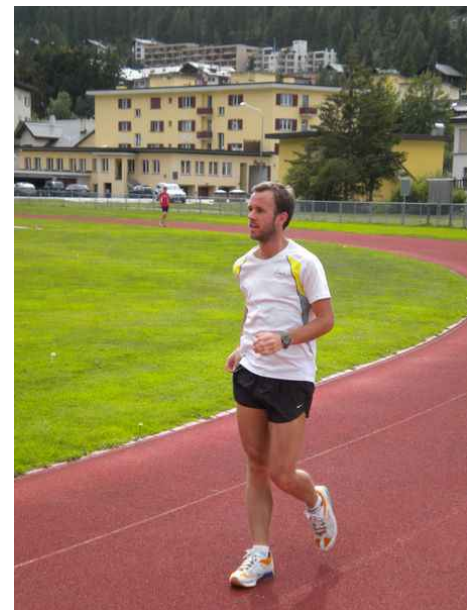
The other side of the ledger is the training mileage and intensity, which has been among the best I've ever managed to put together. Over a week I managed to roll through a total of 180km racewalking, as well as the usual stretching and light gym work. The mileage itself has been mostly good quality, and not much of it has been any slower than 5 minutes per kilometer. Until today. The plan for this morning was to roll through 35km at 5min/km, then smash a steady 10km this afternoon. And, were it not for the untimely arrival of the myriad medical conditions listed above, I think I could have made it. But some days you're the pigeon and some days you're the statue, and part of being an athlete is to recognise those days when you're not at your best, and listen to the body's plea for rest. And after struggling through the last 10km of this morning's session in 56 minutes, today is one of those days. So here I am, in one of the most beautiful places on earth, taking it easy and itching to get back into some high-quality training in the next few days. But first to find a good doctor...

Our Olympic walkers have been in St Moritz for 2 weeks so far and have a further 2 weeks to go before they drop down in altitude for a final week at the AIS European Training Centre in Varese in Italy. Now in its second year of operation, the European Training Centre aims to replicate the world-class facilities and training environment of the AIS site in Canberra by providing the best possible staff, facilities and resources in physiology, psychology, biomechanics, physical therapies, nutrition, performance analysis, skill acquisition, strength and conditioning, athlete career education support and medicine. Read more about it at http://www.ausport.gov.au/_data/assets/pdf_file/0013/153130/AI_31602_Euro_Training_Centre_broch_LR.pdf

And talking of St Moritz, I asked Jared Tallent to forward me some photos and he has done the deed. Thanks Jared!



Quentin Rew, Brad Aiton (WJ rep), Chris Erickson and Jared Tallent doing track work in St Moritz



Chris, Brad, Jared and Quentin - not a bad training venue!



**Left: Rachel Tallent in front of the toyshop
Centre: Jared trains around the lake with Japanese champion Isamu Fujisawa
Right: Regan Lamble with AIS Chief Walks Coach Brent Vallance**

VRWC CLUB RECORD UPDATE

A check of the last few weeks of racing confirms a whole batch of VRWC club records have been broken by our walkers. Congratulations to everyone on the list. Record certificates were distributed last Saturday.

Kelly Ruddick	F	W35 10km Road Walk	46:52	AV Country Champs, Ballarat	27/05/2012
Corey Dickson	M	U10 & U11 2km Road Walk	10:03	VRWC, Middle Park	02/06/2012
Nathan Brill	M	U17 5km Road Walk	21:26	VRWC, Middle Park	02/06/2012
Regan Lamble	F	Open & U23 30km Road Walk	2:21:43	LBG Carnival, Canberra	10/06/2012
Corey Dickson	M	U10 & U11 1km Road Walk	5:03	LBG Carnival, Canberra	10/06/2012
Corey Dickson	M	U10 & U11 2km Road Walk	10:02	LBG Carnival, Canberra	10/06/2012
Mikhala Hodges	F	U11 2km Road Walk	10:38	LBG Carnival, Canberra	10/06/2012
Kyle Swan	M	U14 2km Road Walk	9:35	LBG Carnival, Canberra	10/06/2012
Jemima Montag	F	U15-U17 3km Road Walk	14:10	LBG Carnival, Canberra	10/06/2012
Nathan Brill	M	U17 5km Road Walk	21:15	Vic Schools, Middle Park	24/06/2012

We also decided to award a number of 2km club records from our Intervals Race last week. Since 2km is a rarely raced distance, the category is relatively empty of records apart from the younger age groups. Terry Swan and I have decided that when a 2km split is of a sufficiently high standard, we will allocate it as an inaugural record for that age group. Hopefully over time, the list will populate. Here are the performances to which we have granted record status from last Saturday.

Nathan Brill	M	U17 2km Road Walk	8:10	VRWC Intervals Race, Middle Park	30/06/2012
Rhydian Cowley	M	Open & U23 2km Road Walk	7:53	VRWC Intervals Race, Middle Park	30/06/2012
Billy Allamby	M	U15 2km Road Walk	8:58	VRWC Intervals Race, Middle Park	30/06/2012
Michelle Laufer	F	W40 2km Road Walk	10:11	VRWC Intervals Race, Middle Park	30/06/2012

You can view all the club records at <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2012-04-26.pdf>.

ALF ROBINSON MEMORIAL FUNDING APPLICATIONS CLOSE THIS FRIDAY

A reminder that applications for funding close this Friday for the Alf Robinson Memorial Racewalking Fund. You can read the fine print at http://sitedesq.imgstg.com/events/index.cfm?fuseaction=display_full&EventID=12226&OrgID=887.

A.A. RACEWALK JUDGING SEMINAR - C GRADE

We are in the final throes of organizing an Athletics Australia C Grade Racewalk Judging Seminar and Exam for Saturday 25 August in Adelaide. This is the day before the Australian Roadwalk Championships and we have targetted a 12:30PM start at Santos Stadium. I had hoped to have it all finalised by now but we are still ticking a few of the boxes. It should all be done and dusted later this week so stay tuned.

A.A. ROADWALK CHAMPIONSHIPS, ADELAIDE - ENTRIES OPENING ANY DAY NOW

I have been liaising with Athletics Australia on the Online Entry panel and, like the C Grade Judges Seminar, it is just about ready to go live on the AA website. Again ... by next week, it should be all be done so stay tuned.

WHAT'S COMING UP

Next Saturday sees yet another championship day at Middle Park with the Victorian 15km Open Championships as well as a whole swag of VRWC club championships. First to the timetable:

Saturday 7 July 2012, Middle Park

Entries for VRWC 15km championship events and for non-championship 15km event close at 1.40pm

Entries for all other events close at 2.00pm sharp.

2.00pm	15km	A.V. Championship	Open Men
2.00pm	15km	A.V. Championship	Open Women
2.00pm	15km	V.R.W.C. Championship - Elsie Jacobson Trophy	Open Women
2.00pm	15km	V.R.W.C. Championship	Under 20 Men/Women
2.00pm	15km	Non championship	Open
2.15pm	5km	V.R.W.C. Championship	Under 16 Boys/Girls
2.15pm	5km	Non championship	Open
2.15pm	3km	V.R.W.C. Championship	Under 14 Boys/Girls
2.45pm	1.5km	V.R.W.C. Championship	Under 9 Boys/Girls
2.55pm	2.5km	V.R.W.C. Championship	Under 12 Boys/Girls
	Presentations	After the last events finish.	

Now to the finer details

- **Note that the 15km events all start at 2PM.** This is so that the Presentations are not delayed too long for those in the shorter events. If you intend to enter the VRWC 15km club championship, you need to complete registration by 1:40PM.
- If you intend to enter the Victorian 15km Open Roadwalk Championships, you need to be registered with AV and you need to enter the race via the AV online entry panels at <https://members.athsvic.org.au/competitions>. Entries are still open as I write but I am sure they will close shortly.
- All VRWC club championships can be entered on the day. Age for VRWC Club Championships is VRWC age - ie age as of 1 October 2011.

Internationally, the **World Junior Champs** are nearly upon us and we will have 4 walkers in action in Barcelona next week

- 9:30AM, Wed 11 July Junior Women 10,000m Walk Rachel Tallent (VIC/AIS) and Jess Pickles (QLD)
- 9:00AM, Friday 13 July Junior Men 10,000m Walk Blake Steele (SA/AIS) and Brad Aiton (QLD)

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 Victorian/Australian Winter Season Key Dates

Sun 14 July, 2012 RWA State Challenge, each club in its own State
Sun 29 July, 2012 Victorian Roadwalk championships, Middle Park
Sun 26 Aug, 2012 Australian Roadwalk Championships, Adelaide

2012/2013 Victorian/Australian Summer Season Key Dates

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.
3-11 Nov 2012 Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Sun 9 Dec 2012 Australian 50km Championship, Fawkner Park, Melbourne
12-17 Mar 2013 Australian Junior Athletics Championships, Perth, WA
11-14 April 2013 Australian Open Athletics Championships, Sydney, NSW

2012 International Fixture

27-29 June Oceania T&F Championships, Cairns. See <http://www.athletics-oceania.com/>
Sun 8 July 2012 International Racewalk Meet, Os, Norway
July 10-15, 2012 **14th World Junior Championships, Barcelona, Spain.** See <http://www.iaaf.org/mini/wjc12/index.aspx>
July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

Remaining 2012 IAAF Race Walking Challenge Dates

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**
5-12 October 2013 Australian Masters Games, Geelong
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, Taicang, 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

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>)