



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 15  
7 January 2013



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### SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 2 JANUARY

Thanks to Colin Hainsworth for the results of the first South Australian Masters walks for the year. He commented: The 1500m started at 6.25pm followed by an intrepid group that braved a very warm evening to walk 3000m at 7pm.

#### 1500m Walk

1.	M67	George White	7:52	88.59%
2.	M60	Jack Russell	8:07	79.71%
3.	W52	Marie Maxted	9:25	68.36%
4.	M69	Graham Harrison	9:38	74.04%
5.	M69	Roger Lowe	10:25	68.48%
6.	W68	Margaret Trengove	10:30	72.17%
7.	W58	Linda Whitelaw	10:59	61.86%
8.	M62	Phil Coles	10:59	60.11%
9.	M83	Colin Hainsworth	11:11	77.41%
10.	M76	Paul Boyce	11:20	68.82%
11.	W64	Jan Layng	11:26	63.23%
12.	W64	Gill White	11:41	61.88%
13.	W60	Edna Bates	12:43	54.49%
14.	W62	Cherie Dempsey	13:50	51.14%

#### 3000m Walk

1.	M67	George White	16:42	85.08%
2.	M66	Geoff Byham	18:47	74.78%
3.	M69	Graham Harrison	19:58	72.84%
4.	W52	Marie Maxted	20:46	63.95%
5.	M69	Roger Lowe	22:42	64.07%
6.	M62	Phil Coles	22:59	58.55%
7.	W64	Jan Layng	23:41	63.54%
8.	W64	Gill White	24:23	61.72%
9.	M76	Paul Boyce	25:03	63.54%

### ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 3 JANUARY

Thanks to Robin Whyte for the latest walk results from Canberra

#### 3000m Walk

1.	Ashleigh Resch	15:22
2.	Thomas Hopkins	15:53
3.	Emily Hopkins	18:53
4.	Karina Hopkins	19:23
5.	Mick Saunders	20:50

#### 1500m Walk

1.	Peter Baker	07:43
2.	Jordan Bardsley	09:17

### NSW 10,000M TRACK WALK CHAMPIONSHIPS, CAMPBELLTOWN, SATURDAY 5 JANUARY 2013

The first Australian State racewalking championship for the year is normally the NSW Open 10,000m track walk and this year was no exception – it was held at Campbelltown last Saturday evening (5:30PM start time) in torrid conditions with temperatures in the high thirties. Kyle Malone 48:27 and Cheryl Webb 49:36 both walked excellently in the heat to win their respective championships.

#### Men 10000m Race Walk Open

1.	Malone, Kyle	22	NEPEAN DISTRICT	48:27.73
2.	Jones, Tyler	15	WYONG	51:41.79
3.	Gibbons, Carl	17	WESTLAKES AT	58:04.13
4.	Osborne, Robert	58	NEPEAN DISTRICT	1:02:32.94
5.	Seymon, Jim	76	UTS NORTHS	1:08:46.34
	Birch-Ward, Kurtis	18	SUTHERLAND D	DNF

#### Women 10000m Race Walk Open

1.	Webb, Cheryl	37	BLACKTOWN CI	49:36.46
2.	Klein, Kirsty	19	ASICS WESTS TRACK	52:45.17
3.	Raycanovski, Sarah	30	MINGARA	53:30.45

4.	Jennings, Shannon	20	ASICS WESTS TRACK	55:19.68
5.	Bettiol, Amy	18	SYDNEY PACIFIC	57:33.04
6.	Hill, Jayde	16	NAMBUCCA DIS	59:50.50
7.	Southern, Shay	18	ASICS WESTS TRACK	1:00:36.80
8.	Brown, Kylie	41	NEPEAN DISTRICT	1:07:44.68
9.	Denney, Hannah	18	RANDWICK BOTANY	1:09:35.61
	Fagan, Nicole	24	SYDNEY PACIFIC	DNF

### ATHLETICS VICTORIA SHIELD CATCHUP ROUND

The Geelong Region scheduled a catchup round last Saturday to bring themselves up to date. Results were as follows

#### Athletics Victoria Shield Round 9 – Geelong Region, John Landy Reserve, Geelong, Saturday January 5

##### 2000m Walk

1.	James Christmass	M40+	COR	9:39.23
2.	Nicholas Mirarchi	MOP	COR	11:06.24
3.	Kate Schlicht	W50+	CHI	13:22.52
4.	Megan Walker	WU16	COR	12:59.00
5.	Harry Hockley-Samon	MU14	CHI	14:01.58
6.	Thomas Mirarchi	MU14	COR	16:25.69

### BENDIGO WALKERS CLUB REPORT

Thanks to Paul Rance for getting us up to date with the Bendigo Walkers Club summer walks.

#### Bendigo Walkers Club Handicaps and Presentations, Rosalind Park, Wednesday 28 November

On Wednesday 28<sup>th</sup> November the Bendigo Walkers Club held their end of year presentation night, incorporating an age graded handicap 1.6km race which was won by Zahra Hayes with Club President Paul Rance 2<sup>nd</sup> and Carissa Brook in 3<sup>rd</sup> place while Madison Hill won the sealed handicap.

##### 1.6km Handicap Walk

1.	Zahra Hayes	8.31
2.	Paul Rance	7.48
3.	Carissa Brook	9.34
4.	Barb Bryant	9.23
5.	Madison Hill	9.23
6.	Annette Curtis	11.13
7.	John Carter	10.47

#### Bendigo Walkers Club Timed Walks, Rosalind Park, Wednesday 5 December

On Wednesday 5<sup>th</sup> December the annual 60 minutes and 30 minutes fundraising walks were held. We saw strong performances from a number of walkers with Ebony Whiley producing the best effort in the 30 minute event with the sealed handicap won by Madison Hill while 9 year old Carissa Brook took 2<sup>nd</sup> place and broke the Club under 10 record by more than 500 metres. This record had stood for 12 Years and was held by former State Champion Kate Sanford. In the 60 minute event Club President Paul Rance walked strongly while the Sealed handicap winner of the 60 minute event was Barb Bryant from John Carter.

##### 30 Minutes Walk

1.	Ebony Whiley	4888m
2.	Madison Hill	4727m
3.	Carissa Brook	4531m
4.	Annette Curtis	3918m

##### 60 Minutes Walk

1.	Paul Rance	10,514m
2.	Barb Bryant	9626m
3.	John Carter	8655m
4.	Colin Cleary	7566m

The Club is now in recess over the Christmas period and will re-commence competition in Rosalind Park on Wednesday 23<sup>rd</sup> January with a 2400m sealed handicap event.

## EVEN MORE RACEWALKING STAMPS

Following on from last week's edition, I include more racewalking stamps from Dutch walker Alex Wijsman. As usual, these will all be added to our stamps page at <http://www.vrwc.org.au/vrwcstamps.shtml>.



### 1978 – Isle of Man

One of a set of two stamps issued by the Isle of Man to celebrate the 1978 Commonwealth Games in Canada. The other stamp featured the Isle of Man emblem but this one featured a swimmer, a cyclist and a walker.



### 1972 - Nagaland

Nagaland is a state in the far north-eastern part of India. The 16<sup>th</sup> State of the Indian Union, it was established on December 1, 1963.

It has regularly produced very colourful stamps and the one shown on the left is a good example. It is one of 8 stamps produced in 1972 to honour the Munich Olympics.

The full set featured Shotput, Racewalk, Javelin, Wrestling, Boxing, Weightlifting, Diving and Basketball.



### 1984 – Nagaland

Another stamp from Nagaland, this one celebrating the 1984 Olympic Games in Los Angeles.

The stamp shows action from the 1972 Olympic 20km event in Munich. East German walker Peter Frenkel (the eventual winner) is shown walking behind English walker Paul Nihill who came sixth.

The full set of 8 stamps featured the racewalk, shotput, skiing, long jump, water polo, men's relay run, high jump and circular run (might have been 1500m).



### Dominican Republic – 1985

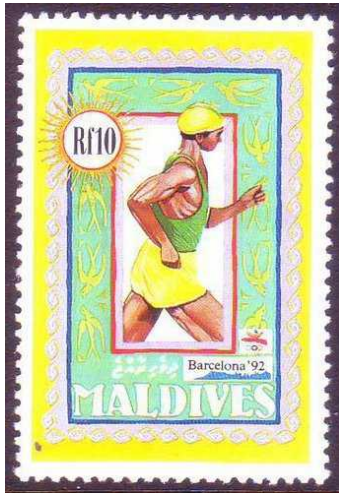
The Dominican Republic is a nation on the island of Hispaniola, part of the Greater Antilles archipelago in the Caribbean region. The western third of the island is occupied by the nation of Haiti, making Hispaniola one of two Caribbean islands that are shared by two countries.

This stamp celebrates the 7<sup>th</sup> National Games which were held in Moca, the capital of Espailat province in the Dominican Republic.



**Antigua and Barbuda – 1992**

This stamp, issued by Antigua and Barbuda, was released for the Barcelona Olympic Games in 1992 and features the 20km Walk for Men



**Maldives – 1992**

The Maldives is an island nation in the Indian Ocean consisting of a double chain of twenty-six atolls.

In 1992, it also issued a stamp celebrating the 1992 Barcelona Olympics and it also featured a racewalker.



**France – 2008**

In 2008, France issued a sheetlet of 10 stamps in celebration of the 2008 Olympic Games in Beijing. As you can see on the left, one of the stamps featured a racewalker.



**France – 2008**

And here is the full 10 stamp sheetlet.



## WALKING SHORTS

MEXICO CITY (MEX): Former Mexican walker Noe Hernandez is in serious condition after being shot (lost his left eye) a week ago at a nightclub in central Mexico. Two other people died in the attack, police said. The 34-year-old Hernandez serves as sports secretary of the executive committee of the governing Institutional Revolutionary Party, or PRI, in Mexico state, which surrounds the Federal District and forms part of the Mexico City metropolitan area. In the latest development per Mexican media, Hernandez is awake but cannot speak. Hernandez won silver at the Sydney Olympic Games 20 km walk and was fourth in the 2003 World Championships in Paris with 1:18:14, his personal best. See <http://www.insidethegames.biz/sports/summer/athletics/1012300-mexican-olympic-silver-medallist-hernandez-shot-in-head>

JABLONEC (CZE, Dec 27): Czech World Juniors competitor Anezka Drahotova (17) walked a time of 22:54.7 in a mixed 5000m indoor walk race in late December on the Czech city of Jablonec.

TOKYO (JPN, Jan 1): Takumi Saito 1:23:41 (men's 20 km) and Kumi Ootoshi 44:45 (women's 10 km) were the winners of the traditional New Year Walks in Tokyo.

The Portuguese walkers were back in action quickly this year with the Lisbon and Setúbal championships, held at Baixa da Banheira on Saturday 5 January. See results at <http://omarchador.blogspot.pt/2013/01/pedro-isidro-e-sofia-avoila-em-destaque.html>

The Australian Paralympic Committee is surprised at the size of the new generation inspired to get on the road to Rio in 2016. See <http://www.abc.net.au/news/2012-12-30/road-to-rio/4447820?section=sport>

The IAAF website reviews the year just finished for European walking - <http://www.european-athletics.org/news/latest-news/520-2012-year-end-review/11664-men-s-and-women-s-walks.html>

POTSDAM (GER): German walker Melanie Seeger, who has lived in Belgium since last fall, has announced that she is pregnant for the second time. The 3 years old athlete is thinking of returning to racewalking after giving birth. She was 19th at the London Games and would like to end her career in 2014 at the European Championships in Zurich. She returned on a high note in 2010 after the birth of her first child, coming fourth at the European Championships in Barcelona.

Now here is something that I doubt you have seen before – racewalking on a rock video. Rodrigo of Spain has forwarded me the link to song HARD 2 BEAT by Swedish indie singer Nina Natri, featuring elite racewalkers Maik Berger (Germany) and Ainhoa Pinedo (Spain). Nina was the lead singer of nineties indie band Fidget and now sings as a solo artist. See <http://www.youtube.com/watch?v=h-m0ld11f1k>.

Also from Rodrigo, a link to the official report from the Moscow Olympic Games in 1980. This very comprehensive document has the full 20km and 50km walk results as well as photos from each race (see pages 50-51): <http://www.la84foundation.org/6oic/OfficialReports/1980/or1980v3.pdf>



**Start of the 20-km walk. Among the competitors: Evgeni Evsiukov (748) URS; Daniel Bautista (488) MEX; Bo Gustafsson (624) SWE; Anatoli Solomin (736) URS; Jozef Pribilinec (663) TCH; Piotr Pochinchuk (722, placed second) URS; Ranjit Singh (398) IND; David Smith (25) AUS; Enrique Peña (118) COL**



Start of the 50-km walk. Among the competitors: Raul Gonzales (493) MEX; Willi Sawall (23) AUS; Daniel Bautista (488) MEX; Evgeni Ivchenko (704) URS; Hartwig Gauder (304) GDR; Bohdan Bulakowski (528) POL

## 2012 AUSTRALIAN RANKING LISTS – 10KM

As we celebrate the new year, it is time to review 2012 and call up some ranking lists. Last week I extracted the 5000m /5km ranking lists for 2012 from my <http://www.racewalkaustralia.com> website and this week I reproduce the 10km/10,000m yearly ranking lists.

### 10km Walk Men

1.	Jared Tallent	SM	00:39:56	VIC	30/03/2012
2.	Dane Bird-Smith	U20M	00:40:21	QLD	29/06/2012
3.	Adam Rutter	SM	00:40:32	NSW	30/03/2012
4.	Rhydian Cowley	U23M	00:40:38	VIC	19/08/2012
5.	Chris Erickson	SM	00:40:55	VIC	12/05/2012
6.	Luke Adams	M35	00:41:06	NSW	14/09/2012
7.	Brendon Reading	SM	00:41:52	ACT	30/03/2012
8.	Kim Mottrom	SM	00:42:39	SA	07/11/2012
9.	Brad Aiton	U18M	00:42:51	QLD	04/02/2012
10.	Blake Steele	U20M	00:43:04	SA	13/07/2012
11.	Brandon Dewar	U23M	00:43:14	QLD	19/08/2012
12.	Jesse Osborne	U18M	00:43:18	QLD	09/12/2012
13.	Nathan Brill	U17M	00:43:42	VIC	18/11/2012
14.	Nick Dewar	U23M	00:43:57	QLD	19/08/2012
15.	Kyle Malone	U23M	00:46:36	NSW	20/05/2012
16.	Harry Bates	U18M	00:47:58	ACT	09/12/2012
17.	Stuart Kollmorgen	M40	00:48:07	VIC	07/04/2012
18.	Steven Washburn	U20M	00:48:33	NSW	20/05/2012
19.	Andrew Jamieson	M65	00:48:38	VIC	19/05/2012
20.	Jason Kozica	SM	00:48:42	VIC	19/05/2012
21.	Dale Hennigan	U20M	00:48:46	WA	26/08/2012
22.	Jay Felton	U18M	00:48:46	NSW	26/08/2012
23.	Derek Mulhearn	U23M	00:48:47	NSW	04/08/2012
24.	Justin Hill	U23M	00:48:53	SA	11/08/2012
25.	Bradley Simpson	U20M	00:49:11	VIC	29/07/2012
26.	Dean Nipperess	M40	00:49:39	QLD	09/04/2012
27.	Joshua Kaiser	U20M	00:49:40	VIC	29/07/2012

28.	Ignatio Jimenez	M45	00:49:41	QLD	19/08/2012
29.	Mark Donahoo	M50	00:49:50	VIC	07/04/2012
30.	Simon Evans	M50	00:50:03	VIC	18/08/2012
31.	Kyle Bird	U17M	00:50:30	VIC	14/07/2012
32.	Mark Thomas	M45	00:50:36	VIC	09/04/2012
33.	Peter Bennett	M55	00:50:39	QLD	27/05/2012
34.	Tyler Jones	U15M	00:50:57	NSW	12/05/2012
35.	Aaron McDonough	M35	00:51:07	VIC	09/04/2012
36.	Garry Hastie	M50	00:51:16	WA	09/04/2012
37.	Jordan Mulhearn	U20M	00:51:33	NSW	20/05/2012
38.	James Christmass	M40	00:52:15	VIC	01/09/2012
39.	Reese Walmsley	U14M	00:52:55	VIC	01/09/2012
40.	Colin Heywood	M55	00:53:12	ACT	22/11/2012
41.	Adam Garganis	U16M	00:53:21	VIC	28/10/2012
42.	Nicholas Mirarchi	U23M	00:53:49	VIC	14/07/2012
43.	Billy Allamby	U15M	00:53:52	VIC	14/05/2012
44.	Thomas Doyle	U16M	00:54:19	NSW	12/05/2012
45.	Peter Crump	M50	00:54:45	SA	21/07/2012
46.	Robert Murphy	U16M	00:54:49	NSW	14/07/2012
47.	Paul Rance	M50	00:54:51	VIC	27/05/2012
48.	David Smyth	M40	00:54:54	WA	07/04/2012
49.	George White	M65	00:55:06	SA	09/04/2012
50.	Louis Rose	U15M	00:55:29	TAS	25/02/2012

### 10km Walk Women

1.	Tanya Holliday	SW	00:43:58	SA	28/07/2012
2.	Claire Tallent	SW	00:44:19	SA	29/06/2012
3.	Regan Lamble	U23W	00:46:17	VIC	13/05/2012
4.	Kelly Ruddick	W35	00:46:52	VIC	27/05/2012
5.	Jessica Pickles	U18W	00:48:07	QLD	04/02/2012
6.	Rachel Tallent	U20W	00:48:13	VIC	27/05/2012
7.	Cheryl Webb	W35	00:48:13	NSW	14/07/2012
8.	Nicole Fagan	U23W	00:49:02	NSW	07/01/2012
9.	Lyn Ventris	W55	00:49:15	WA	19/08/2012
10.	Stephanie Stigwood	U23W	00:50:10	SA	26/08/2012
11.	Kristie Goznik	U20W	00:50:37	SA	21/04/2012
12.	Lauren Bourke	U23W	00:50:46	NSW	02/06/2012
13.	Megan Szirom	SW	00:51:09	SA	12/05/2012
14.	Kirsty Klein	U18W	00:51:20	NSW	07/01/2012
15.	Shannon Jennings	U20W	00:51:25	NSW	16/03/2012
16.	Chloe Jones	SW	00:51:48	NSW	26/08/2012
17.	Michelle Laufer	W40	00:52:14	VIC	09/04/2012
18.	Pam Tindal	W50	00:52:46	VIC	09/04/2012
19.	Melissa Hayes	U23W	00:52:52	NSW	05/05/2012
20.	Amy Bettioli	U17W	00:53:14	NSW	16/03/2012
21.	Amelia Finnegan	U18W	00:53:22	VIC	16/03/2012
22.	Jemma Potezny	U16W	00:53:37	SA	05/02/2012
23.	Stephanie George	U17W	00:53:51	VIC	09/12/2012
24.	Sarah Brennan	W35	00:54:33	VIC	19/05/2012
25.	Hannah Watson	U18W	00:54:41	WA	16/03/2012
26.	Vanessa Emery	SW	00:54:42	NSW	26/08/2012
27.	Kirstin Shaw	U23W	00:54:50	VIC	19/05/2012
28.	Jasmine Dighton	U16W	00:55:03	NSW	14/07/2012
29.	Heather Carr	W60	00:55:23	VIC	07/04/2012
30.	Jasmine Irshad	U16W	00:55:36	VIC	18/11/2012
31.	Vanessa Brown	W35	00:56:08	WA	13/05/2012
32.	Ann Staunton-Jugovic	W45	00:56:32	ACT	05/05/2012
33.	Kate Holt	U16W	00:56:53	WA	16/03/2012
34.	Caitlin Campbell	U18W	00:56:59	VIC	22/01/2012
35.	Sandra Geisler	SW	00:57:23	VIC	28/10/2012
36.	Amanda Heard	U18W	00:57:51	VIC	05/08/2012
37.	Nyle Sunderland	W45	00:57:56	QLD	15/07/2012
38.	Gloria Holliday	W50	00:58:08	SA	05/02/2012
39.	Mathilde Lacaze	SW	00:58:15		29/07/2012
40.	Jmara Hockley-Samon	U17W	00:58:24	VIC	25/02/2012
41.	Deborah Page	W50	00:58:26	SA	26/08/2012
42.	Celia Waterfield		00:58:35	NSW	20/05/2012
43.	Marlene Gourlay	W60	00:58:40	VIC	19/05/2012



44.	Breanna Brown	U17W	00:58:55	WA	05/02/2012
45.	Amber Tuscharski	U20W	00:59:21	SA	26/08/2012
46.	Dimitra Psarianos	U20W	00:59:26	NSW	16/03/2012
47.	Kylie Irshad	W40	00:59:31	VIC	01/09/2012
48.	Allegra Steele	U23W	00:59:38	SA	01/09/2012
49.	Vanessa Noble	U23W	01:00:04	NSW	20/05/2012
50.	Shelby Kay	U14W	01:00:20	VIC	09/09/2012

### THE FALLS CREEK CAMP IS UNDERWAY

Our Falls Creek camp continues apace with only a few days to go before we finish. Camp highlights so far include

- Adam Garganis, Lucas Taylor and Brad Aiton swimming right across the reservoir after training (a significant swim)
- Emily Hamilton's backflip on our swim day – a second calling as a gymnast?
- Sabby George, cook extraordinaire – sorted out magnificent dinners for the entire camp every evening
- The usual 11PM curfew call – Where's Jason?
- Katya Martin's dramatic finish to her 10km walk on Saturday
- Kate Holt's recovery from death's door
- Lots of quality training AND
- Lots of fun.



**Emily Hamilton and Adam Garganis perfect the perfect back flip**





**Left: Proof that boys do know how a kitchen works – Jason, Billy, Kyle and Brad**



**Right: Four up in the pool – Adam, Emily, Jasmine and Zara**



**Back: Billy, Jason, Lucas, Adam, Brad, Tom, Graham, Tim, Nathan, Jesse, Harry and Cheryl**  
**Front: Katya, Jasmine, Hayley, Emily and Stephanie**



**Off for another training session – Billy, Jason, Lucas, Kyle, Nathan, Katya, Shannon, Kirsty, Hayley, Kate, Jasmine and Kylie**

## BY THE LAKE .. BY FRANK MCGUIRE

VRWC life member Frank McGuire, who died earlier this year at the fine age of 100 years, was a multi talented person indeed (see <http://www.vrwc.org.au/tim-archive/articles/vv-frank-mcguire.pdf>). His son Frank emailed me last week to pass on this quirky piece of poetry that Frank Snr wrote many years ago.

I had been groggin' for a week and my nerves were all a'shake  
When I flopped down on a park bench 'neath a tree down by the lake  
My brain was fogged and tired that day beneath the trees,  
For I was in the horrors, I suffered from D.Ts.

I had seen some little devils, and rats all coloured blue,  
And I was pretty sure that once I saw a scarlet kangaroo.  
But suddenly there came on the scene some things I had never seen before,  
They came in large numbers too- I counted forty-four.

They walked something like penguins that came in from the sea,  
But where those strange creatures came from was a mystery to me.  
They walked down by the lakeside, towards MacRobertsons High,  
And then they all walked back again- and this is dinky-di.

A group of men stood staring, they had no eyes for boats or sails,  
But concentrated only on the things with wiggly tails.  
They must have been Varsity students, of that I have no doubt,  
For they jotted in their note books as the wrigglies walked about.

There was a professor bloke who darted everywhere,  
He wore a beaut white Panama to hide his balding hair.  
He spoke to those strange creatures, words hard to comprehend.  
"Caution Fortune, too much lean Breen. Saunders, you were lifting around the bend".

Then all at once I noticed the female species of the kind,  
They differed from the front view, though just the same behind.  
They walked just like the males, but refused to pass them by,  
Instead they returned so suddenly by the way that they had come,  
All walking oh so briskly, with a wobble of the bum.

Then suddenly I noticed both ranks were fading out  
And very soon that day in June there were no wrigglies about.  
And I am left to ponder as I complete this recitation  
Did I really see them wander or was it just hallucination.



1947 – VAWC Club Race at Albert Park – walking towards MacRobertson's High School – just like in the poem

## SAVING THE COMMONWEALTH GAMES WALKS

Last week I included a call from Peter Marlow to help save the 2014 Commonwealth Games walks by writing letters of support. The article advised to send the email to Commonwealth Games CE 2014 [david.grevemberg@glasgow.com](mailto:david.grevemberg@glasgow.com). This email address was incorrect – it should have been [david.grevemberg@glasgow.com](mailto:david.grevemberg@glasgow.com).

## ENTRIES NOW OPEN

Quite a few online entries are now open.

- Entries have opened for the **Victorian Country T&F Championships**, to be held in Geelong on the weekend of **26 January**. See <http://athsvic.org.au/events/detail/victorian-country-athletics-championships>
- Entries are open for the **Victorian Youth T&F Championships** at Lakeside Stadium from **8-10 February**...the draft timetable is also available. See <http://www.athsvic.org.au/events/detail/victorian-junior-track-field-championships>
- Entries have opened for the **Australian 20km Summer Championships meet**, to be held in Hobart on **Sunday 24 February**. See [http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=962&OrgID=887](http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=962&OrgID=887)

Events to be conducted in Hobart include:

20km Race Walk - Open/U23 Men & Open/U23 Women

10km Race Walk - U20 Men & U20 Women

Entries for this carnival close: Monday 11<sup>th</sup> February, 2013

## WHAT'S COMING UP

Athletics Victoria Shield Competition resumes this Saturday after the Christmas break, with regions contesting Round 10 (3000m and 1500m walks). See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

AV Shield Round 10 - East Zone  
AV Shield Round 10 - South East Zone  
AV Shield Round 10 - North West Zone  
AV Shield Round 10 - Bendigo Zone  
AV Shield Round 10 - Geelong Zone  
AV Shield Round 10 - Ballarat Zone

Rieschieck's Reserve, Doncaster  
Ballam Park Athletics Track, Balam  
Moonee Valley Athletics Track, Aberfeldie  
La Trobe University Track, Bendigo  
John Landy Athletic Field, Geelong  
Llanberris Reserve, Ballarat

Our next VRWC races are on Sunday 20<sup>th</sup> January when we host the **Victorian 5km Teams Championships**. The timetable reads

Sunday 20 <sup>th</sup> January 2013, AV and VRWC Events, Middle Park		
8.30am	20km, 15km, 10km	Open
9:30am	<b>AV 5km Teams Championship</b>	<b>Open Men</b>
	<b>AV 5km Teams Championship</b>	<b>Open Women</b>
	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

**The AV online entry panel has now been fixed** - see <http://www.athsvic.org.au/events/detail/2013-av-walks-series-5km-team-walk>. - and you need to enter as soon as possible given the championship is on in just under 2 weeks time. As mentioned last week, now is the time to start socializing the date and organizing your team of 3 walkers. We hope that this event can grow to be one of our major Victorian walk fixtures.

## 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

Sat 12 Jan, 2013 AV Shield re-commences with Round 10  
Jan 16-20, 2013 Australian Youth Olympic Festival, Sydney  
Sat 19 Jan, 2013 AV Shield Round 11  
Sun Jan 20, 2013 Victorian 5km Teams Championships, Middle Park  
Jan 26-28, 2013 Victorian Country T&F Champs, Geelong



Sat Feb 2, 2013	AV Shield Round 12
Sun Feb 3, 2013	VRWC Road Walks, Middle Park
Thurs Feb 7, 2013	AMA 4 x 800m Walk Relay, Victorian section, East Burwood Athletics Track, East Burwood
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sat 16 Feb, 2013	AV Shield Final, Albert Park
Sun Feb 17, 2013	VMA 5000m Walk Championships & VRWC races, Dolomore Reserve, Mentone
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 16-17, 2013	VMA State T&F Championships, East Burwood Athletics Track, East Burwood
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 <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a>

### 2013 International Fixture

July 6-17, 2013	<b>27<sup>th</sup> Summer Universiade, Kazan, Russia</b> (see <a href="http://www.kazan2013.com">http://www.kazan2013.com</a> )
July 10-14, 2013	<b>8<sup>th</sup> World Youth T&amp;F Championships, Donetsk, Ukraine</b>
Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
October 15-27, 2013	<b>World Masters Athletic Championships, Porto Alegre, Brazil.</b> See <a href="http://www.wma2013.com">http://www.wma2013.com</a>

### 2013 IAAF Race Walking Challenge

9- 10 Feb 2013	Pan American Race Walking Cup	Lima
23 Feb 2013	Circuito Internacional de Marcha Chihuahua 2013	Chihuahua
24 Feb 2013	Oceania Race Walk Championships	Hobart
1 Mar 2013	2013 IAAF Race Walking Challenge - Taicang China	Taicang
10 Mar 2013	Asian 20km Race Walking Championships	Nomi City
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano
6 Apr 2013	African Race Walking Championships	Maurice
6 Apr 2013	22 <sup>o</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior
13 Apr 2013	Podebrady 2013	Podebrady
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni
19 May 2013	10th European Cup Race Walking	Dudince
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña
29 June 2013	Dublin Grand Prix of Race Walking	Dublin
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moskva

### 2013 European Athletics Permit Meets

March 17, 2013	Mario Albisetti Memorial Meet, Lugano, Switzerland
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

3-4 May 2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, Hungary</b>
July 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>

### Looking even further forward

2015	<b>28<sup>th</sup> Summer Universiade, Gwanju, Korea</b>
2015	<b>9<sup>th</sup> World Youth T&amp;F Championships, Cali, Colombia</b>
August 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>
July/Aug 2015	<b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>
2016	<b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia.</b> See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a>
Aug 2016	<b>31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
2017	<b>29<sup>th</sup> Summer Universiade, Taipei</b>
August 5-13, 2017	<b>16<sup>th</sup> IAAF World Championships in Athletics, London, UK</b>
July 2020	<b>32<sup>nd</sup> Olympic Games</b> City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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