



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 35
Tuesday 1 June 2021



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WHAT'S COMING UP

- As Melbourne continues with its 7 day snap covid lockdown, we ponder whether restrictions will be loosened on Thursday night. If so, we may be able to go ahead with our next scheduled races which read as shown below. Check the VRWC website and facebook pages for the latest information as it develops.

Saturday 5th June 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	12km	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

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

- Next Saturday sees the first of two **Oceania Invitational Meets** at the Gold Coast Performance Centre in Queensland. In an added move, Oceania Athletics has announced that an Oceania Cup Team Competition has now been added to this competition series (see <https://athletics-oceania.com/28/05/15645/>). For many of our top Australian athletes, it will be their last chance to add to their IAAF Points Score and cement their Olympic spots. There are 10,000m racewalks for men and women, with entry lists as follows

Women 10000m Walk, Saturday 5 June

Hayward, Katie	AUS
Henderson, Rebecca	AUS
Hill, Gabriella	AUS
Montag, Jemima	AUS
Peart, Alana	AUS U20 Team
Sandery, Olivia	AUS U20 Team

Men 10000 Walk, Saturday 5 June

Cowley, Rhydian	AUS
Dickson, Corey	AUS U20 Team
du Toit, Daniel	NZL
Swan, Kyle	AUS
Thompson, Will	AUS U20 Team
Tingay, Declan	AUS

As 7 of the 12 walkers are from Victoria, it remains to be seen whether they are allowed to travel to Queensland, given the current Victorian lockdown. What a mess!

- Next Saturday 5th June also sees one of the last big Olympic qualification walks, namely the **Gran Premio Cantones de La Coruña** in Spain. I look forward to reporting on the races in next week's newsletter. Note that although the Olympic qualification period for the marathon and 50km race walk ended on 31st May, 20km walkers have until 29th June to either achieve a qualification standard or place high enough in the world rankings to earn a place within the quota.
- Entries for the **54th RWA Lake Burley Griffin / Stromlo Carnival** have now closed. The main links are as follows

Carnival: RWA LBG Stromlo Carnival, Stromlo Forest Park, Canberra, Sunday 13th June 2021
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>
Entry Lists: <http://vrwc.org.au/wp1/lbg-entry-lists/>

We have a strong Victorian team, so let's hope our Victorian covid restrictions are eased by then and we can all make the interstate trip to Canberra. We should be able to clarify further in next week's newsletter.

Here is our team:

1 RWA Open 30km	Swan, Kyle	18 RWA Girls U16 3km	Cunningham, Ella Nash, Maddison Pashutina, Ariana Smith, Emily
4 RWA Open Women 15km	Feain, Madeleine Irshad, Kylie Szirom, Megan Tallent, Rachel	19 RWA Boys U18 5km	Beveridge, Heath Coughlan, Riley Pashutin, Daniel Peart, Scott Wakim, Marcus
5 RWA Open Men 15km	Cassidy, Kevin Jamieson, Andrew Prasad, Pramesh Wilkinson, Lachlan	20 RWA Girls U18 5km	Hay, Char Heikkila-Dubowik, Kaylah Nash, Maddison Pashutina, Ariana Smith, Emily
7 ACT Fitness 8km	Bennett, Dawn Bennett, Ralph	21 RWA Women Open 5km	Elms, Donna-Marie Hass, Jasmin Hay, Char Heikkila-Dubowik, Kaylah Irshad, Kylie Nash, Maddison Pashutina, Ariana Peart, Alanna Peart, Jemma Smith, Emily Steed, Gwen Tallent, Rachel
8 RWA Men U20 10km	Beveridge, Heath Dickson, Corey	22 RWA Men Open 5km	Beveridge, Heath Coughlan, Riley Dickson, Corey Swan, Kyle Wakim, Marcus
10 RWA Women U20 10km	Hass, Jasmin Peart, Alanna Peart, Jemma		
11 RWA Boys U10 1km	MacDonell, Lachlan		
12 RWA Girls U10 1km	Loudon, Kelsey		
13 RWA Boys U12 2km	Hill, Lachlan		
14 RWA Girls U12 2km	Hill, Amelia Loudon, Kelsey MacDonell, Charlotte		
15 RWA Boys U14 2km	Pashutin, Daniel		
16 RWA Girls U14 2km	MacDonell, Charlotte		
17 RWA Boys U16 3km	Coughlan, Riley Pashutin, Daniel Peart, Scott Wakim, Marcus		

NSWRWC ROADWALKS, WOY WOY, CENTRAL COAST, SATURDAY 29 MAY 2021

Thanks to Frank Overton for this week's results from NSW. He reports: 38 walkers battled the very windy and cold conditions today at Woy Woy and some good performances were recorded.

Long Division 12km

- | | |
|-----------------|-------|
| 1. Tyler Jones | 57:02 |
| 2. Bridget Bell | 72:00 |

Medium Division 10km

- | | |
|------------------------|-------|
| 1. Carl Gibbons | 46:38 |
| 2. Dylan Richardson | 49:53 |
| 3. Jack McGinniskin | 50:07 |
| 4. Elizabeth McMillan | 50:13 |
| 5. Molly O'Neill | 54:35 |
| 6. Brendan Pospischil | 66:11 |
| 7. Antoinette Woodward | 67:30 |

Short Division 5km

- | | |
|------------------------|-------|
| 1. Milly Broughton | 24:46 |
| 2. Allanah Pitcher | 24:55 |
| 3. Hannah Bolton | 26:02 |
| 4. Grady Platt | 29:13 |
| 5. Zoe Woods | 29:36 |
| 6. Zsafia Varga-Strike | 35:01 |

U14 years 3km

- | | |
|------------------------|-------|
| 1. Dylan Allabush | 16:05 |
| 2. Thomas Varga-Strike | 16:12 |
| 3. Evie Armstrong | 17:21 |
| 4. Matilda Webb | 17:47 |
| 5. Emma Hearden | 18:28 |
| 6. Christopher Nilon | 18:50 |

U12 years 2km

- | | |
|-------------------------|-------|
| E1. Sophie Polkinghorne | 10:40 |
| E1. Gemma Dixon | 10:40 |
| 3. Lukas Hall | 11:42 |
| 4. Emma Hoskins | 12:24 |
| 5. Nikki Hearden | 14:17 |
| 6. Caine Platt | 14:37 |
| 7. Allanah Webber | 14:50 |

U10 years 1km

- | | |
|-----------------|-------|
| 1. Luca Barakat | 10:43 |
|-----------------|-------|

7.	Isabella Nilon	37:32
8.	Nicolle Challinor	40:43

U16 years 4km

1.	Sienna Pitcher	21:04
2.	Max Mayhew	22:50
3.	Samantha Torrens	23:13
4.	Ella Munroe	23:45
5.	Aiden Pospischil	27:51
6.	Kailey Webber	27:53
7.	Amelia Croker	33:58
8.	Sarah Challinor	34:40

SARWC ROADWALKS, ATHELSTONE, ADELAIDE, SATURDAY 29 MAY 2021

Thanks to Kim Mottrom for this week's results from Adelaide. He reports: The races today were on a course with a number of hills, but we still had PBs from **Di Camilleri, Cooper Rech, Tanveer Dunduli, Katie De Ruvo** and **Ananpreet Singh**.

Open 10km

1.	Peter Crump	1:00:30
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Open 6km

1.	Alix Harlington	35:50
2.	Di Camilleri	45:50
3.	Bill Starr	51:05

Open 5km

1.	Tristan Camilleri	22:52
2.	Daisy Braithwaite	28:02
3.	Katie De Ruvo	29:32
4.	Cooper Rech	31:41
5.	Johanna Saltis	43:00

Open 3km

1.	Sebastian Richards	14:56
2.	Zayden Kamish	17:50
3.	Tarique Kamish	18:45
4.	Tanveer Dunduli	19:23
5.	Liz Downs	21:57

Open 1.5km

1.	Ananpreet Singh	9:49
2.	Zahra Kamish	10:09
3.	Maliha Kamish	13:57

SAMA ROADWALKS, APEX PARK, ADELAIDE, SATURDAY 29 MAY 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. He reports: The meeting this week was a handicap event held at Apex Park on a loop around the Torrens River. Weather was cool, calm and sunny.

8km Club Walk

1.	GIL MCINTOSH	56:27	M70	69.18%
2.	MARGARET MCINTOSH	1:07:33	W65	64.18%
3.	MIKE VOWLES	1:02:53	M75	67.25%
4.	DAVID ROBERTSON	1:15:24	M85	64.43%
5.	ROSS HILL-BROWN	1:09:52	M65	53.65%
6.	VALMAI PADGET	1:10:45	W75	68.86%

4km Club Walk

1.	KEN ORCHARD	33:54	M60	51.32%
2.	HELEN BOWEN	35:27	W65	60.02%
3.	ROGER LOWE	34:07	M75	61.57%
4.	DAVE FALLON	29:05	M65	64.18%
5.	SABINE ORCHARD-SIMONIDES	29:13	W50	62.58%
6.	EDNA BATES	36:57	W65	56.92%
7.	CATHIE HORE	36:59	W70	58.22%
8.	TREVOR BROWN	29:45	M70	65.60%
9.	JAN LAYNG	33:08	W70	66.59%
10.	CASSIE NEUBAUER	33:44	W40	49.50%
11.	HELEN SURIDGE	31:28	W70	68.43%
12.	LIZ NEUBAUER	32:28	W70	66.32%
13.	MARIE MAXTED	27:16	W60	71.55%
14.	JEFFREY KENNETT	42:37	M70	44.76%
15.	JOHN HORE	39:02	M70	50.00%
16.	RODGER BARBER	45:00	M80	49.98%

TRWC ROADWLKS, PERTH, NORTHERN TASMANIA, SATURDAY 29 MAY 2021

Thanks to Dave Moore for this week's results from Tasmania. He reports:

Bright sunshine, a lazy breeze, and a flat course made ideal conditions for our events at Perth today. We were pleased to have **Will Bottle** return to competition after having recovered from an injury sustained during the T&F Nationals in March. Will did a very smart 2km and we look forward to seeing him work back up to his age group distances. Also, in the 2km and doing her first ever roadwalk was 13-year-old **Liane Broad**. Liane has good race walking technique and looked very comfortable over the distance. In the 5km, **Samuel Lindsay** stormed home for a new PB, slicing some 80 seconds off his previous best. Further back in the field **Ron Foster** and **Wayne Fletcher** had a great battle for 2nd and 3rd, with Ron coming out on top after a long chase.

2km Walk

1.	Will Bottle	NS	9:31	PB
2.	Liane Broad	LA	14:24	First one

3km Walk

1.	Dave Moore	TMA	29:50
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5km Walk

1.	Samuel Lindsay	NS	27:39	PB
2.	Ron Foster	TMA	38:23	
3.	Wayne Fletcher	NS	39:37	

ATHLETICS WEST ROADWALKS, PERRY LAKES RESERVE, PERTH, SATURDAY 29 MAY 2021

Terry Jones reports from Western Australia: On Saturday, Athletics West again conducted a walks carnival for both Little Athletes and seniors. I have attached the results of the events for 3km and above.

Full results are published at <https://cdn.revolutionise.com.au/cups/waathletics/files/8arnphroezbz9ppx.pdf>.

Women 3km Walk

1.	Spence, Ashlyn	16:51.60
2.	Bogaers, Kaytee	17:34.47
3.	Coleman, Shandel	22:36.07
4.	Duncan, Glenys	26:31.35

Men 3km Walk

1.	Ronan, John	14:34.45
2.	Bernard, Xavier	15:49.34

Women 10km Walk

1.	Tolardo, Karyn	1:03:47.72
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Men 10km Walk

1.	Duncan, Andrew	52:32.62
2.	Mann, Bradley	54:28.56
3.	Munoz, Victor	1:05:07.93
	Reid, Benjamin	DNF

QRWC ROADWALKS, KALINGA PARK, QUEENSLAND, SUNDAY 30 MAY 2021

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

A Grade 10km

1.	Ignacio Jimenez	52.49
2.	Argenis Guevara	59.30
3.	Brenda Gannon	1.00.29
4.	Jennifer Stuckey	1.06.18
5.	Jasmine-Rose McRoberts	1.07.00
6.	Peter Bennett	1.21.45
7.	Noela McKinven	1.23.17

B Grade 5km

1.	Clara Smith	23.36
2.	Lyla Williams	27.00
3.	Anika Clarke	27.36
4.	Mia Bergh	28.22
E5.	Korey Brady	32.41
E5.	Torryn Fisher	32.41
7.	Amber McLoughlin	34.04
8.	Patrick Sela	43.15

C Grade 3km

1.	Makenna Clarke	16.37
2.	Kai Dale	18.25
3.	Skye Presland	18.30
4.	Lily Goulding	19.18
5.	Siaan Fisher	19.20

E Grade 1.5km

1.	Olivia Rutten	9.27
2.	Hunter Sibenaler	10.27

F Grade 1km

1.	Katya Martin	5.30
2.	Kiara Waterman	6.39
3.	Freya Williams	6.47

NSW SHORT WALKS CHAMPIONSHIPS, CHIPPING NORTON, SYDNEY, SUNDAY 23 MAY 2021

Finally, back a week for the NSW Short Course Roadwalk Championships at Chipping Norton. This meet was open to both ANSW members (Open, Concession, Dual) and LANSW members and had events right down to U10. I counted a total of 95 walkers in the results. Now that is impressive. Thanks to **David Tarbotton** for passing the results onto me and pointing me to the meet report at <https://www.nswathletics.org.au/news/nsw-race-walking-titles-go-to-country-athletes/>. My report is from David's press release.

Wyong Club's **Carl Gibbons** won the open men's 20km walk in 1:31:48 and was most pleased with how he raced in the backend of the race. "I haven't negative split for a while so that was the plan for today," said Gibbons who works fulltime as an Electrician. "(It is important to) come home a lot stronger, rather than go out too fast especially when you are racing by yourself." Although a regular course for their competitions, Gibbons still found it not to his liking. "It's a hard track because of the hills."

It has been a good year already for Gibbons. In March he broke his four-year old 20km PB clocking 1:27.24 in the national championship. In May, also in Melbourne, he walked 1:28.25, his third fastest ever time. "I haven't been training too hard since Melbourne."

He plans a lighter training load over winter, before he builds up for key walking event next summer where he will hope to make the Australian team for the World Race Walking Teams Championships in May 2022.

An athlete on the rise is Wagga's **Hannah Mison** who won the open women's 15km walk title in 1:16.43, ahead of Allanah Pitcher (MIN) 1:21.50 and Molly O'Neill (MIN) with 1:26.32. "I was happy with the time today as I was hoping for under 1:20," said Mison. For Mison it was a PB and adds to an impressive range of performances already this year. After placing fourth in the national open 20km walk in March (1:54.20) she placed a fantastic fourth in the national open 10,000m walk track in April in a good time of 50:59.25.

Since graduating from school, the 19-year-old has been working locally in Wagga, but is considering going to university to study Nutrition/Dietetics. One university to offer the course is Newcastle, which is close to where her coach **Frank Overton** and his squad train on the Central Coast. Mison, who started the sport in Little Athletics in the under-10s, trains solo after work on a local oval, following a training program set by Overton.

There were a range of promising performances from the juniors. Of particular note was **Elizabeth McMillen** (SYP) in the under-20 10km walk, clocking 51:21. Just 17, she definitely is within reach of the World U20 Championships standard of 48:20. Second in the U20 event was **Emma Blanch** (STG) 53:37 with **Hannah Bolton** (MIN) third in 53:43.

In the Men's under-20 10km walk, the favourite **Jack McGinniskin** (MIN) had little trouble taking the win in 49:21. The rapidly improving Westfields **Raven Pyda**, 17, was an impressive second in 50:59. Third was Bankstown's **Riley Whatman** in 55:53.

Women 15km Walk Open

1.	Mison, Hannah	20	Koorinal -wagga Athletics Clu	1:16.43
2.	Pitcher, Allanah	18	Mingara Athletics Club Inc.	1:21.50
3.	O'Neill, Molly	21	Mingara Athletics Club Inc.	1:26.32
4.	Bell, Bridget	19	Asics Wests Track & Field Club	1:28.04
	Pengilly, Teegan	20	Bankstown Sports Athletics Clu	DNF

Women 5km Walk Masters

1.	Fagan, Nicole	32	Asics Wests Track & Field Club	24:34
2.	Woodward, Antoinette	65	U.T.S. Northern Suburbs Athlet	33:20
3.	Weekes, Anne	59	Illawong Little Athletics	36:35

Women 10km Walk U20

1.	McMillen, Elizabeth	17	Sydney Pacific Athletic Club L	51:21
2.	Bolton, Hannah	18	Mingara Athletics Club Inc.	53:37
3.	Blanch, Emma	18	St. George District Athletic C	53:48
4.	Parker, Hannah	19	Randwick Botany Harriers Athle	57:28

Girls 3km Walk U17

1.	Laytham, Tara	16	Sydney Pacific Athletic Club L	15:18
2.	Hickson, Alannah	16	Asics Wests Track & Field Club	16:53
3.	Torrens, Chelsey	16	Winston Hills Athletics	18:42
4.	Varga-Strike, Zsofia	16	Hills District	19:13
	Nilon, Isabelle	16	Parramatta City Track & Field	DNF

Girls 3km Walk U16

1.	Krklinski, Chloe	15	Parramatta City Track & Field	16:07
2.	Munroe, Ella	15	Hills District	16:29
3.	Byatt, Laelia	15	Girraween	17:00
4.	Neale, Jacinta	15	Illawong Little Athletics	19:57

5.	Webber, Kailey	15	Winston Hills Athletics	20:50
6.	Crocker, Amelia	15	St. George District Athletic C	20:57
Girls 3km Walk U15				
1.	Pitcher, Sienna	14	Mingara Athletics Club Inc.	15:08
2.	Woods, Zoe	14	Asics Wests Track & Field Club	15:55
3.	Torrens, Samantha	14	Winston Hills Athletics	15:57
4.	Cassilles, Ciara	14	Westfields	16:22
5.	Sivaraj, Summer	14	Asics Wests Track & Field Club	17:19
6.	Bektas, Abbey	14	Nepean District Athletic Club	17:41
7.	Bektas, Jessey	14	Nepean District Athletic Club	18:31
Girls 2km Walk U14				
1.	Beck, Grace	13	Asics Wests Track & Field Club	9:53
2.	Corvalan Sotomayor, Laura	13	Girraween	11:35
3.	Giffney, Claire	13	Hills District	14:11
Girls 2km Walk U13				
1.	Mitchell, Maisie	12	Asics Wests Track & Field Club	9:56
2.	Webb, Matilda	12	Winston Hills Athletics	10:09
3.	Loring, Jessica	12	Parramatta City Track & Field	10:26
4.	Hearnden, Emma	12	Macquarie Hunter	11:34
5.	Cochrane, Imogen	12	Asics Wests Track & Field Club	11:46
6.	Ashby, Caetlin	12	Gosford Little Athletics	12:52
Girls 1.5km Walk U12				
1.	Van Der Meer, Ella	11	Illawong Little Athletics	8:02
2.	Farrugia, Ashleigh	11	Girraween	8:08
3.	Twigden, Lilly	11	Liverpool City	8:14
4.	Felice, Madeleine	11	Illawong Little Athletics	8:23
5.	Hoskins, Emma	11	Quakers Hill Lac	8:42
	Webber, Alannah	11	Winston Hills Athletics	DNF
Girls 1.5km Walk U11				
1.	Cassilles, Erin	10	Illawong Little Athletics	7:47
2.	Mathison, Alexia	10	Port hacking	8:00
3.	Loring, Olivia	10	Parramatta Little Athletics	8:10
4.	Charles, Cacia	10	Ku-ring-gai	8:14
5.	Kot, Madeline	10	Girraween	9:07
6.	Gasper, Chloe	10	Balmain Little Athletics	9:10
7.	Cross, Brooke	10	Illawong Little Athletics	9:16
8.	Hearnden, Nikki	10	Cardiff and District	9:22
9.	Gasper, Lilly	10	Balmain Little Athletics	9:33
10.	Neale, Zanthia	10	Prestons Robins	12:12
	Dixon, Gemma	10	Sydney Athletics Academy	DQ
Girls 1.2km Walk U10				
1.	Berry, Isla	9	Hills District	7:21
2.	Vanner, Alexandra	9	Balmain Little Athletics	7:39
3.	McAnally, Jessinta	9	Illawong Little Athletics	7:48
4.	Robinson, Mikayla	9	Girraween	9:50
5.	Sanjayan, Sanchika	9	Girraween	10:44
Men 20km Walk Open				
1.	Gibbons, Carl	25	Westlakes	1:31.48
Men 5km Walk Masters				
1.	Mathison, Brett	45	Westfields	34:54
2.	Seymon, Jim	84	U.T.S. Northern Suburbs Athlet	39:28
Men 10km Walk U20				
1.	McGinniskin, Jack	19	Mingara Athletics Club Inc.	49:21
2.	Pyda, Raven	17	Westfields	50:59
3.	Whatman, Riley	18	Bankstown Sports Athletics Clu	55:53
Boys 3km Walk U17				
1.	Robson, Jack	16	Hills District	15:18
2.	Pospischil, Brendan	16	Winston Hills Athletics	16:58

Boys 3km Walk U16

1.	Bell, Darcy	15	Asics Wests Track & Field Club	15:34
2.	Horton, Jai	15	Westfields	16:02

Boys 3km Walk U15

1.	Byatt, Joel	14	Girraween	16:22
2.	Mayhew, Maxwell	14	Ryde Athletics Centre Inc	16:46
3.	Pospischil, Aidan	14	Winston Hills Athletics	19:21
4.	Charlton, Peter	14	Eastlakes	23:31

Boys 2km Walk U14

1.	Allabush, Dylan	13	Asics Wests Track & Field Club	10:21
2.	Varga-Strike, Thomas	13	Hills District	10:27
3.	Sinnett, Alexander	13	Asics Wests Track & Field Club	10:33
4.	Robson, Kane	13	Hills District	10:59
5.	Menteith, Hayden	13	Mounties Athletics Club	15:33

Boys 2km Walk U13

1.	Horton, Jaxson	12	Westfields	10:33
2.	Nilon, Christopher	12	Parramatta City Track & Field	10:40

Boys 1.5km Walk U12

1.	Hall, Lukas	11	Macquarie Hunter	8:13
2.	Braendle, Alexander	11	Northern Districts	8:21

Boys 1.5km Walk U11

1.	Cousins, Tyler	10	Edgeworth	4:45
2.	Martin, Callum	10	Adamstown New Lambton	7:26
3.	McCarthy, Mitchell	10	Ryde Athletics Centre Inc	7:38
4.	Elliott, Miles	10	Balmain Little Athletics	7:52
5.	Siemionow, Lucas	10	Prestons Robins	8:04
6.	Mathison, Mihali	10	Port hacking	8:27
7.	Dunn, Samuel	10	The Ponds Little Athletics Clu	10:31
8.	Jones, Sagan	10	Hills District	10:41

Boys 1.2km Walk U10

1.	Giffney, Michael	9	Kings Langley	9:12
	Barakat, Luca	9	Port hacking	DQ
	Carty, Davin	9	Balmain Athletics Club	DQ



Carl Gibbons, Hannah Mison, Elizabeth McMillen and Jack McGinniskin (courtesy of David Tarbotton)

FRENCH ROUNDUP

Thanks to Emmanuel Tardi for 2 race reports from France.

Racewalk Meet, Noisy-le-Grand, France, Sunday 30 May 2021

First to Noisy-le-Grand, near Paris, where Emmanuel was part of the judging panel last Sunday morning for the first 2021 meeting in the Paris region. The races started at 9AM in mild and sunny conditions. The men's 10,000m walk saw an easy victory for **Aurélien Quinion** (41:50). In the women's 10,000m walk, **Marine Rottier** started very (9:30 at 2000m) but slowed to finish with 53:24.

3000m Walk Men

1.	THERY Maelys	MIM/06	Us Creteil	14:09.39
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5000m Walk Men

1.	AUBRY Eliot	CAM/05	Ac Choisy Le Roi	27:20.76
2.	VABRE Romain	CAM/04	Entente Franconville cvo	27:56.33
3.	CHEVASSUS Melwan	CAM/04	Asfi Villejuif	28:24.77

5000m Walk Women

1.	CARRETTE Nina	CAF/04	Uai Nogent-sur-marne	33:12.26
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10000m Walk Men

1.	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	41:50.05
2.	BOLLINGER Vincent	MAM/84	Dynamic Aulnay Club	53:24.65
3.	ROTTIER Lilian	JUM/03	La Postillonne Longjumeau	55:27.80
4.	TINTIN Ronald	MAM/79	Ao Charenton	59:28.91
5.	TIXIER Laurent	MAM/66	Entente Franconville cvo	1:08:22.59

10000m Walk Women

1.	ROTTIER Marine	ESF/00	La Postillonne Longjumeau	53:24.64
2.	CHATREFOU Cassandra	JUF/02	Entente Franconville cvo	59:46.40
3.	CHOCHOY Christine	MAF/68	Dynamic Aulnay Club	1:03:24.53
4.	VERSYP Norah	MAF/65	As Fontenay	1:06:06.21
5.	DORE Sophie	MAF/77	Uai Nogent-sur-marne	1:11:05.15
6.	DAFNIET Romane	ESF/00	Us Nemours St Pierre	1:18:47.80
	PETEL Annie	MAF/42	As Meudon	DQ

Meeting de Balma, Balma France, Saturday 29 May 2021

On Saturday, there was a further track meet in Balma, a suburb of Toulouse. The 5000m track walk saw a PB for **Elisabeth Brunet** (24:35) while super-masters walker **Alexis Jordana** (84 years old) produced a time of 1:12:08 for the 10,000m, a week after walking 1:12:06 in la Roche-sur-Yon .

3000m Walk

1.	SEBBAH-DUCHON Iago	MIM/06	Athle 632	18:08.34
2.	RAFFANEL Cali	MIF/07	Ecla Albi	18:14.66
3.	NONES Camille	MIF/06	Moissac Athle	18:47.38
4.	LASSALLE Lucie	CAF/04	Athle 632	19:04.11
5.	ROUCH Astrid	MIF/06	Ca Balma	19:10.61
6.	RIBO Ines	MIF/07	Union Perpignan	19:12.00
7.	GANCI Anne-marie	MAF/64	Ca Balma	20:17.88
8.	AARRASS SERROUKH Salma	MIF/06	Union Perpignan	20:33.71
9.	CAVALIE Maud	JUF/03	Luc Primaube Athletisme	22:59.00

5000m Walk

1.	VALLEE Kyrian	SEM/94	Ca Balma	22:05.59
2.	CUTILLAS Sylvain	SEM/87	Ca Balma	24:15.41
3.	BRUNET Elisabeth	MAF/86	Tarbes Pyrenees Athletisme	24:35.89
4.	DE NEVE Nicolas	SEM/93	Coquelicot 42	26:14.84
5.	LAGRANGE Nelly	CAF/04	Union Perpignan	26:53.60
6.	CHAPILLON Roseline	MAF/68	Ca Balma	27:12.48
7.	CRETON David	MAM/80	Ca Balma	27:28.40
8.	ATIF Meriem	MAF/77	Union Perpignan	27:49.20
9.	ROUCH Antony	MAM/76	Ca Balma	28:02.00
10.	LACHE Cyrille	MAM/65	Ca Balma	29:45.48
11.	RAFFANEL David	MAM/76	Ecla Albi	29:50.83
12.	FARAGO Bela	MAM/48	Usc Albi	33:09.24

13. PRADINES Eric MAM/79 Ecla Albi 35:03.42

10,000m Walk

1.	RODRIGUEZ Remi	SEM/89	Ca Balma	43:22.86
2.	MADELINE-DEGY Martin	ESM/01	Ecla Albi	44:47.17
3.	VISSEQ Adrien	JUM/03	Luc Primaube Athletisme	52:45.71
4.	LIFFRAUD Cecile	MAF/85	Sa Toulouse Uc	1:01:59.18
5.	DOUMERG Alexandra	SEF/93	Sa Toulouse Uc	1:06:36.00
6.	JORDANA Alexis	MAM/37	Blagnac Sc	1:12:08.00



Noisy Judges: Dominique Leclercq (Chief), Emmanuel Tardi, Jean-Pierre Dahm, Eric Szwidzinski, Patrick Pedat (Penalty Zone)



Aurelien Quinion, Elisabeth Brunet, Alexis Jordana and Marine Rottier (all photos from Emmanuel Tardi)

THE BRITISH VIRTUAL LEAGUE RACING SERIES WINDS UP AFTER 60 WEEKS

Virtual Races have some and gone as the ongoing covid-19 pandemic has raged, but one series has continued week by week for over a year. Last weekend, the British Virtual League Racing Series reached a huge milestone: its 60th successive weekly staging.

Organised by **John Constandinou** and **Helen Elleker**, it is now being wound up, its aim of 60 weeks achieved. Here is the link to the the results of round 60, in which 41 men and 20 women raced: http://racewalkingassociation.com/EventDetails.asp?id=6236&race=Virtual_League_Racing_Series_-_Final_Race_60. Well done to John and Helen.

Here is how John Constandinou announced the milestone:

The finishing line has been crossed, and the race is finally complete. We have done it. Whether you did 1 race or 60, thank you for helping to make this one of the most amazing sporting events to take place over the past year. 350 of us took part, and the distance we covered was enough to cross the Atlantic Ocean twice. To protect race walking, please do now try and support and enter real races. Thank you all for taking part, and I hope you enjoyed it. Good luck, and I look forward to racing alongside you all again soon!

John was not only busy last weekend putting the results online. He was also putting the finishing touches to his yearly RWA fixture. It is indeed comprehensive: <http://racewalkingassociation.com/Fixtures.asp>.

In unrelated news, English Park Run had been hoping to resume on Saturday 5th June. This has now been delayed until Saturday 26th June. Fingers crossed that it and the wider racewalk fixture get underway soon.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 reports of interest to us this week

- Mon 31 May - Chula Vista (USA): Nick Christie and Robyn Stevens win 10,000m track walks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4100
- Sun 30 May - Guayaquil (ECU): Andres Chocho wins the South American Championship http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4098
- Sun 30 May - Tatabanya (HUN): 1st Race Walking Memorial dedicated to Antal Kiss (HUN) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4097
- Sat 29 May - Guayaquil (ECU): Glenda Morejon (ECU) wins the 52nd South American Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4096
- Fri 28 May - Gulf Shores (USA): National Association of Intercollegiate Athletics Championships 2021 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4095
- Tue 25 May - Rome 1987: the women's 10km - memories of Kerry Saxby (AUS) and Marianne Torrelas (USA) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4094

Omarchador was also busy, with 9 press releases

- Mon 31 May - Portuguese Masters roadwalk results <https://omarchador.blogspot.com/2021/05/ana-v-nacional-de-marcha-curta-em.html>
- Mon 31 May - Results of Portuguese U20 and U18 roadwalk championships in Seixal <https://omarchador.blogspot.com/2021/05/fraca-participacao-nos-nacionais-de.html>
- Sun 30 Mar - Andrés Chocho becomes South American 20,000m walk champion <https://omarchador.blogspot.com/2021/05/andres-chocho-sagra-se-campeao-sul.html>
- Sun 30 Mar - Glenda Morejón becomes South American 20,000m walk champion <https://omarchador.blogspot.com/2021/05/glenda-morejon-vence-os-20000-metros.html>
- Fri 28 May - Results of ACLR Meeting in La Roche sur Yon, France <https://omarchador.blogspot.com/2021/05/meeting-aclr-em-la-roche-sur-yon-franca.html>
- Wed 26 May - Pavol Szikora (1952-2021) <https://omarchador.blogspot.com/2021/05/pavol-szikora-1952-2021.html>
- Wed 26 May - Miroslav Úradník and Mária Czaková win 10km walks in Slovakia <https://omarchador.blogspot.com/2021/05/miroslav-uradnik-e-maria-czakova-venchem.html>
- Tue 25 May - Marchadores of CA Seia and SC Braga were the best in the club qualification walks <https://omarchador.blogspot.com/2021/05/marchadores-do-ca-seia-e-sc-braga-foram.html>
- Tue 25 May - Tallinn to host U23 European Championships <https://omarchador.blogspot.com/2021/05/tallinn-vai-acolher-os-europeus-sub-23.html>

OUT AND ABOUT

- I was devastated to hear of passing of Australian Olympian **Rick Mitchell** who died on Sunday night from prostate cancer. I was on 2 teams with Rick and have fond memories of our time together. He was our greatest ever male 400m runner and, with his silver medal in the 1980 Olympic 400m, was the last Australian male runner to win an individual Olympic medal on the track. Lots of obituaries - see for instance <https://www.worldathletics.org/heritage/news/rick-mitchell-obituary>.
- A top Japanese Government advisor has quit his post following a backlash over tweets downplaying the pandemic and laughing off calls for the Tokyo Olympics to be cancelled. Kaetsu University professor Yoichi Takahashi had already generated controversy with a tweet on May 9 in which he likened the number of coronavirus cases in Japan to "a ripple". He added: "So you're telling me people want to cancel the Olympics for this? lol lol". See <https://www.insidethegames.biz/articles/1108234/japan-pm-advisor-quits-pandemic-tweets>.
- Japan's Asahi Shimbun newspaper has called for the cancellation of Tokyo 2020 in an editorial, citing the challenges posed by the COVID-19 pandemic. The Tokyo 2020 sponsor said the spread of COVID-19 has not stopped and that an extension of the state of emergency in the host city is "inevitable". See <https://www.insidethegames.biz/articles/1108238/asahi-shimbun-call-to-cancel-olympics>.
- Covid issues continue for Japan. Prime Minister Yoshihide Suga has confirmed state of emergency measures will be extended to June 20 in nine prefectures, with the Tokyo 2020 Olympic Games due to begin a little over a month later. See <https://www.insidethegames.biz/articles/1108321/japan-state-of-emergency-measure-june-20>.
- In a controversial move, athletes would be required to acknowledge the risk of death due to the potential exposure to COVID-19 or extreme heat, under waivers required for the Tokyo 2020 Olympic Games. *"I agree that I participate in the Games at my own risk and own responsibility, including any impact on my participation to and/or performance in the Games, serious bodily injury or even death raised by the potential exposure to health hazards such the transmission of COVID-19 and other infectious disease or extreme heat conditions while attending the Games."* The previous form for Rio 2016 did not mention disease or heat. See <https://www.insidethegames.biz/articles/1108358/tokyo-2020-waivers-olympic-games>.
- Athletics NZ has determined that it will not be sending a team to the 2021 24H IAU World Championships scheduled to be held 2-3 October in Romania. This now begs the question - why one decision for the IAU World Championships and another for the Olympics? See <https://athletics.org.nz/athletics-nz-statement-on-2021-24h-iau-world-championships/>.
- Apparently the decision to cancel the Olympic Games lies ultimately and unilaterally with the IOC. It seems extraordinary that a private entity such as the IOC can wield such influence in a sovereign state faced with a severe public health challenge. See <https://theconversation.com/can-the-olympics-still-be-cancelled-yes-but-the-legal-and-financial-fallout-would-be-staggering-161739>.
- We may yet see another twist to the ongoing Olympic saga, with South Korea facing mounting pressure to boycott the Tokyo Olympics over an official map that marks a group of disputed islets as Japan's territory. See <https://www.scmp.com/week-asia/politics/article/3135464/calls-grow-south-korea-olympics-boycott-over-disputed-islets>.
- The Japanese may not want the Games to go ahead but the major Games sponsors sure do - it's big money for them. See <https://www.scmp.com/lifestyle/fashion-beauty/article/3135209/apparel-and-watch-brands-sponsoring-olympic-games-walk>.

2021 BRWC FIXTURE NOW PUBLISHED

Thanks to Kerrie Peart for passing on the 2021 racing dates for the Ballarat Racewalkers Club in Ballarat. I'll be updating the fixture on their website (<https://www.ballaratracewalkers.com/wp/>) this week.

Kerrie adds: Any Melbourne or other regional walkers are welcome to join us for our BRWC club walks. We are also looking into the possibility of there being some racewalk events at the *Ballarat Run 4 a Cause* event. (*Run 4 a Cause* is a fundraiser like the old Run Ballarat). Keep the 21/11/2021 tentatively free in case we are able to make this happen.

Sun 30 th May	Benita van Raaphorst Memorial 3km H'cap, 10am	North Gardens, Lake Wendouree
Sun 11 th July	Merv Lockyer 3km Handicap, 10am	North Gardens, Lake Wendouree
Sun 18 th Jul	Mary Lorensini 3km Handicap, 10am	North Gardens, Lake Wendouree
Sun 8 th Aug	Presidents Cup 3km Handicap, 10am	North Gardens, Lake Wendouree
Sun 22 nd Aug	Graeme Nicholls 6km Lap of the Lake Handicap, 10am	North Gardens, Lake Wendouree
Sun 10 th Oct	Jared Tallent 1.5km Handicap, 10am	North Gardens, Lake Wendouree
Sun 8 th Nov	Willi Sawall 3km Handicap, 10am	North Gardens, Lake Wendouree
Sun 28 th Nov	Daryl Biggin & Sharon Schnyder Founder's 1.5km Handicap, 10am & Season Presentations & AGM, 25yr Anniversary	Llanberris Athletics Reserve, Ballarat

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

Jun 5 (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 Coruna, 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

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