



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2013/2014 Number 1  
1 October 2013



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### MENTONE WALKERS 5000M TRACK WALK, DOLOMORE OVAL, MENTONE, SAT 28 SEPTEMBER

On Saturday 28<sup>th</sup> September the Mentone Saturday Walkers Group put on a special 5000m race at Dolamore Reserve as part of the preparation for Melbourne based walkers getting ready for the World Masters Athletic Championships in Brazil later this month. Despite very blustery conditions, there was strong competition for the 22 starters and 15 year old Jemima Montag was the overall winner with a very quick time of 23:42. Special thanks to the organisers Gwen Steed and Sylvia Machin, judges Lloyd Nichols and David Cash and timekeepers Tony Johnson and Janet Holmes.

1.	Jemima Montag	23:42
2.	Pam Tindal	26:01
3.	Heather Carr	27:37
4.	Ralph Bennet	28:31
5.	Russ Dickenson	29:05
6.	Marlene Gourlay	29:21
7.	Liz Feldman	29:38
8.	David Smythe	29:54
9.	Donna Elms	30:56
10.	Gwen Steed	31:08
11.	Tony Doran	32:55
12.	Geoff Barrow	32:57
13.	Celia Johnson	32:57
14.	Sylvia Machin	35:45
15.	John Morrison	36:28
16.	Juan Perez	37:04
17.	Bev Hugo	39:29
18.	Ian Beaumont	41:39
19.	Marg Beaumont	42:03
	Pat Leung	22:11 (3km)
	Kylie Irshad	no time recorded (3km)
	Jim Machin	no time recorded (3km)
	Pam Mews	30:04 (3km)

### ATHS NSW ALL SCHOOLS WARM UP, SOPAC WARM UP TRACK, SYDNEY, SUNDAY 29 SEPTEMBER

Only a small group of walkers at this All Schools warmup meet in Sydney but it will be a different affair when the real thing gets underway later this month.

#### Girls 5000m Race Walk

1.	Dighton, Jasmine	17	Illawong and	27:01.54
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#### Girls 3000m Race Walk

1.	McDonald, Jasmyn	14	Parramatta C	15:01.58
2.	De Laine, Eliza	13	Sydney Pacif	15:46.24
3.	Crichton, Sophie	13	Sydney Pacif	18:04.46

#### Boys 3000m Race Walk

1.	Brown, Nathan	15	Parramatta C	16:14.39
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**ANQ TRACK & FIELD CHAMPIONSHIPS, TOWNSVILLE SPORTS RESERVE, 27-29 SEPTEMBER**

Thanks to Ian Thompson for the results from the Athletics North Queensland T&F Championships in Townsville last weekend.

**Girls 800 m Race Walk 10yrs**

1.	Mercedes Brennan	10	CNS	4:39.66
2.	Taylah Graham	10	CNS	5:01.73
3.	Kasey Blake	10	TNS	5:25.72
4.	Hailey Muir	10	BWN	5:44.48
5.	Helena Cason	10	TNS	6:06.06

**Boys 800 m Race Walk 10yrs**

1.	Benjamin Tumelty	10	TNS	6:04.87
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**Men 11 1500 m Race Walk**

1.	Zach Windred-Smith	11	MAR	10:48.65
2.	Brody Robertson	11	TNS	11:39.35

**Men 13 1500 m Race Walk**

1.	Jonty Brennan	13	CNS	9:20.28
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**Girls 11 1500 m Race Walk**

1.	Alexandria Gall	11	SLP	9:23.07
2.	Selena Guglielmi	11	TAB	10:52.66
3.	Olivia Harrison	11	CQA	11:25.63

**1. Girls 12 1500 m Race Walk**

2.	Jessica Grech	12	MKY	9:39.62
3.	Shyane Yates	12	CQA	12:18.79

**Girls 13 1500 m Race Walk**

1.	Evania Guglielmi	13	TAB	10:29.93
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**Women 5000 m Race Walk U18 yrs**

1.	Emma Henderson	15	TNS	29:00.42
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**INTERNATIONAL WALK MEET, BACÚCH, SLOVAKIA, SATURDAY 28 SEPTEMBER**

The fourth and final round of the yearly International Race Walking Tour was held in Bacúch in Slovakia on Saturday. The earlier races had been held in Olomouc (CZE), Katowice (POL) and Ailtus (LTV) and the four meet series is a joint initiative from the Czech Republic, Poland, Lithuania and Slovakia.

In the men's 10km race, victory went to 39 year old Ukrainian walker Andrii Kovenko (40:09), ahead of Russian Piotr Trofimov (40:25) who just held out local walker Anton Kučmín (40:26) for third. Slovak star Matej Tóth (40:56) had to settle for fourth after what has been a big year for him. In the women's 10km race, 25 year old Italian walker Federica Ferraro had a dominant win in the excellent time of 43:55, just two seconds outside her PB which she recorded in winning the third race in the series in Katowice in July. Russian Natalia Seriožkina was second with 45:00 while Hungarian Viktoria Madarasz was third with 45:07. The Italian women's walking team is going from strength to strength and can now boast 4 very good walkers in Rigauo, Giorgi, Palmisano and now Ferraro.

**10km Men**

1.	Andrii Kovenko	1973	Ukraine	40:09
2.	Piotr Trofimov	1983	Russia	40:25
3.	Anton Kučmín	1984	Slovakia	40:26
4.	Matej Tóth	1983	Slovakia	40:56
5.	Alexander Jerkurgin	1981	Russia	41:10
6.	Nazar Kovalenko	1987	Ukraine	41:20
7.	Marius Žiukas	1985	Lithuania	41:23
8.	Dawid Tomala	1989	Poland	41:37
9.	Rafał Augustyn	1984	Poland	41:46
10.	Dušan Majdán	1989	Slovakia	42:50
11.	Yuriy Shvaryk	1994	Ukraine	44:31
12.	Milan Rízek	1978	Slovakia	44:45
13.	Federico Boldrini	1900	Italy	46:04
14.	Zdenko Medera	1975	Slovakia	52:29

15.	Soma Kovacs	1997	Hungary	54:17
16.	Boris Krestianko	1964	Slovakia	56:43

#### 10km Women

1.	Federica Ferraro	1988	Italy	43:55
2.	Natalia Seriožkina	1992	Russia	45:00
3.	Viktória Madarasz	1985	Hungary	45:07
4.	Agnieszka Dygacz	1985	Poland	45:20
5.	Brigita Virbalyte	1985	Lithuania	45:43
6.	Neringa Aidietyte	1983	Lithuania	46:44
7.	Katarzyna Golba	1989	Poland	48:15
8.	Monika Kapera	1990	Poland	49:04
9.	Anna Krachmanova	1992	Russia	52:00
10.	Monika Hornáková	1995	Slovakia	52:29

With the four meet competition now completed, the men's overall points scores saw Andrii Kovenko (Ukraine) and Dawid Tomala (Poland) equal first on 31 points with Anton Kucmín (Slovakia) was third on 23 points while in the women's competition, Brigita Virbalyte (Lithuania) triumphed with 31 points ahead of Federica Ferraro (Italy) on 30 and Paulina Buziak (Poland), on 28.

It was a large meet with a whole range of supporting racewalk events. Other results included

#### Men's U18 5km Race Walk

1.	Miroslav ÚRADNÍK	SVK	96	21:24
2.	Tomas PAGIRYS	LTU	96	22:44
3.	Martynas JARUSEVIČIUS	LTU	96	25:24

#### Women's U18 5km Race Walk

1.	Radoslava PILIAROVÁ	SVK	96	25:46
2.	Lena UNGERBÖCK	AUT	97	26:56
3.	Sandra LAURYNNAITE	LTU	97	27:37
4.	Lucia ŠKANTÁROVÁ	SVK	96	28:01

The occasion also saw the announcement of the Slovak Open walker of the year (Matej Tóth), Youth walker of the year (Miroslav Úradník) and coach of the year (Juraj Benčík). See full details at <http://atletikasvk.sk/Articles/Detail?ArticleId=849>. Full voting was as follows

OPEN: 1. Matej Tóth 54 b., 2. Anton Kučmín 45, 3. Dušan Majdán 30, 4. Mária Czaková 27, 5. Mária Gáliková (all VSC Dukla Banská Bystrica) 16, 6. Zdeno Babík (UMB Banská Bystrica) 5, 7. Peter Tichý Jr. 4, 8. Katarína Strmeňová (both VŠC Dukla) 2.

YOUTH: 1. Miroslav Úradník (VŠC Dukla) 52, 2. Michal Morvay (AC Stavbár Nitra) 38, 3. Monika Hornáková (Spartak Dubnica n/V.) 32, 4. Radoslava Pilarová (AC Bacúch) 26, 5. Katarína Strmeňová (VŠC Dukla) 14, 6. Nikoleta Abbatantuonová (ŠK ŠOG Nitra) 12, 7. Andrej Dolinský 7, 8. Peter Tichý Jr. (both VŠC Dukla) 3, 9. Ema Hačundová (MŠK Borský Mikuláš) 2.

COACHES: 1. Juraj Benčík 27, 2. Roman Benčík 14, 3. Matej Spišiak 4, 4. Martin Pupiš/Matej Spišiak 4, 5. Jozef Pavelka 3, 6. Ondrej Malík and Peter Mečiar 1.

It was Tóth's eighth win in a row as the top Slovak walker and comes on top of a great year which saw him win over 20km in Podebrady (a PB 1:20:14 in April), take bronze in the European Cup in Dudince, won in Sesto San Giovanni and race to a fine fifth place (2:41:07) in the World Championship 50km in Moscow.

### 2013 ERWL ONE HOUR RACES, HEMEL HEMPSTEAD, ENGLAND, 28 SEPTEMBER

Thanks to Ron Wallwork for the latest results and race report from the Enfield Race Walking League in London. He reported

After a successful year collecting national and international veteran titles and records, Ian Richards timed the 1 Hour track race perfectly to win by almost 200m from Fabian Deuter and Fransisco Reis. Young Portuguese walker Arthur Domingos was a comfortable B section winner from the relatively new and improving Penelope Cummings, who was disappointed to fall just 26m short of her six mile target. It was nice to see Trevor Jones in action again after a lengthy injury lay-off and his distance, nearer 7 miles than 6, must have been very pleasing for him.

#### 1 Hour Walk, Section A

(\* = PB, © = Centurion )

1.	Ian Richards ©	Steyning AC	11.911	M65
2.	Fabian Deuter	Hillingdon AC	11.701	SM
3.	Fransisco Reis	Ilford AC	11.642	M50
4.	Trevor Jones	Steyning AC	10.960	M55
5.	Steve Uttley	Ilford AC	10.897	M55

6.	Steve Allen	Barnet &D AC	10.573	M55
7.	John Ralph	EHAC	10.297	M55
8.	Ken Bobbett	Hillingdon AC	10.147	M65
9.	Malcolm Martin *	Surrey WC	10.142	M55
10.	Gary Smith ©	EHAC	10.082	M55
11.	Stuart Bennett ©	Ilford AC	10.079	M50
12.	Andy Cox	Hillingdon AC	9.695	M60
13.	Arthur Thomson.	EHAC	9.631	M75
14.	Callum Wilkinson	EHAC retired	5.200	U17

#### 1 Hour Walk, Section B

1.	Arthur Domingos	CQD Portugal)	9.915	U17
2.	Penelope Cummings	Surrey WC	9.631	W35
3.	Dan Maskell	Surrey WC	9.460	M55
4.	Peter Hannell	Surrey WC	9.438	M70
5.	Cath Duhig ©	Ryston R)	9.415	W66
6.	Anne Jones	Steyning AC	9.324	W55
7.	Sean Pender ©	EHAC	9.316	M55
8.	Michael Harran	Surrey WC	9.237	M75
9.	Jon May	EHAC	8.799	M60
10.	Angela Martin	Surrey WC	8.695	W45
11.	Richard McKenzie	Hillingdon AC	8.462	M45
12.	Russell Vroobel	Hillingdon AC	8.326	M59
13.	Linda Spinks	EHAC	8.317	W45
14.	Norma Grimsey	EHAC	8.166	W55
15.	David Hoben	Surrey WC	8.077	M55
16.	Dave Answorth ©	Ilford AC	7.275	M60
17.	Ken Livermore ©	EHAC	7.023	M80
18.	Bernie Hercock	EHAC	7.007	M75

#### 1 mile Walk

1.	George Wilkinson	EHAC	11.34	U13
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#### 2km Walk

1.	Natacia Domingos	CQD)	29.38	U20
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Judges: Peter Cassidy, M.Croft, Ray Pearce, Pauline Wilson (Chief)  
 Timekeeper/Recorders: Phil Welch, Pam Ficken, Ian Spinks, Tracey Wilkinson  
 Refreshments: Margaret Livermore, Joan Wallwork

The next Enfield Race Walking League fixture is a Yacht Handicap at Lee Valley Athletic Centre on 12<sup>th</sup> October. The first walker will be off at 1pm and Registration will close at 12.30pm. Details from Ron Wallwork on 01638 751869 or at [rwallwork4@sky.com](mailto:rwallwork4@sky.com)

### 3<sup>RD</sup> ISLAMIC SOLIDARITY GAMES 2013, PALEMBANG, INDONESIA, 25-29 SEPTEMBER

The third Islamic Solidarity Games was held over the last week in Palembang, South Sumatra, Indonesia and saw a men's 20km road walk which was won by Qatar walker Mabrook Nasser.

#### Men's 20km Race Walk

1.	Mabrook SALEH NASSER	QAT	83	1:31:26
2.	Sauda HAKMALLI	INA	93	1:34:23
3.	Gabriel NGNINTEDEM NEGOUM	CMR	85	1:39:52
4.	Mohd Khairul HARITH	MAS	92	1:42:57
	Lo Choon SIENG	MAS	85	DQ
	HENDRO	INA	90	DQ
	Hussein Mohammed AL KHAIRI	QAT	93	DQ

### SOUTH AMERICAN YOUTH GAMES, LIMA, PERU, 27-29 SEPTEMBER

Karla Jaramillo of Ecuador won the Women's 5000m Walk in the South American Youth Games, held at Estadio Miguel Grau in Lima, Peru, on September 28. I haven't found a men's result yet.

#### Women's 5000m Race Walk

1.	Karla JARAMILLO	ECU	97	23:43.64
2.	Luz Karen MENA	COL	97	24:02.14

3.	Leyde GUERRA	PER	98	24:22.52
4.	Odeth GHUANCA	BOL	97	25:54.87
5.	Michelle VARAS	CHI	98	26:25.89
6.	Linara ZANCANELA DA CUNHA	BRA	97	26:32.81

#### SPORTING SHORTS

- A couple of weeks ago, I mentioned that Czeck walking prodigy Anezka Drahotova would be competing in the world cycling championships in Florence, Italy, very soon. Well she did but things did not work out as planned. She was not able to start in the Junior Individual Time Trial when her bike failed its compulsory final test. Apparently, gearing ratios are restricted for the younger riders and the ratio on her bike was outside the designated standards. She did compete in the Junior road race last Friday, her final position of 19<sup>th</sup> highlighting her relative inexperience at such a level. Fitness is only one factor in such an event - positioning, downhill racing, taking corners aggressively and many other finely honed skills are needed to excel in such a technical sport. But I am sure it was a wonderful experience for this multi talented athlete.
- The newly published WADA 2014 Prohibited List will come into effect on 1 January. All our elite walkers should download and read it! Prohibited substances can be found in seemingly benign supplements and vigilance is required. See <http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/>
- French 50km track world record holder Yohann Diniz is to change coach from Pascal Chirac (his coach since 2008). At 35 years of age, the 2006 and 2010 European champion wants to leave no stone unturned in his efforts to finish his career on a high note. See [http://www.marciailiana.com/ita/dettagli\\_news.aspx?id=1585](http://www.marciailiana.com/ita/dettagli_news.aspx?id=1585)

#### A.A.'S NEW NATIONAL ATHLETE SUPPORT STRUCTURE UNVEILED

Athletics Australia has selected the initial groups of athletes to be offered membership in the new National Athlete Support Structure (NASS), with a record number of individuals set to benefit from direct support from Athletics Australia. In total, 62 able-bodied athletes and 42 para-athletes will be offered NASS membership for the 12 months starting on 1 October 2013. See [http://www.athletics.com.au/home/news/news/2013/september/record\\_numbers\\_to\\_benefit\\_from](http://www.athletics.com.au/home/news/news/2013/september/record_numbers_to_benefit_from) for further details.

The level of support offered to each NASS athlete, and whether they are offered a financial contract, will be determined by their level within the program. There are five levels ranging from 'World Class' down to 'Potential'. For some, it means less money but for some, it means some money where before they had none. As such, it has generated some lively discussion - see <http://www.canberratimes.com.au/sport/star-hits-out-at-aa-insult-20130928-2uli0.html>. It has also prompted the Athletes' Commission to seek more input into the contracts Athletics Australia gives out in the future. See <http://www.canberratimes.com.au/sport/athletes-want-a-place-on-new-panel-that-rules-on-contracts-20130930-2uozo.html>.

Well done to the eleven racewalkers recognised by inclusion in the list.

World Class "1"	Jared Tallent (20km/50km)
International Athlete	Dane Bird-Smith (20km) Chris Erickson (50km)
Development Athlete	Rhydian Cowley (20km) Tanya Holliday (20km) Regan Lamble (20km) Beki Lee (20km)
Medical Support Athlete	Luke Adams (50km) Jess Rothwell (20km)
Potential Athlete	Nathan Brill Rachel Tallent

#### 2014 WORLD JUNIOR CHAMPIONSHIPS SELECTION CRITERIA ANNOUNCED

The AA Selection Policy for the 2014 World Junior Champs, was posted on the AA website last week. See [http://www.athletics.com.au/home/high\\_performance/high\\_performance\\_news/team\\_information/2013\\_wj](http://www.athletics.com.au/home/high_performance/high_performance_news/team_information/2013_wj). The champs will be held in Eugene in America on 22-27 July next year. Main points are as follows

- Only athletes born in 1995, 1997 and 1997 can be entered.
- A maximum of two athletes can be selected in each event.
- The qualifying standards for the 10,000m walks are **43:44** (men) and **49:40** (women).
- The selection trials will be held at the Australian U20 T&F Championships on 12-16 March 2014 in Sydney.
- The winner of the walk trial will be an automatic selection provided he/she has attained the AA qualifying standard at

- least once during the AA Qualifying period. Any second selection is at the selectors' discretion.
- The AA qualifying period extends from 1 October 2013 to 16 March 2014.
- Any athlete selected in the Athletics Australia team for the IAAF 2014 World Race Walking Cup is ineligible for selection in Athletics Australia's team for the 2014 World Junior Track and Field Championships unless that athlete has been granted exemption in writing by the AA High Performance Manager.
- There are only a small number of nominated opportunities for walkers to attain the qualifying standard. Any other walk competitions organised as qualifying opportunities must meet the specific requirements of the IAAF and must be sanctioned by Athletics Australia. All requests in relation to walk qualifying opportunities must be directed to the Athletics Australia Competitions Manager Andrew Matthews.
- Both road and track walk performances are acceptable for qualifying purposes.

## 2013 RANKING LISTS

With our summer season about to start and with lots of short distance sprints on offer, I thought I would include our Australian 2000m ranking list for 2013, as per <http://www.racewalkaustralia.com>. Victorian Rhydian Cowley and Kelly Ruddick lead the way.

### 2013 2000m Ranking List - Men

1.	Rhydian Cowley	U23M	07:49	VIC	16/02/2013
2.	Chris Erickson	SM	07:54	VIC	16/02/2013
3.	Bradley Simpson	U20M	08:08	VIC	19/01/2013
4.	Simeon Leatherland	U15M	08:13	WA	6/07/2013
5.	Jason Kozica	SM	08:36	VIC	16/02/2013
6.	Kyle Bird	U17M	08:47	VIC	19/01/2013
7.	Emmet Brasier	U15M	09:03	VIC	19/01/2013
8.	Lucas Taylor	U17M	09:07	VIC	19/01/2013
9.	Danny Hawksworth	SM	09:08	VIC	16/02/2013
10.	Mark Donahoo	M50	09:13	VIC	16/02/2013
11.	Simon Evans	M50	09:19	VIC	16/02/2013
12.	Aaron McDonough	M40	09:19	VIC	19/01/2013
13.	Trenton Hawkins	SM	09:24	VIC	19/01/2013
14.	Kyle Bedford	U14M	09:27	NSW	18/05/2013
15.	Andrew Blood	M35	09:27	VIC	19/01/2013
16.	Nathan Brown	U15M	09:31	NSW	10/08/2013
17.	Callum Burns	U14M	09:36	ACT	9/06/2013
18.	Spencer Burns	U12M	09:38	ACT	18/05/2013
19.	James Christmass	M45	09:39	VIC	5/01/2013
20.	Harrison Mavin	U13M	09:41	NSW	10/08/2013
21.	Kyle Swan	U14M	09:46	VIC	16/02/2013
22.	Thomas Hopkins	U15M	09:48	ACT	21/02/2013
23.	Adam Garganis	U16M	09:54	VIC	16/02/2013
24.	Christopher Gerken	U14M	09:55	WA	6/07/2013
25.	Corey Dickson	U12M	09:57	VIC	9/06/2013
26.	Dylan Richardson	U14M	09:57	NSW	9/06/2013
27.	Alix Harlington	U14M	10:05	SA	9/06/2013
28.	Thomas McDonald		10:05	WA	6/07/2013
29.	Peter Curtis	U20M	10:06	VIC	6/03/2013
30.	Bradley Mann		10:07	TAS	6/07/2013

### 2013 2000m Ranking List - Women

1.	Kelly Ruddick	W35	08:22	VIC	16/02/2013
2.	Mikayla Johns	U14W	09:01	WA	6/07/2013
3.	Jemima Montag	U15W	09:04	VIC	19/01/2013
4.	Jasmyn McDonald	U14W	09:19	NSW	9/06/2013
5.	Zoe Hunt	U16W	09:24	ACT	21/02/2013
6.	Jasmine Irshad	U16W	09:33	VIC	19/01/2013
7.	Ashleigh Resch	U17W	09:35	ACT	15/06/2013
8.	Anna Cross	U15W	09:36	SA	8/03/2013
9.	Tracy Feiner	W35	09:39	VIC	19/01/2013
10.	Eliza Delaine	U14W	09:40	NSW	16/06/2013
11.	Raquel Roukos	U14W	09:47	NSW	9/06/2013
12.	Michelle Laufer	W40	09:47	VIC	19/01/2013
13.	Jennifer Delpup		09:56	WA	6/07/2013
14.	Gabby Hunt	U14W	09:57	ACT	21/02/2013
15.	Eliza Clarke	U14W	10:00	VIC	16/02/2013
16.	Rebecca Henderson	U13W	10:02	VIC	26/05/2013

17.	Kylie Irshad	W40	10:03	VIC	19/01/2013
18.	Brenda McDonald		10:04	WA	6/07/2013
19.	Zahra Hayes	U13W	10:04	VIC	18/08/2013
20.	Sandra Geisler	W35	10:08	VIC	19/01/2013
21.	Jemma Louise Peart	U13W	10:10	VIC	9/06/2013
22.	Samantha Brown	U13W	10:13	NSW	20/07/2013
23.	Allanah Pitcher	U11W	10:18	NSW	9/06/2013
24.	Kirstin Shaw	U23W	10:20	VIC	19/01/2013
25.	Bethany Cross	U14W	10:20	SA	9/06/2013
26.	Caitlin Gerken	U16W	10:22	WA	6/07/2013
27.	Naomi Roberts		10:22	SA	8/03/2013
28.	Mikaela Woodward	U14W	10:23	QLD	2/06/2013
29.	Amber Tuscharski	U20W	10:23	SA	13/04/2013
30.	Ally Durr	U17W	10:24	ACT	31/01/2013



**Rhydian (7:49) and Kelly (8:22) in action in February 2013 in the AV Shield Final in Melbourne**

### WHAT'S COMING UP

- Tomorrow (Wednesday) sees the 5000m race walks at the **2013 Australian University Games**, being held at the QSAC Stadium in Brisbane. Good luck to all the walkers.
- The **Australian Masters Games** kicks off on Saturday in Geelong and features athletics as one of its key sports. The walkers will have plenty of opportunity with 1500m, 3000m, 5000m track walks and a 10km road walk on offer. See <http://www.australianmastersgames.com>.
- Entries are now open for the **2013 Victorian All Schools Track & Field Championships** at Lakeside Stadium. Entry is online via link <http://www.athsvic.org.au/events/detail/2013-victorian-all-schools-track-field-championships>. You don't have to be an Aths Vic member to enter - just a school kid! The draft timetable has the walks at the following times:
 

Fri 25 Oct 4:50pm	U17, U18, U20 Men & Women 5000m Walk
Sun 27 Oct 2:20pm	U14 Boys & Girls 3000m Walk
Sun 27 Oct 2:35pm	U15, U15 Boys & Girls 3000m Walk
- Our **VRWC summer season** has now been finalised and starts on Wednesday 16<sup>th</sup> October with track races at the Collingwood Harriers track at Clifton Hill. See the fixture at <http://www.vrwc.org.au/vrwcs14.shtml>.
- **Athletics Victoria Shield competition** kicks off on Saturday 19<sup>th</sup> October with 3000m/1500m walks at our 4 metropolitan and 3 country venues.



## 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.

### 2013/2014 Australian/Victorian Summer Season Key Dates

October 5-12, 2013	<b>Australian Masters Games, Geelong</b> . See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a> .
Wed Oct 16, 2013	VRWC Track Races, George Knott Athletics Track, Clifton Hill
Sat Oct 19, 2013	Athletics Victoria Shield competition kicks off
Oct 25-27, 2013	Victorian All Schools T&F Championships, Lakeside Stadium, Melbourne
Dec 6-8, 2013	Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013	Australian 50km Race Walking Championships, Melbourne (ViC - 2014 World Cup 50km trial)
Feb 2, 2014	Australian 20km Race Walking Championships, Hobart (Tas) Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
Mar 12-16, 2014	5 <sup>th</sup> Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014	92 <sup>nd</sup> Australian Athletics Championships, Melbourne (VIC - 10,000m walks)

### 2013 International Fixture

Oct 14, 2013	MTR 10km roadwalk, Hong Kong. See <a href="http://www.hkaaa.com/page.php?pid=759&amp;mid=199">http://www.hkaaa.com/page.php?pid=759&amp;mid=199</a>
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>

### 2014 International Fixture

Jan 4-12, 2014	<b>Oceania Masters Championships, Bendigo</b> - see <a href="http://www.omabendigo2014.com.au/">http://www.omabendigo2014.com.au/</a>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, Hungary</b>
May 3-4, 2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
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>
2018	<b>Commonwealth Games, Gold Coast, Queensland</b> (racewalks are on the program)
July 2020	<b>32<sup>nd</sup> Olympic Games, Tokyo</b>

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