



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 38
Tuesday 22 June 2021



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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Saturday: 9:00am to 3:00pm
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TIM'S WALKER OF THE WEEK

My Walker of the Week is 14 year old **Riley Coughlan**. Riley joined VRWC in 2019, aged 12, and had a small number of walks during the winter season that year. His intentions to kick on in 2020 took back stage to covid and he has had to wait until 2021 before he has been able to race consistently once again.

On Saturday at Middle Park, he was the fastest walker in the 4km with a time of 19:53. This was his longest race so far and he took it in his stride. Last summer, he took second in the Victorian T&F Championships U15 3000m walk (14:50), won the Little Athletics Victoria U14 1500m walk (6:53) and was fourth in the Australian T&F Championships U15 3000m walk (14:27). These were his first championship races and the signs are good. He has since reduced his 3km PB to 14:22 and he seems to be doing PBs just about every week at the moment. A young man on the move! Well done Riley.



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

WHAT'S COMING UP

- Next Sunday sees one of our biggest racedays for the winter, with Athletics Victoria and VRWC championships on offer.

Sunday 27th June 2021, Middle Park

9.00am	15km	AV Championship	Open Men/Women
9.00am	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
9.00am	15km	VRWC Championship	U20 Men/Women
9.00am	10km	AV Schools Championship	U20 Men/Women
9.15am	2.5km	VRWC Championship	U12 Boys/Girls
9.15am	2.5km	Non Championship	Open
9.35am	1.5km	VRWC Championship	U10 Boys/Girls

9.50am	3km	AV Schools Championship	U16 Boys/Girls
9.50am	3km	AV Schools Championship	U14 Boys/Girls
10.15am	5km	AV Schools Championship	U18 Men/Women
10.15am	5km	Non Championship	Open
11.00am		Presentations	

Some notes regarding entry requirements:

- Pre-entry via the AV website Members Portal is required for all AV Championships.
- Pre-entry via the VRWC Online entry panel is required for all VRWC Championships. Entries close Wed 11.59pm.
- VRWC non championship events can be pre-entered or entered on the day. Online entries close Wed 11.59pm. If entering in person, entries close at 8.30am.

A further explanation regarding the Victorian All Schools Roadwalk Championships (U20, U18, U16 and U14). These championships are open to all school based walkers (primary or secondary). Entries must be made online via the Athletics Victoria Entry Portal (<https://members.athsvic.org.au/SignIn>). If you don't have a userid and password for this already, then you can create a new profile for yourself (it's free) and then sign in, go to 'Events' and choose the walk championships on Sunday 27th June. Theoretically, walkers are supposed to wear their school sports uniforms but not all schools have these, so we are happy to see you in any of school sports uniform, AV club uniform, RWV or VRWC uniforms. If you can't manage to register via the AV website, then you will need to ring the AV office on 03 86464500.

- A change to one of the dates I advertised last week. Although the AMA 20km Roadwalk Championship will be contested in Adelaide on Sunday 8th August, the Victorian race (for those unable to travel to Adelaide) will now be held at Middle Park on Sunday 1st August. Performances done in this event can be forwarded to AMA for consideration.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 19 JUNE 2021

We were back at Middle Park on Saturday afternoon for the latest round of the VRWC Winter Roadwalking Season. This was our annual 'Guess Your Time' raceday. It's a great idea – walkers choose their distance and then guess their finish time. The gun goes and the race get underway. No watches are worn and no times are called. It's a case of how well you can judge your pace.

Conditions were just about perfect – cool and still with even a bit of winter sun. We had 39 walkers in total, as our numbers gradually rebuild post-covid. Overall, the racing was very competitive and there were plenty of PBs. The placegetters in each race (ie those who were closest to their guesstimate) got to choose from the prizes tables. We had a lot of very excited walkers!

Congratulations to our winners **Kevin Cassidy, Heather Carr, Madeleine Feain, Kelsey Loudon** and **Annika Semmens Erickson**. Well done also to all those walkers who did PBs (details below) and to those who completed their longest ever races and a special shout out for 10 year old **Ela Uzun** who set another club record (U11 2km roadwalk) with a superb **9:45**.

8km 'Guess Your Time' Walk				Time	Guess	Difference	Hcp Place
1.	Kevin Cassidy	M60	42:42	42:30	0:12	3	
2.	Jason Kozica	Open	40:30	40:00	0:30	6	
3.	Mark Blackwood	M40	37:43	38:15	0:32	4	
4.	Terry O'Neill	M60	50:16	51:10	0:54	2	
5.	Corey Dickson	U20	37:31	36:30	1:01	1	
6.	Kyle Swan (F/T)	Open	34:45	36:00	1:15	5	
7.	Donna-Marie Elms	W40	53:49	51:10	2:39	1	
8.	Julian Boland	M40	54:29	51:18	3:11		Longest yet
	Paul Moritz	M60	DNF				

6km 'Guess Your Time' Walk				Time	Guess	Difference	Hcp Place
1.	Heather Carr	W60	38:31	38:30	0:01	3	
2.	Pramesh Prasad	M40	31:25	31:40	0:15	2	
3.	Charlotte Hay	U18	31:27	32:00	0:33	1	
4.	Grace Louey	U18	37:18	36:30	0:48	4	
5.	Marcus Wakim (F/T)	U16	28:22	29:30	1:08	1	Longest yet
6.	Gerard Feain	M40	41:55	40:00	1:55	3	
7.	Kate Sanford	Open	37:59	40:00	2:01	2	Longest yet

4km 'Guess Your Time' Walk				Time	Guess	Difference	Hcp Place
1.	Madeleine Feain	Open	19:54	20:00	0:06	2	PB 2:21
E2.	Kylie Irshad	W40	22:53	23:00	0:07	3	
E2.	Riley Coughlan (F/T)	U16	19:53	20:00	0:07	1	First one
4.	Geoff Barrow	M60	29:27	29:14	0:13	2	

5.	Ariana Pashutina	U16	20:29	20:15	0:14	4	
6.	Emily Smith	U16	22:47	22:25	0:22	6	
E7.	Gwen Steed	W60	29:09	28:40	0:29	8	
E7.	Karyn O'Neill	W60	29:59	29:30	0:29	9	
8.	Ella Cunningham	U14	26:29	25:56	0:33	5	Longest so far
9.	Jade Chitty	U18	24:00	23:20	0:40	7	
10.	Maddison Nash	U16	21:36	22:40	1:04	1	PB 1:38

2km 'Guess Your Time' Walk

			Time	Guess	Difference	Hcp Place	
1.	Kelsey Loudon	U10	12:06	12:05	0:01	3	PB 0:19
2.	Lula Parrott	U12	13:23	13:25	0:02	4	
E3.	Daniel Pashutin	U14	10:37	10:40	0:03	1	PB 0:03
E3.	Dee Holohan	W40	11:59	12:02	0:03	5	
5.	Havana Ali	U10	11:11	11:15	0:04	2	PB 0:02
6.	Ela Uzun (F/T)	U10	09:45	09:58	0:13	1	PB 0:12
7.	Albin Hess	M60	15:05	13:15	1:45	2	

1km 'Guess Your Time' Walk

			Time	Guess	Difference	Hcp Place	
1.	Annika Semmens Erickson	U10	08:26	08:30	0:04	1	First one
2.	Oliver Semmens Erickson	U10	07:26	07:20	0:06	4	First one
3.	Aydin Uzun	U10	08:12	07:40	0:07	3	
4.	Haris Ali	U10	07:27	07:20	0:32	2	
5.	Levi Robertson (F/T)	U12	05:45	06:32	0:47	1	First one

Thanks to our many judges, officials and helpers who keep the show on the row every week.

Officials: Mark Donahoo, Bill Carr, Ian Laurie, Tim Erickson, Darlene Swan, Simon Baker, Emily Swan, Stu Cooper, Terry Swan

Judges: Peter Vysma (Chief), David Cash, Shane Dickson, Kathleen Marsh, Peter Price, Gordon Loughnan

Setup: Stu Cooper, Madeleine Feain, Gerard Feain, Donna-Marie Elms, Emily Swan, Dave, Char Hay, Geoff Barrow, Terry Swan, Darlene Swan

Referee: Stu Cooper

Photos: Terry Swan (see <https://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F582>)



Kevin Cassidy, Kate Sanford, Heather Carr and Marcus Wakim



Madeleine Feain, Ela Uzun, Annika Semmens Erickson and Kelsey Loudon



Maddison Nash and Levi Robertson (all photos Terry Swan)

The style award points (as submitted by our judges) were as follows

Kyle Swan	15	Ariana Pashutina	8
Marcus Wakim	3	Madeleine Feain	7
Corey Dickson	2	Maddison Nash	5
Mark Blackwood	2	Grace Louey	2
Riley Coughlan	2	Kelsey Loudon	2
Jason Kozica	2	Kate Sanford	2
Pramesh Prasad	2	Havana Ala	1
Daniel Pashutin	1		

The progressive points in all our points competitions (Handicaps, Style Award and Actual Times) have been updated and can be seen at <https://www.vrwc.org.au/vrwcpointscomps.shtml>.

We return to Middle Park next Sunday for a big morning of AV, AV Schools and VRWC Championships races, as well as our usual range of VRWC non-championship club walks.

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 20 JUNE 2021

Thanks to Kim Mottrom for this week's results from Adelaide. He reports: We had a cold and wet day today, but still PB's for **Katie DeRuvo, Cooper Rech, Ananpreet Singh, Elizabeth Rieger** and **Shadya Kamish**.

Open 8km

1. Greg Metha	50:00
2. Di Camilleri	1:01:56

Open 5km

1. Mathew Bruniges	25:28
2. Nellie Langford	28:01
3. Bill Starr	38:31
4. Stephen Downs	38:47

Open 4km

1. Katie DeRuvo	23:42
2. Cooper Rech	24:45
3. Liz Downs	30:08
Zayden Kamish	DNF

Open 2km

1. Sebastian Richards	10:07
2. Tarique Kamish	12:11
3. Ananpreet Singh	13:17

Open 1km

1. Elizabeth Rieger	6:29
2. Alexander Richards	6:36
3. Liliana Templar	7:01
4. Zahra Kamish	7:10
5. Shadya Kamish	8:05
6. Maliha Kamish	8:24

SAMA ROADWALKS, WEST PARKLANDS, ADELAIDE, SATURDAY 19 JUNE 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. Weather was cool and partly cloudy.

5km Club Walk - Turkey Handicap

1. GEORGE WHITE	32:19	M75	79.72%
2. GIL MCINTOSH	35:13	M70	68.11%
3. DAVE FALLON	36:34	M65	64.17%
4. TREVOR BROWN	37:21	M70	65.71%
5. SABINE ORCHARD-SIMONIDES	38:51	W50	59.03%
6. MARGARET MCINTOSH	40:41	W65	64.79%
7. VALMAI PADGET	42:00	W75	70.37%
8. ROSS HILL-BROWN	42:19	M65	54.29%
9. DAVID ROBERTSON	45:33	M85	66.14%
10. VIDDY JERMACANS	45:50	M70	53.54%
11. CATHIE HORE	46:01	W70	58.65%

TASMANIAN ALL SCHOOLS CHAMPIONSHIPS & STATE OPEN TITLES, TUNBRIDGE, SAT 19 JUNE 2021

Dave Moore reports from Tasmania:

After a week of bad weather our walkers were treated to a calm and sometimes sunny day at Tunbridge for our All Schools and Short Course Titles today. Race Organisers were pleasantly surprised by a larger than expected number of entries of some 20 plus Walkers (a figure that hasn't been matched for over a decade).Our numbers were bolstered by Walkers who had only competed on the Track in Little Aths Competitions, the challenge for these walkers was to step up to race distances they weren't used too and step up they did.

In the **1.5k** events **Macy Devine** lead the field home with a strong performance taking out the gold for the Under 12 event. There was a tighter battle for next across the line between eventual U/11 Boys winner **Max Kull** and **girls U/11** winner **Amelia Watson** with honours going to Max with a strong surge in the last 500m.Silver medals in the Boys went to **Dylan Broad** and to **Freya Oates** in the Girls event.

The **2km U/14** event saw **Samuel Lindsay** take out the Gold for the boys event in a controlled performance in the knowledge that he would be lining up for the 3km not long after the 2k.

The **Girls U/14 2km** event was one of the highlights of the day. The girls set off at a cracking pace, **Kasia Taylor** from La Trobe led the field through the 1km mark with **Gabby Hay** and **Lani Broad** hot on **Kasia's** heels, while **Emily Kull** was just managing to hang on to the leading group. At the 1.5 turn it was anybody's race especially as **Emily Kull** had caught up with the leaders. Disaster was to strike **Lani Broad** who had an asthma attack mid race and would be lucky to even finish, not long after **Kasia Taylor** managed to break away and head for home with a handy lead, chasing her down was **Emily Kull** who couldn't quite bridge the gap, and had to be content with the silver medal. Coming in third and gritting her teeth with shin splints was **Gabby Hay**, finishing a courageous fourth was Lani Broad and in fifth place with a technically sound effort was **Milah Hatten**.

In the U/16 3km Men's event Oliver Morgan and Samuel Lindsay produced the closest finish of the day, Oliver Morgan just managed to hold out a rapidly closing Samuel Lindsay by a mere two seconds. In the Women's event Hannah Kull took out the Gold and looked untroubled by the 3km distance.

Will Bottle was the only entrant in the Men's U/18 5km and was amusingly accompanied by the local sheep dog for about 3km. Will took out the Gold in a respectable 25:47 but more importantly got through the event injury free.

In the O/40 Women's 5km Treasa Hatten put her injury worries from a few weeks ago behind her to take out the gold with a new PB. In the Men's O/40 5km Race Ron Foster was a clear winner from Wayne Fletcher and David Moore. The surprise packet was Brendan Kull who did exceptionally well for his first ever Walk in the Invitation event.

Thanks to every one who assisted in the running of the day's events especially Jo Blackwell, Cherie Hay, James ,Brendan Kull apologies to any I have forgotten.

Under 11 1.5km Girls

- | | | | |
|----|---------------|------------|-------|
| 1. | Amelia Watson | Lauderdale | 9:49 |
| 2. | Freya Oates | Sacred H | 10:23 |

Under 11 1.5km Boys

- | | | | |
|----|-------------|-------------|-------|
| 1. | Max Kull | St Aloysius | 9:28 |
| 2. | Dylan Broad | SummerHill | 14:07 |

Under 12 1.5km Girls

- | | | | |
|----|-------------|---------------|------|
| 1. | Macy Devine | Corpu Christi | 9:02 |
|----|-------------|---------------|------|

Under 14 2km Girls

- | | | | |
|----|--------------|------------------|-------|
| 1. | Kasia Taylor | Latrobe High | 12:24 |
| 2. | Emily Kull | St Aloysius | 12:30 |
| 3. | Gabby Hay | Calvin Christian | 13:01 |
| 4. | Lani Broad | Prospect High | 15:43 |
| 5. | Milah Hatten | Home | 16:22 |

Under 14 2km Boys

- | | | | |
|----|----------------|-------------|-------|
| 1. | Samuel Lindsay | St Patricks | 11:03 |
|----|----------------|-------------|-------|

Under 16 3km Girls

- | | | | |
|----|-------------|-------------|-------|
| 1. | Hannah Kull | St Aloysius | 19:15 |
|----|-------------|-------------|-------|

Under 16 3km Boys

- | | | | |
|----|----------------|-------------|-------|
| 1. | Oliver Morgan | St Virgils | 15:54 |
| 2. | Samual Lindsay | St Patricks | 15:56 |

U18 5km Men

- | | | | |
|----|-------------|-----------|-------|
| 1. | Will Bottle | Riverside | 25:47 |
|----|-------------|-----------|-------|

Over 40 5km Women

- | | | | |
|----|---------------|-----|-------|
| 1. | Teresa Hatten | TMA | 37:12 |
|----|---------------|-----|-------|

Over 40 5km Men

- | | | | |
|----|----------------|-----|-------|
| 1. | Ron Foster | TMA | 37:39 |
| 2. | Wayne Fletcher | NS | 42:41 |
| 3. | David Moore | TMA | 48:30 |

Invitation 5km

- | | | | |
|----|--------------|------------|-------|
| 1. | Brendan Kull | Invitation | 36:39 |
|----|--------------|------------|-------|



Left: Hannah Kull, Sam Lindsey, Oliver Morgan, Rosemary Coleman and Will Bottle
 Right: Max Kull, Dylan Broad, Amelia Watson, Freya Oats (all U11) and Macy Devine (U12) – all photos Rosemary Coleman



Macey Devine



Kasia Taylor, Emily Kull, Gabby Hunt, Lani Broad, and Milah Hatten



Kasia Taylor

ATHLETICS WEST ROADWALKING SERIES, PERRY LAKES RESERVE, PERTH, SATURDAY 19 JUNE

Another successful shared carnival between Athletics West and Little Athletics Western Australia, at the Perry Lakes reserve in Perth. First to the Open events

10km Open Walk

1.	Lewis, Melissa	Front Runner	52:38.71
2.	Tolardo, Karyn	Masters Athl	1:02:03.79
3.	Farrow, Wendy	WA Race Walk	1:07:05.76
4.	Ruiz, Marcela	Masters Athl	1:15:46.96

1.	Ducin, Andrew	WA Race Walk	52:40.65
2.	Munoz, Victor	Masters Athl	1:05:26.04
	Mann, Bradley	WA Race Walk	DNF

5km Open Walk

1.	Griffin, Alexandr	Uwa	26:24.77
2.	Coleman, Shandel	WA Race Walk	37:11.41

1.	Reid, Benjamin	Front Runner	26:22.77
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3km Open Walk

1.	Lawrence, Lataya	Rockingham	15:57.65
2.	Bogaers, Kaytee	WA Race Walk	16:05.93
3.	Spence, Ashlyn	Kingsway Ath	16:15.36
4.	Bogaers, Emily	Rockingham	22:39.32
5.	Hutton, Lesley	Masters Athl	22:46.97
6.	Duncan, Glenys	WA Race Walk	26:45.33

1.	Ronan, John	Kingsway Ath	14:14.91
2.	Bernard, Xavier	Front Runner	15:30.33
3.	Bailey, Keaton	WA Race Walk	16:12.66
4.	Lawrence, Luke	Rockingham	19:15.42

See <https://cdn.revolutionise.com.au/cups/waathletics/files/xeaavy11zqfixlyup.pdf> for the results of the U9 to U15 walks.

QRWC ROADWALKS, MUDGEERABA, GOLD COAST, QLD, SUNDAY 20 JUNE 2021

Thanks to Robyn Wales for this week's results from Queensland. She reported: Today's results from Mudgeeraba on the Gold Coast. We were pleased to welcome **Casey Smith** all the way from Wagga.

A Grade 10km

1.	Ignacio Jimenez	M	51.39
2.	Argenis Guevara	M	1.01.09
3.	Jennifer Stuckey	F	1.06.08
4.	Peter Bennett	M	1.13.18
5.	Noela McKinven	F	1.27.39

B Grade 5km

1.	Lyla Williams	F	28.26
2.	Anika Clarke	F	30.48
3.	Torryn Fisher	F	31.01
4.	Paul Lindenberg	M	34.15
5.	Deborah Lindenberg	F	38.34
6.	Patrick Sela	M	42.33

C Grade 3km

1.	Bailey Housden	M	15.10
2.	Makenna Clarke	F	17.12
3.	Natasha Flahey	F	17.37
4.	Kai Dale	M	17.40
5.	Casey Smith (Visitor)	F	18.13
6.	Siaan Fisher	F	20.13
7.	Lily Housden	F	20.29

E Grade 1km

1.	Kiara Waterman	F	6.10
2.	Hunter Sibenaler	M	6.22
3.	Freya Williams	F	6.49
4.	Tully Fisher	F	7.25

D Grade 2km

1. Maya Barron F 12.15
2. Korbyn Bricknell-Hewitt M 13.12



Kai Dale in action, walking a 3km PB on the Gold Coast (photo Robyn Wales)

FRENCH ROUNDUP

Championnat des Ardennes, Bogny-sur-Meuse, Friday 18 June 2021

Emmanuel Tardi had a busy weekend. On Friday evening, he was in Bogny-sur-Meuse, near the Belgian border, for the Championnat des Ardennes. The racewalking events were scheduled at 8:15PM but it was still very hot (32°C). **Ryan Gognies** started very fast (4:02 for the first 1000m) but retired after 10 minutes. **Ludovic Hadula** easily won the 10,000m race with 47:53.37 while, in the 5000m, teammates **Agathe Mille** and **Flavie Bodin** walked together until the last lap, when Mille broke away to win with 24:57.65.

5000m Walk

1.	MILLE Agathe	CAF/04	Grac Renwez	24:57.65
2.	BODIN Flavie	JUF/03	Grac Renwez	25:02.45
3.	RENOLLET Quentin	ESM/00	Efs Reims	28:39.34
4.	TOMEZAK Celia	CAF/05	Efs Reims	28:39.48
5.	TARDI Emmanuel	MAM/67	La Postillonne Longj.	38:54.22

10000m Walk

1.	HADULA Ludovic	SEM/87	Grac Athletisme	47:53.37
2.	MILLE Olivier	MAM/72	Grac Renwez	50:28.37
3.	BONNOMET Arthur	ESM/00	Efs Reims	51:45.75
4.	HERIDA Nadir	MAM/82	Efs Reims	52:39.34
5.	BRASTEL Adeline	MAF/78	Efs Reims	55:25.33
6.	DEMON Sonia	MAF/72	Efs Reims	56:46.76
	DURAND-PICHARD David	MAM/72	Athletisme Metz Metro	DNF
	GOGNIES Ryan	ESM/00	Ca Montreuil	DNF

Championnat de Normandie, Caen, Sunday 20 June 2021

On Sunday morning, Emmanuel was judging in the Normandie Championships in Caen. The races started at 9AM with very good conditions. **Andy Boutrais** led the race for the first 2000m, before **Maxime Lecaplain** put the pedal down, coming on to win with 46:12.34.

5000m Walk

1.	FAUCON Thais	CAF/04	Stade Saint-lo	27:09.78
2.	RENAUD Mael	CAM/05	Ca Lisieux	27:37.88
3.	LEMOINE Morgane	CAF/04	Ac Barentin	27:50.87
4.	COLAS SCHELLES Gwendoline	CAF/05	Psla	28:07.49
5.	GUILLARD Marine	CAF/05	Stade Saint-lo	31:40.83
6.	MAURE Ambre	CAF/04	Neubourg Ac	31:57.09

10000m Walk

1.	LECAPLAIN Maxime	SEM/94	Stade Saint-lo	46:12.34
2.	BOUTRAIS Andy	SEM/91	Spn Vernon	49:32.73
3.	PICARD Nicolas	MAM/80	As Tourlaville	50:22.67
4.	ROTTIER Lilian	JUM/03	La Postillonne Longj	53:22.06
5.	DENISSELLE Vanessa	MAF/84	Val-de-reuil Ac	53:31.86
6.	TASSIGNY Virgile	MAM/70	Havre Ac	54:06.21
7.	GARNATZ Aude	ESF/99	Caen Athletic Club	54:17.05
8.	OSMONT Corentin	JUM/02	As Tourlaville	54:17.58
9.	GREAUME Jean-Marie	MAM/63	Club Athletique Cauchois	54:29.63
10.	LOMONIER Dorian	JUM/03	Esm Gonfreville L'orcher	55:15.26
11.	GODEFROY Delphine	SEF/87	Granville Ac	56:15.76
12.	DUTOT Camille	JUF/02	Stade Sotteville	56:49.46
13.	LECLEROT Chloe	JUF/03	Spn Vernon	59:38.42
14.	BELLANGER Stephane	MAM/61	Caen Athletic Club	1:02:18.24
15.	JOUEN Eric	MAM/74	Littoral Fecampois Athl.	1:05:18.99
16.	HEUGHEBAERT Elsa	JUF/03	Ca Lisieux	1:06:48.77
	PICOT Anne-Laure	MAF/79	Caen Athletic Club	DNF
	SWAIEH Meftah	MAM/72	U.s.o Mondeville	DNF



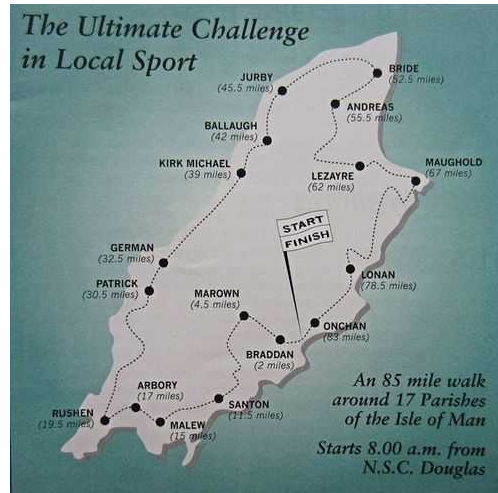
Agathe Mille, Flavie Bodin and Ludovic Hadula in action in Bogny-sur-Meuse (photos Emmanuel Tardi)



Walkers get underway in Caen (photo Emmanuel Tardi)

PAUL ATHERTON WINS 2021 PARISH WALK

The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The biggest walking event in the Isle of Man, it is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is enforced, and there are cut-off times for reaching each stage. Only a small number of walkers complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish. You can read much more about it at https://en.wikipedia.org/wiki/Parish_Walk.



After being cancelled last year due to covid, Isle of Man walkers were able to don the shoes last weekend. My report is taken from <http://www.iomtoday.co.im/article.cfm?id=62385&headline=Atherton%20wins%20Parish%20Walk§ionIs=sport&searchyear=2021>.

Paul Atherton is the winner of the 2021 Parish Walk. The 37-year-old completed the challenging event in a time of 15:23:40 to finish 17:43 ahead of reigning champion **Liam Parker**. Union Mills footballer **Simon Gawne** livened up the race by leading through Peel and up until the Ballaugh area where he was joined by Atherton and Parker. Atherton then put the hammer down and gradually pulled clear of his rivals, with five-time winners **Richard Gerrard** and **Robbie Callister** calling it a day at Bride and Peel respectively (Callister announced this will be his last year competing for the win, although he intends to continue entering the event socially). From Jurby onwards, Atherton didn't look back and he remained at the front of the race all the way back to the finish on Douglas Promenade. Parker also safely negotiated the 85 miles and was followed some nine minutes later by **Noel Ash** and **Adam Killip** who crossed the line together in a time of 15:59:26, ahead of early leader Gawne in fifth place. Completing the top six and clinching her maiden women's title in superb style was **Sammy Bowden** in 16:38:51, with second going to **Lorna Gleave** in a fine 18th place overall.



Parish Walk winner Paul Atherton

Mason Prince took the honours in the U21 men's category, with **Elle Cain** claimed the U21 women's title. Further down the order, competitor number 137, **Jim MacGregor** crossed the finish line at 5.30am, having walked the whole course wearing a dog costume to raise funds for the Search and Rescue Dog Association, while it was a double celebration for first-time finisher **Rachael Butterworth**, who reached the finish line on her birthday.

Just under 200 of the 1600 starters completed the full 85-mile course. 192 walkers (106 men and 86 women) made it to the finish line on Douglas promenade ahead of the 8AM Sunday cutoff. **Tom Quirk** and **Lottie Moore** were the final two finishers, making it to the end of the race with less than three minutes to spare.

I reproduce the results for all those who attained the GOLD (under 18 hours) or SILVER (under 21 hours) status with their finishing times. What a wonderful standard. Full results at https://www.parishwalk.com/page_676473.html#1_B2E136.

1. Paul Atherton (14)	Senior Men (1)	15h 23m 40s
2. Liam Parker (1)	Senior Men (2)	15h 41m 24s
3. Noel Ash (9)	Veteran Men (1)	15h 50m 26s
4. Adam Killip (12)	Senior Men (3)	15h 50m 26s
5. Simon Gawne (392)	Senior Men (4)	16h 12m 52s
6. Samantha Bowden (66)	Veteran Ladies (1)	16h 38m 51s
7. Stewart Jones (20)	Veteran Men (2)	17h 8m 16s
8. Andrew Titley (5)	Veteran Men (3)	17h 14m 40s
9. Michael Readshaw (56)	Veteran Men (4)	17h 18m 55s
10. Patrick Bregazzi (42)	Veteran Men (5)	17h 23m 3s
11. Tony Edwards (11)	Veteran Men (6)	17h 32m 37s
12. David Walker (25)	Veteran Men (7)	17h 36m 32s
13. James Quirk (7)	Veteran Men (8)	17h 38m 33s
14. Michael Bonney (54)	Veteran Men (8)	17h 38m 33s
15. Tristan Shields (31)	Senior Men (5)	17h 40m 13s
16. Werner Alberts (21)	Veteran Men (10)	17h 41m 59s
17. Michael Osborne (68)	Senior Men (6)	17h 42m 25s
18. Lorna Gleave (28)	Veteran Ladies (2)	17h 44m 28s
19. Stephanie Burton (26)	Veteran Ladies (3)	18h 8m 43s
20. Louise Gimson (43)	Veteran Ladies (3)	18h 8m 43s
21. Bernie Johnson (17)	Veteran Ladies (5)	18h 32m 58s
22. Lee Johnson (19)	Veteran Men (11)	18h 32m 58s
23. Ewa Kowalewska (30)	Veteran Ladies (6)	18h 38m 24s
24. Nikki Arthur (90)	Veteran Ladies (7)	18h 45m 59s
25. Chris Cale (15)	Veteran Men (12)	18h 48m 8s
26. Aaron Curphey (32)	Veteran Men (12)	18h 48m 8s
27. Connor Gilbert (37)	Senior Men (7)	18h 55m 6s
28. Tony Mackintosh (23)	Veteran Men (14)	19h 7m 39s
29. Karen Lawrie (24)	Veteran Ladies (8)	19h 7m 39s
30. Anna Dillon (104)	Veteran Ladies (9)	19h 12m 52s
31. Alan Teare (41)	Veteran Men (15)	19h 16m 11s
32. Michael Rycroft (557)	Senior Men (8)	19h 16m 11s
33. Mark Lund (44)	Senior Men (9)	19h 17m 7s
34. Glenn Faragher (88)	Senior Men (10)	19h 19m 38s
35. John Roberts (238)	Veteran Men (16)	19h 20m 17s
36. Michael Farnworth (93)	Veteran Men (17)	19h 27m 11s
37. Ste Taylor (1281)	Veteran Men (18)	19h 38m 29s
38. Dougie Scott (560)	Senior Men (11)	19h 41m 6s
39. Maureen Moffatt (48)	Veteran Ladies (10)	19h 42m 41s
40. Jane Mooney (61)	Veteran Ladies (11)	19h 47m 42s
41. Richard Sille (1262)	Veteran Men (19)	20h 1m 35s
42. Rob Crichton (1073)	Veteran Men (20)	20h 4m 53s
43. David Gelling (95)	Veteran Men (21)	20h 5m 33s
44. Joseph Swan (114)	Senior Men (12)	20h 8m 20s
45. Peter Beaumont (277)	Senior Men (13)	20h 10m 29s
46. Alexander Cain (233)	Senior Men (14)	20h 13m 1s
47. Andrew Brierley (1034)	Veteran Men (22)	20h 18m 33s
48. Stephen Oates (223)	Senior Men (15)	20h 19m 48s
49. Michael Sansbury (120)	Veteran Men (23)	20h 23m 3s
50. Zoe Lambie (142)	Senior Ladies (1)	20h 23m 26s
51. Jim Davidson (74)	Veteran Men (24)	20h 26m 41s
52. May Hooper (159)	Veteran Ladies (12)	20h 26m 41s
53. Paul Callow (40)	Senior Men (16)	20h 33m 47s
54. Craig Fletcher (163)	Senior Men (16)	20h 33m 47s
55. Courtenay Heading (38)	Veteran Men (25)	20h 37m 38s
56. Fintan Cummins (351)	Senior Men (18)	20h 45m 45s
57. Jed Fisher (384)	Senior Men (18)	20h 45m 45s
58. Jennifer Cannell (150)	Senior Ladies (2)	20h 46m 44s
59. Amy Sykes (196)	Senior Ladies (3)	20h 55m 2s
60. Karen Mercer (184)	Veteran Ladies (13)	20h 57m 17s
61. Julie Barlow (189)	Veteran Ladies (13)	20h 57m 17s

62. Leanne Venables (980)
63. Michael Pardoe (514)

Senior Ladies (4)
Senior Men (20)

20h 59m 7s
20h 59m 11s

OUT AND ABOUT

- I start with a wonderful article on VRWC Life member and former president Harry Summers, following on the announcement of his Order of Australia honour last week, published in the South Gippsland Sentinel-Times newspaper – <https://sgst.com.au/2021/06/sporting-legend-recognised-for-service-to-athletics/>. I reproduce it below.

Sentinel-Times

Email your reports to news@sgst.com.au

SPORT

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Harry not only competed in athletics but also in cross-country skiing - pictured with his original skis he used at Mount Buller.



Harry Summers couldn't believe he was awarded an OAM for his service to athletics, and thankfully daughter Sandra has kept all his sporting medals and memorabilia from throughout his life.

Sporting legend recognised for service to athletics

PHILLIP Island resident Harry Summers has received a Medal of the Order of Australia (OAM) under the Queen's Birthday 2021 Honours List for his dedication to race walking and athletics.

Harry has spent a lifetime competing in race walking, winning numerous championships and medals, as well as coaching almost 100 athletes.

Some of his former pupils include well-known Australian representatives such as Dominic McGrath, Gabrielle Blythe, Bill Dyer, Wendy Muldoon, Craig Brill and Kevin Lowden.

He has also coached and managed world junior teams, world championships and world tours. Harry competed in junior,

By Nick Sinis

senior and master's athletics from 1954 to 2016, and was even an avid competitor in cycling and cross-country skiing.

His own athletic achievements included the 1981 World Veterans Championships in New Zealand (45-plus age group), where he won gold (5000-metre walk) and silver (20km road).

Harry said it was an honour to receive an OAM. He was totally surprised.

"It was unexpected and great. I'm really proud of that," he said.

His athletic journey initially started in Preston before moving to Box Hill Athletic Club, where he would remain for

most of his career and become president and life member.

"It all started from trying to play football," he said.

"The coach was the chief of Preston Athletics and he suggested that I wasn't a good footballer, but that maybe I could come down and try athletics."

Daughter Sandra Van Brummelen and sisters couldn't be prouder of their father, and Sandra has made sure to keep all his achievements including dozens of medals, awards, photographs and competition attire.

"We used to always say when we were growing up that the reason he walked so far, was he would be training and come home and hear all the screaming

kids in the house, and just keep going," she said.

"He used to take teams around the world to compete.

"He stayed extremely fit right up until his hip went from all the walking."

Harry was also president of Race Walk Australia and Victorian Race Walking Club.

"From as young as I can remember he was always being involved constantly, every weekend at athletics and orientating as well," she said.

"He didn't have any involvement in any sport without fully committing to the role of helping the club and being 100 per cent there."

To add to his long list of accomplishments, Harry was

previously awarded the Australian Sports Medal in 2000, and Life Membership for Athletics Australia in 2008.

Harry also officiated the 1966 and 2000 Olympic Games, as well as Melbourne Commonwealth Games and many Australian, Victorian and Veteran Championships between the years of 1966 to 2016.

He even managed the first walk team to visit China in 1985, comprising of Sally Pierson, Kerry Saxby and Anne Ryan.

While enjoying retirement now, Harry has continued to contribute to his community, playing piano at retirement villages and is an organiser for Masonic Lodges throughout East Gippsland.

- The state of emergency in Tokyo was due to be lifted on Sunday, 4 weeks before the start of the Olympic Games. However, "quasi-emergency measures" will remain in place in seven of the nine prefectures until 11 July, just 2 weeks before the Games start. It's a tight timeline! See <https://www.sbs.com.au/news/japan-to-ease-coronavirus-state-of-emergency-in-several-areas-including-tokyo-as-olympics-approach>.

- Tokyo is set to make decision today (Monday) over whether spectators will be allowed to attend the delayed Games. Tokyo 2020 organisers are also facing pressure to stage Games behind closed doors due to concerns that the event could increase the risk of spreading COVID-19. See <https://www.insidethegames.biz/articles/1109215/tokyo-2020-decision-on-spectators-monday>.
- Tokyo is reportedly seeking to cut the number of officials attending the Games from abroad by a further 25,000. Cuts could reportedly be made to the number of "Olympic family" officials attending the Games. Should the cut be achieved, it would reportedly bring the number of Games participants from abroad down to 53,000. That's still a huge number! See <https://www.insidethegames.biz/articles/1109174/tokyo-2020-eye-officials-cut-for-games>.
- A member of Uganda's Olympic team has tested positive for coronavirus in the first detected infection among athletes arriving for the Tokyo Games. See <https://www.theguardian.com/sport/2021/jun/20/uganda-olympic-athlete-arriving-in-tokyo-tests-positive-for-coronavirus>.
- Organisers of the Tokyo Olympics have opened the athletes' village to the media, showing off apartments and a timber-laced shopping plaza where the 11,000 athletes would stay and mingle. It's a world away from the 2010 Commonwealth Games debacle in Delhi when a half half completed athletes village was used. See <https://www.abc.net.au/news/2021-06-20/tokyo-olympic-village-2021-coronavirus/100229550>.
- It's now been confirmed that Ukrainian walker Alina Tsviliy (Halchenko) has been banned for a period of 2 years and 8 months, starting from 4th September 2018. It was announced in October 2018 that she had tested positive to trimetazidine. Now, over 2 years later, the legal processes are completed and the final verdict is in. All results since 2 August 2018 are to be annulled, meaning Tsviliy loses her silver medal from the 2018 European Championships 50km. This race was won by Portuguese walker Inês Henriques. Now Spain's Julia Takács rises to silver and Ukrainian Khrystyna Yudkina takes bronze. See <https://omarchador.blogspot.com/2021/06/alina-tsviliy-foi-punida-com-2-anos-e-8.html>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmundo has 3 press releases this week

- Sun 20 Jun - Kosice (SVK): Slovakian U18 Championships
http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=4117
- Sat 19 Jun - Burnaby (CAN): Evan Dunfee sets Canadian 5000m track walk record (18:39.08)
http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=4116
- Thu 17 Jun - Alina Halchenko Tsviliy (UKR) is banned for doping for 2 years and 8 months
http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=4115

while Omarchador has 13 press releases for us

- Sun 20 Jun - Another Canadian record for Evan Dunfee (5000m track)
<https://omarchador.blogspot.com/2021/06/mais-um-recorde-do-canada-para-evan.html>
- Sun 20 Jun - Italian Piergiorgio Andreotti: the historic mark of 1300 races
<https://omarchador.blogspot.com/2021/06/piergiorgio-andreotti-marca-historica.html>
- Fri 18 Jun - Results of Italian U20 track championships in Grosseto
<https://omarchador.blogspot.com/2021/06/sub-20-campeonatos-de-pista-de-italia.html>
- Fri 18 Jun - Results of Italian U23 track championships in Grosseto
<https://omarchador.blogspot.com/2021/06/sub-23-campeonatos-de-pista-de-italia.html>
- Fri 18 Jun - Results of thw Vienne Championships in Loudun, France
<https://omarchador.blogspot.com/2021/06/campeonatos-de-vienne-em-loudun.html>
- Thu 17 Jun - Alina Tsviliy banned for 2 years and 8 months for doping
<https://omarchador.blogspot.com/2021/06/alina-tsviliy-foi-punida-com-2-anos-e-8.html>
- Thu 17 Jun - Results of the GP Motonet 2021 in Espoo, Finland
<https://omarchador.blogspot.com/2021/06/gp-motonet-2021-em-espoo-finlandia.html>
- Thu 17 Jun - Chahinez Nasri and Raouf Drissi, Arab 20km champions in Radès
<https://omarchador.blogspot.com/2021/06/chahinez-nasri-e-raouf-drissi-campeoes.html>
- Wed 16 Jun - Info on the 2024 Olympic walks
<https://omarchador.blogspot.com/2021/06/jogos-olimpicos-de-paris-2024-vao-ter.html>

- Wed 16 Jun - Results of the Irish 20km Championships in Tuam
<https://omarchador.blogspot.com/2021/06/campeonatos-da-irlanda-de-20-km-marcha.html>
- Wed 16 Jun - Andrés Olivás and Alegra González win Mexican 10,000m walk championships
<https://omarchador.blogspot.com/2021/06/andres-olivas-e-alegra-gonzalez-vencem.html>
- Tue 15 Jun - Guatemala dominates in the Central American Walk Championships
<https://omarchador.blogspot.com/2021/06/guatemala-domina-no-campeonato.html>
- Tue 15 Jun - Caio Bonfim and Viviane Lyra in the Troféu, Brazil
<https://omarchador.blogspot.com/2021/06/caio-bonfim-e-viviane-lyra-conquistaram.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

Jun 27 *Sun) 2021	AV, AV Schools and VRWC Roadwalk Championships	Middle Park, VIC
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

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>)