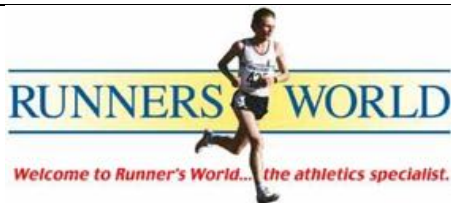




# HEEL & TOE Online

Vol. 2020/21  
Issue No. 55  
Tuesday  
19 October 2021

The official organ of the Victorian Race Walking Club, Inc.  
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## \*\*\* WALKER OF THE WEEK \*\*\*

This week's WOTW is shared by two young walkers – **Sebastian Richards (SA)** and **Sam McCure (QLD)**. Both boys produced dominant performances in their respective races at the weekend.

Sebastian, U14, coached by Kim Mottrom and improving rapidly, easily won his 1500m interclub race in 7.09.21, while Sam, U16, was the stand out over 3000m at the QLD All Schools championships with a time of 14.36.68. Well done, lads!

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## CLUB NEWS and RESULTS

### \*\* BEC HENDERSON SECURES S.A.H.O.F. SCHOLARSHIP \*\*

Great news announced today by Athletics Australia:

The youthful talent within athletics in Australia has received yet another boost today, with Olympian **Rebecca Henderson** and Australian Under 20 representative **Jett Carlin** being announced as Tier 3 Scholarship recipients in the Sport Australia Hall of Fame (SAHOF) 2022 Scholarship and Mentoring Program.

The pair will join **Bendere Oboya** (Tier 1 Scholarship) to immerse themselves in the nation's leading sports scholarship program, providing \$150,000 across 32 scholarships with the assistance of Sport Australia and the Australian Institute of Sport to support future stars in their quest for excellence on the world stage.

At 20-years-old and fresh off her Olympic debut in the 20km race walk, Henderson is eager to make the most of the opportunity as she targets new goals both on and off the track.



“Becoming a Sport Australia Hall of Fame Scholarship Holder is so amazing as it will help give me the resources to continue to compete at an elite level, while keeping up with my studies and work. It will allow me to continue improving and moving up in the senior ranks, to hopefully become the best possible athlete and person I can be,” Henderson said.

Carlin will be looking to follow in the footsteps of his father, Paul Carlin, who represented Australia at the Commonwealth Games. The 18-year-old hammer throw athlete is embracing all aspects of the scholarship, with the program set to bolster his network and self-belief.

“I am super grateful for this opportunity and excited for what the next year has in store for me. Whilst many people may think it is about the money, it’s not. To be a Scholarship recipient from Sport Australia Hall of Fame means to me that there are people who believe in my path and are there to support me on my journey,” he said.

Athletics Australia CEO, Peter Bromley, endorsed both athletes as rising stars and worthy recipients of the support – noting the diverse range of talent within the Australian ranks.

“It is a huge honour for Jett and Rebecca to be selected for SAHOF’s 2022 scholarship program. Both athletes represent the future of our sport, with Jett having been selected to our Australian Under 20 representative team last year, and Rebecca as the youngest athlete to compete in the women’s 20km race walk at the Tokyo Olympic Games this year,” Bromley said.

“Both Jett and Rebecca are the first athletes in their discipline to receive a SAHOF scholarship, which cements that their future in our sport is bright. We’d like to congratulate both of them on this achievement and give thanks to SAHOF for recognising their potential.”

The pair will each receive \$2500 and engage with SAHOF’s esteemed member base over the next 14 months as they continue to build on their promising careers in the green and gold.

*By Lachlan Moorhouse, Athletics Australia  
Posted: 18/10/2021*

Congratulations, Bec. Another fitting reward for all your hard work! All club members looks forward to commending you and your Olympic team-mates at Middle Park in the near future.

## ‘ WHO’S DONE WHAT TO STAY FIT DURING LOCKDOWN? ’

Our question has attracted responses from within the Club and abroad. We thank these contributors for their interest and look forward to further responses. Keep them coming!



**Paul Moritz** (*VRWC member*)

“My regular 14 km training circuit fitted neatly inside my 5 km limits, and the 100-105 minutes it takes me was within the 2 hr exercise limit. That’s far enough, thanks very much, even though I can now go 15 km from home and be out for 4 hours.”

**Terry O’Neill** (*VRWC committee member*)

“Most Saturdays Karyn and I have been getting down to Karkarook Park. I have been doing around 4 laps, Karyn 3 laps, 1.8km loop.

“For a few weeks I ran as I had no motivation, No goal and just going through the motions, it was all hard work. I was really only going out because Karyn need to get out after a weeks work. I have upped the intensity over the last few weeks started walking again, and pushed the last few laps hard after warming up.



“Karyn has been running a lot. Mainly as a pace setter when I am pushing out a hard few km.

“Also, of a Sunday we have been getting to Duncan McKinnon (track) with a friend I have trained for many years and a niece. I have set up a resistance workout around the oval (The Personal Trainer coming out in me). About 5 stations working legs, chest, back, abs. I’ve been setting up the stations a good distance apart so you had to run to them, which also included running up a short sharp hill 3 times around station.

“So we are not totally unfit!”



**Rhydian Cowley** (*Olympian, VRWC member*)

Since returning from Japan and leaving quarantine, I enjoyed a little mentally refreshing break before building back to a normal training load in preparation for the championships coming up next year. I really noticed a difference in my fitness levels after the enforced 2 weeks in a room, especially since I had such a long uninterrupted stretch of training in the few years leading to Tokyo. It reminded me about the importance of consistency in building and maintaining fitness.

We’re really fortunate that walking, in all its forms, is **the** most accessible form of exercise\* , and it has remained available to us

throughout this pandemic. Is it any wonder so many fundraising efforts involve walking for a good cause? Having a consistent routine of getting outside walking has helped me through, providing a relief from endless zooms and screen time, and creating a delineation between 'home' and 'work'. Studies have also found that walking makes you more creative\*\*, providing yet another reason to get up and move your legs.

I am quite fortunate to live next to the Merri Creek trail. On easy days I have continued to take the time to go walking at a more leisurely pace, connecting to and appreciating nature. Watching winter turn into spring has been fulfilling, and paying more attention to the bird life has been rewarding - just the other day I saw a Tawny Frogmouth (Bird of the Year 2021 runner up) for the first time, sitting on a nest, which I would have missed if travelling at a faster pace. Allowing yourself to have some slower, low intensity days gives you space to recharge those batteries by appreciating the natural world.

*\*talked about at length in this [World Athletics webinar](#) hosted during the Tokyo 2020 Olympics*

*\*\*[Stanford Study finds walking improves creativity](#) ; Opezzo, M & Schwartz, D, [Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking](#)*

**Thomas Gladwin** (H&T reader, not a VRWC member ... yet.)

Lock down and 'working from home' gave me the opportunity to take up walking for exercise. I competed in race walks in S.A. in the late 60's and early 70's for Enfield Harriers although somehow the muscle memory has lapsed somewhat.

I live in the Wallan area north of Melbourne and within the 5km radius I was able to do some interesting circuits from 6km up to 21km (average elevation gain on the longer circuits was around 360 metres over, say, 16km circuit.

As a post script, I have 'Everested' Pretty Sally hill (9000+ metres in elevation gain) in the period Jan - Sept this year. I believe that adding hills to my walks it has encouraged me to at least attempt something more than a stroll but I don't think I'm quite getting a legal style yet!!



*Sapporo, Japan: Start of the final Olympic 50km race, with Rhydian Cowley well up at the front.*

\*\*\*\*\*

## VICTORIA - METRO & REGIONAL



# A.V. NEWS

\* From [Athletics Victoria](#):

*The Victorian Government recently announced its roadmap to deliver the National COVID Plan, setting out the path to opening.*

*Based on this Roadmap, Athletics Victoria is excited to announce an anticipated return to the summer competition*

on **Saturday, 13 November 2021**. This information is based on Victorian Government projections that Victoria will reach 80% fully vaccinated by 5 November. However, this date is subject to change based on vaccination rates and government targets.

The information to be provided by the government will dictate the format and capacity limits of the summer season. In the coming weeks, this information will be released to Athletics Victoria in the Restricted Activity Directions for Sport. Please note that until this time, entry to AVSL rounds is not yet open.

Some forms of training are currently permitted in metropolitan and regional areas. However, the conditions for training in these regions are different, and people should familiarise themselves with the definition of exercise and PT/coaching.

Details of conditions for training across Victoria, and the **AVSL Summer schedule**, can be seen on the AthsVic website at [https://athsvic.org.au/avsl-2021-22-season-launch/?fbclid=IwAR00OR2ixJAurJpTJWf9t8n\\_GhrnnDWKmRGc\\_3aq-HqanU8HY-eIJbXWCqU](https://athsvic.org.au/avsl-2021-22-season-launch/?fbclid=IwAR00OR2ixJAurJpTJWf9t8n_GhrnnDWKmRGc_3aq-HqanU8HY-eIJbXWCqU)

Currently, in terms of competition, all is quiet in Victoria, NSW and ACT. Work proceeds in those jurisdictions to enable community sport and other activities to resume as soon as possible.

\*\*\*\*\*



## DOWN MEMORY LANE

with *Tim*

Hello everyone,

I have been making good use of my free time over the last couple of weeks and have completed one of my outstanding historical tasks. You might remember that earlier this year, I worked my way through the men's Victorian Open Championships, dating back to the first 1 Mile and 3 Mile Track walks in 1892.

I eventually published this in 3 documents:

VICTORIAN CHAMPIONSHIPS MEN 1892-1920.pdf  
VICTORIAN CHAMPIONSHIPS MEN 1921-1930.pdf  
VICTORIAN CHAMPIONSHIPS MEN 1931-2021.pdf

I have now completed the same task for the women's Victorian Open Championships, dating back to the 440 Yards and 880 Yards Track walks in 1931. These are now available for viewing in two documents:

VICTORIAN CHAMPIONSHIPS WOMEN 1931-1942.pdf  
VICTORIAN CHAMPIONSHIPS WOMEN 1947-2021.pdf

Hopefully I have now captured the result of every walker who has competed in any Victorian Open track or road walk championship.

To access any of these documents, just browse to web page:  
<https://www.vrwc.org.au/documents/VICTORIAN%20CHAMPIONSHIPS%20WOMEN%201931-1942.pdf>.

To whet the appetite, here are the results of the women's Victorian Walk Championships for 2006:

### 2006 VICTORIAN WOMEN'S 5000mW CHAMPIONSHIP

With the Commonwealth Games to be contested in Melbourne in April 2006, the Victorian T&F Championships were swapped from Olympic Park to the Melbourne Cricket Ground. It was the first time that walkers had graced the hallowed turf since the 1956 Olympics and it saw the overall T&F entry list swell from around 300 to over 1600, many from interstate. The 5000m walks had 28 and 30 entries respectively in the men's and women's races. After the Commonwealth Games, the MCG once again reverted to a football and cricket stadium so this was a wonderful once off occasion.



The women's race saw Natalie, the younger Saville sibling, asserting her authority after a few laps, going on to win comfortably with 21.51. Natalie looked very impressive and is in great form with the Commonwealth Games so close. Claire Woods walked strongly through the field in what I thought was as impressive a walk as I've seen from her, to be second across the finish line. I was surprised to find after the event that her "PB" of 22.01 won't count after she had fallen foul of the judges. This bequeathed second place to Michelle French who looked terrific, walking the distance in 22.05. Michelle was a terrific junior, winning countless National titles, and is looking as good as ever as she comes back from a significant break. World Cup representative Kellie Wapshott was the first Victorian home, after chasing Natalie hard early in the event. Kellie is also in great shape and her time of 22.35 was a PB. Megan Szirom was next home and second Victorian, finishing off a great season with her own PB of 22.43. Carma Watson's good recent form continued as the third Victorian home with a fast 24.10.

Natalie's intermediate splits were 4:18, 8:35, 12:59, 17:25 and 21:51. That makes 1km splits of 4:18, 4:17, 4:24, 4:26 and 4:26. Very impressive walking indeed! Add in Jane Saville and Cheryl Webb and the sky's the limit. The girls will all meet again in the Brisbane A Series Meet on 3 March when a further 5000m track walk has been scheduled.



*Start of the 2006 Victorian Women's 5000mW championship at the MCG.*

*It's sobering – for those of us who recall how long it took for Australia to finally catch up with the rest of the athletics world and acquire its first synthetic track – to think that this pristine new surface was built, used for a few weeks, then torn up and discarded after the Commonwealth Games to make way for the return of football.*

#### **5000m Walk, Melbourne Cricket Ground, Saturday 18 February 2006**

1.	Natalie Saville (INV)	NSW	21:51
2.	Michelle French (INV)	ACT	22:06
3.	Kellie Wapshott	KNA	22:35
4.	Megan Szirom	RWD	22:44
5.	Claire Bock (INV)	QLD	24:02
6.	Carma Watson	ATE	24:10
7.	Sandra Geisler	RWD	24:29
8.	Jessica Rothwell	SBE	24:52
9.	Kelly Ruddick	BHA	25:05
10.	Natalie Laurie	ANW	25:35
11.	Tracy Feiner	KNA	25:36
12.	Lauren Drennan	KSB	25:57
13.	Sarah Vardanaga (INV)	QLD	25:58
14.	Natasha Sorenson (INV)	QLD	26:05
15.	Heather Carr	VMA	26:27
16.	Fauve Jacobs	DKN	26:34
17.	Eda Girgin	ATE	26:43
18.	Siobhan Donovan	ANW	26:51
19.	Annette Major	EAG	26:59
20.	Justijana Roseman	ATE	28:21
21.	Sandy Brunner (INV)	SA	28:34
22.	Caitlin Brunton	COR	28:50
23.	Janet Holmes	GHY	29:03
24.	Carmel Drennan	KSB	29:18
25.	Gwen Steed	VMA	30:46

Claire Woods (INV)	SA	DQ
Erin Adamcewicz	ATE	DQ

The Victorian women also contested 15km, 20km and 10km roadwalk championships during the 2006 winter season, with Megan Szirom taking gold in all 3 races.

#### 15km Walk, Barwon River, Geelong, Sunday 28 May 2006

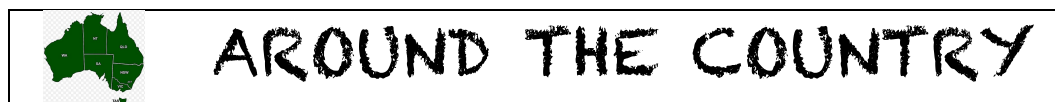
1.	Megan Szirom	RWD	1:12:20
2.	Sandra Geisler	RWD	1:18:57
3.	Annette Major	EAG	1:33:13
4.	Carmel Drennan	KSB	1:38:51
	Heather Carr (INV)	VMA	1:25:50

#### 20km Walk, Middle Park, Sunday 2 July 2006

1.	Megan Szirom	RWD	1:36:53
2.	Michelle French (INV)	NSW	1:38:36
3.	Sandra Geisler	RWD	1:53:20
4.	Heather Carr	VMA	1:55:30
	Justi Roseman	ATE	DNF

#### 10km Walk, Middle Park, Sunday 22 July 2006

1.	Megan Szirom	RWD	47:29
2.	Tracy Feiner	KNA	52:07
3.	Heather Carr	VMA	54:17
4.	Sandra Geisler	RWD	55:05
5.	Annette Major	EAG	57:14
6.	Carmel Drennan	KSB	1:01:07
7.	Celia Butler (INV)	TAS	1:01:08



### SOUTH AUSTRALIA: Interclub round 1, Saturday 16 October – Athletics SA stadium, Adelaide

Not content with breaking the State M35 record last week, Kim Mottram shaved another 5secs from his new mark this time around. We can expect that to be the pattern for the season, I think.

#### Open 3000m (mixed)

1.	Kim Mottram	M35	12.25.10
2.	Mathew Bruniges	MU23	14.00.02
3.	Alix Harlington	MU23	14.39.87
4.	Nellie Langford	WU17	14.46.34
5.	Anthony Tana	MU16	16.16.07
6.	Cooper Rech	MU15	16.42.47
7.	Katie Deruvo	WU15	16.58.68
8.	Angelina Legrand	WU14	17.33.18
9.	Greg Metha	M65	17.33.69
10.	Peter Crump	M60	19.08.55

#### Open 1500m (mixed)

1.	Sebastian Richards	MU14	7.09.21
2.	Rhiannon Lovegrove	WU23	7.43.21
3.	Matilda Gourlay	WU15	9.01.18
4.	Elizabeth Reiger	WU13	10.21.04

### QUEENSLAND: All Schools U15-19 T&F championships, Saturday 16 October - QSAC

Thanks again to Robyn Wales for these results.

#### Girls U16 3000m

1.	Piper Lawson	Redlands Col	17.38.77
2.	Phoebe Chadwick	Bracken Ridge SHS	18.48.64
3.	Lily Housden	Mt Maria Col	19.48.17
	Ashanti Heap	Emmanuel Col	DQ

#### Girls U17 5000m

#### Boys U16 3000m

1.	Sam McCure	Emmanuel Col	14.36.68
2.	Alex Bradley	Toowoomba SHS	15.32.23
3.	Jack Bannister	Sunshine Coast	17.40.17

#### Boys U17 3000m

1. Mia Bergh	Q Academy HealthSci	28.29.58	1. Seth Wasson	St Eugene Col	25.32.74
2. Annika Clarke	ClevelandDist SHS	29.55.18	Kai Norton	The Gap SHS	DQ
3. Torryn Fisher	Ormiston Col	31.37.92			
4. Korey Brady	Albany Creek SHS	33.27.00	<b>Boys U18 5000m</b>		
Summer Millard	Narangba Vly SHS	DQ	1. Lachlan McCure	Emmanuel Col	30.33.40

#### Girls U20 5000m

1. Camryn Novinetz	West Moreton Angl C	26.00.72
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## NATIONAL RACE WALKING RANKINGS – 2021

AA's legendary statistician **Paul Jenes** has circulated the rankings in all T&F events for so far this year. We include the Men's and Women's Open rankings in race walking below. (Rankings for Under 14 and Under 16 will be published in the next issue.)

### **\*\* AA RANKINGS 2021 ... Men U14-16**

#### **3,000 METRES TRACK WALK**

##### **UNDER 16**

13.32.61	Sam McCure	Q	2006	1	Sydney	13-Apr
13.34.12	Isaac Beacroft	N	2007	1	Sydney	13-Apr
13.36.39	Marcus Wakim	V	2006	2	Sydney	13-Apr
13.38.36	Owen Toyne	N	2007	2	Sydney	13-Apr
13.41.71	Ryan Bonham	N	2006	3	Sydney	13-Apr
13.51.12	John Ronan	W	2007	3	Sydney	13-Apr
13.51.22	Kodi Clarkson	N	2008	1	Sydney	13-Apr
13.55.13	Grady Platt	N	2006	4	Sydney	13-Apr
13.56.47	Bailey Housden	Q	2007	1	Brisbane	2-Oct
14.27.79	Riley Coughlan	V	2007	4	Sydney	13-Apr
14.38.09	Christoper Wright	W	2006	6	Sydney	13-Apr
14.39.40	Liam Hutchins	V	2007	6	Sydney	13-Apr
14.41.54	Jack Wright	W	2006	7	Sydney	13-Apr
14.45.58	Alex Bradley	Q	2006	7	Sydney	13-Apr
14.58.98	Sebastian Richards	S	2008	1	Adelaide	6-Feb
15.02.17	Oliver Morgan	T	2007	7	Sydney	13-Apr
15.09.50	Joel Imbriano	V	2006	8	Sydney	13-Apr
15.15.78	Scott Peart	V	2006	2	Melbourne	27-Feb
15.13.50	Anthony Tana	S	2006	9	Sydney	13-Apr
15.23.15	Samuel Lindsay	T	2008	2	Sydney	13-Apr
15.31.13	Darcy Bell	N	2006	10	Sydney	13-Apr
15.35.37	Xavier Bernard	W	2007	8	Sydney	13-Apr
15.50.49	Jack Bannister	V	2006	3	Brisbane	13-Mar
15.50.88	Dylan Allabush	N	2008	3	Sydney	13-Apr
15.53.55	Zachary Matters	V	2006	4	Melbourne	27-Feb
16.00.03	Myles Ashby	N	2007	3	Sydney	13-Mar
16.03.93	Siddharth Dhawan	A	2008	4	Sydney	13-Apr

##### **UNDER 14**

13.51.22	Kodi Clarkson	N	2008	1	Sydney	13-Apr
14.58.98	Sebastian Richards	S	2008	1	Adelaide	6-Feb
15.23.15	Samuel Lindsay	T	2008	2	Sydney	13-Apr
15.50.88	Dylan Allabush	N	2008	3	Sydney	13-Apr
16.03.93	Siddharth Dhawan	A	2008	4	Sydney	13-Apr
16.31.99	Thomas Varga-Strike	N	2008	2	Sydney	13-Mar
16.38.37	Daniel Pashutin	V	2009	1	Melbourne	27-Feb
16.46.79	Kai Dale	Q	2008	2	Brisbane	2-Oct
18.08.60	Sebastian Gonzalez	N	2008	5	Sydney	13-Apr

18.09.32	Alexander Sinnett	N	2008	3	Sydney	13-Mar
18.12.72	Kane Robson	N	2008	6	Sydney	13-Apr
18.35.53	Bailey Teasel	Q	2008	1	Brisbane	13-Mar
18.47.53	Jaxson Horton	N	2009	4	Sydney	13-Mar

### 3,000 METRES ROAD WALK UNDER 16

14.17	Owen Toyne	N	2007	1	Canberra	8-May
14.22	Riley Coughlan	V	2007	1	Melbourne	15-May
14.14.91	John Ronan	W	2007	1	Perth	19-Jun
14.56	Sebastian Richards	S	2008	1	Adelaide	29-May
15.10	Bailey Housden	Q	2007	1	GoldCoast	20-Jun
15.15	Sebastian Richards	S	2008	1	Adelaide	8-May
15.30.33	Xavier Bernard	W	2007	2	Perth	19-Jun
15.34	Darcy Bell	N	2006	1	Sydney	23-May
15.43	Grady Platt	N	2006	1	Sydney	1-May
15.44	Scott Peart	V	2006	1	Melbourne	23-May
15.54	Oliver Morgan	T	2007	1	Tunbridge	19-Jun
15.56	Samuel Lindsay	T	2008	2	Tunbridge	19-Jun
15.58	Daniel Pashutin	V		3	Melbourne	15-May
16.02	Jai Horton	N		2	Sydney	23-May
16.05	Dylan Allabush	N		1	Woy Woy	29-May
16.12	Thomas Varga-Strike	N		2	Woy Woy	29-May
16.22	Joel Byatt	N	2007	1	Sydney	23-May
16.46	Maxwell Mayhew	N	2007	2	Sydney	23-May
16.50	Thomas Shannon	N		3	Sydney	1-May
17.21	Eden Morgan	V		2	Melbourne	23-May
17.40	Kai Dale	Q	2008	4	GoldCoast	20-Jun
17.50	Zayden Kamish	S	2007	2	Adelaide	29-May
18.50	Christopher Nilon	N		6	Woy Woy	29-May
19.21.	Aidan Pospischil	N	2007	3	Sydney	23-May

### UNDER 14

15.15	Sebastian Richards	S	2008	1	Adelaide	8-May
15.56	Samuel Lindsay	T	2008	2	Tunbridge	19-Jun
15.58	Daniel Pashutin	V		3	Melbourne	15-May
16.05	Dylan Allabush	N		1	Woy Woy	29-May
16.12	Thomas Varga-Strike	N		2	Woy Woy	29-May
17.40	Kai Dale	Q	2008	4	GoldCoast	20-Jun
18.50	Christopher Nilon	N		6	Woy Woy	29-May

### 5,000 METRES ROAD WALK UNDER 16

23.38	Marcus Wakim	V	2006	2	Melbourne	2-May
25.19	Kodi Clarkson	N	2008	1	Canberra	8-May
25.25	Liam Hutchins	V	2007	2	Melbourne	27-Mar
25.46	Samuel Lindsay	T	2008	1	Pontville	28-Aug
29.13	Grady Platt	N	2006	4	Woy Woy	29-May

## **\*\* AA RANKINGS 2021 ... Women U14-16**

### 3,000 METRES TRACK WALK UNDER 16

13.37.21	Milly Boughton	N	2006	1	Mingara	30-Jan
14.52.42	Sienna Pitcher	N	2007	1	Sydney	14-Apr
14.53.84	Amber Norton	Q	2006	1	Brisbane	23-Jan
15.01.07	Daisy Braithwaite	S	2006	1	Adelaide	28-Feb
15.06.83	Ariana Pashutina	V	2007	1	Melbourne	27-Feb
15.08.82	Lyla Williams	Q	2007	2	Sydney	14-Apr
15.14.56	Avia Pinches	N	2006	2	Sydney	14-Apr
15.25.46	Grace Beck	N	2008	3	Sydney	6-Jan



15.33.48	Maddison Nash	V	2006	1	Melbourne	27-Feb
15.39.29	Zoe Woods	N	2007	4	Sydney	14-Apr
15.40.51	Ashlyn Spencer	W	2007	2	Perth	22-Jan
15.41.03	Madeline Platt	N	2008	2	Sydney	13-Mar
15.54.34	Tamika Gee	Q	2007	3	Brisbane	20-Feb
15.54.76	Emily Smith	V	2006	2	Melbourne	27-Feb
15.55.58	Milly Sharpe	Q	2008	2	Sydney	13-Apr
15.57.89	Ashanti Heap	Q	2006	2	Brisbane	13-Jan
16.02.11	Emily Lynch	S	2007	6	Sydney	14-Apr
16.03.65	Ciara Cassilles	N	2007	2	Sydney	13-Mar
16.17.05	Ava Diaz	N	2007	4	Sydney	13-Mar
16.18.51	Ella Munroe	N	2006	2	Sydney	13-Mar
16.21.41	Chloe Lamb	N	2007	5	Sydney	13-Mar
16.28.66	Kaytee Bogaers	W	2008	3	Sydney	13-Apr
16.29.37	Maisie Mitchell	N	2009	4	Sydney	13-Apr
16.31.28	Laelia Byatt	N	2006	3	Sydney	13-Mar
16.31.36	Chloe Krklinski	N	2006	7	Sydney	13-Apr

#### UNDER 14

15.25.46	Grace Beck	N	2008	3	Sydney	6-Jan
15.41.03	Madeline Platt	N	2008	2	Sydney	13-Mar
15.55.58	Milly Sharpe	Q	2008	2	Sydney	13-Apr
16.28.66	Kaytee Bogaers	W	2008	3	Sydney	13-Apr
16.29.37	Maisie Mitchell	N	2009	4	Sydney	13-Apr
17.05.98	Makenna Clarke	Q	2009	5	Sydney	13-Apr
17.17.57	Emma Hearnden	V	2009	4	Sydney	13-Mar
17.36.39	Mietta Morgan	V	2009	1	Melbourne	27-Feb
17.37.19	Stella Pinches	N	2009	4	Mingara	28-Feb
18.09.98	Isabelle Curtis	W	2009	2	Perth	19-Feb

#### 3,000 METRES ROAD WALK

##### UNDER 16

14.22.07	Milly Boughton	N	2006	1	Sydney	1-May
14.55	Ariana Pashutina	V	2007	1	Melbourne	17-Apr
15.08	Siena Pitcher	N	2007	1	Sydney	23-May
15.15	Ela Uzun	V	2012	1	Melbourne	15-May
15.55	Zoe Woods	N	2007	2	Sydney	23-May
15.57	Samantha Torrens	N	2007	3	Sydney	23-May
16.05.93	Kaytee Bogaers	W	2008	2	Perth	19-Jun
16.07	Chloe Krklinski	N	2006	1	Sydney	23-May
16.15.36	Ashlyn Spencer	W	2007	3	Perth	19-Jun
16.22	Ciara Cassilles	N	2007	4	Sydney	23-May
16.28	Maddison Nash	V		2	Melbourne	23-May
16.29	Ella Munroe	N	2006	2	Sydney	23-May
17.00	Laelia Byatt	N	2006	3	Sydney	23-May
17.02	Havana Ali	V	2012	3	Melbourne	15-May
17.12	Makenna Clarke	Q	2009	2	Gold Coast	20-Jun
17.19	Summer Sivaraj	N	2007	5	Sydney	23-May
17.21	Evie Armstrong	N		3	Woy Woy	29-May
17.41	Abbey Bektas	N	2007	6	Sydney	23-May
17.47	Matilda Webb	N		4	Woy Woy	29-May
18.19	Mietta Morgan	V		4	Melbourne	15-May
18.24	Ella Cunningham	V		3	Melbourne	23-May
18.28	Emma Hearnden	N		5	Woy Woy	29-May
18.31	Jessey Bektas	N	2007	7	Sydney	23-May
18.50	Ella Cunningham	V		6	Melbourne	15-May
19.15	Hannah Kull	T		1	Tunbridge	19-Jun
19.57	Jacinta Neale	N		4	Sydney	23-May
20.34.12	Amelia Crocker	N		4	Sydney	1-May

##### UNDER 14

16.05.93	Kaytee Bogaers	W	2008	2	Perth	19-Jun
17.02	Ali Havana	V		3	Melbourne	15-May
17.12	Makenna Clarke	Q	2009	2	Gold Coast	20-Jun
18.19	Mietta Morgan	V		4	Melbourne	15-May

18.50 Ella Cunningham V 6 Melbourne 15-May

**5,000 METRES ROAD WALK  
UNDER 16**

24.02	Milly Boughton	N	2006	1	Melbourne	27-Mar
25.35	Ariana Pashutina	V	2007	2	Melbourne	27-Mar
27.00	Lyla Williams	Q	2007	2	Brisbane	30-May
27.59	Maddison Nash	V	2006	3	Melbourne	2-May
28.02	Daisy Braithwaite	S	2006	1	Adelaide	29-May
28.18	Emily Smith	V	2006	4	Melbourne	15-May
29.21	Jade Chitty	V	2007	5	Melbourne	15-May
29.36	Zoe Woods	N	2007	5	Woy Woy	29-May

\*\*\*\*\*



**FRANCE: Championnats de France – 20, 35 & 50km, October 17 – Laval, France**

Emmanuel Tardi reports on the French national 20, 35 and 50km road championships, held in the picturesque town of Laval, 300km south-west of Paris (a town I have visited twice and can recommend as a travel base for Normandy, Brittany and the Loire country.) Sadly, this was probably the last championship over 50km on French soil. (France's world record holder Yohann Diniz, now retired, may have mixed feelings about the likelihood of his record standing in perpetuity, only because the 50km has effectively been killed off by World Athletics.)

Here is Emmanuel's race report:

Due to COVID, all championships (20k, 35k, 50k) were scheduled on the same date. The first start was at 8am. It was also the championship for the U23 and Masters age groups. I was one of the 3 international judges (with Jean-Pierre Dahm and Frederic Bianchi).

For our last national 50k championship (first was in 1931), there were eight starters. Ludovic Hadula easily won the race. In the 35km, Aurelien Quinion produced a very strong time.

In the women's 20km, Clemence Beretta seemed to win easily when she received her 3rd red card after 19,8km. She stayed 2 minutes in the penalty area and finished shoulder to shoulder with Eloise Terrec (Clemence won after a sprint by just one second.)

In the U23, the penalty area was decisive, too. Maele Terrec was the leader by 1'20" when she received her 3rd card. So Marine Rottier is the new French U23 champion.

In the men 20km, the local champion Gabriel Bordier (he lives in Saint Berthevin, a suburb of Laval) won easily despite an injury to his hamstring. He was in a first-half contest with Martin Madeline-Degy.

I have only the finishers' results. No DQ or DNFs at this stage.

**20km Women**

1	BERETTA Clemence	SEF/97	Athletic Vosges Entente Clubs	1h38'09"
2	TERREC Eloise	SEF/98	Ac Roche-sur-yon	1h38'10"
3	ROTTIER Marine	ESF/00	La Postillonne Longjumeau	1h45'34"
4	TERREC Maele	ESF/01	Nancy Athletisme Metropole	1h46'33"
5	DENISSELLE Vanessa	MAF/84	Val-de-reuil Ac	1h47'19"
6	JOUAN Christele	MAF/75	Rouen Normandie Athletisme	1h48'45"
7	VIDALINC Celia	SEF/96	Clermont Athletisme A	1h48'48"
8	PESLERBE Bertille	SEF/98	Ea Pays De Broceliande	1h49'31"
9	MILLE Angele	ESF/01	Grac Athletisme	1h51'28"
10	BRASTEL Adeline	MAF/78	Efs Reims A.	1h52'45"
11	JUMEAU Celia	ESF/00	Oc Chateaudun Bonneval	1h52'53"
12	BOBAN Valerie	MAF/68	Athletic Vosges Entente Clubs	1h53'18"
13	LANOUE Severine	MAF/85	Athletic Clubs 92	1h54'52"

14	FRANCHIN Celia	SEF/87	Paris Uc	1h55'06''
15	SINA Laurence	MAF/69	Entente Sud Lyonnais	1h56'15''
16	DELAUNAY Dorothee	SEF/98	Cs Ternes Paris Ouest	1h56'44''
17	BIZARD Lucie	SEF/90	Stade Francais	1h58'34''
18	RAES-MAURE Chloe	MAF/76	Neubourg Ac	2h02'54''
19	CHOCHOY Christine	MAF/68	Dynamic Aulnay Club	2h03'17''
20	FLORENTIN Catherine	MAF/67	Athletic Vosges Entente Clubs	2h03'58''
21	DESNOT Valerie	MAF/62	Saint-brieuc Athletisme	2h07'38''
22	BARRITAUULT Lea	SEF/96	Athletic Trois Tours	2h08'49''

### 20km Men

1	BORDIER Gabriel	SEM/97	Us St Berthevin	1h29'16''
2	DUC Matteo	ESM/01	As Aix-les-bains	1h29'24''
3	MADLINE-DEGY Martin	ESM/01	Ecla Albi	1h30'05''
4	VALLEE Kyrian	SEM/94	Ca Balma	1h30'51''
5	ROBICHON Alexis	ESM/00	Ac Roche-sur-yon	1h31'11''
6	BAZZO BORTOT Symon	SEM/96	Nouveau St Amand Etudiant	1h35'54''
7	DELAUNAY Sebastien	MAM/74	Ca Du Pays Saumurois	1h35'56''
8	LANDRON Roland	MAM/78	Ca Beglais	1h37'06''
9	LE MONTAGNER Mathieu	MAM/85	Sa Autun	1h39'04''
10	GERBAUD-BLIN Pierre	SEM/95	Ec Orleans Cercle Jules Ferry	1h43'41''
11	MILLE Olivier	MAM/72	Grac Athletisme	1h44'17''
12	HERIDA Nadir	MAM/82	Efs Reims	1h45'55''
13	CUTILLAS Sylvain	SEM/87	Ca Balma	1h46'03''
14	BONNOMET Arthur	ESM/00	Efs Reims	1h46'51''
15	DE NEVE Nicolas	SEM/93	Coquelicot 42	1h48'02''
16	COIS Steeve	SEM/89	Asc Le Havre	1h48'23''
17	DENONCIN David	SEM/88	C.a. L'hay Les Roses	1h49'12''
18	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	1h51'14''
19	GLOAGUEN Thomas	SEM/96	Athle Provence Clubs	1h52'41''
20	PEREZ ALFRANCA Guillem (ESP)	MAM/83	Sa Toulouse Uc	1h57'48''
21	FLORENTIN Thierry	MAM/65	Athletic Vosges Entente Clubs	1h58'09''
22	MAURE Rene-Jean	MAM/65	Neubourg Ac	1h59'21''
23	BABOIN Michel	MAM/56	Saran Loiret Athletic Club	2h01'38''

### 50km Men

1	HADULA Ludovic	SEM/87	Grac Athletisme	4h49'12''
2	VAN HILLE Dominique	MAM/77	Nice Cote D'azur Athletisme	5h05'18''
3	GAUDIN Dominique	MAM/73	Athletisme Saint Barthelemy	5h07'43''
4	BOLLINGER Vincent	MAM/84	Dynamic Aulnay Club	5h48'09''
5	TASSIGNY Virgile	MAM/70	Havre Ac	5h52'37''

### 35km Men

1	QUINION Aurelien	SEM/93	Entente Franconville Cesame	2h34'29''
2	MAYER Florian	SEM/96	Athletic Vosges Entente Clubs	2h49'18''
3	RODRIGUEZ Remi	SEM/89	Ca Balma	2h50'32''
4	ANDRIEU Hugo	SEM/92	Uavh Aubagne	2h50'47''
5	DE BONTIN Vincent	SEM/88	Sa Autun	3h07'57''
6	ERARD Christophe	MAM/70	Asm Bar-le-duc	3h22'10''
7	LACHE Cyrille	MAM/65	Ca Balma	3h40'51''
8	STEFANELLY David	MAM/76	Grand Paris Seine & Oise	3h47'51''
9	PERRAUD Mickael	MAM/76	Ouest Vendee Athletisme	3h50'30''
10	TURLET Albert	MAM/81	Athletic Clubs 92	4h05'19''

### 35km Women

1	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	3h30'36''
2	DEMON Sonia	MAF/72	Efs Reims	3h34'13''
3	TORMA Anett (Hun)	SEF/84		3h35'53''



20km: Clemence Beretta



20km: Duc, Bordier and Madeline-Degy



35km: Mayer, Quinion and Rodriguez



As dawn breaks over the Laval rooftops, Emmanuel (3<sup>rd</sup> from left) and his fellow judges enjoy a quite moment ahead of a long morning's work.

**NEW ZEALAND: RWNZ Virtual 6-Week Series – various locations (Report by Alana Barber)**

Virtual sports competitions of many kinds have been popular over the 20 months of worldwide pandemic, and race walking has been right up there, providing opportunities for its adherents to ‘race’ and communicate their results whilst in enforced separation from other competitors.

Among the responses to our ‘Keeping fit during lockdown’ question was a reply from Jackie Wilson of New Zealand, concerning a virtual walking series organized by Alana Barber. Alana has graciously provided a detailed and revealing report on what was a very successful activity for walkers across the Oceania region (including the VRWC’s David Smyth and Marnie Grace). Many thanks, Alana ... and Jackie!

‘My recent decision to retire from high performance race walking has given me a little more time. And with that I needed to challenge myself in other ways (I find anything involving numbers a challenge!) It was a joint decision with Race Walking NZ to organise this series. Across 6 weeks we conducted a virtual series where anyone from Oceania was invited to take part. The distances were as followed:

	Senior	U18	U13
Week 1	3km	2km	1km
Week 2	5km	3km	1.5km
Week 3	10km	5km	2km
Week 4	3km	2km	1km
Week 5	5km	3km	1.5km
Week 6	10km	5km	2km

'Athletes could compete in higher age categories/distances but not lower and must comply with the racewalking technique to the best of their ability. Athletes needed to provide evidence of the distance and time. This could include but wasn't limited to; a photo of their watch or screenshot of app activity or explanation of their route so we could measure it on Google. The best 4 of 6 races were counted which meant athletes needed to submit at least 4 entries. Results were based on an age-grading percentage using Howard Grubb's calculator found on this website:

<http://www.howardgrubb.co.uk/athletics/wmawalk20.html>

*The competitor's times from each week:*

Female Competitors	Age Category	Wk 1 Time	Wk 2 Time	Wk 3 Time	Wk 4 Time	Wk 5 Time	Wk 6 Time
Alana Mathews	U18	11:58	18:03	30:18			34:32
Anna Blackwell	Senior		24:31	51:39	14:19	24:26	51:30
Anne Beecher	Senior	19:21	33:42	1:09:02	18:15	31:39	1:06:45
Antonia Martin	Senior	17:11	29:05	1:01:03	16:48		
Bella Chapman	U13/u18			15:45	15:29		
Bridget Bell	Senior	16:43	28:41	1:00:40	16:08		
Charli Gardiner-Hall	U18	17:33		43:18	17:43	25:32	
Corinne Smith	Senior	18:24	29:46	1:05:01	16:54	29:02	
Emma Grenfell	U13/u18			16:12	15:18		
Emma Gyde	U18		25:07				
Emma Hoskins	U13	5:23	8:06	10:42	5:22	08:01	10:38
Heather McLean	Senior	23:07	37:22	1:18:46	21:58		
Jackie Wilson	Senior	19:31	32:59	1:06:56	19:39		1:07:57
Laura Corvalan							
Sotomayor	U18	12:00	18:30	32:46	12:30	19:19	33:24
Laura Langley	Senior			54:09			
Lily Sewell	U18				14:18		
Marnie Grace	Senior	20:33	33:15		19:21	34:32	
Maya Barron	U13/u18/u13	5:46	19:28	12:08			12:08
Megan Romanes	Senior	15:56	27:48		16:03	27:09	55:42
Mia Bergh	U18	11:22	18:45	30:48		16:48	31:15
Molly O'Reilly	U18	12:33	18:52	29:59	11:22	17:50	31:05
Morgan Day	U13	5:47	10:30	13:44	05:44	10:02	13:21
Nyle Sunderland	Senior	17:53	31:54	1:03:07		31:52	
Shirley Barber	Senior	25:32	48:41	1:44:00	26:40	48:40	1:40:00
Yandri Fourie	U18	12:30	18:20	35:05	11:06	17:59	30:30

Male Competitors	Age Category	Wk 1 Time	Wk 2 Time	Wk 3 Time	Wk 4 Time	Wk 5 Time	Wk 6 Time
David Smyth	Senior	17:59	30:43	1:02:31		33:10	1:03:00
Drew Smal	U13	08:14	8:51	11:09	7:06		
Gareth Jess	Senior		39:26	1:18:09	22:42	38:09	1:17:19
Geoff Iremonger	Senior	22:09	38:10		22:04		
Harrison Day	U13	05:28	9:45	12:47	5:27	09:20	12:43
Jonah Cropp	U18			25:50	09:13	13:52	25:18
Kai Dale	U18	11:15	17:51	29:17		16:24	28:20
Kelvin Leach	Senior	25:37	41:43	1:21:48	23:56	40:24	
Korbyn Bricknell							
Hewitt	U18	12:04					
Lucas Martin	U18	11:45		31:45	12:02	17:49	29:42
Quinn Gardiner-Hall	U18	09:53		27:23	09:45	14:56	
Richie Trathen	U18	11:33	18:10	33:05	11:24		32:42
Sam McCure	U18		14:31			16:45	
Toby O'Rorke	U18	11:18	15:57	27:20		15:09	28:05

*Final results based on performance percentage from top 4 races (those who did not complete at least 4 races not included):*



Female Competitors	Date of Birth	Wk 1 %	Wk 2 %	Wk 3 %	Wk 4 %	Wk 5 %	Wk 6 %	Total Avg Perf %	Location
Jackie Wilson	22/01/1946	84.88	86.1	90.19			88.84	<b>87.50</b>	Wellington
Emma Hoskins	14/09/2010			82.15	81.06	81.39	82.66	<b>81.82</b>	New South Wales
Anna Blackwell	12/11/2001		80.63		81.61	82.06	79.74	<b>81.01</b>	Tasmania
Corinne Smith	21/11/1966		78.56	75.34	81.46	80.54		<b>78.98</b>	Whangārei
Nyle Sunderland	12/06/1967	76.33	73.62	76.79		72.65		<b>74.85</b>	Queensland
Anne Beecher	09/06/1965	71.92			76.26	74.67	74.21	<b>74.27</b>	Wellsford
Megan Romanes	15/04/1988	73.33			72.79	72.81	73.73	<b>73.17</b>	Rotorua
Mia Bergh	29/06/2005	71.11		67.53		80.85	66.56	<b>71.51</b>	Queensland
Yandri Fourie	10/10/2008		69		76.01	70.34	70.16	<b>71.38</b>	Auckland
Morgan Day	07/11/2010	75.14			75.87	65.03	65.84	<b>70.47</b>	Auckland
Maya Barron	29/12/2009	73.8	66.18	70.88			70.88	<b>70.44</b>	Queensland
Molly O'Reilly	30/08/2007			70.21	73.01	69.81	67.72	<b>70.19</b>	Rolleston
Bridget Bell	16/03/2002	69.89	68.91	67.69	72.42			<b>69.73</b>	New South Wales
Antonia Martin	09/06/2003	68.87	68.77	68.09	70.44			<b>69.04</b>	Auckland
Laura Corvalan Sotomayor	07/11/2008	70.31	68.38		67.49	65.49		<b>67.92</b>	New South Wales
Marnie Grace	22/11/1974	62.45	65.38		72.52	62.89		<b>65.81</b>	Victoria
Alana Mathews	29/06/2005	67.55	67.13	67.66			59.36	<b>65.43</b>	Auckland
Shirley Barber	30/06/1946	64.88			62.13	58.36	60.37	<b>61.44</b>	Auckland
Heather McLean	19/07/1979	53.35	55.84	55.04	56.15			<b>55.10</b>	Christchurch
Charli Gardiner-Hall	04/12/2007	47.28		48.61	46.84	48.76		<b>47.87</b>	Auckland

Male Competitors	Date of Birth	Wk 1 %	Wk 2 %	Wk 3 %	Wk 4 %	Wk 5 %	Wk 6 %	Total Avg Perf %	Location
Jonah Cropp	08/06/2005			75.68	80.89	82.81	77.27	<b>79.16</b>	Christchurch
Quinn Gardiner-Hall	03/02/2006	76.68		72.55	77.73	78.24		<b>76.30</b>	Auckland
Toby O'Rorke	19/05/2006		73.25	72.68		77.12	70.74	<b>73.45</b>	Opunake
Kai Dale	28/02/2008	70.18		69.72		74.19	73.06	<b>71.79</b>	Queensland
Harrison Day	12/05/2009	73.35			73.5	64.45	63.66	<b>68.74</b>	Auckland
David Smyth	06/10/1969	68.95	68.53	67.66			67.14	<b>68.07</b>	Victoria
Richie Trathen	02/11/2007	66.87	65.5		67.75		61.93	<b>65.51</b>	Auckland
Lucas Martin	02/06/2004	62.57			61.09	63.61	64.93	<b>63.05</b>	Whanganui
Gareth Jess	25/07/1952			61.23	62.7	62.91	61.89	<b>62.18</b>	Auckland
Drew Smal	03/12/2009	48.7	67.97	72.6	56.48			<b>61.44</b>	Auckland
Kelvin Leach	22/05/1963		51.38	53.04	52.86	53.05		<b>52.58</b>	Ashburton

**UNITED KINGDOM: Enfield Race Walking League results (from Ron Wallwork)**

Thanks to Ron for these results. The Enfield League, in England's south, is making the most of the country's emergence from COVID restrictions, providing a range of stimulating and keenly-contested events. May it continue!

**\*\* 6<sup>th</sup> Cecil Gittins Memorial Walks (inc. Enfield Race Walking League), 2<sup>nd</sup> October – Cyclopark, Gravesend**

Thank you for supporting the ERWL. It is encouraging for event organisers that people are still gaining benefit and satisfaction from testing themselves on a regular basis. The test at Gravesend was particularly severe, with adverse weather conditions.

Looking further ahead ... wouldn't it be nice if we could celebrate putting Covid behind us, by coming together and having a bumper turnout in the historic Enfield Open 7 on 13<sup>th</sup> November?

Men			Women		© = Centurion
<b>10km</b>					
1. David Annetts	(N.Herts RR)	50.45 M55	1. Abigail Jennings	(Aldershot FD)	53.35 W23
2. George Wilkinson	(Enfield HAC)	51.15 U20	2. Jaqueline Benson	(Ashford AC)	56.59 W23
3. David Walsh	(Enfield HAC)	58.36 M60	3. Grazia Manzotti	(Tonbridge AC)	58.23 W50
4. Trevor Jones	(Steving AC)	59.18 M50	4. Melanie Peddle	(Loughton AC)	59.26 W50
5. John Arthur	(unattached)	68.04 M50	5. Diane Bradley	(Tonbridge AC)	63.14 W60
6. John Borgars ©	(Loughton AC)	68.39 M75	6. Noel Blatchford	(Abingdon AC)	70.28 W70
7. George Wallace	(Aldershot FD)	73.14 M55	7. Katherine Smith	(Aldershot FD)	75.04 W55
8. Chris Flint ©	(Surrey WC)	78.13 M75	8. Rachel Harding	(Ashford AC)	76.40 W20
<b>5km</b>					
1. Tony Wilkinson	(unattached)	35.05 M55	1. Shaheda Arthur	(unattached)	54.34 W60
2. David Hoben	(Surrey WC)	37.59 M55			

Judges: Peter Cassidy, Andrew Garner, Shaun Lightman, Pauline Wilson ©

Timekeepers/Recorders: David Hama, Pam Ficken, Tracey Wilkinson

Hospitality: Cyclopark, Gravesend - First Aid: Medical Dispatch

**\*\* One hour Badge Race, Saturday 16 October – QEII Stadium, Enfield**

George Wilkinson (Enfield H AC) set an ERWL record when winning the annual One Hour race at QEII Stadium, Enfield last Saturday (16<sup>th</sup> October). With complete disregard for the unpleasant weather conditions and the need to frequently walk out in lane two as he consistently lapped the field, he nevertheless bettered the 8 mile barrier finishing with a distance of 13.198m (8m356y).

The women's victor was Jacqueline Benson (Ashford AC) who en route set a 10km track pb of 57.03

**One Hour Badge Race**

Men			women		© = Centurion
1. George Wilkinson(EHAC)		13.198 U20	1. Jaqueline Benson	(Ashford AC)	10.548 U23
2. David Annetts	(North Herts R)	12.022 M55	2. Melanie Peddle	(Loughton AC)	10.146 W50
3. David Walsh	(EHAC)	10.748 M60	3. Silvana Alves	(Barnet & D)	9.772 W45
4. Francisco Reis	(Surrey WC)	9.877 M55	4. Helen Middleton	(EHAC)	9.563 W55
5. Steve Uttley	(Ilford AC)	9.873 M65	5. Maureen Noel	(Belgrave H)	9.462 W55
6. Chris Hobbs	(Ashford AC)	9.732 M65	6. Francesca Dell'Oro	(Belgrave H)	8.794 SW
7. John Arthur	(unattached)	9.133 M60	7. Amalia Christina Silva	(Barnet & D)	8.559 W55
8. Jonathan Ellerton	(Black/Bromley)	9.113 U17	8. Elini Panayiotou	(Belgrave H)	7.597 W35
9. Stuart Bennett ©	(Ilford AC)	9.087 M60	9. Ann Marie Strydom	(Loughton AC)	6.772 W70
10. John Ralph	(EHAC)	9.039 M50	10. Shaheda Arthur	(unattached)	5.339 W60
11. Nico Strydom	(Loughton AC)	9.028 M45			
12. John Borgars ©	(Loughton AC)	8.567 M75			
13. Tony Wilkinson	(unattached)	8.111 M55			
14. David Hoben	(Surrey WC)	7.623 M65			

10km times: George Wilkinson 45.14  
David Walsh 57.58

Dave Annetts 49.45  
Melanie Peddle 59.03

Jacqueline Benson 57.03

We have just learned from *Marcia Dal Mondo* of the passing of German Olympian and Masters race walking great, **Gerhard Weidner**, aged 88.

While never achieving podium honors as an Olympian or in European championships (his best Olympic finish was 6<sup>th</sup>, behind his winning countryman Bernd Kannenberg in Munich), Weidner (who came to the sport quite late) first made his mark as an elite walker with a World 50km track record in 1973, followed by a silver in the IAAF World Race Walking Cup in 1975. Later, he went on to re-write the Masters records in his later years. (The VRWC's own Masters legend, Andrew Jamieson, was in constant competition with Weidner in this department.)

Bernd Rehpennig, writing for the sports website *Leichtathletik.de*, produced the following article on Gerhard Weidner's career some years back:

It takes an excellent physique and a healthy psyche to achieve the results over the decades that Gerhard Weidner achieved in his "great love", walking, in Riccione up to 2007. Of the many national and international successes achieved by the Salzgitteraner, who started walking very late, only the following should be mentioned: Olympic participant in three Olympic Games (1968 in Mexico City, 1972 in Munich and 1976 in Montreal), world record, silver laurel leaf as the highest German sports award and the Rudolf Harbig Memorial Prize. These are probably the most prominent stages in Gerhard Weidner's long career as an athlete.

Originally, however, he had dedicated himself to the sport of handball in his home club TSV Lebenstedt. In 1962, the then 29-year-old Weidner rediscovered his heart for athletics - as a teenager he had already become a German forest runner. Just two years later he had his breakthrough when he took top places in German, North German and state championships. The wish of every active person to become a German champion one day was fulfilled for him for the first time in 1966 (already at a senior age) with the title in walking over 50 km. In the same year, his first major international selection - for the European Championships in Budapest - was followed by three more appearances at other European Championships.

He achieved his greatest international success with his sixth place at the 1972 Olympic Games in Munich. One year after this achievement, he set a new world record in 50,000 meters of running a track with 4:00:27 hours (entered in the Guinness Book of Records). The high point of many honors that he had received over the decades was the 1979 award of the Rudolf Harbig Memorial Prize.\*

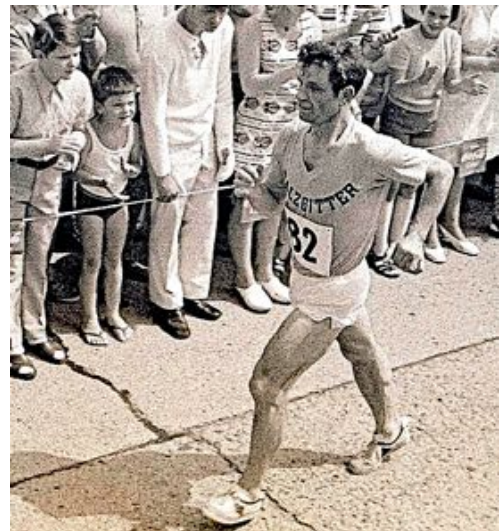


Photo: Klaus Fraedrich

After a total of 62 internationals, Gerhard Weidner ended his international career in 1980 at the age of 47. As a record national of the DLV, he was awarded the national battle pin in gold with diamonds.

Although Gerhard Weidner had ended his "great international career", he still enjoyed the movement. In the national and international senior sector, he still took part in numerous championships in running and walking and international career in 1980 at the age of 47. As a record national of the DLV, he was awarded the national battle pin in gold with diamonds. Although Gerhard Weidner had ended his "great international career", he still enjoyed the movement. In the national and international senior sector, he still took part in numerous championships in running and walking and was now able to book his 41st German championship (overall ranking - open class and seniors), as well as his ninth German senior record.

At the major international events, the Senior World Championship in 1995 in Buffalo (USA) and the European Championship in 1996 in Malmö (SWE), he won two gold medals while walking. We don't want to forget a number of European and world records in the senior sector. In 1999 in Gateshead he had, in the meantime, switched to the AK M65 to record one of his greatest successes. He won the gold medal in the 5,000 m track and set a new world record of 25:05.02 minutes, which is still in place today. In addition, there are 2 records in 10 km road walking in the M65 and M70, as well as 4 records in the 20 km distance in the AK from M50 - M65.

At the last major events in San Sebastian (World Masters) and Poznan (European Masters), the medals won were all three color palettes, gold, silver and bronze. He said goodbye at his last international competition in Riccione in 2007 - as the oldest participant in his age group, he could look back proudly on his silver and two other bronze medals. The calm and always retiring Gerhard Weidner is one of the exceptional phenomena in German athletics.

(\*Rudolf Harbig was, and remains, the greatest runner over short middle distances that Germany has produced. From 1939 into the early War years, he set world records over 400, 800 and 1,000m. His 1939 800m record (1.46.6) was not broken until 1955.)

The Italian walking website Marcia Dal Mondo has a list of new reports in its news section, covering local and international races and other items of interest. These include:

- Slovakia's first 35km national championships - [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4206](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4206)
- An unusual 'mixed couples relay' over 6.3km in Biella, Italy - [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4205](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4205)
- Ukrainian Vasylyna Vitovshchuk's 4-year doping ban - [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4203](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4203)
- An Updated History of European Racewalking - [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4204](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4204)

... and much more.

My apologies to 'O Marchador'. Details from their website will be included in the next issue.

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## WHAT'S UP AHEAD?

### Victorian Key Dates – 2021

Sat 13 Nov 2021	<b>Launch (proposed) of AV Summer track &amp; field (AVSL) season.</b> Venues to be advised.
Sun 14 Nov 2021	<b>VRWC Summer season commences</b> – Middle Park
Sun 16 Jan 2022	<b>VRWC Summer races &amp; 2021 Winter presentations</b> – Middle Park
Sun 24 Apr 2022	<b>AV 'Run The Tan'</b> – Kings Domain, Melbourne

### International Dates

Mar 1 – 6, 2022	<b>29<sup>th</sup> World Athletics Race Walking Teams Championship</b> – Muscat, Oman (postponed from 2020)
Jun 26 – July 7, 2022	<b>World University Summer Games</b> – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> – Tampere, FIN
Jul 15 – 24, 2022	<b>18<sup>th</sup> World Athletics Championships</b> – Eugene OR, USA
Jul 22 – 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, SWE
Aug 2023 (TBC)	<b>19<sup>th</sup> World Athletics Championships</b> – Budapest, HUN

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