



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 31
Tuesday 4 May 2021



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TIM'S WALKER OF THE WEEK

My Walker of the Week this time around is 19 year old Victorian walker **Rebecca Henderson** who produced another top performance at Fawkner Park last Sunday. Competing in the Athletics Australia Invitational 20km roadwalk at that venue, she finished just behind winner Jemima Montag with a PB 1:31:53. Consider her summer season of racing.

10 Jan 2021	10,000m Track Walk	Clifton Hill	46:25	PB
31 Jan 2021	10,000m Track Walk	Clifton Hill	45:20	PB
27 Feb 2021	5000m Track Walk	Albert Park	22:05	PB
27 mar 2021	20km Road Walk	Fawkner Park	1:32:12	PB
15 Apr 2021	10,000m Walk	Sydney	45:13	PB
02 May 2021	20km Road Walk	Fawkner Park	1:31:53	PB

She has risen from our best U20 walker last year to being a serious Olympic contender in 2021. Up till this year, Bec had juggled triathlon, long distance swimming and race walking. This summer, she has finally knuckled down to a solid walking program, under her coach Simon Baker, and the results have been wonderful. The sky's the limit for this super talented young walker.



Rebecca Henderson shares the lead with Jemima Montag at Fawkner Park last Sunday (photo Terry Swan)

WHAT'S COMING UP

- Next Saturday afternoon sees us back at Middle Park for the next round of our VRWC winter season. Race info as shown below.

Saturday 8th May 2021, Middle Park		
VRWC Events. If entering online, entries close Wednesday 11.59pm.		
If entering in person, entries close for all events at 1.40pm sharp.		
2.15pm	8km Points Race	Open
2.15pm	6km Points Race	Open
2.15pm	4km Points Race	Open
2.30pm	2km Points Race	Open
2.30pm	1km Points Race	Open

For ongoing races, see our full fixture at <http://www.vrwc.org.au/vrwcw21.shtml>

- Entries for the **54th RWA Lake Burley Griffin / Stromlo Carnival** have now been open for a few weeks and entries are starting to come in from VIC and NSW and SA, but we are yet to see any entries from TAS, WA, QLD or ACT. Let's all ensure that the event remains our biggest carnival for the year. Get your entry in – 3 weeks to go before entries close.



Race Details: RWA LBG Stromlo Carnival, Stromlo Forest Park, Canberra
 Date: Sunday 13th June
 Entries Close: 5PM, Friday 28th May
 Carnival Link: <http://www.rwa.org.au/wp/2021/04/20/54th-annual-lbg-stromlo-walking-carnival/>
 Entries: <https://tinyurl.com/4sanp3zs>
 General Info: <http://www.rwa.org.au/wp/wp-content/uploads/2021/04/2021-LBG-Information-Sheet-Revised-19-April-FINAL.pdf>

VRWC, AV, VMA AND AA ROADWALKS, FAWKNER PARK, SUNDAY 2 MAY 2021

Fawkner Park in Melbourne was the venue for our VRWC races on Sunday morning, with the meet also hosting the Victorian 20km and Victorian Masters 20km Championships, along with an Athletics Australia Invitational 20km walk. Conditions were overcast with temperatures in the low twenties so pretty good overall.

The 20km walkers headed off together at 8:30AM, with **Rhydian Cowley** going to an immediate lead, shadowed as usual by **Declan Tingay** and **Kyle Swan**. Rhydian soon cleared away, going on to win with an excellent 1:21:49, yet another quality performance from our top male walker. **Quentin Rew** is returning to good form (it looks like he is timing things nicely to return to top form for the Olympic 50km in early August) and came through to take second with 1:24:37, ahead of Kyle who finished third with 1:25:27. Declan faded to finish fourth with 1:27:59, the victim of a badly timed gastric issue. **Mitch Baker** was another who was well up early but he also faded and eventually retired. It has been a very long summer for our all elite walkers, with one race after another, and a lot of training camps in between, so it was perhaps not surprising that times were a bit down overall.

We only had three women in attendance, but they were our top three so a high quality race ensued. **Jemima Montag** walked with 19 year old **Rebecca Henderson** for the entire race, Jemima winning overall with 1:31:51, while Rebecca doing a 19 sec PB to finish with 1:31:53. **Katie Hayward** was not far behind for most of the race but slowed a bit in the last couple of laps to finish with 1:34:16. **Sarah Brennan** (1:54:32) and Rhydian won the Victorian Championship and a number of additional walkers filled out the field in the Victorian Masters Championships.

AA Invitational 20km Walk Men

1.	Rhydian Cowley	VIC	1:21:49
2.	Quentin Rew	NZL	1:24:37
3.	Kyle Swan	VIC	1:25:27
4.	Declan Tingay	WA	1:27:59
5.	Carl Gibbons	NSW	1:28:25
6.	Tyler Jones	NSW	1:30:49
7.	Tim Fraser	ACT	1:34:58
8.	Dylan Richardson	NSW	1:36:43
	Mitch Baker	ACT	DNF
	Corey Dickson	VIC	DNF

AA Invitational 20km Walk Women

1.	Jemima Montag	VIC	1:31:51	
2.	Rebecca Henderson	VIC	1:31:53	PB 0:19
3.	Katie Hayward	QLD	1:34:16	

AV 20km championship

1.	Sarah Brennan	BYC	1:54:32	
1.	Rhydian Cowley	GHY	1:21:49	
2.	Kyle Swan	ANW	1:25:27	
3.	Pramesh Prasad	VMA	1:51:23	
	Corey Dickson	KNX	DNF	

VMA 20km championship

1.	Sarah Brennan	W45-49	1:54:32	
1.	Kylie Irshad	W45-49	2:11:15	
1.	Pramesh Prasad	M45-49	1:51:23	
1.	Kevin Cassidy	M60-64	1:51:47	
1.	Terry O'Neill	M65-69	2:11:48	
	Gunther Ilgoutz	M80-84	DQ	



Rebecca Henderson, Jemima Montag, Kyle Swan, Declan Tingay, Rhydian Cowley, Sarah Brennan and Quentin Rew

A number of our VRWC walkers contested shorter distances. The stars were our top U20 walkers **Will Thompson** (42:00) and **Alanna Peart** (49:15) in the 10km event. Special mentions also to **Marcus Wakim** (another PB – 23:38 in the 5km), **Maddison Nash** (PB 27:59 in the 5km) and **Ela Uzun** (10:13 for 2km at 9 years of age).

VRWC 10km Walk

1.	Will Thompson	VRWC	42:00	
2.	Alanna Peart	VRWC	49:15	
3.	Jemma Peart	VRWC	55:05	
4.	Char Hay	VRWC	55:42	
5.	Andrew Jamieson	VRWC	1:03:43	

VRWC 5km Walk

1.	Jason Kozica	VRWC	23:12	
2.	Marcus Wakim	VRWC	23:38	PB 0:43
3.	Maddison Nash	VRWC	27:59	PB 2:23
4.	Emily Smith	VRWC	28:56	
5.	Jade Chitty	VRWC	29:51	
6.	Grace Louey	VRWC	30:10	

VRWC 2km Walk

1.	Ela Uzun	VRWC	10:13	
2.	Havana Ali	VRWC	11:26	



Alanna Peart, Will Thompson, Maddison Nash and Marcus Wakim (all photos Terry Swan)

It's an enormous job to shift all our infrastructure away from Middle Park and set up elsewhere, so a big shout out to the volunteers and helpers and judges and officials.

Officials: Mark Donahoo, Ian Laurie, Karyn O'Neill, Wayne Peart

Judges: Zoe Eastwood- Bryson (C), Lisa Colquhoun (A), Gordon Loughnan (V), Shane Dickson (V), David Cash (V)
Kirsten Crocker (N), Di Lowden (V), Fran Attard (V), Ralph Bennett (V)

Set up & Pack up: Stu Cooper, Gerard Feain, Karyn O'Neill and others

Penalty Zone Stu Cooper

Photos: Terry Swan (see <https://www.facebook.com/photo?fbid=10224820692645432&set=pcb.10159053893378911>)

Next Saturday, we return to Middle Park for more VRWC Roadwalks.

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 1 MAY 2021

Thanks to Kim Mottrom for this week's results from Adelaide. He comments: Good turnout today with a PB from **Sebastian Richards**.

8km Walk

1.	Kim Mottrom	36:38
2.	Darren Bown	47:10
3.	Peter Crump	48:52
4.	Greg Metha	51:46
5.	Alix Harlington	DNF

4km Walk

1.	Emily Lynch	24:30
2.	Katie De Ruvo	24:30
3.	Liz Downs	29:28
4.	Stephen Downs	30:30

5km Walk

1.	Sebastian Richards	25:36
2.	Daisy Braithwaite	29:13
3.	Nellie Langford	30:07
4.	Cooper Rech	32:53
5.	Di Camilleri	39:15

2km Walk

1.	Orlando Grantham	11:13
2.	Archie Braithwaite	12:41
3.	Tanveer Dunduli	14:19
4.	Ananpreet Singh	14:33

ACTRWC ROADWALKS, LAKE GINNINDEERA, CANBERRA, SATURDAY 1 MAY 2022

Thanks to Val Chesterton for this week's results from Canberra.

7km Walk

1.	Sidney Shaw	50:21
2.	Jane Bates	55:26

2km Walk

1.	Hannah Manning	12:48
2.	Julia Grocott	12:54

3.	Bryan Thomas	55:26	3.	Jack Thackray	18:44
4.	Doug Fitzgerald	55:58			
5.	Rod Gilchrist	57:55			
6.	Jennifer Gilchrist	59:04			
7.	Pat Fisher	59:17			
	Owen Toyne	DNF			
	Kodi Clarkson	DNF			

SAMA ROADWALKS, FELIXSTOW, ADELAIDE, SATURDAY 1 MAY 2021

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He tells me that this is his last report and that Graham Harrison will take over as of next week. Thanks Colin for your many years of service. His comments on this weekend's races: Lovely afternoon at a well landscaped venue.

6km Walk

1.	GIL MCINTOSH	42:28	M70	71.44%
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6km Club Walk

1.	MARGARET MCINTOSH	52:13	W68	63.85%
2.	DAVID ROBERTSON	57:33	M87	68.36%

4km Walk

1.	SABINE ORCHARD-SIMONIDES	30:43	W54	59.72%
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4km Club walk

1.	JAN LAYNG	34:32	W72	66.18%
2.	KRISTINE FREEMAN	34:52		
3.	ROGER LOWE	34:54	M78	63.45%
4.	DOUG SMART	37:03	M77	58.91%
5.	CATHIE HORE	37:18	W70	59.48%
6.	EDNA BATES	37:31	W68	57.49%

2km Club Walk

1.	COLIN HAINSWORTH	23:40	M91	48.60%
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TWRC ROADWALKS, SEVEN MILE BEACH, HOBART, SATURDAY 1 MAY 2021

Thanks to Dave Moore for this week's results from Tasmania. He reports: A balmy 23 degrees greeted our walkers for today's event at Seven Mile Beach. The standout performance of the day came from **Samuel Lindsay** who breezed through the 4.5km in his first effort for the 2021 Road Walk season.

4.5km Walk

1.	Samuel Lindsay	26:33
2.	Ron Foster	35:21
3.	Wayne Fletcher	38:05

3km Walk

1.	Elizabeth Leitch	21:23
2.	Dave Moore	32:18

QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BEENLEIGH, SUNDAY 2 MAY 2021

Thanks to Robyn Wales for this week's results from Queensland.

C Grade 3km Walk

1.	Bailey Housden	M	15.28
2.	Makenna Clarke	F	17.12
3.	Destinee Pickvance-Yee	F	18.09
4.	Kai Dale	M	19.32
5.	Skye Presland	F	19.51
6.	Blake Gee	M	19.53
7.	Lily Housden	F	20.55
8.	Siaan Fisher	F	21.02
9.	Isabella Gee	F	21.17
10.	Lily Goulding	F	22.04

A Grade 10km Walk

1.	Iggy Jimenez	M	54.12
2.	Brenda Gannon	F	1.00.57
3.	Argenis Guevara	M	1.02.30
4.	Peter Bennett	M	1.05.45
5.	Jasmine-Rose McRoberts	F	1.09.22
6.	Jenny Stuckey	F	1.11.09
7.	Noela McKinven	F	1.27.02

B Grade 5km Walk

1.	Sam McCure	M	25.06
2.	Lyla Williams	F	27.28
3.	Anika Clarke	F	28.40

D Grade Walk

1.	Natasha Flahey	F	11.15
2.	Maya Barron	F	12.32
3.	Korbyn Bricknell-Hewitt	M	13.08

F Grade 1km Walk

1.	Katya Martin	F	5.14
2.	Kiara Waterman	F	6.29
3.	Freya Williams	F	6.59
4.	Tully Fisher	F	7.27

4.	Tamika Gee	F	28.44
5.	Mia Bergh	F	29.02
6.	Nyle Sunderland	F	31.24
7.	Torryn Fisher	F	33.27
8.	Sophie Porter	F	35.06
9.	Patrick Sela	M	42.04



Action at Beenleigh last Sunday (photos from Robyn Wales)

WARWC ROADWALKS, SHELLEY, PEWRTH, SUNDAY 2 MAY 2021
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Thanks to Terry Jones for this week's results from Perth.

10km Walk

1.	Andrew Duncan	54:10
2.	Karyn Tolardo	1:07:51
3.	Victor Munoz	1:07:59

5km Walk

1.	Ashlyn Spence	30.40
2.	Marcel Ruiz	37.33

3km Walk

1.	John Ronan	14.23
2.	Ben Reid	16.23
3.	Kaytee Bogaers	18.54
4.	Glenys Duncan	26.58

1.5km Walk

1.	Keaton Bailey	7.45
2.	Lataya Lawrence	7.47
3.	Luke Lawrence	9.26
4.	Linkin Lawrence	9.50
5.	Lucia Bailey	13.56
6.	Sylvia Byers	14.15

NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 24 APRIL 2021
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Finally, back a week for the NSWRWC walk results from Sydney. A great turnout with 35 walkers in action.

12km Walk

1.	Hannah Bolton	1.07.23
2.	Bridget Bell	1.12.45

10km Walk

1.	Paul Wilson	1.05.44
2.	Antoinette Woodward	1.09.14
	Emma Thomas	DNF

8km Walk

1.	Elizabeth McMillan	25.01
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U12 1.5km Walk

1.	Roi Costis (INV)	8.00
2.	Ella Van Der Meer	8.01
3.	Gemma Dixon	8.01
4.	Sophie Polkinghorne	8.05
5.	Erin Cassilles	8.17
6.	Alexia Mathieson	8.20
7.	Michael Mathieson	8.48
8.	Emma Hoskins	8.51
9.	Ashleigh Farrugia	9.07
10.	Cacia Charles	10.01

2. Milly Boughton	26.21	11. Lilly Twigden	10.25
3. Brendon Pospischil (INV)	30.10	12. Luke Challinor	13.07
4. Nicolle Challinor	43.36	13. Maverick Andrews	14.00

U16 4km Walk

1. Samantha Torrens	24.46
2. Jai Horton	25.12
3. Abbey Bektas	27.11
4. Aiden Pospischil	27.37
5. Jessey Bektas	27.41
6. Amelia Crocker	34.21
7. Sarah Challinor	35.14
Maxwell Mayhew	DNF

U10 1km Walk

1. Luca Barakat	7.02
2. Zoe Zantiotis	7.05

U14 2km Walk

1. Thomas Varga-Strike	11.07
2. Danelia Samuel	11.08
3. Jaxson Horton	11.20
4. Christopher Nilon	12.04

MARCIADALMONDO AND OMARCHADOR ROUNDUP

It is great to see so much racewalking activity around the world. Marciadalmondo has 9 reports.

- Mon 3 May - Update on Agnieszka Dygacz
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4073
- Sun 2 May - Melbourne (AUS): Rydian Cowley and Jemima Montag win Australian roadwalks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4072
- Sat 1 May - Marciadalmondo's thoughts on the "so-called rule B"
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4071
- Fri 30 Apr - Robert "Bob" Bowman passes away
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4070
- Wed 28 Apr - Rachel Seaman (CAN) announces her retirement
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4069
- Tue 27 Apr - Lousada, Oporto (POR): "Torneio de Marcia em Pista"
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4068
- Tue 27 Apr - Albufeira, Algarve (POR): Results of the Portuguese Race Walking Cup
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4067
- Tue 27 Apr - Braganca Paulista (BRA): Caio Bonfim's South American record in the 20,000m track walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4066
- Mon 26 Apr - Leeds (GBR): Victories of Tom Bosworth (GBR) and Agata Kowalska (POL)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4065

Omarchador was also busy, with 8 press releases

- Sun 2 May - Bob Bowman (1940-2021)
<https://omarchador.blogspot.com/2021/05/bob-bowman-1940-2021.html>
- Sun 2 May - Villanueva de la Serena: 10km Championship of the Autonomous Community of Extremadura (Spain)
<https://omarchador.blogspot.com/2021/05/campeonato-da-extremadura-de-10-km.html>
- Fri 30 Apr - Portuguese Selections for Podebrady 2021
<https://omarchador.blogspot.com/2021/04/selecao-de-portugal-para-podebrady-2021.html>
- Fri 30 Apr - Rachel Seaman end her career as a walker
<https://omarchador.blogspot.com/2021/04/rachel-seaman-poe-fim-carreira-de.html>
- Thu 29 Apr - María Pérez and Iván Pajuelo the best on day 1 of the Spanish Club Championships

<https://omarchador.blogspot.com/2021/04/maria-perez-e-ivan-pajuelo-os-melhores.html>

- Wed 28 Apr - Results of Slovalian track meet in Banská Bystrica
<https://omarchador.blogspot.com/2021/04/meeting-de-marcha-pista-em-banska.html>
- Wed 28 Apr - Grosseto awarded the European Road Veterans (EMACNS) in 2022
<https://omarchador.blogspot.com/2021/04/grosseto-recebe-o-europeu-de-veteranos.html>
- Tue 27 Apr - César Herrera and Sara Pulido 20,000m Colombian champions in Ibagué
<https://omarchador.blogspot.com/2021/04/cesar-herrera-e-sara-pulido-campeoes-da.html>

OUT AND ABOUT

- One for the statistics buffs. The latest edition of the *Progression of World Athletics Records*, published in 2020 by World Athletics Heritage, is now available as an ebook. Surf to <https://www.worldathletics.org/heritage/news/progression-of-world-athletics-records-on-sal> and click on the link. I have downloaded a copy for myself. It is very comprehensive.
- Canadian walker **Evan Dunfee** is interviewed by German Sports magazine sportschau and he pulls no punches. See <https://www.sportschau.de/olympia/dunfee-olympia-tokio-100.html>.
- Athletics Australia announced last Saturday that it will not send a team to the World U20 Championships in Nairobi, Kenya this August, and will instead provide selected athletes with international competition experience at home in Australia. Some of the factors include the heightened risk of terrorism throughout Kenya, the impacts of COVID-19 and quarantine rules surrounding under age athletes, as well as insurance implications when travelling to Kenya. My opinioin – it should never have been awarded to Nairobi in the first place. Little has changed there since the granting decision. It was wrong then and it is still wrong. Read more at <https://www.athletics.com.au/news/junior-champions-to-don-the-green-and-gold-on-home-soil/>.
- For Olympic host cities, one of the keys to a successful Games is the army of volunteers cheerfully performing a range of duties; like fetching water, driving Olympic vehicles, interpreting for athletes or carrying medals to ceremonies. If the rescheduled Tokyo Games go ahead as planned, roughly 78,000 volunteers will have another responsibility: preventing the spread of the coronavirus, both among participants and themselves. Yet for protection, the volunteers are being offered little more than a couple of cloth masks, a bottle of sanitiser and mantras about social distancing. Unless they qualify for vaccination through Japan's slow, age-based rollout, they will not be inoculated against the coronavirus. See <https://www.smh.com.au/sport/how-can-the-olympics-protect-78-000-volunteers-from-the-coronavirus-20210503-p57ocm.html>.

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.

Victorian Key Dates –2021

May 8 (Sat), 2021	VRWC Winter roadwalk season continues	Middle Park, VIC
Jun 13 (Sun), 2021	LBG Stromlo Carnival, Mt Stromlo Forest Park	Canberra, ACT

2021 World Athletics Race Walk Challenge

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

May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
Aug 8-19, 2021	World University Summer Games , Chengdu, China (POSTPONED TILL 2022)
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)
Nov 5-14, 2021	Pan Pacific Masters Games , Gold Coast, QLD (https://mastersgames.com.au/ppmg/)
Jan 2022	Oceania Masters Championships , Norfolk Island (CANCELLED)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships , Tampere, Finland
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>)