



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2020/2021 Number 42  
Monday 19 July 2021



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### WHAT'S COMING UP

- We don't yet know if our VRWC winter season will continue next Saturday as Melbourne's covid lockdown hangs in the balance. The current lockdown will be reviewed tomorrow (Tuesday) but a decision may well be delayed for a few extra days. So all we can say is – stay tuned! Check our VRWC website and facebook pages closer to the weekend for a final confirmation. If we do go ahead, our fixture on Saturday will read as follows

<b>Saturday 24<sup>th</sup> July 2021, Middle Park</b>			
VRWC Events, If entering online, entries close Wednesday 11.59pm			
If entering in person, entries close for all events at 1.40pm sharp			
<b>Prizes will be awarded to the handicap winners, male and female for each race</b>			
<b>Last points race for the season</b>			
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

- Looking further ahead, the postponed Olympic Games will kick off on this coming Friday 23<sup>rd</sup> July. The Athletics program kicks off a week later, on Friday 30<sup>th</sup> July. While most events will be held in Tokyo, the walks and marathons will be held in Sapporo, in hopefully cooler conditions. The walks are scheduled as shown below. Check out the full athletics timetable at <https://olympics.com/tokyo-2020/olympic-games/en/results/athletics/olympic-schedule-and-results.htm>.

Thursday 5 August	4:30PM	Olympic 20km Walk Men	Sapporo Odori Park	5:30PM AEST
Friday 6 August	5:30AM	Olympic 50km Walk Men	Sapporo Odori Park	6:30AM AEST
Friday 6 August	4:30PM	Olympic 20km Walk Women	Sapporo Odori Park	5:30PM AEST

### SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 JULY 2021

No walk results from NSW or Victoria this week, thanks to the latest covid outbreak. But I do have some results from further afield. Thanks to Kim Mottrom for this week's results from Adelaide. He reports: SARWC held their RWA Challenge races this week - cold and windy but PBs for **Nellie Langford, Ananpreet Singh Sidhu, Liliana Templer, and Sebastian Richards**. **Kim Mottrom** also broke the M35 state record by 47 seconds. Well done to Kim (44:30 is a great time) and to all the other walkers.

#### 10km Walk

1.	Kim Mottrom	44:30
2.	Tristan Camilleri	48:56
3.	Greg Metha	1:01:01

#### 2km Walk

1.	Orlando Grantham	10:52
2.	Ananpreet Singh Sidhu	12:34
3.	Zahra Kamish	14:33

#### 8km Walk

1.	Nellie Langford	46:25
2.	Alix Harlington	46:25
3.	Di Camilleri	1:02:05

#### 1.5km Walk

1.	Elizabeth Rieger	10:18
2.	Liliana Templer	10:23
3.	Alexander Richards	11:18
4.	Maverick Grantham	13:16
5.	Shadya Kamish	13:47
6.	Maliha Kamish	13:48

#### 5km Walk

1.	Daisy Braithwaite	30:41
2.	Zayden Kamish	30:41

**3km Walk**

1.	Sebastian Richards	14:15
2.	Cooper Rech	18:48
	Tarique Kamish	DNF

<b>TRWC ROADWALKS, BOWEN BRIDGE, HOBART, SATURDAY 17 JULY 2021</b>
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Thanks to Dave Moore for this weeks results from Tasmania. He reports: Only a small field today for our Walk across the Bowen Bridge with many of our younger brigade competing at the State Cross Country Titles. Wayne Fletcher tells me that the course was a very challenging one, with rolling hills and a climb up to and down from the bridge.

**3.8km Walk**

1.	Ron Foster	TMA	30:22
2.	Wayne Fletcher	NS	31:44
3.	Dave Moore	TMA	43:47

<b>SAMA ROADWALKS, WEST BEACH FORESHORE, ADELAIDE, SATURDAY 17 JULY 2021</b>
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Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. Weather very cold and windy.

**10km Club Walk**

1.	BRIAN WITTY	1:18:07	M70	62.78%
2.	GEORGE WHITE	1:07:01	M75	78.09%
3.	MARIE MAXTED	1:10:42	W60	71.50%
4.	DAVID ROBERTSON	1:35:57	M85	64.28%

**5km Club Walk**

1.	RODGER BARBER	42:27	M80	66.76%
2.	LIZ NEUBAUER	40:59	W70	65.85%
3.	ROGER LOWE	44:10	M75	59.86%
4.	TREVOR BROWN	37:19	M70	65.76%
5.	HELEN SURIDGE	39:45	W70	67.89%
6.	CATHIE HORE	46:40	W70	57.83%
7.	MIKE VOWLES	38:47	M75	67.28%
8.	VALMAI PADGET	42:14	W75	69.98%
9.	RAELENE SCHILD	49:34		

**2.5km Club Walk**

1.	HELEN BOWEN	21:35	W65	61.13%
2.	LINDA WHITELAW	26:36	W65	48.53%
3.	KEN ORCHARD	24:56	M60	42.85%
4.	SABINE ORCHARD-SIMONIDES	23:05	W50	49.34%

<b>WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 18 JULY 2021</b>
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Thanks to Terry Jones for this week's results from Western Australia.

**16km Handicap**

1.	Melissa Lewis	1:35:07
2.	Wendy Farrow	1:50:58
3.	Brad Mann	1:33:51
4.	Victor Munoz	1:49:37
5.	Ben Reid	1:33:51

**10km Handicap**

1.	Marcela Ruiz	1:13:34
2.	Andrew Duncan	56:20

**5km Handicap**

1.	John McDonagh	33.47
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**3km Handicap**

1.	Glenys Duncan	26.23
2.	John Ronan	13.42
3.	Lataya Lawrence	17.06
4.	Chloe Gray	22.02
5.	Ashlyn Spence	16.34
6.	Kaytee Bogaers	18.02
7.	Steve Travell	30.25

**1.5km Handicap**

1.	Harry Gordon	9.16
2.	Linkin Lawrence	9.37

**QRWC TRACK CHAMPIONSHIPS, UQ ATHLETICS TRACK, ST LUCIA, SUNDAY 18 JULY 2021**

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

**Open 5000m Walk**

1.	Ignacio Jimenez	M	23.50
2.	Argenis Guevara	M	27.53
3.	Brenda Gannon	F	28.25
4.	Jennifer Stuckey	F	32.27
5.	Peter Bennett	M	34.33
6.	Noela McKinven	F	42.13

**Open 3000m Walk**

1.	Peter Connolly	M	22.48
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**U20 5000m Walk**

1.	Jasmine Rose McRoberts	F	31.35
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**U16 3000m Walk**

1.	Anika Clarke	F	16.52
2.	Rebecca Teahen	F	17.44
3.	Lily Goulding	F	18.25
4.	Katie Bray	F	18.37
5.	Lily Housden	F	19.05
6.	Aleksia Thomasson	F	23.25
	Phoebe Chadwick	F	DNF

**U18 5000m Walk**

1.	Sam McCure	M	24.51
2.	Summer Millard	F	29.54
3.	Torryn Fisher	F	31.55
4.	Korey Brady	F	33.38

**U14 1500m Walk**

1.	Bailey Housden	M	6.30
2.	Lyla Williams	F	6.56
3.	Kai Dale	M	7.59
4.	Natasha Flahey	F	8.14
5.	Skye Presland	F	8.32

**U12 1500m Walk**

1.	Maya Barron	F	8.27
2.	Siaan Fisher	F	9.29
3.	Kiara Waterman	F	9.57
4.	Hunter Sibenaler	M	9.58

**U10 1000m Walk**

1.	Freya Williams	F	16.22
2.	Tully Fisher	F	16.30

**26<sup>TH</sup> EUROPEAN U20 ATHLETICS CHAMPIONSHIPS, TALLINN, ESTONIA, 15-18 JULY 2021**

The latest edition (the 26<sup>th</sup>) of the European U20 Athletics Championships were contested in Tallinn, Estonia, late last week. This major European meet has been contested every second year since the first edition in Paris in 1970. 1247 athletes (636 men and 611 women) from 46 countries were registered for the championships, including good numbers in the two 10,000m track walks (32 men and 34 women).

The women's 10,000m walk took place at 7:30PM on Day 1 (Thursday 15<sup>th</sup> July) and the men's 10,000m walk took place at 10:05AM on Day 3 (Saturday 17<sup>th</sup> July). **Emmanuel Tardi** was there as part of the judging panel and I was very pleased to get further info from him, as well as a number of photos. Both races are well reported as usual by [marciadalmondo](http://www.marciadalmondo.com)

Men: [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4141](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4141)

Women: [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4140](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4140)

**10,000m Walk Women**

1.	Yuliya Khalilova	2002	ANA - Neutral	46:14.21
2.	Eliška Martínková	2002	CZE - Czech Republic	46:23.74
3.	Maële Biré-Heslouis	2002	FRA - France	46:32.94
4.	Yekaterina Petrova	2004	ANA - Neutral	46:43.85
5.	Martina Casiraghi	2002	ITA - Italy	47:08.27
6.	Valeriya Sholomitska	2004	UKR - Ukraine	47:49.98
7.	Lizaveta Hryshkevich	2003	BLR - Belarus	47:57.40
8.	Tiziana Spiller	2003	HUN - Hungary	48:26.14
9.	Inês Mendes	2003	POR - Portugal	49:15.98
10.	Eva Rico Rufas	2003	ESP - Spain	49:19.99
11.	Lucia Redondo	2003	ESP - Spain	49:37.68
12.	Heta Veikkola	2003	FIN - Finland	49:39.40
13.	Anastasia Antonopoulou	2004	GRE - Greece	49:49.42
14.	Adriana Viveiros	2002	POR - Portugal	50:01.37
15.	Anita Laiolo	2003	ITA - Italy	50:15.88
16.	Maria Diana Lataretu	2002	ROU - Romania	50:37.82
17.	Bruna Marques	2002	POR - Portugal	50:48.55
18.	Vittoria Di Datto	2003	ITA - Italy	51:21.22
19.	Paulína Avenová	2004	SVK - Slovakia	51:21.73
20.	Yuliya Lutska	2004	UKR - Ukraine	51:31.30
21.	Alžbeta Ragasová	2002	SVK - Slovakia	51:44.38
22.	Karin Devaldová	2003	SVK - Slovakia	52:22.25
23.	Siri Glittenberg	2002	NOR - Norway	52:35.97
24.	Klára Hlaváčová	2003	CZE - Czech Republic	53:05.77

25. Ellen Seisto	2003	FIN - Finland	54:44.84
26. Judit Erdos	2005	HUN - Hungary	55:17.93
27. Sofiia Krylovetska	2003	UKR - Ukraine	55:41.37
28. Emine Ceylan	2004	TUR - Turkey	58:39.60
Celia Vilchez	2002	ESP - Spain	DNF
Emily Machugh	2002	IRL - Ireland	DNF
Maren Bekkestad	2003	NOR - Norway	DNF

#### 10,000m Walk Men

1. Paul McGrath	2002	ESP - Spain	42:32.19
2. Mert Kahraman	2003	TUR - Turkey	42:37.83
3. Dmitriy Gramachkov	2003	ANA - Neutral	42:39.25
4. Mazlum Demir	2003	TUR - Turkey	42:47.56
5. Jose Luis Hidalgo	2002	ESP - Spain	43:11.03
6. Oisin Lane	2002	IRL - Ireland	43:33.53
7. Emiliano Brigante	2003	ITA - Italy	43:55.40
8. Dimitri Durand	2002	FRA - France	44:04.81
9. Pablo Pastor	2003	ESP - Spain	44:08.70
10. Maksim Pyanzin	2003	ANA - Neutral	44:11.49
11. Jaromír Morávek	2003	CZE - Czech Republic	44:12.17
12. Taras Koretskyy	2002	UKR - Ukraine	44:12.44
13. Alexandros Mortzakis	2003	GRE - Greece	44:20.21
14. Serhat Güngör	2002	TUR - Turkey	44:24.69
15. Gabriele Gamba	2002	ITA - Italy	44:29.13
16. Lucas Dreville	2002	FRA - France	44:37.87
17. Mykola Rushchak	2003	UKR - Ukraine	45:07.05
18. Pedro Dias	2003	POR - Portugal	45:10.38
19. Patrik Nemcok	2003	SVK - Slovakia	45:24.50
20. Adam Zajicek	2003	CZE - Czech Republic	45:27.14
21. Jerry Jokinen	2002	FIN - Finland	45:37.92
22. Matthew Glennon	2003	IRL - Ireland	45:53.44
23. Tiago Ramos	2003	POR - Portugal	46:28.75
24. Raivo Lininš	2003	LAT - Latvia	46:34.27
25. Dzmitry Shmidt	2003	BLR - Belarus	47:07.62
26. Tomáš Mencil	2004	SVK - Slovakia	47:12.03
27. Artur Djatšuk	2004	EST - Estonia	48:20.62
28. Jakub Bátorvský	2005	SVK - Slovakia	48:45.76
Andreas-Eleftherios Bachos	2003	GRE - Greece	DNF
Nicola Lomuscio	2003	ITA - Italy	DQ
Yehor Shelest	2002	UKR - Ukraine	DQ



Mert Kahraman, Paul McGrath, Maële Biré-Heslouis and Eliška Martinková (photos André Casale)



*Judges Luis Maroto (Spain), Janusz Krynicki (Poland), Anna Veselova (Israel), Emmanuel Tardi (France), Jekaterina Jutkina (Estonia), Martin Skarba (Slovakia) and Joaquim Graca (Portugal)*

#### ENGLAND ATHLETICS SENIOR CHAMPIONSHIPS, BEDFORD, 17-18 JULY 2021

Thanks to Mark Wall for sending through the results from the England Athletics Senior T&F Championships which were contested in Bedford on the weekend, with the 3000m track walks taking place on Sunday. Walk Fields were small but it was pleasing to see that nearly all the walkers were youngsters. It was a hot day by UK standard (30+°C). Wins to **Chris Snook** (12:53.3) and **Jasmine Nicholls** (14:56.4). You can watch the walk by firing up link <https://www.youtube.com/watch?v=9YZtswCiaXQ> and then fast forwarding to 2:05:50.

##### 3000m Walk Men

1.	Christopher Snook	U23	Aldershot, Farnham & District	12:53.3
2.	Luc Legon	SEN	Bexley/Cambridge H	13:27.0
3.	Christian Hopper	U17	Cambridge H	14:51.4

##### 3000m Walk Women

1.	Jasmine Nicholls	SEN	Leicester WC/Leeds Beckett Uni	14:56.4
2.	Abigail Jennings	U23	Aldershot, Farnham & District	15:07.8
3.	Hannah Hopper	U20	Cambridge H	16:16.2
4.	Abigail Smith	U17	Blackheath & Bromley	17:34.7

#### GREEK U18 NATIONAL CHAMPIONSHIPS, IOLKOS, GREECE, 10-11 JULY 2021

Thanks to Zoe Gkini for the results of the walks at the Greek U18 T&F Championships, which were held a week ago in the ancient city of Iolkos. The championship took place in Panthessaliko Stadium, which was built for football for the Athens Olympics 2004. Conditions were hot, with summer daytime temperatures around 30-33°C. The championships were dedicated to the memory of Vasilis Sevastis, president and general secretary of Segas, who died last April as a result of covid-19.

The men's 10,000m walk were held at 9:35PM on the Saturday evening, the late time ensuring much cooler conditions. The winner **Georgos Kritulis** led from start to finish, winning with 54:30.13. The women's 10,000m walk had a start time of 8:15AM on the Sunday morning, with a large field of 20. **Sevastiani Aslanidou** and **Chrisanthi Arvanitakou** led side by side for 4200m, before Aslanidou applied the pressure, going on to win with 24:58.08.

##### 10,000m Men

1.	Georgios Kritulis	2004	54:30.13
2.	Dimitrios Kovidaris	2005	54:49.81
3.	Eliseos Mpardakis	2006	56:27.89
4.	Avastios Psonis	2006	59:38.35
5.	Georgios Kafkalias	2005	DNF

##### 5000m Women

1.	Sevastiani Aslanidou	2006	24:58.08
2.	Chrisanthi Arvanitakou	2004	25:15.77
3.	Sofia Ioanna Valionti	2004	25:50.79
4.	Maria Mirto Tsimigatou	2005	26:04.18
5.	Anna Adami	2005	26:39.91



6.	lia Georgia Mparmparosi	2005	28:07.89
7.	Aggeliki Tsija	2005	28:09.48
8.	Athina Floropoulou	2007	28:28.12
9.	Mirsini Psarianou	2007	28:32.60
10.	Margarita Papastamatiou	2005	28:40.83
11.	Pavlina Maria Vasiliou	2005	28:46.73
12.	Ekaterini Togia	2005	28:55.33
13.	Evaggelia Sevdali	2004	29:52.52
14.	Vasoliki Giakouvaki	2004	29:54.54
15.	Eleni Zoi	2004	30:09.44
16.	Chrisanthi Ikonomou	2005	30:23.31
17.	Dafnie Nikologianni	2006	30:56.94
18.	Sofia Vasileri	2004	31:34.30
19.	Ephremia Georgia Mparkali	2005	33:10.68
20.	Eirini Mpiuppudi	2005	34:54.15



*The leading women*



*Georgios Kritulis*

#### OUT AND ABOUT

- A very nice TV interview with Victorian walker **Rhydian Cowley** as he does his final Olympic 50km preparation - <https://www.facebook.com/glenhuntlyathletics/videos/3060144744205078>.
- A race walking mixed team event is set to make its Olympic debut at Paris 2024, following confirmation from the International Olympic Committee (IOC) Executive Board that it will be the mixed-gender contest added to the athletics programme. How absolutely stupid! See more at <https://www.insidethegames.biz/articles/1108921/race-walking-sailing-paris-2024>.
- A soboring article about the Games: Soaring infections, eerie curfews, a terrified public, and no fans. See <https://www.dailymail.co.uk/news/article-9796599/Soaring-infections-curfews-terrified-public-no-fans-Welcome-Tokyo-2020-Olympic-Games.html>.
- Kenya was forced to drop two runners from its Olympic team just over a week before the Tokyo Games because they haven't taken the required number of out-of-competition doping tests, an official said on Thursday. **Race walkers Samuel Gathimba and Emily Ngii** also won't be going to Tokyo after their qualifying times at the Kenyan trials weren't certified because there wasn't a World Athletics official from outside the country present. The Kenyan team tried to arrange for Gathimba and Ngii to compete at an event in Spain to qualify but weren't able to arrange that in time because of COVID-19 travel restrictions. See [https://www.espn.com/olympics/story/\\_/id/31821002/2-runners-dropped-kenya-olympic-team-doping-tests-timothy-cheruiyot-makes-squad](https://www.espn.com/olympics/story/_/id/31821002/2-runners-dropped-kenya-olympic-team-doping-tests-timothy-cheruiyot-makes-squad).
- Some thing never change. The Russia Olympic Committee's (ROC) men's quadruple sculls team has been withdrawn from the Tokyo 2020 Olympics following the decision to exclude two rowers over positive tests for the banned substance meldonium. Nikita Morgachev and Pavel Sorin tested positive for the drug, which is believed to increase endurance, at an

out-of-competition test on June 17. The test was conducted at a training camp in Greece. See <https://www.insidethegames.biz/articles/1110353/roc-quadruple-sculls-out-of-tokyo-2020>.

- The idea of the Olympics is to bring the best ranking athletes from around the world together to celebrate and compete. In athletics, the World Athletics ranking system is used to invite the best of the best. When an athlete is in that top ranking list, the expectation is that his/her country should do the right thing and select him. Yet, that has not happened for British walkers **Cameron Corbishley** (53<sup>rd</sup> out of 60) **Dominic King** (ranking 56<sup>th</sup> out of 60). The same is the case for a significant number of New Zealand T&F athletes. Not content with the WA rankings system, Athletics NZ has imposed its own further selection standard, requiring athletes to be around the top 16. Amongst those impacted is walker **Alana Barber**. A couple of articles about NZ's super tough practices which will undoubtedly backfire and lead to athletes walking away from the sport – see <https://www.tvnz.co.nz/one-news/sport/other/kiwi-athletes-frustrated-nz-olympic-committee-over-selection-criteria> and <https://www.stuff.co.nz/sport/olympics/300358720/new-zealands-top-sprinters-angry-over-nonselection-for-tokyo-olympics>
- I was saddened to hear of the retirement of top Japanese racewalker **Isamu Fujisawa**. Isamu was well known to our Australian walks community as he was regular visitor here for training each summer, either staying in Canberra or Melbourne or participating in our elite racewalking camps in places like Thredbo. His ongoing excellence over the 20km distance is well discussed by marciadalmondo – see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4142](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4142).



*December 2014 at Fawkner Park in Melbourne: Back: Isamu Fujisawa (JPN) and Quentin Rew (NZL)  
Front: Chris and Oliver Erickson, Brendon Reading and Evan Dunfee (CAN)*

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases this week

- Sun 18 Jul - Watching the athletes from Spain walking is like hearing beautiful music  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4143](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4143)
- Fri 16 Jul - Isamu Fujisawa (JPN) announces his retirement from racing  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4142](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4142)
- Thu 15 Jul - Tallin (EST) - U20 European Championships - Paul McGrath win (ESP)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4141](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4141)
- Thu 15 Jul - Tallin (EST) - U20 European Championships - Victory of Yuliya Khalilova (ANA)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4140](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4140)
- Tue 13 Jul - Remembering Italian race walking maverick Frigerio on anniversary of third Olympic gold  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4139](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4139)
- Tue 13 Jul - Lima (PER) -South-American U20 Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4138](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4138)

- Mon 12 Jul - Volos (GRE): The National U18 Championships of Greece  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4137](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4137)

while Omarchador has 8 press releases from around the world.

- Sun 18 Jul - Results of the Spanish U16 Track Championships in Lleida  
<https://omarchador.blogspot.com/2021/07/campeonatos-de-espanha-sub-16-pista-em.html>
- Sat 17 Jul - Paul McGrath (Spain), European Under-20 Marching Champion in Tallinn  
<https://omarchador.blogspot.com/2021/07/paul-mcgrath-espanha-campeao-da-europa.html>
- Sat 17 Jul - Discrimination continues for young Portuguese walkers  
<https://omarchador.blogspot.com/2021/07/discriminacao-continua-para-os-jovens.html>
- Fri 16 Jul - Results of the Greek U18 Track Championships in Volos  
<https://omarchador.blogspot.com/2021/07/campeonatos-da-grecia-de-sub-18-pista.html>
- Thu 15 Jul - Yuliya Khalilova, European Under-20 Marching Champion in Tallinn  
<https://omarchador.blogspot.com/2021/07/yuliya-khalilova-campea-da-europa-de.html>
- Thu 15 Jul - Raquel González wins at the Spanish Autonomous Federation Championship  
<https://omarchador.blogspot.com/2021/07/raquel-gonzalez-impoe-se-no-campeonato.html>
- Tue 13 Jul - Results of the NACAC Championships (U18 and U23) in Costa Rica  
<https://omarchador.blogspot.com/2021/07/campeonatos-da-nacac-sub-18-e-sub-23-na.html>
- Mn 14 Jul - Results of the Italian U18 Track Championships in Rieti  
<https://omarchador.blogspot.com/2021/07/campeonatos-de-italia-de-sub-18-pista.html>

#### REBECCA HENDERSON - OLYMPIC RACEWALKER

When Melbourne based racewalker Rebecca Henderson turned 20 on 4<sup>th</sup> July this year, she had more reasons to celebrate than nearly anyone else her age, as she had just been announced as a member of our Australian Olympic Team. Bec, born 4<sup>th</sup> July 2001, will contest the women's 20km walk in Sapporo on Friday 6<sup>th</sup> August.

Bec, who lives with her family in the outer eastern Melbourne suburb of Berwick, is one of that rare breed who has packed a huge amount into her first 20 years: a high achiever scholastically, a highly ranking triathlete and open water swimmer and, of course, one of our top racewalkers.

Like most of our top walkers, Bec was first introduced to athletics via our wonderful Australian Little Athletics organisation. She had attended her first Little Athletics day to watch her cousin compete. Thinking to herself that it looked like fun, she joined the Cardinia Little Athletics Club and has not looked back since then.

Her first State appearance was in the U9 1100m track walk at the 2010 Victorian Little Athletics T&F Championships at Olympic Park, Melbourne. There, she finished an inauspicious 9<sup>th</sup> with a time of **6:59**. Little did anyone realise at that stage what the future held for this tiny tot.

She had her first race with the Victorian Race Walking Club (VRWC) on 24<sup>th</sup> October 2010, coming 6<sup>th</sup> in the U12 2km with a time of **13:49**. She took membership with the club soon afterwards and became a regular walker at Middle Park. Bec soon realised that the longer the distance, the better she was, so she set her sights on becoming an endurance athlete.

She also started her swimming career about this time. While no one else in the family had any competitive swimming background, Bec had swum for as long as she could remember and loved the water. She joined the TigerSharks Swimming Club and quickly showed her talent in that sporting arena.

She was a vastly improved walker by the time the 2011 Victorian Little Athletics T&F Championships came around, finishing 3<sup>rd</sup> in the U10 1100m walk with **6:02**.





*August 2011 – a young Bec Henderson competing at Middle Park*

In 2012, she improved further, winning the Victorian Little Athletics T&F Championships U11 1500m walk with **7:45** and in 2013, she won the Victorian Little Athletics T&F Championships U12 1500m walk with **7:16**.

2013 was something of a breakthrough year from a racewalking perspective, with Bec winning the U12 2km roadwalk at the annual LBG Carnival in Canberra with an impressive **10:03**.

In the 2013/2014 summer season, she joined the Casey Cardinia Athletics Club and started to compete occasionally in the AV Shield competition, when she could fit it into her busy schedule of Little Athletics and swimming.

Her improvement continued, with her winning her third Victorian Little Athletics T&F title in March 2014, her time in the U13 1500m walk a PB **6:48**. She was duly selected in the Victorian team to compete in the Australian Little Athletics T&F Championship U13 1500m Walk, only to suffer a surprise disqualification, her first and only DQ to this day.

She quickly bounced back, recording a time of **58:10** in her first 10km roadwalk at Middle Park three weeks later – at 12 years of age! She was indeed showing a penchant for endurance.



*Bec completes her first 10km roadwalk at Middle Park in May 2014*

The 2014/2015 summer saw some great walking performances by Bec. In February, she won the Victorian T&F Championships U14 3000m walk in **14:41**, in mid March she won the Australian Junior T&F Championships U15 3000m walk with **14:29** and in late March she won her fourth Victorian Little Athletics T&F title, with a time of **7:03** in the U14 1500m walk.

Bec was already two-thirds of the way to becoming a triathlete, She was a strong swimmer and a great endurance runner/walker, so it was perhaps inevitable that at some time, she would jump on the bike. This she did in 2015, with immediate success. Her talent was spotted quickly, with Triathlon Victoria adding her to their development program. After only 5 races, she booked her place in the School Sports Victoria triathlon team.

Now she was even busier, with walking, triathlon and swimming, all at elite levels. Perhaps not surprisingly, her walk performances plateaued. She was now so busy on so many fronts that it was hard to push forward with her walking times.

However, in my Walker of the Year awards in December 2016, I still placed Bec 10<sup>th</sup> best performer in Australia. Here's what I wrote at that time.

15 year old Rebecca Henderson started her year brilliantly with two great performances in the Australian T&F Championships in Perth in March (1<sup>st</sup> in the U18 5000m with **24:57** and 2<sup>nd</sup> in the U16 3000m with **14:07**). She won again in the U16 3km (**14:08**) in the LBG Carnival in June and backed up for a silver in the Australian U16 5km Roadwalk Championship in Canberra in August (**25:38**). She produced a string of PB performances during the year, including **6:44** (1500m), **14:01** (3000m), **23:58** (5000m) and **49:55** (10km).

Her 2016/2017 summer saw her mixing all 3 disciplines, with her usual success. Consider:

- 27 Nov 2016 Walks 49:55 for 10km roadwalk in VRWC races at Middle Park
- 17 Dec 2016 Wins the Victorian 10km Open Water Swim title at Williamstown Beach
- 2 Jan 2017 Comes 2<sup>nd</sup> in the 1.4km Rip View Swim Classic at Point Lonsdale
- 14 Jan 2017 Wins the Open Division 2.5km Danger Swim at Torquay Beach, backing up later the same day to win the Danger 1000 swim
- 21 Jan 2017 Comes 11<sup>th</sup> in the Australian Youth Triathlon Series Meet, Robina, Gold Coast, QLD
- 27 Jan 2017 Comes 8<sup>th</sup> in the Australian 7.5km Open Water Championship in Adelaide

It's hard enough to train for one event so consider how you manage to train for racewalking, running, cycling and swimming (both short and long distance).



*Bec in 2016 in her many roles – triathlete, open water swimmer, walker*

Bec was first coached by **Karen Wynen** for a bit and then by **Mile Vasiljevic**. She moved to **Elke Raselli** when she was 12 or 13 and then to **Simon Baker's** group, where she has remained since. Simon's group has included most of our up and coming Victorian juniors at one stage or another – the names are many. To quote just a few: Kyle Swan, Reece and Hayden Walmsley, Stephanie and Hayley George, Adam Garganis, Philippa Huse, Brad Simpson, Jason Kozica, Simone McInnes and Pramesh Prasad.



*February 2017 at the Victorian Junior Championships – Simon Baker with some of his charges -Emily Noonan, Philippa Huse, Jemima Montag, Bec Henderson, Reese and Hayden Walmsley and Kyle Swan. Note 3 of our 2021 Olympians (Jemima, Bec and Kyle) are in this picture.*

Through the 2017 winter season and into the 2017/2018 summer, Bec committed more time to her walking, with a spot on offer in the U20 team in the 2018 Race Walking World Team Championships. She won gold in the 2017 Australian U18 5km Roadwalk Championship in August (**24:19**) and knocked out times of **1:18:52** (15km), **6:27** (1500m), **23:11** (5000m) and **49:02** (10km) over the summer. Her consistent racing was good enough to secure her the third spot in the World Cup U20 Women's 10km team, alongside older team mates Philippa Huse and Katie Hayward.

She raced well in the Race Walking World Team Championships in Taicang, China, in May 2018, coming 16<sup>th</sup> with **49:25**. At only 16 years of age, she was one of the youngest walkers in the field.



*The U20 Women's team at the 2018 World Team Challenge – Katie Hayward, Bec Henderson and Philippa Huse*

She raced only sparingly through the rest of 2018 and 2019, as she concentrated on her school studies. Her efforts were rewarded when she completed her VCE at the end of 2019 as dux of Berwick College and won a place to study a Bachelor of Biomedical Science at Monash University in 2020.

Finally free of the burden of study, her walking blossomed over the 2019/2020 summer. Attending the Supernova Camp in Melbourne, she showed just how much she had improved with a time of **47:43** in a Supernova 10,000m Track Walk in late January. Two weeks later, she won the Oceania U20 10km walk championship in Adelaide in **48:23** and assumed the mantle of our top U20 female walker. Her selection for the 2020 World Junior T&F Championships looked all but certain and the year held great promise. Alas, covid-19 dictated otherwise and Australia went into lockdown. Bec did not race again until November 2020.



As she was to turn 20 in 2021, her junior career was now over and it was time to look to the open ranks and start planning for her first 20km. Brent Vallance had organised a summer of training for our aspiring walkers, starting with a December camp at Thredbo, followed by another camp in Melbourne in January.

In the 4 month period from January to May, Bec raced 6 times, for 6 PBs. Here's how they read

10 Jan 2021	Athletics Australia Elite 10,000m Track Walk, Melbourne	46:25
31 Jan 2021	Athletics Australia Elite 10,000m Track Walk, Melbourne	45:20
27 Feb 2021	Victorian Open 5000m Walk Championship, Melbourne	22:05
27 Mar 2021	Australian 20km Summer Championship, Melbourne	1:32:12
15 Apr 2021	Australian T&F Championships - Open 10,000m Walk, Sydney	45:13
02 May 2021	A.A. Invitational 20km Walk, Melbourne	1:31:53

There were no surprises when her name was announced as part of our Olympic team in early July. She would contest the Olympic women's 20km walk alongside Jemima Montag and Katie Hayward. She had certainly ticked all the boxes and well deserved her spot.

The Australian Olympic athletics team are now in a training camp in Cairns. Soon they will board the plane and fly to Japan. Then a short wait for Bec until her Olympic 20km appointment in Sapporo on Friday 6<sup>th</sup> August.



*Left: 2<sup>nd</sup> May 2021 – Bec Henderson, Jemima Montag and Katie Hayward fight out the A.A. invitational 20km walk at Fawkner Park in Melbourne. Bec's PB time of 1:32:53 helped secure her Olympic spot.  
Right: Bec Henderson and Katie Hayward hold up their boarding passes for Japan*

We congratulate Bec on all she has achieved so far in her short career and wish her and our other walkers all the best in Japan. For Bec, it's start of what we hope will be a long and stellar international career.

**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**

Jul 24 (Sat), 2021	Next round of VRWC Roadwalks	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 <sup>nd</sup> 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	<b>32<sup>nd</sup> Olympic Games, Tokyo and Sapporo</b>
Aug 8-19, 2021	<b>World University Summer Games, Chengdu, China (POSTPONED TILL 2022)</b>

Aug 20-21, 2021	<b>18<sup>th</sup> World Athletics U20 T&amp;F Championships</b> , Nairobi, Kenya (POSTPONED FROM 2020)
Nov 5-14, 2021	<b>Pan Pacific Masters Games</b> , Gold Coast, QLD ( <a href="https://mastersgames.com.au/ppmg/">https://mastersgames.com.au/ppmg/</a> )
Jan 2022	<b>Oceania Masters Championships</b> , Norfolk Island (CANCELLED)
TBA, 2022	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Jun 29 – Jul 10, 2022	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Tampere, Finland
Apr 23-24, 2022	<b>29<sup>th</sup> World Athletics Race Walking Team Championships</b> , venue TBA
July 15-24, 2022	<b>18<sup>th</sup> World Athletics Championships</b> , Eugene, USA
July 27 - Aug 7, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR
Aug 11-21, 2022	<b>European Athletics Championships</b> , Munich, GER
TBA, 2022	<b>19<sup>th</sup> World Athletics U20 T&amp;F Championships</b> , Cali, Colombia
TBA, 2023	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2023 (TBC)	<b>19<sup>th</sup> World Athletics Championships</b> , Budapest, Hungary

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