



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 32  
Tuesday 7 May 2019



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### WALKER OF THE WEEK

My Walker of the Week is **Ela Uzun**. Ela, who turned 8 just 2 weeks ago. Ela was in superb form at our VRWC roadwalks at Middle Park on Saturday, zooming through the 1.5km roadwalk in a new U9 VRWC club record of **8:22**. It is the third club record that she has set since joining us a year ago and bettered her PB for a whopping 56 seconds. Her club records read: U9 2km Roadwalk (13:35), U9 1500m Track Walk (9:18) and now U9 1.5km Roadwalk (8:22).

Ela is one of a number of very young and very keen walkers in the club. Others include 7 year olds Sophie Blackwood and Havana Ali, along with 9 year olds Tamisha Upson, Addison Paulke, Mietta Morgan and Cody Wapshott. Now that is exciting!



*Ela in action at Middle Park on Saturday (photo Terry Swan)*

### WHAT'S COMING UP

- Next Saturday 11<sup>th</sup> May sees our first Victorian Roadwalk Championship for the winter, namely the **Victorian 15km Roadwalks** for men and women. Entries for this event are via the AV members portal – the direct link is <https://members.athsvic.org.au/events/event-details/?cid=611e02b7-10ce-45f1-9985-b7a40faa44e1>. This will require you to log on with your AV userid and password. Remember that you must have renewed your AV membership (which became due on 1st April) if you wish to compete in the AV 15km Championship. The other races can be entered on the day or via our VRWC online entry panel at <http://vrwc.org.au/wp/>.

**Saturday 11<sup>th</sup> May 2019, Middle Park****AV & VRWC CHAMPIONSHIPS & VRWC Events:**

**Entries close for all events at 1.45pm, except for the VRWC 15km which closes at 1.30pm. Pre-entry via AV is required for the AV 15km.**

2.00pm	15km	AV Championship	Open Men
2.00pm	15km	AV Championship	Open Women
2.00pm	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
2.00pm	15km	VRWC Championship	Under 20 Men/Women
2.00pm	15km	Points race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open
3.45pm	Presentations		

**\*Note: VRWC members racing in the AV event are automatically placed into the 15km point race**

- A few matters re the VRWC winter season.
  - If you intend to compete with us regularly, you should become a financial member (our current financial year started on 1<sup>st</sup> October 2018). It is not expensive. See <http://www.vrwc.org.au/VRWCMembershipApplication.shtml> for more details. Note that we have added online payment for memberships this year. It's all explained at the above link.
  - If you are going to race with us on Saturday afternoon, let us know beforehand by doing an online event registration at <http://vrwc.org.au/wp1/>. Then just turn up before 1:45PM to pay and confirm. Our opening rounds are always very busy so come early and avoid the lines by pre-entering for the races and by renewing your membership online.
  - **We are short of spare race bibs, so if you have any at home, we would love it if you passed them onto us. Bring them on Saturday.**
- Entries are now open for the Lake Burley Griffin Carnival in Canberra. The meet is on Sunday 9<sup>th</sup> June (this is the Queen's Birthday long weekend). We send a large RWV team and will be looking to fill as many teams as possible. Talk to me any Saturday at Middle Park. Entries are now done online at <https://www.trybooking.com/book/event?eid=477790>.
- A draft timetable has now been released for next month's Oceania Athletics Championships in Cairns. See <https://athletics-oceania.com/wp-content/uploads/2019/05/Oceania-Athletics-Championships-2019-Timetable-DRAFT-.pdf>.
- Next weekend sees a couple of major overseas meets as follows. I look forward to reporting on them in the next newsletter.
  - May 11-12, 2019                      2019 IAAF Race Walking Challenge, Taicang, China
  - May 12 (Sun), 2019                  3<sup>rd</sup> Coffeebrands Patras Racewalking Festival 2019, Patras, Greece

**VRWC ROADWALKS, MIDDLE PARK, SATURDAY 4 MAY**

Round two of our VRWC winter roadwalking season saw 50 walkers in action at our club headquarters at Middle Park. Unfortunately, a spill of oil the day before meant a change to our course, as we had to shorten our lap from the normal 2km to 1.5km. The good news is that everyone got it right and all walked the correct number of laps.

The weather was cold and overcast with some wind, but the rain cleared before we started and then stayed away for the afternoon.

The 12km, 10km and 5km walks got underway first, a just after 2:15PM. 2016 Olympian **Quentin Rew** lead the way with a swift 56:12 for the 12km walk. **Kyle Swan** was not far behind with his 46:38 for the 10km walk. Others to do well included **Corey Dickson** (49:00 for 10km), **Pramesh Prasad** (1:01:05 for 12km), **Mark Blackwood** (24:06 for 5km) and **Charlotte Hay** (26:38 for 5km). Special mentions also to **Heath Beveridge** and **Arnika Nelson** who completed their longest ever distances.

**VRWC 12km Walk**

1.	Rew, Quentin	M	56:12	
2.	Prasad, Pramesh	M	1:01:50	
3.	Cassidy, Kevin	M	1:06:52	
4.	Hess, Albin	M	1:17:55	PB 1:44

**VRWC 10km Walk**

1.	Carr, Heather	F	1:06:25
2.	O'Neill, Karyn	F	1:11:15
1.	Swan, Kyle	M	46:38
2.	Dickson, Corey	M	49:00
3.	Nelson, Scott	M	54:47

4.	Beveridge, Heath	M	59:06	First time over distance
5.	Jamieson, Andrew	M	1:01:15	

#### VRWC 5km Walk

1.	Hay, Charlotte	F	26:38	
2.	Irshad, Kylie	F	29:37	
3.	Nelson, Armika	F	29:57	First time over distance
4.	Louey, Grace	F	30:33	PB 0:25
5.	O'Mahony, Kathleen	F	31:08	
6.	Elms, Donna-Marie	F	31:46	
7.	Howorth, Sandra	F	39:40	
1.	Blackwood, Mark	M	24:06	
2.	Hay, Angus	M	28:47	PB 0:17
3.	Epps, Luke	M	28:48	
4.	Gardiner, Bob	M	37:20	



Mark Blackwood, Charlotte Hay, Quentin Rew, Pramesh Prasad, Kyle Swan and Corey Dickson (photos Terry Swan)

Our 3km and 1.5km walkers got underway at 2:30PM, with 28 walkers in action, most of them quite young. We welcomed **Ariana Pashutina** and **Riley Coughlan** who had their first walks with us. Special mentions for **Liam Hutchins** (PB 16:16), **Mietta Morgan** (first time over 3km), **Cody Wapshott** (first time over 1.5km with us), **Ela Uzun** (huge PB of 8:22) and **Heath Tatlock** (huge PB of 10:48). Note that Ela Uzun's 1500m time of 8:22 was a **new VRWC U9 Club Record**. Well done Ela!

#### VRWC 3km Walk

1.	Briet, Brianna	F	17:26	
2.	Tatlock, Riannah	F	17:32	
3.	Smith, Emily	F	17:41	
4.	Heikkila-Dubowik, Kaylah	F	17:58	
5.	Morgan, Mietta	F	18:20	First time over distance
6.	Pashutina, Ariana	F	18:47	First walk with club
7.	Holohan, Dee	F	19:34	
8.	Grace, Marnie	F	19:48	
9.	Shaw, Robyn	F	19:52	
10.	Thompson, Merilyn	F	21:05	PB 0:07
1.	Hutchins, Liam	M	16:16	PB 0:38
2.	Blackwood, Hamish	M	17:34	PB 0:09
3.	Morgan, Eden *	M	17:39	Club rules walk
4.	Barrett, Anthony	M	20:53	
	Haverly, Steven	M	DQ	

#### VRWC 1.5km Walk

1.	Roberts, Darcey	F	07:56
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2.	Uzun, Ela	F	08:22	PB 0:56, VRWC U9 Club Record
3.	Heikkila-Dubowik, Zahlia	F	10:03	
4.	Ali, Havana	F	10:21	
5.	Steed, Gwen	F	10:42	
6.	Hugo, Beverly	F	12:11	
7.	Blackwood, Sophie	F	13:14	
8.	Mews, Pam	F	17:52	
1.	Weickhardt, Sebastian	M	08:36	
2.	Coughlan, Riley	M	09:18	First walk with club
3.	Smith, Aiden	M	09:58	
4.	Tatlock, Heath	M	10:48	PB 3:10
5.	Wapshott, Cody	M	10:50	First walk over distance



*Ariana Pashutina, Heath Beveridge, Heath Tatlock and Liam Hutchins*



*Sebastian Weickhardt, Riley Coughlan, Mietta Morgan and Zahlia Heikkila-Dubowik (photos Terry Swan)*

Thanks as always to our officials, judges and helpers. Apologies if I have missed anyone. You are all appreciated so much. We would not be able to put on these weekly events without you.

Officials: Ralph Bennett, Tim Erickson, Mark Roberts, Donna Dickson, Terry Swan, Shane Dickson, Shane Dickson (setup)  
Judges: Gordon Loughnan (Chief), Terry O'Neill, David Cash, Stuart Cooper, Mark O'Mahony,  
Canteen: Kate Suich, Gwen Steed  
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F530>)

## VRWC POINTS COMPETITIONS

The Victorian Race Walking Club runs three points competitions during the winter season

- The Handicap Competition
- The Actual Times Competition
- The Style Award Competition

Points are accumulated as the winter season progresses, with trophies awarded at our Winter Season Presentations at the end of the Winter Season. The winners of each Style Award division and the first 3 places in each division of the Handicap and Actual Times competitions will be awarded trophies at our end of season presentations on Saturday 31<sup>st</sup> August 2019.

After 2 rounds of our 2019 winter season points competition, the progressive results for the Handicap, Style Award and Actual Times competitions can be seen at <http://www.vrwc.org.au/vrwcpointcomps.shtml>.

**Kyle Swan** is well ahead in the men's Style Award Competition (with 21 points) while **Charlotte Hay** and **Grace Louey** are locked together in the women's Style Award Competition (with 16 points apiece). Have you been noticed by the judges yet?

## WILLI SAWALL 3KM HANDICAP, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUNDAY MAY

Thanks to Kerrie Peart for details of the latest Ballarat Race Walking Club meet in the Victorian city of Ballarat. She explains:

Once again, the Ballarat North Gardens provided the backdrop for our first race of the winter season. It was a small but keen group of walkers greeting the start line in this year's Wili Sawall 3km walk, and in the presence of the great walker Willi Sawall himself. It was our top juniors who led out early with **Jemma Peart**, **Alanna Peart** and **Fraser Saunder** all producing good times, none giving an inch as they battled to the finish line. Jemma finished with the fastest time. Not to be out done **Laura Ballinger** produced a fine walk to cross the line in a time of 21:17. However it was **Scott Peart** who took the handicap honours in a time of 18:02. We also welcomed our new member **Charlotte MacDonell** for her first walk.

### Willi Sawall 3km Handicap 3km Handicap

1.	Scott Peart	18:02	
2.	Jemma Peart	14:21	
3.	Fraser Saunder	14:46	
4.	Alanna Peart	14:37	
5.	Laura Ballinger	21:17	
6.	Charlotte MacDonell	24:46	First one



*Willi Sawall with winner Scott Peart (photo from Kerrie Peart)*

**TRWC ROADWALKS, MONTROSE BAY, HOBART, SATURDAY 4 MAY**

Thanks to Dave Moore for the results from the winter season opening round of the Tasmanian Race Walking Club. Dave reported

Conditions were cool and windy for today's events but that didn't stop some good performances. Of note was our newest walker **Gabby Hay's** first venture over 3km and **Anna Blackwell's** PB also in the 3km event. **William Robertson** stormed home in fine style to take out the 5km and **Alice Randall** took on the weather to build up her longer distance capabilities by doing the 20km.

**20km Walk**

1. Alice Randall 1.58.43

**5km Walk**

1. William Robertson 24.05  
 2. Steve Ahern 32.47  
 3. Eugene Gerlach 33.59  
 4. Ron Foster 36.29

**3km Walk**

1. Anna Blackwell 14.37 (PB)  
 2. Chloe Ahern 16.36  
 3. Gabby Hay 22.16 (PB)  
 4. Dave Moore 26.14

**2km Walk**

1. Sophie Ahern 14.16

**SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 4 MAY**

Thanks to Peter Crump for this week's results from Adelaide. **Kim Mottrom** led them home as usual (36:45 for 8km).

**8km Walk**

1. Kim Mottrom 36:45  
 2. Mathew Bruniges 41:34  
 3. Olivia Sandery 43:01  
 4. Royrie Upton 52:34  
 Tristan Camilleri DNF

**5km Walk**

1. Toby Wilks 25:23  
 2. Adrian Upton 31:55  
 3. Mia Wilks 32:22  
 Kiera Ross DNF  
 Liz Downs DNF

**1km Walk**

1. Maliha Kamish 8:50

**3km Walk**

1. Kitarni Upton 17:00  
 2. Zayden Kamish 17:04  
 3. Sebastian Richards 17:30  
 4. Hannah Wilks 17:31  
 5. Elli Pusonjic 17:53  
 6. Ava Wilson 18:48  
 7. Seth Upton 19:45

**2km Walk**

1. Sam Wilks 11:55  
 2. Tarique Kamish 16:10  
 3. Zahra Kamish 16:50  
 4. Edward Upton 16:10  
 5. Xavier Upton 16:33

**SAMA ROADWALKS, FELIXSTOWE, ADELAIDE, SATURDAY 4 MAY**

Thanks to Colin Hainsworth for the results of the opening winter season round of the South Australian Masters in Adelaide. Colin commented: Fine day, hilly course.

**8km Handicap Walk**

1. GIL MCINTOSH 55:39 M68 71.67%  
 2. MARIE MAXTED 56:40 W58 70.31%

**8km Handicap Club Walk**

1. MARGARET MCINTOSH 1:08:16 W66 64.65%  
 2. DAVID ROBERTSON 1:12:41 M85 70.52%  
 3. NEIL HAYFORD 1:10:13 M66 55.51%

**4km Handicap Walk**

1. GEORGE WHITE 29:32 M73

**4km Club Handicap Walk**

1. SABINE ORCHARD-SIMONIDES 30:15 W52 59.51%  
 2. ROGER LOWE 31:17 M76 68.78%  
 3. EDNA BATES 36:03 W66 58.25%  
 4. RODGER BARBER 31:11 M81 74.33%  
 5. JAN LAYNG 31:52 W70 69.62%  
 6. CATHIE HORE 35:26 W68 60.87%  
 7. DAVE FALLON 31:37 M66 60.03%

**WARWC ROADWALKS, WILSON, PERTH, SUNDAY 5 MAY**

Thanks to Terry Jones for the results of the opening round of the WARWC winter roadwalking season. Perfect autumn weather.

**2km Walk**

1.	Lataya Lawrence	10.50
2.	Xavier Bernard	11.13
3.	Riley Wood	11.31
4.	Kaytee Bogaers	12.24
5.	Luke Lawrence	12.48
6.	Layla Dabala	14.15
7.	Emily Bogaers	15.32
8.	Linkin Lawrence	16.19
9.	Gracie Dabala	16.20

**8km Walk**

1.	Karyn Tolardo	53.59
2.	Wendy Farrow	55.24

**4km Walk**

1.	Ben Reid	21.55
2.	Brad Mann	21.56

**QRWC ROADWALKS, MUDGEERABA, QLD, SUNDAY 5 MAY**

Thanks to Robyn Wales for this week's results from Brisbane. She commented: We had perfect weather with a number of PBs.

**A Grade 10km**

1.	Ignacio Jimenez	M	49.58
2.	Peter Bennett	M	1.00.12
3.	Brenda Gannon	F	1.04.14
4.	Noela McKinven	F	1.25.03

**B Grade 5km**

1.	Summer Millard	F	28.30
2.	Sam McCure	M	30.59
3.	Charlotte Hamann	F	33.49

**E Grade 2km**

1.	Milly Sharpe	F	13.31
2.	Aliesha Heap	F	13.40
3.	Siaan Fisher	F	14.22
4.	Charlotte Brady	F	16.00

**F Grade 1km**

1.	Isabella Gee	F	7.04
2.	Korbyn Bricknell-Hewitt	M	7.21
3.	Lucie Goulding	F	7.29
4.	Blake Gee	M	8.29

**C Grade 3km**

1.	Lachlan McCure	M	16.02
2.	Tamika Gee	F	16.05
3.	Lyla Williams	F	17.06
4.	Kai Norton	M	17.55
E5.	Amber Norton	F	18.59
E5.	Korey Brady	F	18:59
7.	Lily Goulding	F	19.31
8.	Sophie Porter	F	19.37
9.	Torryn Fisher	F	19.50
10.	Ashanti Heap	F	20.10
11.	Scarlett Schofield	F	20.12
12.	Amelia Schofield	F	21.29
13.	Jack Bannister	M	22.05

**NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 27 APRIL**

Back a week for Round 2 of the NSWRWC winter roadwalk season in Sydney.

**Long Division 10km Walk**

1.	Travis Barendregt	51.53
2.	Amanda Barendregt	59.37
3.	Bridget Bell	61.02
4.	Teegan Pengilly	61.12

**Medium Division 8km Walk**

1.	Hannah Parker	52.08
2.	Anne Weekes	53.52

**U12 1.5km Walk**

1.	Thomas Varga-Strike	8.23
2.	Natasha Flahey	8.40
3.	Matilda Webb	8.42
4.	Christopher Nilon	8.56
5.	Dylan Ryan	10.32
6.	Brayden Thompson	13.27
7.	Lucy Andrade	17.48

**Short Division 4km Walk**

1.	Emma Thomas	21.55
2.	Brendan Pospischil	24.12
3.	Chloe Krklinski	24.26
4.	Rhianni Deagan	24.45
5.	Ellie DeCelis	25.06
6.	Olivia Thomson (INV)	26.00
7.	Carmel Parker INV)	29.07
8.	Nicolle Challinor	31.50
9.	Annette Tillman	37.13

**U16 3km Walk**

1.	April Billington	17.02
2.	Chloe Lamb	17.48
3.	Kailey Webber	18.04
4.	Ciara Cassilles	18.09
5.	Jessey Bektas	18.30
6.	Isabelle Nilon	18.42



**U10 0.5km Walk**

1.	Alannah Webber	3.27	7.	Abbey Bektas	19.30
2.	Charli Deagan	3.32	8.	Zsofia Varga-Strike	19.37
3.	Danny Andrade	4.15	9.	Chelsey Torrens	19.39
4.	Jake Ryan	4.49	10.	Aidan Pospischil	20.01
5.	Jemima Webber (INV)	4.49	11.	Samantha Torrens	21.19
6.	Zoe Zantiotis	5.59	12.	Teleah Sawle	24.22
			13.	Amelia Crocker	26.14

<b>FRENCH INTERCLUB CHAMPIONSHIPS, ACROSS FRANCE, 4-5 MAY</b>
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Thanks to Emmanuel Tardi for his usual informative contribution from France. He explains:

French Interclub Championship were held across France this weekend . More than 1000 men and 1000 women contested a 5000m for men and 3000m for women in more than 60 different places. **Johann Diniz** was the fastest of the men with 19:29.66 while **Marine Quennehen** was the fastest of the women with 13:19.20. The best marks are shown below.

See also the news article (with video and photos) on the races in Troyes, in which Diniz won out against David Kuster:  
<https://www.lest-eclair.fr/id62608/article/2019-05-05/yohann-diniz-deja-lechauffement-troyes>



*Johann Diniz wins in Troyes (photo <https://www.lest-eclair.fr>)*

**Top Men - 5000m Walk**

1.	DINIZ Yohann	78	Efs Reims A.	05/05/19	Troyes	19:29.66
2.	BORDIER Gabriel	97	Us St Berthevin	04/05/19	La pommeraye	19:40.25
3.	KUSTER David	99	Efs Reims A.	05/05/19	Troyes	20:05.69
4.	QUINION Aurelien	93	E Franconville CVo	05/05/19	Pontoise	20:10.81
5.	DRISSI Raouf (TUN)	95	Athle 91	05/05/19	Longjumeau	20:20.48
6.	GUINAUDEAU Keny	93	Ac Roche-Sur-Yon	05/05/19	Cholet	20:29.55
7.	BOYEZ Antonin	84	Clermont Athlé Auvergne	05/05/19	Venissieux	20:46.63
8.	DUC Matteo	01	As Aix-Les-Bains	05/05/19	Venissieux	20:50.83
9.	BLANCHETEAU Jean	96	Ca Balma	05/05/19	Toulouse	20:51.88
10.	TOUCHE Said (ALG)	99	Entente Oise Athletisme	05/05/19	Amiens	21:05.92
11.	MADLINE-DEGY Martin	01	Ecla Albi	05/05/19	Toulouse	21:09.47
12.	VALLEE Kyrian	94	Ca Balma	05/05/19	Toulouse	21:09.50

**Top women - 3000m Walk**

1.	QUENNEHEN Marine	91	Ca Montreuil 93	05/05/19	Pontoise	13:19.20
2.	BERETTA Clemence	97	Athlé Vosges E Clubs	05/05/19	Tomblaine	13:20.38
3.	TERREC Eloise	98	Ac Roche-Sur-Yon	05/05/19	Cholet	13:20.82
4.	AVEROUS Violaine	85	Ca Balma	05/05/19	Toulouse	13:40.20
5.	MANARESI Marion	00	Ac Romorantin	05/05/19	Vineuil	13:44.52
6.	STEY Pauline	01	Alsace Nord Athletisme	05/05/19	Haguenau	14:01.57
7.	ALI Sarah	01	Vineuil Sports	05/05/19	Vineuil	14:02.28
8.	CELLARD Loanie	98	Carquefou Ac	05/05/19	Carquefou	14:02.59
9.	CHAMPALOU Lucie	90	Athletic Trois Tours	05/05/19	Vineuil	14:05.48



10. LAVILLE Marie	98	E Franconville CVo	05/05/19	Pontoise	14:07.34
11. RINERO CHANFREAU Fabienne	80	Ca Montreuil 93	05/05/19	Pontoise	14:08.48
12. TERREC Maele	01	Ac Roche-Sur-Yon	05/05/19	Cholet	14:10.53

#### SPANISH UNIVERSITY CHAMPIONSHIPS, CASTELLÓN, SPAIN, 4-5 MAY

Thanks to omarchador (<http://omarchador.blogspot.com/2019/05/maria-perez-e-alvaro-martin-com-titulos.html>) for the results of last weekend's Spanish University Championship walks, won by **María Pérez** (a third consecutive victory with 20:52.76) and **Álvaro Martín** (39:34.4). The men's race was a high quality affair, with Martín finishing just 4 secs ahead of **Diego García** (39:37.1).

##### 5000m Women

1. María Pérez García	1996	Univ. Católica San Antonio	20:52.76
2. Raquel González Campos	1989	Univ. Católica San Antonio	21:07.54
3. Marina Peña Alonso	1999	Univ. Complutense de Madrid	23:02.68
4. Andrea Cabre Carceller	1988	Univ. Jaume I de Castellón	23:44.03
5. Angela Carrion Antoli	1998	Univ. de Murcia	24:13.16
6. Mar Chillon Camaño	1996	Univ. Santiago de Compostela	24:28.73
7. Marina Sillero Mesonero	1998	Univ. de Salamanca	24:38.55
8. Angels Massana Banquells	2000	Univ. Ramón Llull	25:21.12
9. Alicia Sanchez Guilarte	2000	Univ. Carlos III	26:24.57
10. Sara Ammour Pedauye	1997	Univ. de Murcia	26:38.56
11. Paula Santidrian Solana	1998	Univ. de Burgos	27:28.82

##### 10000m Men

1. Álvaro Martín Uriol	1994	UNED	39:34.4
2. Diego García Carrera	1996	Univ. San Pablo CEU	39:37.1
3. José Manuel Perez Rubio	1999	Univ. de Granada	40:28.2
4. Manuel Bermudez Jimenez	1997	Univ. Católica San Antonio	40:36.7
5. Alvaro Lopez Nuñez	1999	Univ. Complutense de Madrid	40:38.6
6. Ivan Lopez Perez	1997	Univ. de Murcia	40:59.0
7. Mario Viñas Picazo	1996	Univ. Politécnica de Cataluña	44:27.3
8. Jesus Abad Zorzo	1998	Univ. Politécnica de Madrid	45:36.3
9. Daniel Ortega Baleiron	1998	Univ. de Deusto	46:43.5
10. Marcos Perez Martinez	1999	Univ. de Zaragoza	47:12.9
11. Francisco Sospedra Escat	2001	Univ. de Valencia	47:53.9
12. Alfonso Martin Gonzalez	1999	Univ. de León	52:00.3
13. Joan Villarroya Sanchis	1997	Univ. de Valencia	52:12.5
14. Antonio Manso Barrio	1996	Univ. Politécnica de Madrid	53:44.8

#### OUT AND ABOUT

- It's nice to see some positive press re the women's 50km. See <https://kcbj.com/news/local/competitive-race-walker-hopes-for-strides-toward-gender-equality-in-track-and-field>.
- Germany will send a strong team of 17 athletes to compete at the European Race Walking Cup in Alytus, Lithuania on 19 May. See <https://www.european-athletics.org/competitions/european-race-walking-cup/news/article=reigning-champion-link-spearheads-german-team-for-european-race-walking-cup/>.
- Italy has also announced its team for Alytus. They will be represented by the maximum possible 22 walkers, 11 men and 11 women. See [http://www.marciadalmundo.com/eng/dettagli\\_news.aspx?id=3471](http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3471).
- Portugal has selected 9 walkers (including women 50km entrants Inês Henriques and Mara Ribeiro). We look set for a great women's 50km. Won't the IAAF RWC hate that! See <https://omarchador.blogspot.com/2019/05/portugal-sem-equipas-para-taca-da.html>.
- I'm sure everyone has read the CAS decision on Caster Semenya. I have read lots of newspaper and web editorials and articles, both for and against the outcome. Personally, I think CAS and the IAAF got it right. Sonia O'Sullivan was one of many who lined up to give an opinion. See <https://www.irishtimes.com/sport/other-sports/sonia-o-sullivan-why-cas-upholding-iaaf-ruling-on-caster-semenya-is-correct-1.3877615>.
- The latest edition of the English Race Walking Record (number 882, April 2019) has now been released. You can read it at <http://racewalkingassociation.com/Newsletters/RWR883.pdf>.
- The 2020 Australian Masters T&F Championships will be held in Brisbane from 10-13 April 2020 (that is over the Easter weekend). See <http://www.brisbane2020nationals.com.au/> for further details.

## VALE YVONNE MELENE

The Australian racewalking community has been saddened to learn of the passing of NSW coach extraordinaire Yvonne Melene, who died last week aged 82. She cast a huge shadow, with a string of outstanding walkers who broke records, represented Australia and won medals and accolades.



Athletics Australia National Junior Coach Brent Vallance has put pen to paper to write his own words of appreciation and will be attending the funeral today in Sydney.

Over to Brent....

The Athletics community in NSW, and the wider race-walking community across Australia, lost one of its great coaches last week, as the sad news spread of the passing of Yvonne Melene. Yvonne was a much-loved, and highly respected member of the Athletics community by coaches, officials, athletes and by the parents of the many junior athletes whom she influenced throughout her coaching career.

Yvonne's immediate impact on the athlete daily training environment during her most active period in Sydney during the 1990's, and her legacy that continues through to the present day, make her undoubtedly Athletics Australia's greatest ever National Junior coach across all the Athletics disciplines. I could not possibly do justice to her life of 82 years through what I write, but am happy to document the period I was coached by Yvonne in the mid to late 1990's, and I feel that a wider audience should know how much her contribution was to the Australian Athletics high performance program in the years that followed that period.

Her influence was highlighted at the 2004 Athens Olympic Games, when all selected Australian Racewalkers - Jane Saville, Natalie Saville, Cheryl Webb, Luke Adams, Nathan Deakes, and myself as the Team appointed coach - had been coached by Yvonne through the 1990's, either as juniors, or into their first senior Australian team.

In Athens, our walkers won two bronze medals through Nathan and Jane in the men's and women's 20km walks. Other coaches were in charge of both athletes on that day, but Yvonne's influence years earlier was what enabled our two best ever juniors to transition into the AIS National program, and have long and successful careers as International athletes. Australia has only ever won two medals in race-walking at the World Junior Championships. Both athletes were coached by Yvonne. They were the same two Olympic medallists later at the 2004 Olympic Games, Jane Saville and Nathan Deakes.

Jane won a silver in Seoul, Korea, at the 1992 World Junior Championship, and Nathan a bronze, 4 years later in Sydney at the 1996 World Junior Championships, both in national record times, putting best coaching practice on display, by having athletes arrive at Championships, in their best athletic shape.

Jane Saville and Nathan Deakes currently hold all recognised Olympic Distance Australian records at 20km, 20,000m and 50km Walks. There is much more that Yvonne would have looked back on proudly over their careers which included: World and Commonwealth Gold medals; World Cup Bronze and team medals; a World Record; Australian Athletics team captaincy; a Flag bearer at a Commonwealth Games just to rattle off a few. Her legacy through these athletes alone is something of which we, who were coached by Yvonne, are also proud.

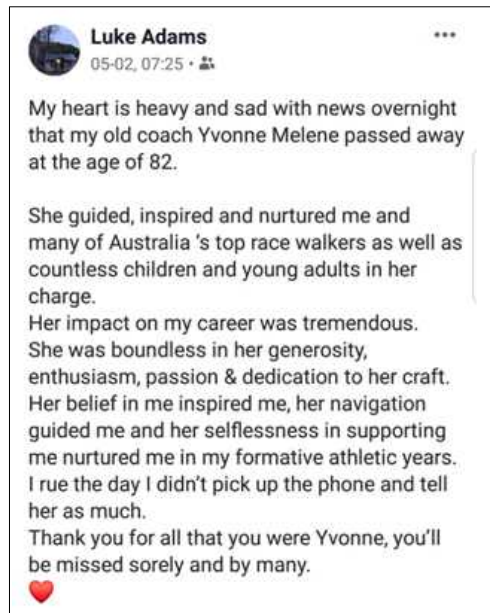


*Jane and Nathan both medalled at the 2004 Olympic Games in Athens*

Apart from these two obvious success stories, a quick scan down the national records on the AA website this week shows the following records from Yvonne's athletes that were still standing at the start of the 2018/2019 Summer season.

<b>3000M TRACK WALK</b>			
Women's Aust U20	12:27.74	JANE SAVILLE NSW	25-Feb-93 MELBOURNE
Men's Aust U18	11:42.04	TROY SUNDSTROM NSW	21-Feb-98 SYDNEY
Men's Aust U16	12:09.30	TROY SUNDSTROM NSW	2-Feb-95 SYDNEY
<b>5000M TRACK WALK</b>			
Men's Aust U20	19:38.22	TROY SUNDSTROM NSW	19-Feb-00 SYDNEY
Men's Aust U18	20:06.90	TROY SUNDSTROM NSW	17-Jan-98 SYDNEY
Women's Aust U20	21:34.23	NATALIE SAVILLE NSW	1-Mar-97 MELBOURNE
<b>10KM RACE WALK</b>			
Women's Aust U20	45:10.00	NATALIE SAVILLE NSW	27-Feb-97 MELBOURNE

The amazingly talented triple Olympian Luke Adams was warm in his heartfelt thanks, and generous in his praise of Yvonne shared in his Facebook post.



Luke has walked under 1:20:00 at all three International Championships, having recorded 1:19:15 at a World walking Cup, 1:19:35 at a World Championships, and 1:19:56 at an Olympic games. All were Top 8 performances, and he was also to better those performances as a 50km walker late in his career, finishing an agonising 4<sup>th</sup> at the 2011 World Championships.



*Luke Adams in action in the 2006 Commonwealth Games in Melbourne*

My early memory of joining Yvonne's squad in late 1993, was Yvonne arriving at 7am at Centennial Park, after what had been a long drive in from Dural, via Ryde, after picking up a 16 year old Luke for Sunday training. Although never the same crowd each week, regulars included all of the names already mentioned, as well as whoever wanted to come and do a long walk – interstate visitors like Simon Baker, Jantien Saltet while studying at Sydney Uni, Keith Knox, Damien O'Mara, Luke Collis, and of course veteran athlete Baden. All were welcome!

Luke later that summer qualified for the World Junior Championships in Lisbon, Portugal, along with Natalie Saville, giving Yvonne's squad an Australian representative production line look and feel. This was because also that summer, Anne Manning and Jane Saville from Yvonne's squad were selected for Commonwealth Games. This continued in 1995, when I was selected to a World Cup, followed by Nathan Deakes and Troy Sundstrom gaining selection for the 1996 World Junior team. Yvonne was rewarded also that summer with her first Athlete (Anne Manning) being selected for the Atlanta Olympics, along with Jane Saville (then coached by Simon Baker at the AIS).

Anne Manning was an incredible trophy story for Yvonne, and one that all of us who were part of it, are happy to tell. Inactive as an athlete from 15yrs to 31, as a single mother to two boys, while she was in her 30's, she was working full time as a preschool teacher, was widowed in 1996, and as an athlete found the time to train and compete and became an Olympian that year. That Anne would train her easy morning 8-10km walk up and down her short 200m street in Earlwood at 6am, as she couldn't leave the boys on their own, shows how dedicated she was.

Yvonne and Anne were a great match when she again started athletics, as she was equally as dedicated to Anne, as Anne was to being an athlete. Yvonne provided great programming, which Anne followed to the letter, great analysis of her training, and great support when she was going through tough times with the loss of her husband. Yvonne seemed to be able to keep one eye on Anne's two boys (Scott and Chris) while Anne was training, and the other always on the stopwatch reading splits.

That fact that Yvonne traversed the entire geographical area of Sydney to get to a training session for wherever a talented athlete was, or went out of her way to pick up an athlete to provide them an opportunity, speaks volumes for her enthusiasm and dedication.

I joked on the phone over the weekend with Jane Saville, that my athletes start training as close to where I live in Melbourne most days. As an AIS coach, training always happened close to the AIS, I also lived in Bruce like many of the athletes, so it is remarkable to think of the kilometres Yvonne drove for our benefit.

Nowhere was too far. She drove 38km from where she lived in Dural, across the city in peak hour, to get to an afternoon session at ES marks Field, because that's the closest track to where the Savilles lived. It probably was not appreciated until in later years when Yvonne moved our regular training base to Homebush, that the Savilles then had to travel half the distance, and drive through the city in peak hour. We didn't see them as often after that, as they often stayed in the Eastern suburbs on weekday evenings.



The 40km to Narrabeen for lab or field-testing at the NSW Academy of Sport was also never a problem for Yvonne, but we would always complain. That journey was 74km each direction for Cheryl Webb, so she would instead would have her mum drop her at Yvonne's where she would stay the night and drive early with her the next day. I also remember a day at Bobbin Head when I shared the backseat of Yvonne's car with three sweating male athletes she had to drive back down the hill in her car for another 4km hill rep, again showing true commitment to the cause. Centennial Park, or to Homebush Bay, Narellan for walkers club, or St Ives Showground, she was always there. She never missed a session or a race, or not that I can remember.

Yvonne opened her home to interstate athletes who wanted to be part of her squad. Nathan Deakes would often stay at Yvonne's home in Dural, when he was being coached by her for the first time in 1995. Nathan later relocated to Sydney for the winter of 1996, and was housed with fellow squad member Luke Collis. Nathan improved four minutes over a 15 month period in the lead-up to the World Junior championships, seemingly coming from obscurity to win our only ever men's World Junior medal in 41:11.

Yvonne provided me with my first coaching experience when I was invited by her to look after her squad at Westfield Sports High School while she was travelling. Yvonne in 1995 and 1996 travelled with Anne Manning to the preparation camps for World Championships and Olympic Games in those years, and I was left the coaching reigns of a young squad of distance runners and walkers.

Yvonne was very active in the ATFCA in coach education and coach mentoring. I can remember her mentoring through this period NSW coach Marilyn Pearson, while Yvonne coached her son Michael. Marilyn is still active in coaching today, and has coached athletes to World Youth, World Juniors and Commonwealth games in Walks, Steeplechase, middle distance, High Jump, and 400m hurdles, and I still follow the progress of her athletes today. This includes the former racewalker, and current national 400mH champion Ian Dewhurst.

Yvonne was my first real coach, in that she was the first to detail an entire Olympic Cycle plan, through to the Atlanta Olympics, and then had the audacity to suggest a medal at the Sydney Olympics. I'm sure she did this for us all, but I hadn't even registered with the walkers club for that winter, and had only raced 3000m and 5000m walks. When I was at University studying subjects in periodization, I could see how much Yvonne was spending researching, and studying what I was, in her spare time.

Since 2003, I have made a career out of coaching, and been to four Olympic Games as a coach. I also am working full time running an Athlete Development program at the Westfield Sports High equivalent in Melbourne (Maribyrnong Sports Academy). There are many sessions that my current squad of athletes do today that are straight out of my old programs, that were hand written, and delivered by Australia post in the mail from those early years. Jemima Montag's last session she did the day before her Commonwealth Gold medal, is straight out of the Yvonne Melene program from a tapering week I had in 1994, before track nationals. We have been doing this sessions as a pre-race routine over the last two years, which is time I value with Jemima before a big race.



*2004 Olympic walkers Cheryl Webb, Natalie Saville, Jane Saville and Nathan Deakes – all proteges of Yvonne*

My first meeting with Yvonne and what followed were definitely life changing for me. Like Luke, I missed the opportunity to relay that to her, and certainly have enjoyed chatting over the last few days with my current athletes, and others with whom I once trained, about her and the squad that I trained with.

**Brent Vallance**  
**National Junior Coach – Walks, Athletics Australia**

## PHOTOS FROM THE AMA CHAMPIONSHIPS IN MELBOURNE

One final item from the recent Australian Masters Athletics Championships in Melbourne. Graeme Dahl has now added his gallery from the 5000m walks. That means that we have photos from all three AMA walks:

1500m Trackwalks (Graeme Dahl): <https://www.flickr.com/photos/56785857@N08/albums/72157708167977525>

10km Roadwalks (Terry Swan) <http://www.vrwc.org.au/piwigo/index.php?category/528>

5000m Track Walks (Graeme Dahl): <https://www.flickr.com/photos/56785857@N08/sets/72157708393684974/>



*Mark Blackwood shows top form in the AMA 5000m walk at Lakeside Stadium (photos Graeme Dahl)*

## 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.

### **Australian/Victorian Key Dates – 2019/2020**

Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km) - <a href="https://athletics-oceania.com/">https://athletics-oceania.com/</a>
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>

### **2019 IAAF Race Walking Challenge Series (first few dates now published)**

May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 25 (Tue), 2019	Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

### **International Dates – 2019 and onwards**

May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 12 (Sun), 2019	3rd Coffeebrands Patras Racewalking Festival 2019, Patras, Greece
May 16-17, 2019	China National Race Walking Gran Prix – 2, Xingtai, CHN (20 and 50km M/W)
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
May 25 (Sat), 2019	10 <sup>th</sup> Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 17-19, 2019	China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)
Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL (20km M/W)
June 30 (Sun), 2019	USATF 40km Champs (includes 50km option), Owego, NY, USA
Jul 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Jul 26-Aug 11, 2019	Pan American Games, Lima, PER (50km and 20km)

Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sep 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus
July 17-20, 2020	<b>18<sup>th</sup> IAAF World U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Mar 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 18-30, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.
Aug 7-17, 2022	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2021 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary

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