



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2020/2021 Number 51  
Monday 20 September 2021



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### WHAT'S COMING UP

Well, it's a case of NO CHANGE this week in our Victorian Covid lockdown, and nothing significant likely to happen from a sports participation perspective until late November at the earliest. So it's a quiet lifestyle for us Melburnians.

### HANDOVER COMING SOON

You may have read in one of my recent VRWC newsletters that I am stepping back from my public racewalking role as of 30<sup>th</sup> September 2021. The reasons for this were explained a few weeks ago in VRWC newsletter 48 (Monday 30<sup>th</sup> August): (<https://www.vrwc.org.au/newsletters/heelandtoe-2021-num48.pdf>).

The good news is that my main public profile activities will continue under new leadership.

- VRWC President **Stuart Cooper** is taking over the mantle of the *Heel & Toe Online* newsletter. Stu and I used to jointly produce the newsletter way back in the late seventies, so it's a return to familiar territory for him. Obviously he will put his own stamp of ownership on the newsletter and it may well undergo a few changes once he starts as editor. Please note down his email address which is [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au).

Stu is willing to continue to include external results from around Australia and overseas, as forwarded to him, and as best he can, time permitting. But he may not have the time to snoop under the covers like I used to do, to unearth results. So I urge all our regular "reporters" to continue to feed results and photos to Stu, just like you used to do for me.

- SARWC member **Kim Mottrom** is taking over ownership of the <http://racewalkaustralia.com> website. Kim and I have been doing a few zoom handover sessions and he is up and running and already adding in the weekly updates. My idea is that Kim will pick up the Australian results from our VRWC newsletter and add them to the racewalkaustralia site. Thus his job will not be to snoop around and find results by himself but he will leverage off what is published in our VRWC newsletter each week. Kim's contact email is [kimmottrom@gmail.com](mailto:kimmottrom@gmail.com).
- I am also liaising with Stu about handing on VRWC Club Records ownership to one of our younger VRWC members.

I will continue to look after our VRWC website and will work in the background on a few little projects that I will now have time to attack. And I am always here as someone to talk to on matters racewalking. However, I may not have my finger on the pulse as much as previously as time goes on and may need to refer you on, depending on the question.

### QMA T&F MEET, SAF, BRISBANE, SATURDAY 18 SEPTEMBER 2021

The Australian walking clubs are now in recess, having a break before the summer season kicks off. So only one results set this week and it's from the Queensland Masters in Brisbane.

#### 3000m Walk

1.	Gannon, Brenda	W47	16:08.69	77.56%
2.	Guevara, Argenis	M53	17:14.55	69.87%
3.	Kirwin, Roslyn	W32	23:11.19	49.96%
4.	Sela, Patrick	M82	24:52.09	67.85%
5.	McKinven, Noela	W79	25:09.62	69.73%

#### 1500m Walk

1.	Guevara, Argenis	M53	8:43.30	67.75%
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2.	Kirwin, Roslyn	W32	11:03.68	50.78%
3.	Sela, Patrick	M82	12:43.83	64.89%
4.	McKinven, Noela	W79	12:52.61	64.72%

## 12<sup>TH</sup> SPRINT TRIATHLON IN RACE-WALKING, DRUNEN, NETHERLANDS, SUNDAY 12 SEPTEMBER 2021

While there is little to report on the local front, there is plenty of action from overseas. Well done to Frank van Ravensberg, the organiser of the annual Racewalking Sprint Triathlon, which was successfully completed at the Sportpark De Schroef in Drunen a week ago. He reports:

This year DAK Drunen organised the 12<sup>th</sup> Sprint Triathlon in Race-Walking on the track in Sportpark de Schroef in Drunen (Netherlands) on Sunday the 12<sup>th</sup> of September. Distances were 3000m, 1000m and 1500m. The weather was good (20°C, a little sun and not too much wind), but despite that, the number of participants was low because of calendar problems. After the event had been planned, a lot of championships and other races were rescheduled to September and lot of regular participants chose to prepare and/or participate in these other races. Nevertheless there were two good winners and a few national records.

**Paul Jansen** took his second victory, following on from his win in 2019. He won the three distances, with last year's 4<sup>th</sup> placed **Remco de Bruin** a short distance behind them. **Boguslaw Seidel** from Poland took his first podium by finishing third. **Bauke te Nijenhuis** (86) set a national record M85 on 3000m: 23:53.0. **Anne van Andel** won the women's race for the fourth time (2014, 2019, 2020, 2021), setting a Dutch all time best performance on 1500m (6:56.6) to beat the 38 year old mark for that distance. **Jacqueline van Drongelen**, participating for the first time, took second place and **Sandra Maas** took bronze. In the youth category, only two walkers participated, but **Casper Deij** and **Ranomi Rijntjes** made it a very exciting battle.

<b>Men</b>		<b>3000m</b>	<b>1000m</b>	<b>1500m</b>	<b>Points</b>
1.	Paul Jansen	13:57.2	4:21.9	6:49.2	813.77
2.	Remco de Bruin	14:15.4	4:30.0	6:55.4	832.06
3.	Boguslaw Seidel (POL)	16:28.3	5:11.9	7:59.9	961.26
4.	Marco Bernatzki (GER)	20:10.6	6:17.6	9:51.1	1175.20
5.	Joost van der Plicht	21:17.5	7:09.1	10:33.3	1277.13
6.	Ad van Oijen	22:35.7	7:28.9	11:17.2	1352.27
7.	Bauke te Nijenhuis	23:53.0	7:51.7	11:52.1	1424.10
8.	Harry Bijnen	20:03.9	6:16.0	DNS	777.30
<b>Women</b>		<b>3000m</b>	<b>1000m</b>	<b>1500m</b>	<b>Points</b>
1.	Anne van Andel	14:51.6	4:47.2	6:56.6	862.13
2.	Jacqueline van Drongelen	18:45.5	5:53.5	9:08.4	1094.27
3.	Sandra Maas	19:37.6	6:04.4	9:43.3	1145.80
4.	Larissa Droogendijk	20:52.5	6:20.6	10:06.4	1202.37
<b>Youth</b>		<b>400m</b>	<b>600m</b>	<b>Points</b>	
1.	Casper Deij	2:54.5	4:15.1	861.42	
2.	Ranomi Rijntjes	2:55.0	4:14.4	861.50	



*Paul Jansen (far left), Anne van Andel (next in line) and Bauke te Nijenhuis (far right)*

**SURREY & SUSSEX COMBINED EVENT CHAMPIONSHIPS, CARSHALTON, ENGLAND, 11-12 SEPTEMBER 2021**

Also from a week ago and this time in England, the walks from the Surrey and Sussex Championships in Carshalton.

**2000m Walk U13**

1. Charlie Perry PB M U13 12:19.5

**3000m Walk**

1. Trevor Jones SB M V60 16:53.5  
 2. Lauren Morse PB W U20 17:48.0  
 3. Ian Torode M V65 18:18.3  
 4. Penelope Cummings SB W V45 18:37.9  
 5. Harvey Perry PB M U15 19:05.7  
 6. Paul Gaston SB M V70 19:12.5  
 7. Ron Penfold SB M V75 21:11.5  
 8. Judith Carder SB W V60 22:24.1

**MOULTON FIVE MILES CHAMPIONSHIP, MOULTON, SUFFOLK, ENGLAND 11 SEPTEMBER 2021**

And staying with that same weekend, results from the Enfield Race Walking League in England. Ron Wallwork reports;

Tokyo Olympians spanning six decades made history at the Moulton Five as **Callum Wilkinson**, fresh from his splendid 20km 10<sup>th</sup> at this year's Games, came under the starting orders of **Ray Middleton**, a GB stalwart of the 1960's, who competed at the 1964 Tokyo Olympics at 50km. Callum kept his brother **George Wilkinson** company for most of the way before easing ahead for the win, with the 2017 runner-up **Dave Annetts** in third place, some five minutes quicker than he was back then. Although walking over two minutes faster than her winning time of 2019, **Emma Dyos** was unable to prevent the recent master's record breaker **Melanie Peddle** from relieving her of the winner's trophy.

Following a two year break and a residual covid concern, numbers were understandably down on previous years, but the 'buzz', warmth and friendliness associated with this event was as overwhelming as ever. Ray Middleton at 85, remains the likeable character he always was and was joined by peers **Bill Sutherland**, **George Nibre**, **Tony Taylor** and **Ron Wallwork**. Overcast, but humid conditions at the start quickly became uncomfortably sunny and hot and added to the test that the undulating out and back course poses.

A good selection of photographs are viewable on <https://markeaston.zenfolio.com/f917663688>.

**5 Miles Walk Men © = Centurion**

1.	Callum Wilkinson	EHAC/Togher AC	37.32	SM
2.	George Wilkinson	Enfield HAC	38.03	U20
3.	David Annetts	N.Herts RR	40.39	M55
4.	Tony Taylor	Lancs WC	46.16	M70
5.	Steve Uttley	Ilford AC	48.52	M60
6.	Martin Fisher ©	Redcar RWC	51.01	M55
7.	Simon Morgan	Ilford AC	52.51	M50
8.	Steve Allen ©	Barnet D AC	53.19	M65
9.	John Arthur	unattached	53.25	M60
10.	George Nibre	Ilford AC	53.45	M60
11.	Stuart Edgar	Dudley/Stour	54.03	M50
12.	Richard Emsley	Desborough AC	54.21	M65
13.	Steve Allen	Ilford AC	55.50	M60
14.	Brian Armstrong	Ilford AC	57.08	M70
15.	Tony Wilkinson	unattached	57.41	M55
16.	Tom Casserley	Enfield H AC	58.16	M80
17.	Paul Firmage	Ryston R	64.16	M65
18.	Andrew Wilmot ©	Halstead RR	64.16	M75
19.	Malcolm Brown	unattached	75.35	M70
20.	Dave Ainsworth ©	Ilford AC	78.44	M70

**5 Miles Walk Women © = Centurion**

1.	Melanie Peddle	Loughton AC	45.09	W50
2.	Emma Dyos	Ilford AC	46.37	W45
3.	Helen Middleton	Enfield H AC	51.43	W55
4.	Joyce Crawford ©	Enfield H AC	55.57	W50
5.	Noel Blatchford	Abingdon AC	56.34	W70
6.	Kate James	Moulton	60.15	W40
7.	Sue Clements ©	Cambs/Col	62.37	W65

8.	Anna Allen	unattached	64.28	W65
9.	Viv Houghton	Moulton	72.02	W70
10.	Sue Mills	Moulton	73.11	W50
11.	Shaheeda Arthur	unattached	90.57	W60

**Suffolk CAA championships**

1.	Joyce Crawford	1.	Callum Wilkinson
2.	Kate James	2.	George Wilkinson
3.	Viv Houghton	3.	Tony Wilkinson



Ray and Callum



Emma, Melanie and Helen

(photos from Ron Wallwork's race report)

I do like this initiative – a "5 in the hour" badge for any walkers who better 60 minutes for the 5 Miles walk for the first time. Here's what the badge looks like.



The next League race is the 'Cecil Gittins' memorial walks on 3<sup>rd</sup> October and details are available on the VETS AC website.

**LES 28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 18-19 SEPTEMBER 2021**

Now fast forward to last weekend, when Emmanuel Tardi had a double header. Firstly, he was in Roubaix on Saturday for the annual 28 Heures de Roubaix. As well as featuring the classic 28 Hours walk, the meet also included the French 100km Walk Championship which had been rescheduled from its usual date earlier in the year. Numbers were down overall (only 30 starters) due to covid. For the second consecutive year, walkers from Eastern European countries were absent, in particular the Russian Dimitriy Osipov, Roubaix winner on a record 10 occasions.

The race was held in perfect conditions on a 2km lap in the Parc Barbieux. **Fabien Deparday, Maxime Laneau and Christophe Erard** walked together for the first 4 hours, before Deparday cleared away to win the 100km race for the third time in a row, his time an excellent 10:54:53. He was over 30 minutes ahead of second placed **David Vandercoilden** (11:28:02). Special mention to M80 walker **Robert Daloz** who finished in 15:28:37.

Once Deparday had won the 100km, he then stopped, and attention turned to the 28 Hours race which was won by **Serge Georgelin** (213.043km), ahead of 70 year old **Gilles Letessier** who finished 2<sup>nd</sup> with 206:158km. In the women's 28 Hour walk, **Corinne Fauqueur** led early but did not finish the race. The women's win went to **Emilie Bizard Planchot** (175.645km) with her mother **Claudie Bizard** second with 171.596km.

Lots of photos at <https://photos.google.com/share/AF1QipMJHWKvOFiJmHPRHyU65CyyTFw-FN8hNliRUqAk0pSjCITwGqicr4IIdtmi4fFwmw>

**French 100km Championship**

1.	DEPARDAY Fabien	Saint-brieuc Athletisme	10:54:53
2.	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	11:28:02
3.	LANEAU Maxime	Us Camon	11:57:51
4.	GEORGELIN Serge	E.a.c	11:59:08
5.	LACHE Cyrille	Ca Balma	12:30:01
6.	KERLAU Yves-michel	Cm Roubaix	12:51:03
7.	GROS Gildas	Es Thaon	13:12:33
8.	LETESSIER Gilles	Rochefort Athletisme Club	13:14:26
9.	DELANGE Dominique	Aj Auxerre Section Marathon	13:56:25
10.	GRADOS Stephane	Cm Roubaix	14:10:51
11.	YVERT Louis	Cm Roubaix	14:13:00
12.	THOUMELIN Laurent	Athletisme Sarthe Loir 72	14:21:21
13.	DALOZ Robert	Neuilly Sur Marne Athletisme	15:28:37
14.	CECCALDI Georges	Entente Chalon/saone Athl.	16:01:44
15.	GUILLOT Mickael	Ac Chateau Thierry	16:15:28
16.	ROBERT Jean-pierre	Villeneuve D Ascq Fretin Athle	17:58:34
1.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	14:28:23
2.	CANTET Nadege	Tarbes Pyrenees Athletisme	15:03:01
3.	PANNIER Josiane	Havre Ac	15:23:49
4.	BIZARD Claudie	Thiais Ac	15:44:43
5.	GILLARD Lydia	Marche Mythique Organisation	17:16:45

**Les 28 Heures de Roubaix**

1.	GEORGELIN Serge	E.a.c.	213:043km	28:00:00	7.609 km/h
2.	LETESSIER Gilles	Rochefort Athletisme Club	206:158km	28:00:00	7.363 km/h
3.	KERLAU Yves-michel	Cm Roubaix	196:059km	28:00:00	7.002 km/h
4.	GROS Gildas	Es Thaon	183:945km	28:00:00	6.569 km/h
5.	THOUMELIN Laurent	Athletisme Sarthe Loir 72	178:432km	28:00:00	6.373 km/h
6.	YVERT Louis	Cm Roubaix	170:151km	28:00:00	6.077 km/h
7.	PORCHER Claude	Nl	165:666km	28:00:00	5.917 km/h
8.	GRADOS Stephane	Cm Roubaix	161:958km	28:00:00	5.784 km/h
9.	CECCALDI Georges	Entente Chalon/saone Athl.	158:687km	28:00:00	5.667 km/h
10.	DELANGE Dominique	Aj Auxerre Section Marathon	157:353km	28:00:00	5.620 km/h
11.	ROCHA Fernando	Nl	145:506km	28:00:00	5.197 km/h
12.	RASSAIND Andre	Al Voiron	123:939km	28:00:00	4.426 km/h
13.	ROBERT Jean-pierre	Villeneuve D Ascq Fretin Athle	122:715km	28:00:00	4.383 km/h
14.	DEPARDAY Fabien	Saint-brieuc Athletisme	121:843km	28:00:00	4.352 km/h
15.	LANEAU Maxime	Us Camon	118:564km	28:00:00	4.234 km/h
16.	GUILLOT Mickael	Ac Chateau Thierry	112:567km	28:00:00	4.020 km/h
	ALEXANDRE Alain	Rfc Liege	100:000km	14:56:09	6.695 km/h
	TRIZZULLA Giacomo	Rfc Liege	82:000km	12:32:42	6.536 km/h
	SEYNAEVE Serge	Cm Roubaix	62:000km	09:22:38	6.612 km/h
	MARECHAL Pascal	Ac Chateau Thierry	50:000km	07:06:19	7.037 km/h
	FAUQUEUR Raymond	Cm Roubaix	32:000km	07:04:07	4.527 km/h
	TARDI Emmanuel	La Postillonne Longjumeau	20:000km	03:03:30	6.540 km/h
1.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	175:645km	28:00:00	6.273 km/h
2.	BIZARD Claudie	Thiais Ac	171:596km	28:00:00	6.128 km/h
3.	CANTET Nadege	Tarbes Pyrenees Athletisme	157:220km	28:00:00	5.615 km/h
4.	PANNIER Josiane	Havre Ac	148:442km	28:00:00	5.302 km/h
5.	GILLARD Lydia	Marche Mythique Organisation	132:532km	28:00:00	4.733 km/h
6.	DEPREZ Celine	Nl	103:443km	28:00:00	3.694 km/h
	FAUQUEUR DUDA Corinne	Cm Roubaix	64:000km	10:11:39	6.278 km/h
	DELANNOY Tiphaine	Nl	40:000km	08:36:19	4.648 km/h





28 Hour walkers Emilie Bizard Planchot, Serge Georgelin and Gilles Letessier



100km walkers Fabien Deparday and Robert Daloz (all photos from Emmanuel Tardi)

**62<sup>ND</sup> CHALLENGE FACOËTTI -DAHM, MONTREUIL, FRANCE, SUNDAY 19 SEPTEMBER 2021**

After spending Saturday in Roubaix, Emmanuel was back in his car and driving the 225km to Montreuil, where the 62<sup>nd</sup> edition of the Challenge Facoëtti-Dahm was to be held on Sunday morning. Since the event had been given a "European Athletic Meet" label, Emmanuel was part of the international judging panel. The race started at 9:30AM at the Montreuil Stadium in sunny and extremely good conditions. After 1000m on the track, the walkers exited the stadium and walked 1km laps on the road to complete their 20km.

In the men's 20km, **Nazar Kovalenko**, **Michele Antonelli** and **Ryan Gognies** led initially before Gognies was disqualified. That left Kovalenko and Antonelli to fight out the finish, with Kovalenko breaking away to win with 1:24:28, ahead of Antonelli who finished with 1:24:56. **Aurelien Quinion** and **Jakub Jelonek** fought out third place, but it was Quinion who took the honours, after Jelonek was also disqualified. In the women's 20km, British walker **Bethan Davies** had an easy win with 1:38:56.

**20km Men**

1.	KOVALENKO Nazar	SEM/87	UKR	1:24:28
2.	ANTONELLI Michele	SEM/94	ITA	1:24:56
3.	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	1:29:41

4.	MARTIN Come	SEM/95	Annecy Haute Savoie	1:32:04
5.	ANDRIEU Hugo	SEM/92	Uavh Aubagne	1:34:22
6.	BAZZO BORTOT Symon	SEM/96	As Raismes	1:35:54
7.	CAPRICE Jérôme (Mri)	MAM/83	Athletic Trois Tours	1:36:01
8.	LEBRETON Killian	ESM/00	Ta Rennes	1:37:25
9.	LANDRON Roland	MAM/78	Ca Beglais	1:37:44
10.	HADULA Ludovic	SEM/87	Grac Renwez	1:39:26
11.	NTENTOPOULOS Konstantinos	SEM/94	GRE	1:39:33
12.	LE MONTAGNER Mathieu	MAM/85	Sa Autun	1:39:55
13.	DE BONTIN Vincent	SEM/88	Sa Autun	1:40:14
14.	BOUTRAIS Andy	SEM/91	Spn Vernon	1:42:51
15.	BERCHEBRU Benoit	MAM/84	Ca Montreuil 93	1:43:32
16.	BONNOMET Arthur	ESM/00	Efs Reims A. *	1:49:43
17.	DEQUIN Alain	MAM/66	Ula De Cornouaille	1:55:38
18.	BOLLINGER Vincent	MAM/84	Dynamic Aulnay Club	1:56:57
19.	TURETTE Didier	MAM/67	Cjf Saint-malo	1:57:03
20.	MAURE Rene-Jean	MAM/65	Neubourg Ac	1:59:51
21.	SANCHEZ MONTOYA David	MAM/84	ESP	2:00:11
22.	CHARBONNIER Nicolas	MAM/78	Bannalec Pays De Quimperle	2:01:28
23.	MACRE Tony	MAM/77	Mouy Atac	2:01:42
24.	STEFANELLY David	MAM/76	As Mantes	2:03:21
25.	DEGRYSE Jean-Claude	MAM/74	Ea Douchy	2:05:47
26.	TROADEC Matthieu	SEM/94	Dynamic Aulnay Club	2:12:28
27.	TURLET Albert	MAM/81	Avia Club Athletisme	2:14:22
	JELONEK Jakub	SEM/	POL	DQ
	BROU Florent	SEM/93	Ac Paris-joinville	DQ
	GOGNIES Ryan	ESM/00	Ca Montreuil 93	DQ

#### 20km Women

1.	DAVIES Bethan	SEF/90	GBR	1:38:56
2.	BERETTA Clemence	SEF/97	Athle Vosges Pays	1:39:41
3.	VEIKKOLA Heta	JUF/03	FIN	1:40:45
4.	TORMA Anett	MAF/84	HUN	1:49:58
5.	DENISSELLE Vanessa	MAF/84	Val-de-reuil Ac	1:50:08
6.	JOUAN Christele	MAF/75	Asptt Rouen	1:50:24
7.	PESLERBE Bertille	SEF/98	Ea Pays De Broceliande	1:52:43
8.	BRAY Violaine	MAF/71	Cjf Saint-malo	1:52:51
9.	DAOULAS Roxanne	SEF/94	Tregueux Langueux Athletisme	1:53:14
10.	DELAUNAY Dorothee	SEF/98	Cs Ternes Paris Ouest	1:56:41
11.	BRASTEL Adeline	MAF/78	Efs Reims	1:56:44
12.	DEMON Sonia	MAF/72	Efs Reims	1:57:22
13.	GIRAULT Marie	SEF/88	Ea Cergy Pontoise Athletisme	1:59:26
14.	BIZARD Lucie	SEF/90	Stade Français	1:59:41
15.	RAES-MAURE Chloe	MAF/76	Neubourg Ac	2:03:31
16.	CHOCHOY Christine	MAF/68	Dynamic Aulnay Club	2:07:17
17.	LANGLOIS Cloe	SEF/97	Dynamic Aulnay Club	2:17:25
18.	LANGLOIS Lise	JUF/02	Dynamic Aulnay Club	2:24:47

#### 10km U20

1.	WILKINSON George	JUM/02	GBR	46:46
2.	MAZURE Maxime	JUM/02	Hba - S/l Ta Rennes	49:50
3.	LE LOUARN Thomas	JUM/02	Neuilly Sur Marne Athletisme	1:01:07



*Judges Maryse Breton (Chief), Alexis Auger, Patrick Legentil, Emmanuel Tardi, Frederic Bianchi, Daniel Thorel José Luis Dias (POR), Frederic Bourcier and Martin Scarba (SVK)*



*Nazar Kovalenko, Bethan Davies and Clemence Beretta (photos from Emmanuel Tardi)*

**RAMSAY BAKERY END TO END WALK. ISLE OF MAN, SUNDAY 19 SEPTEMBER 2021**

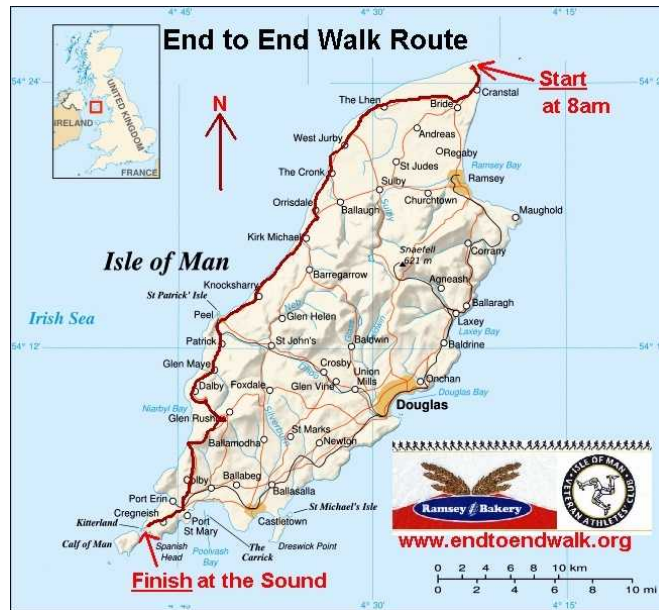
Last weekend also saw the annual End to End walk, contested in near perfect conditions on the Isle of Man. As usual, it started at the Point of Ayre and finished at the Sound, a distance of 39.22 miles.

**Richard Gerrard** has dominated this event over the past decade. Since finishing second to Michael George in 2013 – the year Michael set the course record of 6:24:32 (which still stands), Richard has won every event: 7 wins in a row. And he did it again in 2021, completing his eighth victory in a row and his ninth overall, having initially intended to stop at Peel. His time of 6:35:07 was his third fastest, and was the fourth fastest ever recorded on the west-side course, first used in 2002. **Simon Gawne** claimed an excellent second place, eight minutes in arrears of Richard, having been passed on the ascent to the Round Table. His time of 6:43:08 ranks him number 11 on the all-time list, and his performances in both the Parish and the End to End this year indicate that his first big win can't be too far away. **Aaron Kneale** walked a very strong second half of the race to come through to third place. **Stew Jones** and **James Quirk** crossed the line together in joint fourth, and **Dean Morgan** completed the top six with a strong walk.

**Steph Burton** claimed a hard-earned maiden 'major' victory in the women's race with a fine performance to come home in 12<sup>th</sup> place overall with 7:54:32. The other podium positions in the women's race went to **Karen Mercer** and **May Hooper**.



After taking out those who retired at The Cronk (12.43 miles), Peel (22.16 miles), Dalby (27.70 miles) and Cregneash (37.00 miles), 111 of the 298 walkers completed the full course. See more at <http://www.endtoendwalk.org/>.



**Ramsey Bakery End to End Walk (walkers under 9 hours)**

1.	Richard Gerrard	Men 45-49	6:35:07
2.	Simon Gawne	Senior Men	6:43:08
3.	Aaron Kneale	Senior Men	7:09:30
4.	Stewart Jones	Men 45-49	7:17:41
5.	James Quirk	Men 45-49	7:17:41
6.	Dean Morgan	Men 35-39	7:18:48
7.	Tony Edwards	Men 55-59	7:29:25
8.	Michael Readshaw	Men 60-64	7:44:24
9.	Dougie Scott	Men 35-39	7:47:15
10.	Paul Jennings	Men 35-39	7:47:49
11.	Rhodes Brown	Senior Men	7:51:06
12.	Steph Burton	Women 55-59	7:54:32
13.	Josh Knights	Senior Men	7:55:36
14.	Stu Osborne	Men 35-39	8:12:59
15.	Dan Dickinson	Senior Men	8:17:11
16.	Graham Jackson	Men 50-54	8:20:23
17.	Michael Farnworth	Men 45-49	8:24:26
18.	Chris Addy	Senior Men	8:25:12
19.	Phil Riley	Men 35-39	8:27:29
20.	Stephen Oates	Senior Men	8:29:17
21.	Michael Shippides	Men 55-59	8:30:21
22.	Adey Callister	Men 35-39	8:31:66
23.	Karen Mercer	Women 40-44	8:32:47
24.	May Hooper	Women 50-54	8:37:16
25.	Neil Wade	Senior Men	8:37:16
26.	Perry Downward	Men 60-64	8:39:35
27.	Paul Hotchkiss	Men 45-49	8:43:21
28.	Karen O'Reilly	Senior Women	8:43:31
29.	Amy Sykes	Senior Women	8:43:31
30.	Bob Kermod	Senior Men	8:46:36
31.	Zoe Lambie	Senior Women	8:47:18
32.	Kathryn Clough	Women 45-49	8:47:46
33.	Ash Humphrey	Senior Men	8:48:59
34.	David Garrood	Senior Men	8:49:51
35.	Matt Cory	Men 35-39	8:50:25
36.	Colin Cowley	Men 50-54	8:50:25
37.	Lawler Amanda	Women 40-44	8:50:43
38.	Aaron Clark	Senior Men	8:50:43
39.	Colleen McPhillips	Senior Women	8:50:46
40.	Rebekah Snell	Senior Women	8:50:49
41.	Nicola Raven	Women 55-59	8:50:56

42. Paul Jones	Men 45-49	8:51:11
43. Chloe Spooner	Senior Women	8:53:17
44. Sophie Cowin	Senior Women	8:55:43
45. Alex Jones	Senior Women	8:55:43
46. Simon Pack	Men 60-64	8:55:51
47. Harri Kennish	Senior Men	8:56:62
48. Sammy Clague	Senior Men	8:57:10
49. Philip Morris	Men 40-44	8:57:52
50. Ann-Marie Clucas	Women 40-44	8:58:25



*Simon Gawne leads Richard Gerrard*



*Aaron Kneale*



*Steph Burton*

#### OUT AND ABOUT

- New Zealand international race walker **Alana Barber** has announced her retirement. This will be a huge loss for NZ walking. Wonderful article at <https://athletics.org.nz/new-zealand-international-race-walker-alana-barber-retires/>.



*Alana fights out the 2018 Commonwealth Games 20km with Australians Jemima Montag, Beki Smith and Claire Tallent*

- Athletics New Zealand (ANZ) has been criticised over the qualifying criteria it has imposed for the 2022 Commonwealth Games by athletes who feel they unfairly missed out on past events, but the governing body insists the qualifying standards are there to ensure the competitors picked can win medals. In fairness, Athletics NZ has only been allocated 18 spots in the

T&F program so they are restricted in who they can choose. See <https://www.insidethegames.biz/articles/1112971/athletics-nz-selection-criteria>.

Their selection criteria quotes the required walk standards as 1:26:00 (Men) and 1:40:00 (Women). Shame the walks are 10,000m rather than 20km! See <https://athletics.org.nz/wp-content/uploads/2021/08/2022-Birmingham-Comm-Games-Nomination-Criteria-Athletics-FINAL-1.pdf>

- I noted an interesting update regarding changes implemented by Sport Integrity Australia around Glucocorticoid (cortisone) injections in-competition. From 1 January 2022, all Glucocorticoid (GC), “cortisone”, injections will be prohibited in-competition. This is a new ruling, making their classification consistent with oral GC preparations. One for our elite walkers to remember. See <https://www.snow.org.au/news/new-rules-around-glucocorticoid-gc-injections-in-competition/>
- **Pierce O’Callaghan** has been appointed by World Athletics as head of competition management. Pierce is well known to all of us in the racewalk community as a former international walker for Ireland and as one of our current international racewalking judges. Congrats Pierce! See <https://www.insidethegames.biz/articles/1112992/world-athletics-launches-new-tours>.
- It looks like the racewalking community are not the only ones dissatisfied with the performance of UK Athletics (see Paul DeMeester’s 50km article in last week’s newsletter). Several of Britain’s top track and field stars have told Sebastian Coe they are at breaking point with the current regime and have made a plea to him to intervene. See <https://www.theguardian.com/sport/2021/sep/13/team-gb-athletes-approach-sebastian-coe-over-uk-athletics-regime>.
- The latest Victorian Masters newsletter is now out. See <https://vicmastersaths.org.au/wp-content/uploads/2021/09/2021D-Footprints-Sept-Oct.pdf>. I am pleased to see a new editor following on from the late great Russ Dickenson.

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

marciadalmondo has 7 press releases for us this week

- Mon 20 Sep - Montreuil (FRA): 62<sup>nd</sup> Challenge Facchetti-Dahm  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4186](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4186)
- Sun 19 Sep - Trnava (SVK): Slovakian U23 and U16 national championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4185](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4185)
- Sun 19 Sep - Kumagaya (JPN): the All Japan Inter University Track and Field Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4184](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4184)
- Sat 18 Sep - Caorle, Venice (ITA): The Gold Final of the Italian Club Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4183](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4183)
- Thu 16 Sep - Samorin (SVK): The final of the Slovakian Athletic League  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4182](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4182)
- Fri 17 Sep - The history of the women's Olympic Games Walks  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4180](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4180)
- Tue 14 Sep - World Athletics: O’Callaghan appointed head of competition management by World Athletics  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4179](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4179)

and omarchador has 11 press releases, with results from around the world.

- Sun 19 Sep - Resham Midhun wins 50km march in Warangal, India  
<https://omarchador.blogspot.com/2021/09/resham-midhun-vence-50-km-marcha-em.html>
- Sun 19 Sep - Perseus Karlström wins 'Knalletampen 2021', recalls Anders Hansson  
<https://omarchador.blogspot.com/2021/09/perseus-karlstrom-vence-knalletampen.html>
- Sun 19 Sep - Ram Baboo and Ramandeep Kaur triumph in the Indian 35km walk championships  
<https://omarchador.blogspot.com/2021/09/triunfos-de-ram-baboo-e-ramandeep-kaur.html>
- Sat 18 Sep - Paul Jansen and Anne van Andel win Sprint Walk Triathlon  
<https://omarchador.blogspot.com/2021/09/paul-jansen-e-anne-van-andel-vencem.html>
- Sat 18 Sep - Chandan Singh and Sonal Sukhwal win Indian 20km walk championships  
<https://omarchador.blogspot.com/2021/09/chandan-singh-e-sonal-sukhwal-venceram.html>

- Fri 17 Sep - Results of Grand Ost Championship walks, Mirecourt, France  
<https://omarchador.blogspot.com/2021/09/campeonatos-de-marcha-do-grande-leste.html>
- Fri 17 Sep - Magnus Græsli and Siri Gamst Glittenberg, champions of Norway (2021)  
<https://omarchador.blogspot.com/2021/09/magnus-grsli-e-siri-gamst-glittenberg.html>
- Thu 16 Sep - Helebrandt and Madarász win in Hungarian Club Final in Székesfehérvár  
<https://omarchador.blogspot.com/2021/09/helebrandt-e-madarasz-vencem-na-final.html>
- Wed 15 Sep - Emiliano Brigante and Martina Casiraghi win U23 Italian Club Championships  
<https://omarchador.blogspot.com/2021/09/emiliano-brigante-e-martina-casiraghi.html>
- Tue 14 Sep - VALE António Gonçalves (1953-2021)  
<https://omarchador.blogspot.com/2021/09/antonio-goncalves-1953-2021.html>
- Mon 13 Sep - Mastianica and Virbalyte win "Druskininkai - 2021"  
<https://omarchador.blogspot.com/2021/09/mastianica-e-virbalyte-vencem.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 continuing COVID-19 issues.

#### Victorian Key Dates –2021

All up in the air, with our current covid lockdown!

#### 2021 World Athletics Race Walk Challenge

Oct 9 (Sat), 2021      RW Challenge Meet, Mexico City, MEX  
Oct 16 (Sat), 2021      Invitational Race Walking Meet, Coatzacoalcos, MEX

#### Other International Dates

Mar 1-6, 2022      **29<sup>th</sup> World Athletics Race Walking Team Championships**, Muscat, Oman (Postponed from 2020)  
Jun 26 – Jul 7, 2022      **World University Summer Games**, Chengdu, China (Postponed from 2021)  
Jun 29 – Jul 10, 2022      **23<sup>rd</sup> World Masters T&F Championships**, Tampere, Finland  
July 15-24, 2022      **18<sup>th</sup> 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      **19<sup>th</sup> World Athletics U20 T&F Championships**, Cali, Colombia  
  
TBA, 2023      **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
TBA, 2023      **24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden  
Aug 2023 (TBC)      **19<sup>th</sup> World Athletics Championships**, Budapest, Hungary

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