



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 24
Tuesday 16 March 2021



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WALKER OF THE WEEK

My walker of the week this time around is **Ela Uzun**. Competing in the annual Victorian Little Athletics Championships at Lakeside Stadium in Melbourne on Saturday morning, she stormed through the U10 Girls 1100m in a time of **5:20.09**. This bettered Nicole Sansonetti's Victorian record of 5:30.00, set way back in 1984, and also bettered NSW walker Kini Chapple's U10 1100m Australian Best performance of 5.21.2, set in 2004.

The Little Athletics Australia Best Performances, as recorded on the Little Athletics Australia website, should now read as follows.

BOYS U9	700m Walk	2016	Peter ELLIOTT	NSW	3:15.36
GIRLS U9	700m Walk	2010	Eliza DE LAINE	NSW	3:25.83
BOYS U10	1100m Walk	1998	Luke FITZGERALD	NSW	5.01.7
GIRLS U10	1100m Walk	2021	Ela UZUN	VIC	5:20.9
BOYS U11	1100m Walk	2017	Toby WILKS	SA	4:53.85
GIRLS U11	1100m Walk	2005	Kini CHAPPLE	NSW	5.01.3
BOYS U12	1500m Walk	1984	Craig TOPPERWEIN	SA	6.31.6
GIRLS U12	1500m Walk	1994	Renee McASKILL	NSW	6.38.7
BOYS U13	1500m Walk	1985	Craig TOPPERWEIN	SA	6.22.1
GIRLS U13	1500m Walk	2006	Shannon JENNINGS	NSW	6.35.3
BOYS U14	1500m Walk	1995	Troy SUNDSTROM	NSW	6.13.4
GIRLS U14	1500m Walk	1996	Renee McASKILL	NSW	6.15.4
BOYS U15	1500m Walk	1998	Douglas CONNOLLY	NSW	5.48.1
GIRLS U15	1500m Walk	2015	Katie HAYWARD	QLD	6.20.89

And that was not all for Ela last weekend. On Sunday, when competing in a VRWC 1500m walk at Clifton Hill, she recorded a time of **7:18.0**, setting new VRWC U10 and U11 club records. Even more amazingly, her time of 7:18.0 was faster than the winning times in the U13-U16 1500m Girls walks from the LAVIC Championships the day before.



Ela Uzun at Lakeside Stadium on Saturday (photo Ece Uzun)

WHAT'S COMING UP

- This weekend sees a double header for Victorian walkers. First to Saturday, when the final round of Athletics Victoria Shield competition is contested across various metro and country venues. And track walks are on offer (5000m and 2000m walks, I think).

Mar 20 (Sat), 2021 AVSL Round 10 (5000m/2000m walks) Various venues

- Then on Sunday, we have the final race of our VRWC summer season and it's at the George Knott Athletics Track in Clifton Hill once again. We play host to the Victorian Masters and are staging their 5000m Walk Championships. The timetable reads as shown below. Note entries are to be made online via <http://vrwc.org.au/wp1/race-entries/race-entry-sun-21-mar-21-clifton-hill/>. Entries close at 11:59PM on Wednesday.

Sun 21st March 2021: VRWC and VMA Races, Clifton Hill	
Venue: George Knott Athletics Track, Clifton Hill	
8:30am	VMA 5000m Championship Women
9:15am	VMA 5000m Championship Men
10:00am	VRWC 5000m Open
10:35am	VRWC 1500m Open

- The rest of the summer season then pans out like this

Mar 27 (Sat), 2021	Australian 50km Championship (Men) and 20km (Men and Women)	Fawkner Park, VIC
Mar 27 (Sat), 2021	AVSL Playoffs (Finals)	Lakeside Stadium
Apr 12-21, 2021	Australian Athletics Championships	Sydney, NSW
Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

- Normally our VRWC winter season would not start until after all these championships had been completed, but with the Australian Motor Grand Prix pushed back from March to November, Middle Park is available to us earlier than usual. Hence our VRWC winter season will kick off on Saturday 10th April. How exciting! You can see our full winter season discussed later in the newsletter.

LAVIC T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 13014 MARCH 2021

The Little Athletics Victoria T&F Championships are the culmination of a long process that takes place each summer. The best little athletes from each centre are decided via centre championships. They then progress to Region Championships where the numbers are culled even more. Then finally, the best of the Region athletes come together for the State final. And that still meant 212 walkers contesting the walks at Lakeside Stadium last Saturday morning. And it was a case of very lucky, as a wet cold change reached Melbourne on Saturday afternoon, making conditions dreadful. But the walks had been completed in perfect conditions earlier in the day – talk about lucky!

Full walk results are shown below. The bracketed number is the Little Athletics Centre. For instance, (1123) is Whittlesea.

The best performers were **Ela Uzun** (U10 1100m 5:20.09), **Damian Baldy** (U11 1100m 5:19.13), **Riley Coughlan** (U15 1500m 6:53.55) and **Liam Hutchins** (U15 1500m 6:58.58). The best centre performance was in the U10 Girls 1100m where Whittlesea came first, second and third (**Ela Uzun**, **Mya McClure** and **Havana Ali**).

U9 Girls 700m Walk				U9 Boys 700m Walk			
1.	Heidi Kuppler	(39)	3:45.34	1.	Jackson Hartley	(23)	4:02.49
2.	Julia Baldy	(23)	3:54.38	2.	Riley Debono	(59)	4:09.86
3.	Addison Frenken	(59)	4:11.29	3.	Cruze Marsh	(23)	4:15.78
4.	Helena Nash	(71)	4:20.16	4.	Tate McQueen	(2)	4:29.34
5.	Bethany Franzke	(26)	4:23.37	5.	Zack Paternoster	(43)	4:37.41
6.	Lucy Waddell	(5)	4:28.37	6.	Callen Harrington	(2)	4:48.99
7.	Laura Stone	(55)	4:34.11	7.	Haris Ali	(112)	4:49.25
8.	Madison Drayton	(7)	4:36.37	8.	Jujhar Dhaliwal	(96)	5:01.14
9.	Violet Froom	(7)	4:36.50	9.	Bodhi Moxon	(59)	5:51.07
10.	Alayna Paulke	(99)	4:37.92	10.	Fynn Treble	(35)	6:29.99
11.	Lilah Stevens	(27)	4:39.26	11.	Harvey Atwill	(112)	7:31.37
12.	Ava Johnson	(33)	4:41.51		Banjo Watson	(10)	DQ
13.	Indigo Peters	(2)	4:46.58		Hudson Toohey	(62)	DQ
14.	Eleanor Marsh	(1)	4:57.01		Aden Norman-Hade	(122)	DQ
15.	Gemma Marrone	(33)	5:05.71		Oscar Sarvas	(62)	DQ
16.	Maja Bogdanovic	(23)	5:11.37				
17.	Kathleen Herft	(68)	5:27.59				
18.	Olive Smith	(56)	5:43.82				

19. Laylah McCauley (65) 6:04.42	
20. Gemma Bryant (56) 6:04.44	
Jade Clencie (8) DQ	
Evelyn Ryder (49) DQ	
U10 Girls 1100m Walk	U10 Boys 1100m Walk
1. Ela Uzun (112) 5:20.09	1. Angus Shuttleworth (23) 6:12.33
2. Mya McClure (112) 5:53.96	2. Levi Robertson (112) 6:19.79
3. Havana Ali (112) 5:54.94	3. Lewis McLennan (39) 6:46.00
4. Tess Izard (8) 6:23.42	4. Zane Bergles-Brown (62) 6:52.63
5. Kelsey Loudon (59) 6:27.30	5. Alexander Brown (1) 6:52.64
6. Amelia Hill (122) 7:05.91	6. Luke Fisher (71) 7:00.29
7. Isabelle Baker-Mayer (72) 7:07.30	7. Lachlan Hill (122) 7:13.32
8. Lorelei Corrales (23) 7:07.54	8. Oscar Wright (62) 7:15.04
9. Indianna Borg (59) 7:13.82	9. Tate Jardine (73) 7:18.41
10. Ella Spooner (56) 7:15.23	10. Caleb Le Grove (23) 7:26.44
11. Stella Foley (18) 7:16.43	11. Tahj Peters (2) 7:46.63
12. Alexi Rudd (96) 7:21.36	12. Siddharth Balaji (56) 7:46.94
13. Isabel Knuckey (1) 7:22.68	13. Oliver Semmens Erickson (10) 8:05.13
14. Saige Purcell (108) 7:32.14	14. Sterling Winkler (1) 8:07.98
15. Sana Vig (59) 7:34.35	15. Heath Tatlock (1) 8:13.06
16. Talise Botha (39) 7:36.11	
17. Tia Crossland (43) 7:37.26	
18. Teia Ramirez (8) 7:56.49	
19. Indiana Roob (1) 8:05.80	
20. Lily Clarke (43) 8:20.47	
21. Lani Warwick (59) 8:44.09	
22. Jasmine Overdyk (62) 8:46.70	
Zara Besford (131) DQ	
U11 Girls 1100m Walk	U11 Boys 1100m Walk
1. Charlise McQueen (2) 6:11.70	1. Damian Baldy (23) 5:19.13
2. Caitlin Barnett (8) 6:32.99	2. Patrick Thomas (1) 5:29.47
3. Matilda Simcox (112) 6:49.61	3. Eddy Franzke (131) 5:53.95
4. Matilda Read (3) 6:53.23	4. Jaime Hvalica (8) 6:10.09
5. Zoe Black (59) 7:06.70	5. Beau McKinnon (43) 6:16.21
6. Hannah Matthews (71) 7:14.28	6. Cody Wapshott (96) 6:32.93
7. Lily Lambert (99) 7:17.28	7. Ronal Marasinghe (23) 6:33.35
8. Eliza Paterson (45) 7:24.94	8. Thomas Vernal (5) 6:40.67
9. Grace Ryan (56) 7:30.01	9. Axel Purcell (108) 6:43.41
10. Molly Stevens (55) 7:31.69	10. Ryan Ellis (21) 6:47.15
11. Caitlin Haseler (8) 7:39.01	11. Liam Finger (27) 7:15.49
12. Gabrielle Alleaume (56) 7:39.73	12. Imaad Idroos (62) 7:44.39
13. Taylah Dux (49) 7:42.74	13. Dempsey Podmore (3) 7:57.51
14. Darby Beadel (65) 7:47.39	
15. Belinda Edgar (10) 7:47.88	
16. Holly White (99) 7:59.45	
17. Heidi Meier (59) 8:13.64	
18. Aylwen Campbell (7) 8:14.02	
19. Lakshika Jeyamohan (29) 8:14.69	
Asha Morrow (17) DQ	
Holly Sullivan (41) DQ	
Zoe Nash (71) DQ	
U12 Girls 1500m Walk	U12 Boys 1500m Walk
1. Sarah Holmes (8) 7:49.04	1. Max Davidson (8) 7:40.05
2. Kaylah Finnin (8) 8:10.92	2. Daniel Pashutin (23) 7:41.41
3. Charlotte MacDonell (108) 8:35.88	3. Fraser Aubrey (27) 7:51.16
4. Mietta Morgan (23) 8:42.15	4. Oscar Mielicki (8) 8:27.26
5. Alexis Sungkar (62) 8:45.27	5. Lewis Aubrey (27) 8:46.29
6. Lula Parrott (39) 9:52.38	6. Benjamin Crowley (59) 9:01.00
7. Addison Paulke (99) 10:10.2	7. Hamish McLennan (39) 10:12.1
8. Serena Bryant (56) 10:28.0	8. Hamish McKenzie (55) 10:13.4
9. Jasmine Khew (59) 10:29.0	9. Toby Smerdon (62) 10:24.2
10. Summer Apostolidis (72) 10:32.2	10. Lucas Harris (151) 10:26.2
11. Pia Miraglia (18) 10:53.6	11. Arthur Robinson (41) 10:55.3
12. Emma Cooke (34) 11:01.8	Mitchell Pointon (43) DQ
13. Olin Buisman (56) 11:29.1	Marko Mandic (62) DQ
Kate Wilson (2) DQ	Nathan Stone (55) DQ
Zahlia Heikkila-Dubowik (1) DQ	Liam Sullivan (59) DQ
Keely Williams (41) DQ	

Caitlyn Gorgievski	(59)	DQ			
U13 Girls 1500m Walk			U13 Boys 1500m Walk		
1. Madeleine McGregor	(21)	7:45.59	1. Joshua Attwood	(62)	8:23.92
2. Isabella Finlayson	(17)	8:03.54	2. Alex Barnes	(55)	8:55.03
3. Mackenzie Turner	(62)	9:06.62	3. Theodore Murphy	(122)	9:53.08
4. Shae Culpin	(59)	9:37.57	4. Karim Najem	(112)	9:58.03
5. Olivia Bradshaw	(1)	9:39.61	5. James Dunn	(59)	9:58.10
6. Shayla Warwick	(59)	9:47.24	6. Axel Tonks	(62)	10:10.6
7. Amelia Shell	(1)	9:51.83			
8. Isabella Amad	(56)	9:52.24			
9. Kaylee Bozelle	(17)	9:56.24			
10. Alexandra Aubrey	(27)	10:11.4			
11. Lacey Smith	(58)	10:12.4			
12. Jarrah Taig	(8)	10:12.4			
13. Harper Mayne	(41)	10:14.8			
14. Philippa Besford	(131)	10:21.2			
15. Lily Blake	(8)	10:47.1			
U14 Girls 1500m Walk			U14 Boys 1500m Walk		
1. Amelia Davidson	(8)	7:23.34	1. Riley Coughlan	(83)	6:53.55
2. Brooklyn Towler	(104)	7:27.33	2. Liam Hutchins	(23)	6:58.58
3. Ariana Pashutina	(23)	7:32.31	3. Lachlan Rumley	(112)	8:38.95
4. Hayley Whitsed	(144)	8:15.94	4. Tye Beadel	(65)	9:17.95
5. Ella Cunningham	(59)	8:33.53	5. Lachlan Borg	(8)	9:18.74
6. Eliz Ahmet	(1)	8:59.16	6. Liam McAnearney	(17)	9:24.25
7. Scarlett Wheeler	(43)	9:02.17			
8. Alexia Olorenshaw	(5)	9:02.87			
9. Rosie Franzke	(26)	9:03.60			
10. Alannah Upson	(99)	9:12.98			
11. Amy Woolfe	(62)	9:39.12			
12. Keely Freestone	(59)	9:39.30			
13. Katie Barnes	(55)	9:44.54			
14. Amelia Vernal	(5)	9:55.26			
U15 Girls 1500m Walk			U15 Boys 1500m Walk		
1. Maddison Nash	(8)	7:20.34	1. Scott Peart	(122)	7:15.88
2. Emily Smith	(99)	7:29.98	2. Shannon Delaney	(99)	7:18.69
3. Tia Sungkar	(62)	7:30.26	3. Zachary Matters	(21)	7:34.04
4. Tayla Borg	(8)	7:32.00	4. Thomas Rose	(117)	7:44.05
5. Chloe Ahern	(55)	7:55.70	5. John Heinjus	(26)	8:24.82
6. Riannah Tatlock	(1)	7:59.67	6. Brayden Attwood	(62)	8:31.76
7. Molly Holmes	(8)	8:02.17	7. Jamall Sahabdeen	(59)	8:51.81
8. Courtney Campbell	(2)	9:05.05	8. Aiden Smith	(99)	10:24.0
9. Erin Taylor	(49)	9:26.83			
10. Jaylen Mangion	(151)	10:10.68			
U16 Girls 1500m Walk			U16 Boys 1500m Walk		
1. Kaylah Heikkila Dubowik	(1)	8:40.45	1. Sam Warelow	(7)	7:43.92
2. Kyla Chapman	(23)	9:11.09	2. Nicolas Bannan	(112)	8:14.15
3. Molly Flint	(8)	9:16.29	3. Alex Tolson	(108)	9:00.55
4. Charlette Gray	(55)	9:50.94	4. Eden Morgan	(23)	9:00.56
5. Chloe Freestone	(59)	9:51.96	5. Connor Clarke	(2)	10:06.49
6. Lana Hughes	(69)	9:59.31			



Left: The U10 Girls Whittlesea Centre team of Mya McClure, Ela Uzun and Havana Ali
 Centre and right: Ballarat coach Daryl Biggin's team all got medals: Charlotte MacDonell, Scott Peart, Kaylah Heikkila Dubowik, Alex Tolson and Riannah Tatlock

VRWC TRACK WALKS, CLIFTON HILL, SUNDAY 14 MARCH 2021

VRWC hosted the Victorian 5000m Walk Team Championships at the George Knot Stadium in Clifton Hill on Sunday morning as part of its latest summer season carnival. Unfortunately the timing was not perfect as it coincided with the Victorian Little Athletics Championships but we still saw 24 walkers overall. **Charlotte Hay** (25:25) and **Corey Dickson** (22:54) guided their Knox Athletics Club teams to victory in the men's and women's teams races. The St Kevins walkers also fielded a men's team, putting the pressure on Anthony Barrett to dust off the racing shoes for the first time in a while. Special mentions to **Marcus Wakim** (24:19) and **Liam Hutchins** (26:09) who both recorded good PBs and to **Joel Imbriano** who walked his first ever 5000m.

AV 5000m Teams Walk

1.	Charlotte Hay	KNA	25:25	
2.	Emily Smith	KNA	27:55	
3.	Grace Louey	KNA	28:54	
1.	Corey Dickson	KNA	22:54	
2.	Jason Kozica	STK	23:01	
3.	Mark Blackwood	KNA	23:44	
4.	Marcus Wakim	COL	24:19	PB 1:11
5.	Liam Hutchins	KNA	26:09	PB 0:13
6.	Joel Imbriano	STK	30:45	Inaugural
7.	Anthony Barrett	STK	41:07	



Knox Teams winners Charlotte Hay, Emily Smith, Grace Louey, Mark Blackwood, Corey Dickson and Liam Hutchins (photos Terry Swan)

The VRWC club 3000m and 1500m walks were well supported, with PBs to **Liam McLennan** (14:26), **Madeleine Feain** (14:18), **Jade Chitty** (16:54) and the amazing 9 year old **Ela Uzun** (new U10 and U11 club records with her time of 7:18 in the 1500m).

3000m Walk

1.	Liam McLennan	14:26	PB 0:30
2.	Madeleine Feain	14:28	PB 0:59
3.	Kylie Irshad	16:44	
4.	Jade Chitty	16:54	PB 0:42
5.	David Smyth	17:30	
6.	Laura McLennan	18:01	
7.	Heather Carr	18:02	
8.	Donna-Marie Elms	18:10	
9.	Tracy Colbert	19:38	
10.	Gerard Feain	19:57	
	Paul Moritz	DQ	

1500m Walk

1.	Kevin Cassidy	6:56
2.	Ela Uzun	7:18
3.	Havana Ali	8:37

PB 0:03, VRWC U10/U11 Club Records



Corey Dickson, Charlotte Hay, Jade Chitty and Ela Uzun



Liam Hutchins, Marcus Wakim, Madeleine Feain and Liam McLennan (photos Terry Swan)

Thanks as always to our many officials, helpers and judges.

Officials: Mark Donahoo, Karyn O'Neill, Ian Laurie,
Judges: Gordon Loughnan(Chief), Stuart Cooper, Shane Dickson, David Cash, Frances Attard (1500m, 3000m),
Terry O'Neil, Diane Lowden
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F574>)
DQ board Peter Vysma, Peter Price
Referee: Terry Swan
Jury of Appeal: Stuart Cooper, Terry Swan, Peter Vysma

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 10 MARCH 2021

Thanks to Colin Hainsworth for this week's results from the South Australian masters in Adelaide.

1500m Walk

1.	MARIE MAXTED	08:34	W60	80.88%
2.	LIZ DOWNS	10:30	W65	69.63%
3.	PETER CRUMP	08:41	M60	74.51%
4.	GRAHAM HARRISON	11:18	M77	69.99%
5.	DAVID ROBERTSON	12:53	M87	71.92%
6.	MALCOLM TIGGEMAN	11:53	M68	59.32%
7.	LIZ NEUBAUER	11:37	W70	66.91%
8.	MARK WORTHING	08:11	M58	77.54%
9.	ROGER LOWE	12:04	M77	65.54%
10.	JACK RUSSELL	08:53	M68	79.35%
11.	HELEN SURIDGE	11:17	W70	68.89%
12.	VALMAI PADGET	11:45	W76	72.01%
13.	JAMES HOARE	11:59	M74	63.36%
14.	JOHANNA SALTIS	12:15	W59	56.00%

4000m Walk

1.	GRAHAM HARRISON	30:45	M77	70.97%
2.	PETER CRUMP	23:37	M60	75.45%
3.	JAMES HOARE	31:28	M74	66.53%
4.	BRIAN WITTY	28:07	M70	70.74%
5.	JACK RUSSELL	24:54	M68	77.99%

2000m Walk

	MARIE MAXTED	12:25	W60	73.09%
	JOHANNA SALTIS	16:06	W59	55.78%
	ROGER LOWE	16:24	M77	62.39%
	EDNA BATES	17:43	W68	56.24%
	CATHIE HORE	17:47	W70	57.54%
	DAVID ROBERTSON	17:54	M87	67.06%
	HELEN SURIDGE	15:33	W70	65.80%

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 11 MARCH 2021

Thanks to Val Chesterton for this week's results from Canberra. That was the last ACT Walkers Club club race for the summer.

1500m Walk

1.	Peter Baker	08:06
2.	Sue Archer	10:17
3.	Doug Fitzgerald	11:10
4.	Geoff Barker	12:25
5.	Val Chesterton	12:28
6.	Lorna England	12:58

ATHLETICS WEST INTERCLUB, WAAS, PERTH, FRIDAY 12 MARCH 2021

Thanks to Terry Jones for this week's results from Perth.

5000m Walk

1.	Alexandra Griffin	24:40.33
2.	Melissa Lewis	25:25.11
	Ben Reid	DNF

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETIC CENTRE, HOBART, FRIDAY 12 MARCH 2021**3000m Walk**

1.	Oliver Morgan	OVA	15:43.10
2.	Elizabeth Leitch	TMA	20:05.06

Next Week sees the Tasmanian Open, Masters and U18 T&F Championships at Launceston.

SA ATHLETIS INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 13 MARCH 2021

Thanks to Kim Mottrom for this week's results from Adelaide. Good performances by **Kim Mottrom, Tristan Camilleri, Nellie Langford** and **Anthony Tana**.

Open 5000m

1.	Tristan Camilleri	20:36.20
2.	Nellie Langford	26:29.23
3.	Peter Crump	29:56.67
4.	James Hoare	40:37.32

Open 1500m

1.	Kim Mottrom	6:11.78
2.	Sebastian Richards	6:58.13
3.	Anthony Tana	7:02.27
4.	Zayden Kamish	7:53.51
5.	Cooper Rech	8:43.07
6.	Marie Maxted	8:56.39
7.	Tarique Kamish	9:20.26
8.	Alex McEwan	10:31.42
9.	Liz Downs	10:33.27

124TH QUEENSLAND ATHLETICS CHAMPIONSHIPS, QSACM BRISBANE, 11-14 MARCH 2021

The 3000m and 5000m walks in the Queensland Athletics Championships last weekend took place on Saturday. Best performers in the shorter walks were **Sam McCure** (13:53.54 U16 3000), **Bailey Housden** (14:00.20 U15 3000m) and **Jayda Anderson** (24:35.42 U17 5000m).

3000m Walk U14

1.	Sharpe, Milly	13	GLD	16:01.78
2.	Clarke, Makenna	12	Redlands	17:07.17
1.	Teasel, Bailey	13	Gold Coast	18:35.53
2.	Dale, Kai	13	Gold Coast	18:55.04
	Wheeley, Noah	12	Redlands	DQ
	Bricknell-Hewitt, Korbyn	12	Gold Coast	DQ

3000m Walk U15

1.	Williams, Lyla	14	Gold Coast	15:30.41
2.	Gee, Tamika	14	GCA	16:05.78
3.	Hingst, Olivia	14	QA	18:40.72
	Goulding, Lily	14	QA	DQ
1.	Housden, Bailey	14	QA	14:00.20
2.	Wheeley, Roel	14	Redlands	20:55.94

3000m Walk U16

1.	Norton, Amber	15	QA	15:05.19
2.	Heap, Ashanti	15	GCA	15:57.89
3.	Lawson, Piper	15	Redlands	17:11.70
4.	Chadwick, Phoebe	15	QA	18:19.82
5.	Housden, Lily	15	QA	19:19.22
1.	McCure, Sam	15	QA	13:53.54
2.	Bradley, Alex	15	QA	15:16.37
3.	Bannister, Jack	15	USC	15:50.49

5000m Walk U17

1.	Anderson, Jayda	16	GCA	24:35.42
2.	Millard, Summer	16	QA	27:44.31

3.	Clarke, Anika	16	Redlands	29:37.12
4.	Bergh, Mia	16	Gold Coast	31:52.60
5.	Porter, Sophie	16	QA	33:12.34
6.	Brady, Korey	16	QA	33:34.06

1.	Norton, Kai	16	QA	27:32.62
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5000m Walk U18

1.	Ofield, Mackenzie	17	USC	31:08.31
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1.	Spanner, Jye	17	Keppel Coast	26:16.72
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The Open and U20 10,000m walks took place on Sunday morning and that's a whole separate discussion. My reporter up there tells me that it was super hot and QA wasn't even going to have a drinks table until one of the coaches insisted. Then walkers had to provide their own drink bottle and carry it for a lap and then put it back onto the table themselves. Not exactly conducive to good times. That makes **Katie Hayward's** time of 46:17.88 very good in the circumstances.

10,000m Walk Open

1.	Hayward, Katie	21	GCA	46:17.88
2.	Smith, Clara	23	UNQ	54:36.68
3.	Gannon, Brenda	47	QA	61:17.28
	Benzenati, Eleya Kenza	24	QUT	DNF

1.	Jimenez Solis, Ignacio V	56	QMA	51:41.56
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10,000m Walk U20

1.	Hill, Gabriella	18	GCV	54:37.23
2.	McRoberts, Jasmine-Rose	19	QA	68:03.48
3.	McLoughlin, Amber	19	QA	74:30.40

1.	Whatman, Riley	18	NSW	56:24.44
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NSW JUNIOR T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 12-14 MARCH 2021

The NSW walkers were also able to compete in their State Titles last weekend. I counted 59 walkers in the results – a very impressive number and more than we can usually muster here in Victoria. Best performers were **Raven Pyda** (24:06.68 U18 5000m), **Grady Platt** (14:15.45 U16 3000m), **Isaac Beacroft** (13:54.89 U15 3000m) and **Owen Toyne** (14:26.57 U15 3000m).

U20 5000m Walk

1.	Pitcher, Allanah	18	Mingara Athl	25:11.97
2.	Blanch, Emma	18	St. George D	26:12.08
3.	Bolton, Hannah	18	Mingara Athl	27:08.65
4.	Parker, Hannah	19	Randwick Bot	27:23.95
5.	Bell, Bridget	19	Asics Wests	27:52.99

1.	McGinniskin, Jack	19	Mingara Athl	24:07.65
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U18 5000m Walk

1.	McMillen, Elizabeth	17	Manly Warrin	25:29.57
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1.	Pyda, Raven	17	Westfields	24:06.68
2.	Strahl, Caleb	17	St. George D	30:22.22

U17 5000m Walk

1.	Thomas, Emma	16	Parramatta C	26:14.12
2.	Laytham, Tara	16	Manly Warrin	26:23.08

1.	Dundon, Harry	16	Balmain Athl	25:07.67
2.	Robson, Jack	16	Hills Distri	25:36.84
3.	Spamer, Liam	16	Macquarie Hunter	26:59.82
4.	Pospischil, Brendan	16	Winston Hill	28:26.17

U16 3000m Walk

1.	Pinches, Aiva	15	Adamstown Ne	15:36.42
2.	Munroe, Ella	15	Hills Distri	16:18.51
3.	Byatt, Laelia	15	Girraween	16:31.28
4.	Krklinski, Chloe	15	Parramatta C	16:52.61
5.	Stanley, Jayda	15	Randwick Bot	17:19.53
6.	Olbrich, Chelsea	15	Hills Distri	18:31.42

1.	Platt, Grady	15	Adamstown Ne	14:15.45
2.	Bell, Darcy	15	Asics Wests	15:40.62
3.	Walker, Mark	15	Koorngal -W	16:29.08
4.	Horton, Jai	15	Westfields	18:15.98
5.	Bonham, Ryan	15	Wallsend Rsl	DQ

U15 3000m Walk

1.	Pitcher, Sienna	14	Mingara Athl	14:53.77
2.	Cassilles, Ciara	14	Westfields	16:03.65
3.	Woods, Zoe	14	Asics Wests	16:15.45
4.	Diaz, Ava	14	Balmain Athl	16:17.05
5.	Lamb, Chloe	14	Manly Warrin	16:21.41
6.	Sivaraj, Summer	14	Asics Wests	16:46.72
7.	Newberry, Brooke	14	Armidale	16:57.63
8.	Norden, Lilah	14	Kiama	17:49.91

1.	Beacroft, Isaac	14	Blacktown Ci	13:54.89
2.	Toyne, Owen	14	Athletics Act	14:26.57
3.	Ashby, Myles	14	Gosford Litt	16:00.03
4.	Mayhew, Maxwell	14	Ryde Athleti	16:10.55
5.	Byatt, Joel	14	Girraween	16:20.40
6.	Spamer, Brodie	14	Macquarie Hunter	16:48.02

U14 3000m Walk

1.	Beck, Grace	13	Asics Wests	15:36.50
2.	Platt, Madeline	13	Adamstown Ne	15:41.03
3.	Mitchell, Maisie	12	Asics Wests	16:39.20
4.	Hearnden, Emma	12	Macquarie Hunter	17:17.57
5.	Cochrane, Imogen	12	Asics Wests	19:13.67
6.	Corvalan Sotomayor, Laur	13	Girraween	19:21.42
7.	Ashby, Caetlin	12	Gosford Litt	19:45.64
8.	Skundric, Charlotte	13	Mounties Ath	22:08.84
9.	Pinches, Stella	12	Adamstown Ne	DQ

1.	Allabush, Dylan	13	Asics Wests	16:27.16
2.	Varga-Strike, Thomas	13	Hills Distri	16:31.99
3.	Sinnett, Alexander	13	Asics Wests	18:09.32
4.	Horton, Jaxson	12	Westfields	18:47.53
5.	Day, Jackson	13	Macquarie Hunter	20:25.93
6.	Robson, Kane	13	Hills Distri	DQ

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases for us this week

- Mon 15 Mar - Bragança Paulista (BRA): Caio Bonfim and Viviane Santana Lyra win the Copa do Brasil
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4016
- Sat 13 Mar - Morona (ECU): Andres Chocho and Erica de Sena win 35km Ecuadorian championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4015
- Sun 14 Mar - Murcia (ESP): Victories to Perseus Karlstrom (1:18:43) and Maria Perez (1:28:25)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4014
- Thu 11 Mar - 40 years of the Dudinska patdesiatka
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4013

while Omarchador was busy with 10 press releases, including even more overseas results.

- Mon 15 Mar - Érica Sena breaks South American 35km record. Andrés Chocho and Nathaly León win Ecuadorian titles
<https://omarchador.blogspot.com/2021/03/erica-sena-bate-recorde-sul-americano.html>
- Mon 15 Mar - Karla Jaramillo and Paola Pérez do Tokyo Olympic Games 20m qualifiers
<https://omarchador.blogspot.com/2021/03/karla-jaramillo-e-paola-perez-alcancam.html>
- Sun 14 Mar - João Vieira and Vitória Oliveira win group A of the Portuguese Indoor Track 1st division
<https://omarchador.blogspot.com/2021/03/joao-vieira-e-vitoria-oliveira-vencem.html>

- Sun 14 Mar - María Pérez is Spain's 20km champion
<https://omarchador.blogspot.com/2021/03/maria-perez-sagra-se-campea-de-espanha.html>
- Sun 14 Mar - Diego García wins Spanish 20km. Karlström is first overall.
<https://omarchador.blogspot.com/2021/03/diego-garcia-campeonato-de-espanha-de-20.html>
- Sat 13 mar - Martin Gaudré and Edanur Akin are Indoor European champions Virtus
<https://omarchador.blogspot.com/2021/03/martin-gaudre-e-edanur-akin-campeoes-da.html>
- Fri 12 Mar - Lithuanian U20 Indoor Championships in Kaunas (results)
<https://omarchador.blogspot.com/2021/03/campeonatos-indoor-sub-20-da-lituania.html>
- Thu 11 Mar - Czech U18 and U20 Championships - Indoor 2021 (results)
<https://omarchador.blogspot.com/2021/03/campeonatos-sub-18-e-sub-20-da.html>
- Wed 10 Mar - Championships of Catalonia Master 2021 on indoor track (results)
<https://omarchador.blogspot.com/2021/03/campeonatos-da-catalunha-master-2021-em.html>
- Wed 10 Mar - Steven Smith and Loanie Cellard win NAIA Indoor 2021 championships
<https://omarchador.blogspot.com/2021/03/steven-smith-e-loanie-cellard-vencem.html>

OUT AND ABOUT

- Japan may stage this summer's Tokyo Olympics and Paralympics without overseas spectators due to public concern about COVID-19 according to government sources. The final decision is not expected until the end of March. See <https://www.reuters.com/article/olympics-2020-spectators-int/japan-to-keep-foreign-spectators-away-from-tokyo-olympics-kyodo-says-idUSKBN2B11F9>.
- Down in 21st place in last weekend's Spanish 20km Championship was 51 year old legend **Jesús Ángel García Bragado**. His time of 1:31:06 is announced as bettering the M50 world record time of 1:33:38, done by Italian Graziano Morotti in 2006. Yes, it's an amazing performance but Emmanuel Tardi points out that there have been faster M50 20km walks by **Gary Little** of New Zealand (born 31.12.1941) who walked 1:26:32 on 16.02.1992 and **Jorge Costa** of Portugal (born 20.03.1961) who walked 1:30:01 on 09.04.2011.
- The Spanish depth is very impressive. Check out the results of their men's and women's 20km championships in omarchador.
 - Sun 14 Mar - María Pérez is Spain's 20km champion
<https://omarchador.blogspot.com/2021/03/maria-perez-sagra-se-campea-de-espanha.html>
 - Sun 14 Mar - Diego García wins Spanish 20km. Karlström is first overall.
<https://omarchador.blogspot.com/2021/03/diego-garcia-campeonato-de-espanha-de-20.html>

VRWC WINTER SEASON FIXTURE NOW FINALISED

The VRWC Committe has now finalised the club 2021 Winter Season Fixture. It reads as follows

APRIL	Saturday 10 April	VRWC Points races	Middle Park
	Saturday 17 April	VRWC Points races	Middle Park
MAY	Sunday 2 May	AV, VMA & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
	Saturday 8 May	VRWC Points races	Middle Park
	Saturday 15 May	VRWC Points races	Middle Park
	Sunday 23 May	AV, AV COUNTRY, RWV & VRWC EVENTS	Middle Park
	Saturday 29 May	VRWC Points races	Middle Park
JUNE	Saturday 5 June	VRWC Points races	Middle Park
	Sunday 13 June	RWA 53 rd Annual Lake Burley Griffin Carnival (TBC)	Canberra, ACT
	Saturday 19 June	VRWC Points races and Prize day	Middle Park
	Sunday 27 June	A.V., A.V. Schools & VRWC Championships	Middle Park
JULY	Saturday 3 July	VRWC Points races	Middle Park
	Saturday 10 July	VMA, RWA & VRWC ROADWALKS	Middle Park
	Saturday 10 July	Twilight Trivia fund raising afternoon	Middle Park
	Saturday 17 July	VRWC INTERVALS RACE	Middle Park
	Saturday 24 July	VRWC last point races of season	Middle Park
AUGUST	Saturday 1 August	AV & VRWC CHAMPIONSHIPS & ROADWALKS	Middle Park

Saturday 7 August	VRWC Roadwalks	Middle Park
Sunday 8 August	AMA 20km Championships	Adelaide
Saturday 14 August	VRWC Relay & Winter Season presentation	Middle Park
Saturday 21 August	Either VRWC Roadwalks OR AUS ROAD WALKING CHPS & RWA CARNIVAL	Middle Park
Sunday 29 August	AV & VRWC CHAMPIONSHIPS - 50km and 6 hour walk	Middle Park

You can see the full fixture at <http://www.vrwc.org.au/vrwcw21.shtml>.

VRWC AGM

The VRWC 2020/2021 Annual General Meeting was held last Sunday morning at the George Knott Athletics Track, at the completion of our track meet there. Major decisions and announcements are as follows:

- **VRWC Committee**

The current VRWC Committee were all re-elected unopposed. Well done everyone! Check out the new committee at <http://www.vrwc.org.au/vrwccommittee.shtml>.

Three important changes were put forward and unanimously accepted

- **The VRWC Membership Year** is changed to align with Athletics Victoria. April 1 will be our new reset date, effective 2021. Our Membership year is now April 1 2021 – March 31 2022. Membership Fees have been reduced:

Category	Metro	Country
Senior Membership	\$30	\$15
Under 20	\$25	\$12
Under 16	\$15	\$8
Family (2 adults, any number of Children U16)	\$50	\$25
Officials/Associate Members	\$0	\$0

- **Race Fees are set as follows**

Member	\$10
Family	\$20
Non Member	\$15
Season Pass	\$100

The Season Pass covers all our VRWC races (Summer and Winter). This does not include entry to AA, AV or VMA events.

- Club fees for our new financial year are payable by 1st May 2021. You can download the club membership form from <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>.

Note that anyone who has paid membership fees for 2021 will get credits or a refund to match the correct fee they should have paid. Yes, it's a once off nightmare, but we see no other way of making the change. Note we also want all officials and helpers to complete a membership form also (at zero cost).

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. It continues to change quickly as a result of COVID-19 issues.

For VRWC race details, see <http://www.vrwc.org.au/vrwcw21.shtml>

For Ballarat Race Walkers Club race details, see <https://www.ballaratracewalkers.com/wp/>

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxh.pdf>

Victorian Key Dates – Summer 2020/2021

Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Clifton Hill
Mar 27 (Sat), 2021	Australian 50km Championship (Men) Australian Summer 20km Championships	Fawkner Park, VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-19, 2021	Australian Athletics Championships	Sydney, NSW

Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

2021 World Athletics Race Walk Challenge

Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR (now postponed, date TBA)
June 6 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021	Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

Mar 20 (Sat), 2021	Dudince 50km Meet, Dudince, Slovak Republic
May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
July, 2021	23rd World Masters T&F Championships , Tampere, Finland (NOW POSTPONED TILL 2022)
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)

Jan 2022	Oceania Masters Championships , Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships , Minsk, Belarus
July 15-24, 2022	18th World Athletics Championships , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR
Aug 11-21, 2022	European Athletics Championships , Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships , Cali, Colombia

TBA, 2023	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th World Athletics Championships , Budapest, Hungary

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)