



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 34
Tuesday 25 May 2021



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TIM'S WALKER OF THE WEEK

My Walkers of the Week this time around are our top 2 Australian walkers **Rhydian Cowley** and **Jemima Montag**. They were both in action at Middle Park on Sunday morning, part of a large elite group competing in the Victorian Roadwalk Championships. Rhydian won the men's 10km roadwalk with **40:00** and Jemima won the women's 10km roadwalk with **43:25**. For each of them, it was a hitout to finish off yet another hard week's training as they prepare for the Olympics. Both are in career best form.



Rhydian and Jemima in action at Middle Park last Sunday morning (photos Terry Swan)

WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for the next round of our VRWC winter roadwalking season. **NOTE THAT VICTORIA HAS A SMALL NUMBER OF COVID CASES AND RESTRICTIONS ARE BEING ACTIVATED AT 6PM TONIGHT. WE DO NOT CURRENTLY KNOW WHETHER OUR RACES ON SATURDAY WILL BE EFFECTED – CHECK THE VRWC WEBSITE AND FACEBOOK PAGES FOR THE LATEST DECISIONS.**

Saturday 29 th 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 been extended until 23:59 on Sunday 30th May – so you now have 5 days remaining in which to enter. Numbers are looking pretty good in most divisions (see below) but we need more walkers to round things out.

Carnival: RWA LBG Stromlo Carnival, Stromlo Forest Park, Canberra
 Date: Sunday 13th June
Entries Close: 23:59, Sunday 30th May
 Carnival Link: <http://www.rwa.org.au/wp/2021/04/20/54th-annual-lbg-stromlo-walking-carnival/>
 Facebook page: <https://www.facebook.com/groups/lbg2021>
 Entries: <https://tinyurl.com/4sanp3zs>
 Entry Lists: <http://vrwc.org.au/wp1/lbg-entry-lists/>

1. RWA Open 30 km		17. RWA Boys U16 3km	
Dylan Richardson	NSWRWC	Darcy Bell	NSWRWC
Argenis Guevara	QRWC	Jai Horton	NSWRWC
Kyle Swan	RWV	Mark Walker	NSWRWC
Kim Mottrom	SARWC	Maxwell Mayhew	NSWRWC
Peter Crump	SARWC	Myles Ashby	NSWRWC
		Thomas Varga-Strike	NSWRWC
3. AACT W and M 30 km		Daniel Pashutin	RWV
Argenis Guevara	QRWC	Marcus Wakim	RWV
Peter Crump	SARWC	Riley Coughlan	RWV
		Cooper Rech	SARWC
4. RWA Open Women 15 km		Orlando Grantham	SARWC
Antoinette Woodward	NSWRWC	Sebastian Richards	SARWC
Bridget Bell	NSWRWC		
Molly O'Neill	NSWRWC	18. RWA Girls U16 3km	
Noela McKinven	QRWC	Julia Grocott	ACTRWC
Kylie Irshad	RWV	Chelsey Torrens	NSWRWC
Madeleine Feain	RWV	Chloe Krklinski	NSWRWC
Megan Szirom	RWV	Ciara Cassilles	NSWRWC
Rachel Tallent	RWV	Isabelle Nilon	NSWRWC
		Kailey Webber	NSWRWC
5. RWA Open Men 15 km		Matilda Webb	NSWRWC
Jack McGinniskin	NSWRWC	Samantha Torrens	NSWRWC
Argenis Guevara	QRWC	Sienna Pitcher	NSWRWC
Kevin Cassidy	RWV	Zsafia Varga-Strike	NSWRWC
Lachlan Wilkinson	RWV	Ariana Pashutina	RWV
Bill Starr	SARWC	Ella Cunningham	RWV
Greg Metha	SARWC	Emily Smith	RWV
Mathew Bruniges	SARWC	Maddison Nash	RWV
Tristan Camilleri	SARWC	Daisy Braithwaite	SARWC
		Emily Lynch	SARWC
6. ACT Fitness 15 km		Katie De Ruvo	SARWC
Doug Fitzgerald	ACTRWC	Matilda Rech	SARWC
7. ACT Fitness 8 km		19. RWA Boys U18 5km	
John Nilon	NSWRWC	Kodi Clarkson	ACTRWC
Nicole Nilon	NSWRWC	Owen Toyne	ACTRWC
Dawn Bennett	RWV	Siddharth Dhawan	ACTRWC
Ralph Bennett	RWV	Brendan Pospischil	NSWRWC
Di Camilleri	SARWC	Darcy Bell	NSWRWC
		Dylan Allabush	NSWRWC
8. RWA Men U20 10 km		Mark Walker	NSWRWC
Jack McGinniskin	NSWRWC	Maxwell Mayhew	NSWRWC
Riley Whatman	NSWRWC	Myles Ashby	NSWRWC
Corey Dickson	RWV	Raven Pyda	NSWRWC
Heath Beveridge	RWV	Daniel Pashutin	RWV
		Heath Beveridge	RWV
9. ACT Open 10 km		Marcus Wakim	RWV
Robert Kennelly	ACTRWC	Riley Coughlan	RWV
10. RWA Women U20 10 km		20. RWA Girls U18 5km	
Allannah Pitcher	NSWRWC	Alannah Hickson	NSWRWC
Elizabeth McMillen	NSWRWC	Ciara Cassilles	NSWRWC
Hannah Bolton	NSWRWC	Elizabeth McMillen	NSWRWC
Jasmin Hass	RWV	Emma Thomas	NSWRWC

Olivia Sandery	SARWC	Grace Beck	NSWRWC
11. RWA Boys U10 1 km		Sienna Pitcher	NSWRWC
Lachlan MacDonell	RWV	Tara Laytham	NSWRWC
Maverick Grantham	SARWC	Zoe Woods	NSWRWC
12. RWA Girls U10 1km		Ariana Pashutina	RWV
Cacia Charles	NSWRWC	Emily Smith	RWV
Erin Cassilles	NSWRWC	Kaylah Heikkila-Dubowik	RWV
Kelsey Loudon	RWV	Maddison Nash	RWV
13. RWA Boys U12 2km		Emily Lynch	SARWC
Alexander Braendle	NSWRWC	Katie De Ruvo	SARWC
Lukas Hall	NSWRWC	21. RWA Women Open 5km	
Orlando Grantham	SARWC	Allanah Pitcher	NSWRWC
14. RWA Girls U12 2km		Bridget Bell	NSWRWC
Alannah Webber	NSWRWC	Chloe Krklinski	NSWRWC
Caetlin Ashby	NSWRWC	Emma Thomas	NSWRWC
Ella Van Der Meer	NSWRWC	Molly O'Neill	NSWRWC
Emma Hoskins	NSWRWC	Ariana Pashutina	RWV
Erin Cassilles	NSWRWC	Donna-Marie Elms	RWV
Gemma Dixon	NSWRWC	Emily Smith	RWV
Lilly Twigden	NSWRWC	Gwen Steed	RWV
Sophie Polkinghorne	NSWRWC	Jasmin Hass	RWV
Charlotte MacDonell	RWV	Kaylah Heikkila-Dubowik	RWV
Kelsey Loudon	RWV	Kylie Irshad	RWV
Matilda Rech	SARWC	Maddison Nash	RWV
15. RWA Boys U14 2km		Rachel Tallent	RWV
Kodi Clarkson	ACTRWC	Daisy Braithwaite	SARWC
Owen Toyne	ACTRWC	Olivia Sandery	SARWC
Siddharth Dhawan	ACTRWC	22. RWA Men Open 5km	
Aidan Pospischil	NSWRWC	Kodi Clarkson	ACTRWC
Alexander Braendle	NSWRWC	Owen Toyne	ACTRWC
Christopher Nilon	NSWRWC	Siddharth Dhawan	ACTRWC
Dylan Allabush	NSWRWC	Jack McGinniskin	NSWRWC
Jaxson Horton	NSWRWC	Corey Dickson	RWV
Lukas Hall	NSWRWC	Heath Beveridge	RWV
Maxwell Mayhew	NSWRWC	Marcus Wakim	RWV
Myles Ashby	NSWRWC	Riley Coughlan	RWV
Thomas Varga-Strike	NSWRWC	Cooper Rech	SARWC
Kai Dale	QRWC	Greg Metha	SARWC
Daniel Pashutin	RWV	Kim Mottrom	SARWC
Archie Braithwaite	SARWC	Mathew Bruniges	SARWC
Cooper Rech	SARWC	Peter Crump	SARWC
Orlando Grantham	SARWC	Sebastian Richards	SARWC
Sebastian Richards	SARWC	Tristan Camilleri	SARWC
16. RWA Girls U14 2km			
Abbey Bektas	NSWRWC		
Caetlin Ashby	NSWRWC		
Evie Armstrong Reading	NSWRWC		
Grace Beck	NSWRWC		
Jessey Bektas	NSWRWC		
Matilda Webb	NSWRWC		
Sienna Pitcher	NSWRWC		
Zoe Woods	NSWRWC		
Charlotte MacDonell	RWV		
Emily Lynch	SARWC		
Katie De Ruvo	SARWC		

AV, VRWC AND RWV ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 23 MAY 2021

Melbourne was favoured with a wonderful weekend of sunny autumnal conditions, so the 44 walkers who assembled at Middle Park on Sunday morning for the latest round of Victorian Championships were in for a treat. The 10km walk was the first event to get underway at 10AM and we saw some wonderful walking, with **Rhydian Cowley** (40:00), **Jemima Montag** (43:25), **Kyle Swan** (45:04), **Will Thompson** (46:27), **Bec Henderson** (46:34) and **Mark Blackwood** (47:24) leading the way. Rhydian, who won the Victorian 10km Open Championship, also won the prestigious Bert Gardiner medal.

AV 10km Championship Open Men - Bert Gardiner Medal

1.	Rhydian Cowley	GHY	40:00
2.	Kyle Swan	ANW	45:04
3.	Mark Blackwood	KNA	47:24
4.	Pramesh Prasad	VMA	54:20

AV 10km Championship Open Women

1.	Jemima Montag	MUU	43:25
2.	Rebecca Henderson	MEN	46:34
3.	Alanna Peart	BYC	50:25
4.	Sarah Brennan	BYC	54:21
5.	Carolyn Rosenbrock	ANW	1:02:09
6.	Donna-Marie Elms	PTN	1:06:13
	Jemma Peart	BYC	DNF

AV 10km Championship 40+ Men

1.	Mark Blackwood	KNA	47:24
2.	Pramesh Prasad	VMA	54:20

AV 10km Championship 40+ Women

1.	Sarah Brennan	BYC	54:21
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AV 10km Championship 50+ Women

1.	Carolyn Rosenbrock	ANW	1:02:09
2.	Donna-Marie Elms	PTN	1:06:13

AV 10km Country Championship Open Women

1.	Alanna Peart	BYC	50:25
2.	Sarah Brennan	BYC	54:21
	Jemma Peart	BYC	DNF

VRWC 10km Non-Championship Walk

1.	Will Thompson	VRWC	46:27
2.	Jason Kozica	VRWC	47:30
3.	Wendy Muldoon	VRWC	1:01:47



Mark Blackwood, Jemima Montag, Will Thompson, Kyle Swan and Bec Henderson (all photos Terry Swan)

The 5km walkers headed off next at 10:30AM, with **Corey Dickson** (21:43), **Heath Beveridge** (23:04), **Fraser Saunder** (23:29) and **Charlotte Hay** (26:18) making the pace.

AV 5km Country Championship U18 Women

- | | | | |
|----|-------------------------|-----|-------|
| 1. | Kaylah Heikkila-Dubowik | BEL | 31:22 |
|----|-------------------------|-----|-------|

AV 5km Country Championship U18 Men

- | | | | |
|----|----------------|-----|-------|
| 1. | Fraser Saunder | BYC | 23:29 |
| 2. | Owen Costin | CHI | 28:05 |

VRWC 5km Championship U20 Men

- | | | | |
|----|-----------------|------|-------|
| 1. | Corey Dickson | VRWC | 21:43 |
| 2. | Heath Beveridge | VRWC | 23:04 |

VRWC 5km Championship U18 Men

- | | | | |
|----|----------------|------|-------|
| 1. | Fraser Saunder | VRWC | 23:29 |
| 2. | Owen Costin | VRWC | 28:05 |
| | Marcus Wakim | VRWC | DNF |

VRWC 5km Championship U18 Women

- | | | | |
|----|-------------------------|------|-------|
| 1. | Char Hay | VRWC | 26:18 |
| 2. | Jade Chitty | VRWC | 29:20 |
| 3. | Grace Louey | VRWC | 30:23 |
| 4. | Kaylah Heikkila-Dubowik | VRWC | 31:22 |
| | Emily Smith | VRWC | DQ |

VRWC 5km Walk

- | | | | |
|----|-------------|------|-------|
| 1. | Jasmin Hass | VRWC | 27:19 |
| 2. | Gwen Steed | VRWC | 38:18 |



Corey Dickson, Charlotte Hay, Fraser Saunder and Rhydian Cowley

The 3km events got underway at 11AM, with **Ariana Pashutina** (14:55) and **Scott Peart** (15:44) out in front.

VRWC 3km Championship U16 Boys

- | | | | |
|----|-------------|------|-------|
| 1. | Scott Peart | VRWC | 15:44 |
| 2. | Eden Morgan | VRWC | 17:21 |

VRWC 3km Championship U16 Girls

- | | | | | |
|----|------------------|------|-------|---------|
| 1. | Ariana Pashutina | VRWC | 14:55 | Eq PB |
| 2. | Maddison Nash | VRWC | 16:28 | |
| 3. | Ella Cunningham | VRWC | 18:24 | PB 0:24 |

AV 3km Country Championship U16 Boys

- | | | | |
|----|-------------|-----|-------|
| 1. | Scott Peart | BYC | 15:44 |
|----|-------------|-----|-------|

AV 3km Country Championship U14 Girls

1. Charlotte MacDonell BYC 19:16

VRWC 3km Championship U14 Boys

1. Daniel Pashutin 16:06

VRWC 3km Championship U14 Girls

1. Charlotte MacDonell 19:16

VRWC 3km Walk

1. Marilyn Thompson 20:05 PB 0:30

The morning finished with RWV 2km and 1km championships for our 12 and 10 year olds. Special mention to **Ela Uzun** who set an U11 club record and equalled our U12 club record with a wonderful 1km time of 4:43. Her 9 year old cousin **Havana Ali** was also in great form with her 1km time of 5:15.

RWV 2km championship 12 Years

1. Mietta Morgan 12:21
2. Lula Parrott 13:33

1. Cody Wapshott 12:56 PB 0:54

RWV 1km championship 10 Years

1. Ela Uzun 4:43 PB 0:14, VRWC U11 and U12 Record
2. Havana Ali 5:15 PB 0:16
3. Kelsey Loudon 5:41 First time over 1km
4. Violet Froom 6:36 PB 0:34

1. Lachlan MacDonell 7:47 First walk with us
2. Haris Ali 7:50
3. Aydin Uzun 9:46



Maddison Nash, Scott Peart, Ariana Pashutina, Ella Cunningham, Lula Parrott and Ela Uzun

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

- Officials:** Mark Donahoo, Ian Laurie, Darlen Swan, Donna Dickson, Simon Baker
Judges: Gordon Loughnan (c), Stu Cooper, Paul Nunn, Shane Dickson, Kathleen Marsh, David Cash, Di Lowden, Peter Price, Peter Vysma (post)
Setup & Packup: Stu Cooper, Gerard Feain and others
Photographer: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F581>)
Presentations: Tim Erickson

I finish with some additional pics for our readers, compliments of Kerrie Peart.



Left: Open 10km Women – Jemima Montag, Bec Henderson and Alanna Peart
 Right: Country walkers from Ballarat YCW, Bellerine AC and Ballarat Walkers Club



Our 12 Years and 10 Years Racewalking Victoria medallists

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 22 MAY 2022

Thanks to Kim Mottrom for this week's results from South Australia. He comments: Great weather here, so much so that I did 2 races! Great times and PB's for **Olivia Sandery, Di Camilleri, Emily Lynch, Daisy Braithwaite, Cooper Rech** and **Matilda Rech**.

Open 8km

1.	Kim Mottrom	36:26
2.	Olivia Sandery	38:14
3.	Alix Harlington	42:37
4.	Peter Crump	48:47
5.	Greg Metha	51:34
6.	Di Camilleri	1:02:54
7.	Bill Starr	1:06:18

Open 2km

1.	Kim Mottrom	9:03
2.	Sebastian Richards	9:42
3.	Orlando Grantham	10:57
4.	Tarique Kamish	12:07
5.	Tanveer Dunduli	13:23
6.	Zahra Kamish	13:34
7.	Matilda Rech	13:35

8. Mathew Bruniges DNF

Open 5km

1. Nellie Langford 26:19
2. Emily Lynch 31:14
3. Stephen Downs 38:41
4. Johanna Saltis 43:25

Open 4km

1. Daisy Braithwaite 23:04
2. Cooper Rech 25:08

Open 1km

1. Elizabeth Rieger 7:03
2. Liliana Templer 7:37
3. Maliha Kamish 8:11
4. Maverick Grantham 8:49
5. Shadya Kamish 10:57

TMA 5KM ROADWALK CHAMPIONSHIPS, WENTWORTH PARK, HOBART, SATURDAY 22 MAY 2021

Dave Moore reports from Tasmania:

Today's walk at Wentworth Park marked ten years since the Tasmanian Masters Road Walk Championships was introduced onto the Winter Road Walk calendar. A small but enthusiastic field turned out for the 5km event held in bright sunshine and light winds. W65 **Elizabeth Leitch** took an early lead and powered home to keep the rest of the field well behind her. Elizabeth is truly a tough as nails competitor, having already run in Athletics South's Cross Country in the morning. A showdown was again on the cards for M70 Gold between **Ron Foster** and **Wayne Fletcher**, as they have already had many a close battle in Walkers Club races so far this winter. But unlike last year, Ron asserted his ascendancy from the very first kilometre and kept Wayne at bay for the entire 5km, while **Dave Moore** did his first 5k since last year and is beginning to regain some form. Joining her fellow Masters Walkers for the first 2km was **Teresa Hatten** who is still building up her Race Walking fitness after a busy summer of field events and a shorter track races.



Tasmanian Masters 5km - Teresa Hatten David Moore Elizabeth Leitch Wayne Fletcher Ron Foster

2021 TMA 5km Road Walk Championship

1. W65 Elizabeth Leitch 35:33
1. M60 Dave Moore 48:57
1. M70 Ron Foster 38:50
2. M70 Wayne Fletcher 41:32

TRWC 2km

1. Teresa Hatten 14:05

SAMA ROADWALKS, WEST PARKLANDS, ADELAIDE, SATURDAY 22 MAY 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters: He reports: It was a beautiful warm sunny day with no wind.

10km Club Walk

1. GIL MCINTOSH 1:12:59 M70 70.52%

5km Club Walk

1.	DAVE FALLON	37:13	M65	65.70%
2.	TREVOR BROWN	38:00	M70	67.60%
3.	MARGARET MCINTOSH	41:28	W65	66.01%
4.	KRISTINE FREEMAN	42:31	W60	58.13%
5.	KEN ORCHARD	44:08	M60	51.34%
6.	ROGER LOWE	44:22	M75	62.90%
7.	CATHIE HORE	46:55	W70	60.07%
8.	HELEN BOWEN	47:10	W65	58.04%
9.	DAVID ROBERTSON	47:48	M85	67.81%
10.	DAVID PADGET	1:03:49	M85	52.78%
11.	VALMAI PADGET	1:03:54	W75	48.60%

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 23 MAY 2021

To Western Australia for this week's walks in Perth.

10km Walk

1.	Andrew Duncan	56:28
2.	Melissa Lewis	1:01:55
3.	Karyn Tolardo	1:06:21

4km Walk

1.	John Ronan	19.42
2.	Hannah Ireland	24.50
3.	Shandel Coleman	30.21

6km Walk

1.	Bradley Mann	34.01
2.	Benjamin Reid	34.01
3.	Victor Munoz	39.08
4.	John McDonagh	42.04
5.	Marcela Ruiz	44.26

2km Walk

1.	Lataya Lawrence	10.54
2.	Kaytee Bodaers	11.09
3.	Linkin Lawrence	14.54

QRWC ROADWALKS, MORNINGSID, BRISBANE, SUNDAY 23 MAY 2021

Thanks to Robyn Wales for this week's results from Queensland. She commented: Although this is a fast course, it's not popular as it is near to where the fishing trawlers come in and the odour is...well fishy!

A Grade Men 15km

1.	Ignacio Jimenez	1.18.34
2.	Argenis Guevara	1.33.40
3.	Peter Bennett	1.39.05

D Grade 3km

1.	Lyla Williams	15.25
2.	Bailey Housden	15.40
3.	Milly Sharpe	16.31
4.	Makenna Clarke	17.38
5.	Kirstin Shaw	17.57
6.	Kai Dale	18.54
7.	Skye Presland	19.06
8.	Lily Goulding	19.49

Invitation Women 15km

1.	Brenda Gannon	1.32.24
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A Grade Women 10km

1.	Brenda Gannon	1.01.23
2.	Jasmine-Rose McRoberts	1.07.27
3.	Noela McKinven	1.26.23

E Grade 2km

1.	Maya Barron	12.50
2.	Hunter Sibenaler	14.42

B Grade 8km

1.	Nyle Sunderland	50.50
2.	Jennifer Stuckey	55.07
3.	Korey Brady	57.24
4.	Patrick Sela	1.10.11

F Grade 1km

1.	Kiara Waterman	6.30
2.	Freya Williams	7.01

C Grade 5km

1.	Clara Smith	24.57
2.	Alex Bradley	27.10
3.	Anika Clarke	27.31

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 15 MAY 2021

Finally, back a week to the NSWRWC Roadwalks at Chipping Norton, Sydney.

U14 2km Walk

1.	Matilda Webb	10.12
2.	Jessica Loring	10.46
3.	Thomas Varga-Strike	10.55
4.	Danelia Samuel	10.58
5.	Jaxson Horton	11.03
6.	Christopher Nilon	12.41
	Dylan Allabush	DQ
	Billy Elagha	DQ

U12 1.5km Walk

1.	Mitchell McCarthy	8.03
2.	Sophie Polkinghorne	8.05
3.	Ella Van Der Meer	8.06
4.	Alex Braendle	8.41
5.	Emma Hoskins	8.58
6.	Lilly Twigden	9.18
7.	Cacia Charles	9.22
8.	Ashleigh Farrugia	10.18
9.	Maverick Andrews	12.06

U10 0.75km Walk

1.	Luca Barakat	8.00
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10km Walk

1.	Elizabeth McMillan	49.40
2.	Hannah Bolton	54.23

8km Walk

1.	Brendan Pospischil	51.09
2.	Antoinette Woodward	53.15

4km Walk

1.	Milly Boughton	19.22
2.	Zsofia Varga-Strike	26.42
3.	Isabelle Nilon	28.36
	Chelsey Torrens	DNF

U16 3km Walk

1.	Max Mayhew	16.34
2.	Jai Horton	16.40
3.	Samantha Torrens	16.52
4.	Abbey Bektas	17.39
5.	Aiden Pospischil	19.08
6.	Jessey Bektas	19.19
7.	Kailey Webber	20.56
8.	Amelia Crocker	24.26

MEETING DE LA ROCHE SUR YON, FRANCE, SATURDAY 22 MAY 2021

Emmanuel Tardi reports on a French race -the first in a long time. He says:

As of last Wednesday, the French government is allowing the organisation of small athletics events. One of the first racewalking meets took place on Saturday in La Roche sur Yon, 400km SW of Paris. The 18 starters were able to race in fine and sunny conditions. The overall win went to M47 **Sebastien Delaunay** with 45:49 (the French M45 record is 44:32). The French 10,000m walk championships will take place in Angers at end of June so he has a further chance then to break the record. Note that our super-master **Alexis Jordana** (84 years old - born in February 1937) produced a strong 1:12:06.67 for the 10,000m walk



Meeting de La Roche sur Yon France - Sebastien Delaunay

10,000m Walk Men

1.	DELAUNAY Sebastien	MAM/74	Cap Saumur	45:49.36
2.	ROBICHON Alexis	ESM/00	Ac Roche-sur-yon	48:14.27
3.	PICHAUD Maxime	JUM/	Entente Des Mauges	55:44.49
4.	FRITSCH Serge	MAM/64	Sa Fontenay-le-comte	55:44.63
5.	MARTEAU Mael	ESM/01	Sa Fontenay-le-comte	55:49.04
6.	PASQUET Eric	MAM/72	Sables Etudiants	56:36.73

7.	PERRAUD Mickael	MAM/76	Esm Challans	59:27.96
8.	GUINARD Francois	MAM/65	Ac La Chapelle/Erdre	62:43.86
9.	JORDANA Alexis	MAM/37	Blagnac Sc	72:06.67

10,000m Walk Women

1.	MAJOU Amandine	JUF/03	Esm Challans	58:45.59
2.	GUINARD Marie	MAF/71	Ac La Chapelle/Erdre	63:31.91

5000m Walk Men

1.	GAUDRE Martin	CAM/04	Herbauges Athlé 44	24:19.81
2.	ROCHARD Benoit	MAM/69	Sables Etudiants	25:54.90
3.	GAUDRE Laurent	MAM/65	Herbauges Athlé 44	29:41.26
4.	CLERJAUD Theo	CAM/05	Moutiers les Mauxfaits	33:23.80

5000m Walk Women

1.	BERTON Laurence	MAF/76	Sa Fontenay-le-comte	27:30.57
2.	BOUQUIN Rachel	CAF/04	Ac La Chapelle/Erdre	28:30.36
3.	DRAPEAU Romane	JUF/03	Sa Fontenay-le-comte	34:38.50

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 reports of interest to us this week

- Sun 23 May - Borsky Mikulas (SVK): 52nd edition of Zahoracka Dwadka
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4093
- Sat 22 May - The passing of Pavol Szikora (SVK)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4092
- Sat 22 May - Olympic preview 50km Men
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4091
- Fri 21 May - Olympic preview 20km Women
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4090
- Thu 20 May - Olympic preview 20km Men
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4089
- Tue 18 May - A look into the past: the struggle for leadership of race walking in Europe
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4088

Omarchador was also busy, with 6 press releases

- Mon 24 May - Podebrady sparks hopes of Portuguese racewalking revival
<https://omarchador.blogspot.com/2021/05/podebrady-acende-esperancas-da-marcha.html>
- Sun 23 May - Gabriela Muniz and Rubens Barros stand out in the Brazilian U20 Track Walks
<https://omarchador.blogspot.com/2021/05/gabriela-muniz-e-ruben-barros-destacam.html>
- Fri 23 May - U23 European T&F Championships will no longer be held in Norway
<https://omarchador.blogspot.com/2021/05/europeus-sub-23-ja-nao-serao-realizados.html>
- Thu 20 May - Ukrainian Women's U18 3000m track walk record set in Ivano-Frankivsk
<https://omarchador.blogspot.com/2021/05/gimnasiada-de-ucrania-com-recorde.html>
- Wed 19 May - Results of Portuguese ANDDI 2021 Championships in Maia
<https://omarchador.blogspot.com/2021/05/anddi-campeonatos-de-portugal-2021.html>
- Tue 18 May - Jordi Llopart features on the poster for the Cantones de A Coruña
<https://omarchador.blogspot.com/2021/05/jordi-llopart-e-figura-de-destaque-no.html>

OUT AND ABOUT

It's all Olympic related news this week. Opinion seems to be swinging towards the Games taking place, regardless of the costs. But it's a rocky road.

- Cuba has suspended all national and international sports competitions in the country until July 31 as COVID-19 cases in the country continue to rise. The most recent figures show that Cuba had a new daily coronavirus case high of 1,383 - as cases have gradually been increasing since late December. See <https://www.insidethegames.biz/articles/1107976/cuba-coronavirus-sports>.
- With the Olympics now only 60 days away, pressure to cancel them continues to grow as Japan fights a fourth wave of the pandemic. See <https://www.mamamia.com.au/will-the-olympics-be-cancelled/>.
- And here is an example of how hard it is to travel at the moment. Australia's Olympic skateboarding preparations are in disarray after three members of the Australian team, including a 13-year-old skater, tested positive to COVID-19 after travelling to the US for a qualifying event. The group of 11 Australian skaters, as well as staff, flew out from Sydney on May 3 to California before travelling to the Dew Tour in Iowa in an effort to qualify for the Olympics. See <https://www.smh.com.au/sport/three-members-of-australia-s-olympic-skateboarding-team-test-positive-for-covid-19-20210523-p57uew.html>.
- In another troubling development, the USA State Department has advised US citizens against traveling to Japan because of the sharp increase in Covid-19 cases. The "Level 4: Do Not Travel" advisory is the highest cautionary level in the department's hierarchy of warnings. Japan now joins Sri Lanka, India, Mexico, Brazil and Turkey as Level 4 No-Go countries. See <https://edition.cnn.com/travel/article/japan-olympics-us-covid-travel-advisory/index.html>.
- Another probing article - the issues are many. Japan itself is struggling to contain a fourth wave, with a seven-day average of new cases briefly topping 6,000 earlier this month. The vaccine rollout continues to lag behind most other major economies, with just 4% of the population having received one or two doses. Staging the Olympics without spectators will result in a US\$23.1 billion loss for Japan. Another concern is the absence of drug testing in the lead-up to the games, due to the pandemic. See <https://theconversation.com/the-tokyo-olympics-are-going-ahead-but-they-will-be-a-much-compromised-and-watered-down-event-160104>.

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 29 (Sat), 2021	VRWC Winter roadwalk season continues	Middle Park, VIC
June 5 (Sat), 2021	Oceania Invitational Meet, Gold Coast Performance Centre (10,000m Walks)	Gold Coast, QLD
Jun 13 (Sun), 2021	LBG Stromlo Carnival, Mt Stromlo Forest Park	Canberra, ACT
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

June 5 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruña, ESP
July 23 – Aug 8, 2021	32 nd Olympic Games - Walks at 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

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

Tim Erickson, terick@melbpc.org.au Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)