

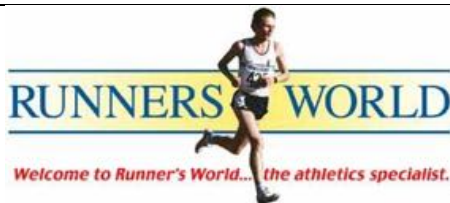


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The official organ of the Victorian Race Walking Club, Inc.

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*** WALKER OF THE WEEK ***



This week sees another shared WOTW honour, and once again, it's the country's younger walkers leading the charge.

In Victoria, 10yo 'pocket rocket' **Ela Uzun** demolished her own U11 Club record for 3000m and collected the U12 mark as well, registering **14:58.0** in a masterful performance. Ela is sensibly sticking to the 1km-2.5km range for most of her racing with the odd foray into 3000m and 5000m. When she's ready to race regularly over those distances it'll be worth watching.

Meanwhile, in the ACT, 13yo **Kodi Clarkson** has stamped his presence on national rankings in recent weeks. Kodi walked a sizzling **6:22.0** for a new ACT record at Woden Athletic track on Saturday, following on from his impressive **13:32.0** for 3000m two weeks ago.

Well done to Ela and Kodi on their results.



*CLOCK TICKING ... STILL NO QUALIFYING CRITERIA FOR OMAN

by Tim Erickson

This year sees 5 World Athletics Championship Meets that include race walks. That means lots of opportunities for our elite Open and U20 walkers, over distances that include 35km road, 20km road, 10,000m track and 10km road.

Unfortunately, for reasons unknown, Athletics Australia have not yet released the required Selection Criteria. Of particular concern is the fact that we still don't know any of the relevant details for the **World Athletics Race Walking Team Championships**, to be contested in Oman in less than 3 months time. What standards are required? When are the trials? Where are they to be held? Are our Oman aspirants expected simply to train blind, unable to plan their training blocks, tapers etc?

Anyway, that being said, here are the 5 big meets. Talk about a huge year. Items in red are still unknown at this stage.

WORLD ATHLETICS RACE WALKING TEAM CHAMPIONSHIPS, MUSCAT, OMAN, 4-5 MARCH, 2022

<https://www.athletics.com.au/national-teams-storage/world-athletics-race-walking-championships/>

Events to be contested are

20km Men and Women

35km Men and Women

10km U20 Men and Women

Selection Criteria still to be released

FISU WORLD UNIVERSITY GAMES, CHENGDU, CHINA, 26 JUNE - 7 JULY, 2022

<https://www.athletics.com.au/national-teams-storage/world-university-games/>

20km Walk Men 1:26:30

20km Walk Women 1:40:00

20km Trials to be at the Australian 20km Summer Champs which are expected to be in Adelaide in mid February (AA

still to confirm)

WORLD ATHLETICS CHAMPIONSHIPS, EUGENE, USA, 15-24 JULY, 2022

<https://www.athletics.com.au/national-teams-storage/world-athletics-championships/>

20km Men 1:21:00

20km Women 1:31:00

35km Men 2:33:00

35km Women 2:54:00

20km Trails to be at the Australian 20km Summer Champs which are expected to be in Adelaide in mid February (AA still to confirm)

35km Trials will be held in Melbourne on a date still to be confirmed.

Note that, as the 35km event is a new event on the program, the World Athletics Qualification Standard is untested. For athletes in this event to be considered for Discretionary Selection, they should have achieved the Qualification Standard. Only athletes who have an international record of note at the 20km walk (top 20 at a GW categorized Championship or achievement of the 20km Race Walk Qualification Standard) will be considered if qualified only through the World Athletics Ranking lists.

COMMONWEALTH GAMES, BIRMINGHAM, ENGLAND, 28 JULY - 8 AUGUST, 2022

<https://www.athletics.com.au/national-teams-storage/commonwealth-games/>

10,000m Walk Men 39:30

10,000m Walk Women 44:30

Trials will at the Australian T&F Championships, date and venue still to be confirmed

WORLD ATHLETICS U20 CHAMPIONSHIPS, CALI, COLOMBIA, 2-7 AUGUST, 2022

<https://www.athletics.com.au/national-teams-storage/iaaf-world-u20-championships/>

Selection criteria still to be released

Tim Erickson 0412 257 496

***35KM WORLD RECORDS RECOGNISED BY WORLD ATHS 50km walk remains**

The following announcement was made by World Athletics recently, in connection with recognized World records:

CR 32 – ‘The 50km road race (running), 35,000m race walk and 35km race walk shall be added to the list of recognised world record events for men and women*, **with the Men’s 30,000m race walk deleted from the list once the first men’s 35,000m mark is established.**’

(* see *CR 32. [Rule 261] Events for which World Records are Recognised* below)

The new provision comes into effect from 1 January, 2023. The inauguration of a World record for 35km is logical, given the distance’s new status in international competition.

For race walking aficionados who’ve mourned the removal of the 50km from future international championships (and I’ll say with some confidence that’s the vast majority of us), it’s encouraging that its World records are not to suffer the same fate as those of the 30km. Does it mean WA yet acknowledges the 50km’s historic status as the *bona fide* endurance walk on the competitive calendar – even if such endurance walks have no place in their quest to capture the youth market? If so, have they realised that a golden egg-laying goose, if not quite in the oven, is dangerously close to the axe? (As we saw, the ‘golden eggs’, clapping and cheering, lined the courses several deep in London, Rio and Sapporo during their Olympic 50’s, and were seen to do so by TV networks worldwide.)

Could the 50km, then, eventually make a return to major internationals if its records are still going to be recognised? Or are they simply being kept on as a sop to those whom WA ‘progressives’ may regard as noisy old Luddites, incapable of understanding the need for change in a modern (read ‘younger’) world? After all, what does it cost to retain a record? (Anyone asking that may well wonder why the 30km record is to be eliminated when the first 35km mark is set. Abolish a record, and you abolish all history of advancement over that distance, not to mention an incentive for further progress generally.)

Whatever the reasons, if WA is keeping the 50km world records then the invitation is there to attack them. Perhaps the 50km’s only future is as an obscure stopwatch target, much like the 100km run, 4 X 800m or distance medley relays. One wonders how Yohann Diniz would react to his 50km mark being challenged and broken under those circumstances. Would he feel differently if it happened as part of a concerted campaign to see the 50km walk reinstated on the world competitive stage? And what would Jared Tallent prefer ... to keep his 2012 Olympic record in perpetuity because the 50km has ‘died’, or to see it finally broken following the race’s triumphant return to the Olympic program?

CR 32. (Rule 261) Events for which World Records are Recognised

(from *World Athletics – Competition & Technical Rules 2020*)

Fully Automatically Timed performances (F.A.T.) Hand Timed performances (H.T.) Transponder Timed performances (T.T.)

Men

Running, Combined and Race Walking events:

F.A.T. only: 100m; 200m; 400m; 800m; 110m Hurdles; 400m Hurdles; 4 × 100m Relay; 4 × 200m Relay; 4 × 400m Relay; decathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m steeplechase; 4 × 800m Relay; distance medley Relay; 4 × 1500m Relay; **Race Walking (Track): 20,000m; 30,000m, 50,000m.**

F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half marathon; marathon; 100km; Road Relay (marathon distance only); **Race Walking (Road): 20km; 50km.**

Women

Running, Combined and Race Walking events:

F.A.T. or H.T.: 1000m; 1500m; 1 mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m steeplechase; 4 × 800m Relay; distance medley Relay; 4 × 1500m Relay; **Race Walking (Track): 10,000m; 20,000m; 50,000m.**

F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half marathon; marathon; 100km; Road Relay (marathon distance only); **Race Walking (Road): 20km; 50km.**

Note (i): Except Race Walking competitions, World Athletics shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender (“Mixed”) races and a World Record for performance achieved in single gender (“Women only”) races.

Note (ii): A women only road race can be staged by having separate women’s and men’s start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.

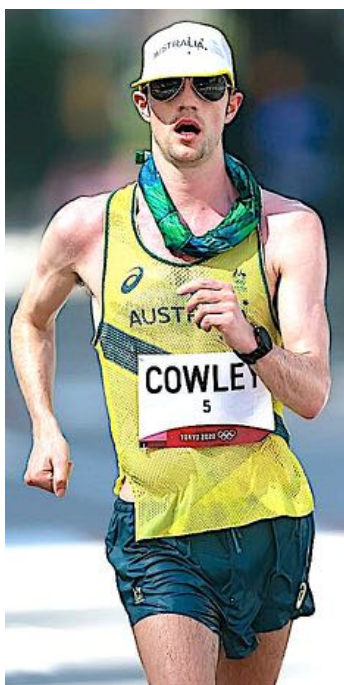
* Initial record to be recognised after 1 January 2018.

o Initial record to be recognised after 1 January 2019. The performance shall be better than 4:20:00.



CLUB NEWS and RESULTS

'VICTORIA WALKS' ... A NEW INITIATIVE THAT COULD MEAN NEW MEMBERS



Rhydian Cowley has been in communication with *Victoria Walks*, an advocacy group whose mission is to promote a healthier, more active community through that most prosaic yet vital physical activity – walking.

After being approached by the organization following his return home from the Olympics, Rhydian in turn contacted his Sapporo team-mates Bec, Kyle and Jemima, to enlist their involvement in this worthwhile endeavour.

“While the Olympics were on,” explains Rhydian, “World Athletics hosted a [webinar](#) where panellists discussed how racewalking can ally itself with other kinds of walking advocacy (recreational/non-organised exercise, active transport in cities, pedestrian safety), as a bit of a vision for marketing walking events going forward as well as hopefully keeping the event away from the chopping block. Evan Dunfee, Robert Korzeniowski and Jane Saville were part of the panel, as well as a guy called Ben Rossiter, who is the Executive Officer of a local organisation called *Victoria Walks*.”

The promotional value of having our elite walkers involved in *Victoria Walks*'s activities is obvious, but where do we regular VRWC club members come in?

Victoria Walks is conducting a community-wide survey, to gauge the extent and types of walking people engage in from day to day. The survey can be found at https://www.surveymonkey.com/r/VWComSurvey2021_2, and takes about 10 minutes to complete. All members are urged to consider completing the survey, and encouraging others in their family

and acquaintance to do the same.

*Note that the time frame is a narrow one – the survey period winds up on **Wednesday 15 December!**

During 20 months of lockdown in the state, and with other avenues of exercise closed to them, it was often the case that walking was the only feasible form of vigorous exercise Victorians had left. Indeed, many may have ‘discovered’ it and been surprised by its rewards, and might be keen to venture into a more serious mode of it – like race walking. *Victoria Walks* knows about our sport, and our Club. It would be great if their findings lead to interest in race walking and a resultant boost to our membership.

VRWC Summer meet #2, Wednesday 1 December – Geo Knott Athletics track, Clifton Hill

As the saying goes, ‘Only in Melbourne ...’

After two days of 30-plus degree temperatures – and with only possible light showers forecast for late Wednesday – the state was slammed by a genuine ‘weather event’ including sledgehammer rain, hail, thunder and lightning severe enough to raise the prospect of cancelling the fixture for safety. Localised flooding and various traffic mishaps – not to mention the closure of a major arterial that forced all peak-hour Hoddle St traffic onto Heidelberg Rd – made the journey to the track an extraordinary test of patience. In all, eleven walkers braved the trip, took their chances and arrived at the start on time (something the race equipment barely managed to do!)

With rain and lightning receding and temperatures markedly cooler, conditions were suddenly ideal for fast times. **Riley Coughlan, Ela Uzun and Kyle Swan** took full advantage with excellent PB efforts, with **Ela** smashing both her own VRWC U11 club record for 3000m and Char Hay’s U12 mark for good measure. Special mention goes to **Heather Carr** and **Emily Smith** who, due to the traffic, had to start without warm-ups yet put in creditable efforts, **Heather** inaugurating a new W70+ Club record for 1500m that will take some beating (by anyone else, at least!)

Well done to all walkers. A small field but a determined one!

5000m Walk

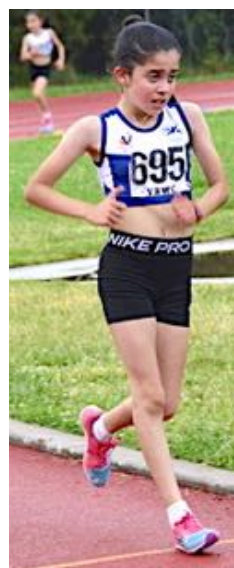
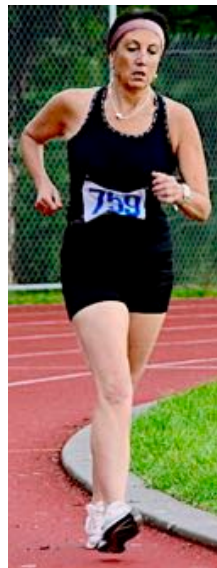
1. Riley	Coughlan	M	24:03	PB 1:15
2. Madeleine	Feain	F	26:36	
3. Emily	Smith	F	29:22	

3000m Walk

1. Kyle	Swan	M	12:07	PB 0:11
2. Ela	Uzun	F	14:58	PB 0:17; U11 Club rec 1:52; U12 rec 1:20 (provisional)
3. Char	Hay	F	15:56	
4. Havana	Ali	F	17:28	

1500m Walk

1. Kylie	Irshad	F	8:19	
2. Heather	Carr	F	8:52	Inaugural W70+ Club rec (provisional)
3. Donna-Marie	Elms	F	9:19	
4. Tracy	Colbert	F	9:43	



Char Hay, Kyle Swan, Kylie Irshad, Ela Uzun and Riley Coughlan



Madeleine Feain, Tracey Colbert, Heather Carr, Donna Elms, Emily Smith and Havana Ali. (Photos: Terry Swan)

Thanks to the following judges, officials and helpers who assisted in conducting the night's event in far from ideal circumstances. (Apologies to anyone omitted ... your work was appreciated.)

Officials: Terry Swan, Mark Donahoo, Donna Dickson, Margaret Hay, Gerard Feain, Kevin Cassidy, Ralph Bennett
Judges: Stu Cooper (chief), Shane Dickson, Michael Bodey, Ezo Uzun, Kathleen Marsh
Walkers: 11

VICTORIA - METRO & REGIONAL

AVSL RESULTS

**** Metro Zone A: Round 4, Saturday 4 December – Keilor Park Rec. Reserve, Keilor**

At the rarely-visited Keilor Park track, **Kerryn Walshe** held off the 'eternal one', **Tim Erickson**, to win the 1500m walk, while **Heath Beveridge** was dominant in the 3000m. Heath's Western Athletics clubmate **Jade Chitty** recorded her 3rd huge PB in a row, in what was the standout performance of the day at Keilor.

1500m

1	Kerryn Walshe	(KSB)	F55	8:37.1h	490	
2	Timothy Erickson	(COB)	M65	8:53.2h	461	
3	Donna-Marie Elms	(PTN)	F60	9:11.0h	481	
4	Duncan Knox	(ESS)	M60	9:38.3h	383	
5	Tracy Colbert	(PTN)	F50	9:41.2h	383	
6	Janice Hodgart	(WES)	F55	9:55.8h	400	PB 0:08
7	Mark Donahoo	(ESS)	M60	11:02.2h	278	
8	Jo Moxon	(DIV)	F55	11:16.0h	284	
9	Brenda Cashin	(WES)	F55	11:24.3h	276	
10	Jenny-Rose Szuhai-Andrews	(BWK)	F55	11:28.9h	272	
11	Tess Rickard	(BWK)	FOP	12:33.5h	134	
12	Heather Lamb	(BWK)	F55	12:34.0h	208	

3000m

1	Heath Beveridge	(WES)	M20	14:13.1h	463	
2	Jade Chitty	(WES)	F18	16:08.3h	452	PB 0:46
3	David Smyth	(COL)	M50	17:02.5h	426	
4	Phillip Dunstone	(WES)	M50	19:47.7h	315	
5	Sarah Papadopoulos	(DIV)	FOP	20:27.7h	246	
6	Stephen Murphy	(ESS)	M60	20:37.7h	356	
-	Bernie Keirl	(DIV)	M55	DNF		
-	Paul Kennedy	(KSB)	M60	DQ		

**** Metro Zone B: Round 4, Saturday 4 December – Knox Park, Knoxfield**

Zac Matters and **Kyle Bird** fought it out ahead of a competitive 1500m field at Knox Park, with Zac prevailing by just 3 secs, while the **McLennan** brothers would have had to share PB bragging rights around the dinner table that night.

In the 3000m, **Kyle Swan** continued his march towards sub-12 territory with his second PB in four days. **Mark Blackwood** is shaping as the VRWC's answer to Penfold's Grange – he gets better with age, as his 10sec PB indicates. **Eden Morgan** looks to have gained a tonne of confidence this season and is cutting down all his best times by big margins. **Char Hay** was the first female walker home and appears to be regaining form after a big year of study.

1500m

1	Zachary Matters	(BOH)	M16	7:39.4h	434	
2	Kyle Bird	(MPA)	MOP	7:42.0h	380	
3	Kylie Irshad	(GHY)	F50	8:05.0h	502	
4	Simon Evans	(BOH)	M60	8:15.0h	473	
5	Laura McLennan	(DAC)	F45	9:19.0h	381	
6	Lewis McLennan	(DAC)	M14	9:50.0h	283	PB 0:07
6	Lula Parrott	(DAC)	F14	9:50.0h	330	
8	Janice Marston	(WAM)	F55	9:57.7h	398	
9	Hamish McLennan	(DAC)	M14	10:00.0h	272	PB 0:07
10	Gwen Steed	(GHY)	FOP	10:11.0h	242	
11	Rozlyn Walker	(GHY)	F55	10:12.0h	375	
12	Chantal Klep	(ANW)	FOP	10:20.0h	232	
13	Emilie Garside	(YRA)	FOP	10:25.0h	226	
14	Anthony Doran	(GHY)	M65	10:38.0h	346	
15	Kim Peak	(DAC)	F55	11:27.0h	273	
16	Debbie Voogd	(RWD)	F55	11:32.0h	268	
17	Allegria Basile	(DAC)	F14	12:23.0h		
-	Geza Benke	(OLM)	M65	NT	100	
-	Tayla Borg	(DIV)	F16	NT	100	

3000m

1	Kyle Swan	(ANW)	MOP	12:02.0h	541	PB 0:05
2	Mark Blackwood	(KNA)	M40	13:06.0h	523	PB 0:10
3	Eden Morgan	(KNA)	M18	14:51.0h	454	PB 0:45
4	Charlotte Hay	(KNA)	F20	15:06.0h	479	
5	Emily Smith	(KNA)	F16	16:42.0h	447	
6	Andrew Jamieson	(OSC)	MOP	16:47.0h	340	
7	Grace Louey	(KNA)	F20	17:04.0h	400	
8	Damian Baldy	(KNA)	M14	17:28.0h	403	First one
9	Carolyn Rosenbrock	(ANW)	F55	17:40.0h	483	
10	Mietta Morgan	(KNA)	F14	18:51.0h	381	
11	Heather Carr	(GHY)	FOP	19:06.0h	293	
12	Merilyn Thompson	(MPA)	F55	20:51.0h	366	
13	Geoffrey Barrow	(MEN)	MOP	21:30.0h	183	
-	Ariana Pashutina	(KNA)	F16	15:10.0h		
-	Daniel Pashutin	(KNA)	M14	16:08.0h		
-	David Sommers	(ANW)	M60	DQ		

**** Ballarat Zone: Round 3, Saturday 27 November – Llanberris Stadium, Ballarat**

Kerrie Peart reports from Llanberris:

Fantastic to see plenty of walkers supporting the walks events 1500m & 3000m at AVSL in Ballarat. Everyone must be enjoying racing again with great times and more PB's set.

Fraser Saunter & Scott Peart continue to be in good form, each week setting new PB's. This week **Fraser** broke 13mins for 3000m in 12:55 (9sec PB) & **Scott** broke 7mins for 1500m in 6:56 (19sec PB). **Alanna Peart**, close on the heels of Fraser, joined them with a new PB of 13:08 for 3000m (33sec PB), as well as taking the Ballarat Centre U20 3000m Walk Record from her sister Jemma.

Not to be outdone, **Sarah Brennan, Jemma Peart & Charlotte MacDonell** are all walking well, with Sarah & Jemma not far off their respective PB's. Great seeing **Kevin Ruddick** and **Peter Luke** out on the track (and Kelly Ruddick in previous weeks), as well as our regular Brunswick walkers, **Olive & Roslyn Ireland**.

1500m

1	Jemma Peart	(BYC)	FOP	6:53.89	522	
2	Scott Peart	(BYC)	M16	6:56.35	486	PB 0:19
3	Kevin Ruddick	(BHA)	M65	9:35.47	420	PB 0:02
4	Amelia Shell	(CHI)	F14	11:19.92	223	

5	Caytlyn Sharp	(EKA)	F20	11:35.17	170
6	Roslyn Ireland	(BWK)	FOP	11:40.60	167
7	Olive Ireland	(BWK)	F60	12:25.89	250
-	Linda Nailon	(BHA)	F40	DNS	

3000m

1	Fraser Saunder	(BYC)	M18	12:55.33	528	PB 0:09
2	Alanna Peart	(BYC)	F20	13:08.58	549	PB 0:32
3	Sarah Brennan	(BYC)	F45	15:57.46	492	
4	Charlotte Macdonell	(BYC)	F14	20:25.00	302	
5	Peter Luke	(WEN)	M60	23:08.42	269	



Sarah Brennan



Amelia Shell



Alanna Peart and Fraser Saunder



Peter Luke



Olive & Robyn Ireland



Scott Peart, Jemma Peart, Charlotte McDonnell



Kevin Ruddick

(Photos: Kerrie Peart)

**** Bendigo Zone: Round 3, Saturday 27 November – Latrobe Uni Athletics Track, Flora Hill**

Once again, **Tiffany Bussem Jorgensen** was a class above at Bendigo, scoring a massive 1:10 PB. Although primarily a runner, Tiffany clearly has the technique for success as a race walker should she ever pursue it seriously. Will we see her contest the AV Country championship walks in January, in her home town?

1500m

1	Tiffany Bussem Jorgensen	(BGO)	FOP	8:04.07	431	PB 1:10
2	Claire Noonan	(EAG)	F18	9:25.76	317	
3	Jennifer Payne	(SBE)	F65	9:28.23	495	
4	David Lonsdale	(BEU)	M50	9:30.95	320	
5	Annette Major	(EAG)	F55	10:29.31	348	

6	John Watson	(BGO)	M65	11:28.69	286
7	Annette Curtis	(SBE)	F65	12:25.34	287
8	Wendy Ennor	(EAG)	F60	12:34.79	242
9	Peter Savage	(EAG)	M65	13:39.42	184

**** AVSL – Round 5 Metro venues and start times – Saturday 11 December**

Zone A: Aberfeldie	1.30pm:	2000m Walk
		5000m Walk
Zone B: Casey Fields	1.30pm:	2000m Walk
		5000m Walk

*Schedule correct as at 8 November 2021. For possible changes, visit <https://athsvic.org.au/wp-content/uploads/2021/11/AVSL-Metro-Timetables-DRAFT-2021-11-08.pdf>



VIC. MASTERS NEWS

Sunday 5 December saw the Victorian Masters **Inter-venue Track Challenge** take place at Doncaster's Tom Kelly Reserve, and, as one can imagine, the VRWC's 'grizzled veteran army' was out there in force.

Fourteen teams representing locality VMA venues, plus one invitational squad, took part in the Challenge. The competition soon became a hot two-team duel, with **Doncaster** and Murrumbidgee-based **Glen Eira** pulled away from the field as the day progressed. In the end it was the home side prevailing by a small margin.

Two race walks – over 800m and 1600m – were on the program, with numerous age-group meet records being set in both. **Kevin Cassidy** and **Kylie Irshad** were fastest over both distances.

Many thanks to David Smyth for providing the following results:

800 metres walk

W75						
1	Gwen	Steed	(79)	GE	5:12.10	
W70						
1	Heather	Carr	(72)	GE	4:33.95	
W65						
1	Karyn	O'Neill	(66)	GE	5:31.79	
W60						
1	Donna-Marie	Elms	(60)	Cob	4:36.13	
W55						
1	Kim	Peak	(55)	Donc	5:36.70	
W50						
1	Kylie	Irshad	(50)	Casey	4:08.29	
2	Jo	Whittle	(50)	GE	5:06.42	
W45						
2	Hsien	Chiam	(50)	Casey	5:27.48	
1	Laura	McLennan	(45)	Donc	4:16.51	
W40						
1	Marnie	Grace	(47)	Casey	5:07.82	
M80						
1	Peter	McGrath	(82)	GE	7:57.92	
M75						
1	Philip	Urquart	(77)	GE	5:52.05	
M70						
1	John	Zelesnikow	(71)	GE	7:09.78	
M65						
2	Frank	Prowse	(69)	Donc	5:16.74	
1	Terry	O'Neill	(65)	GE	4:33.37	
3	Tony	Doran	(69)	SNP	5:28.45	
M60						
4	Christopher	Worsnop	(64)	EB	5:39.53	
1	Kevin	Cassidy	(61)	Ment	4:00.10	
3	Mark	Cant	(60)	GE	4:27.84	
2	Simon	Evans	(61)	Donc	4:12.90	
M55						
1	David	Armstrong	(66)	Donc	5:02.09	

M45						
1	Anand	Thillaisundaram	(45)	SNP	4:39.80	
1600 metres walk						
W75						
1	Gwen	Steed	(79)	GE	11:04.26	
W70						
1	Heather	Carr	(72)	GE	9:56.98	
W65						
1	Karyn	O'Neill	(66)	GE	11:27.63	
W60						
1	Donna-Marie	Elms	(60)	Cob	10:10.02	
W55						
1	Kim	Peak	(55)	Donc	12:22.08	
W50						
2	Jo	Whittle	(50)	GE	10:36.47	
1	Kylie	Irshad	(50)	Casey	8:47.54	
W45						
2	Hsien	Chiam	(50)	Casey	11:50.87	
1	Laura	McLennan	(45)	Donc	9:40.29	
W40						
1	Marnie	Grace	(47)	Casey	10:51.84	
M80						
1	Peter	McGrath	(82)	GE	16:14.80	
M70						
1	John	Zeleznikow	(71)	GE	15:25.97	
M65						
1	Frank	Prowse	(69)	Donc	10:12.54	
2	Terry	O'Neill	(65)	GE	11:20.28	
3	Tony	Doran	(69)	SNP	12:01.25	
M60						
4	Christopher	Worsnop	(64)	EB	11:55.24	
1	Kevin	Cassidy	(61)	Ment	8:28.49	
3	Mark	Cant	(60)	GE	9:47.16	
2	Simon	Evans	(61)	Donc	8:36.50	
M55						
1	David	Armstrong	(66)	Donc	11:07.26	
M50						
1	David	Smyth	(52)	Invite	8:54.41	
M45						
1	Anand	Thillaisundaram	(45)	SNP	10:25.64	



Doncaster Masters ... winners are grinners!



AROUND THE COUNTRY

A.C.T. ACT Masters meeting, 5 December – Woden Park Athletics Park, Woden

Mark Roberts reports:

With no scheduled walks this weekend at Athletics ACT, it was great to see so many of our young walkers turning heads in the 3,000m running championship.

At ACT Masters, a 1,500m handicap race happened under grey skies with the threat of thunder and lightning. Never before have I been asked at a pre-start briefing, “Can I walk with an umbrella?”

With luck on our side, the rain was replaced with sunshine just as the competition started.

The juniors were not allowed to compete in the handicap so they started first with the remaining seven walkers having staggered starts. The conditions were perfect and young **Kodi Clarkson** capitalised on this to break the ACT state record with a time of 6:22. In addition, **Julia Grocott** broke her PB by 28 seconds. A fabulous walk by **Scott Hyland** saw him catch the other masters in final 300m to make it a truly nail biting finish.

Congratulations to Kodi for his new ACT record and Scott the winner of the Perry 1,500m Handicap.

1500m

1 Kodi Clarkson	6:22 (ACT U14 rec)
2 Scott Hyland	6:41
3 Darcey Roberts	7:07
4 Julia Grocott	9:03
5 Jim White	10:39
6 Bryan Thomas	11:30
7 Doug Fitzgerald	12:22
8 Val Chesterton	13:10
9 Lorna England	13:18
10 Robert Kennelly	13:30.



Kodi Clarkson in excellent form. (Photo Mark Roberts)

QUEENSLAND Dane Bird-Smith Shield meeting, 4 December – QSAC, Brisbane

This summer, Athletics QLD has been running a series of Shield meetings honouring notable QLD athletes, including Alana Boyd and Benita Willis. This time it was the ‘Birdman’s turn!

Robyn Wales provides this report:

We had a rare opportunity in Brisbane last night...there was a walk on the calendar and the Meet even honoured one of our best walkers!

It had been up to 30 degrees all day, but by the time the walks were on at 6.15 and 6.45 the weather had cooled down somewhat, giving the athletes almost perfect conditions. But then most of us had the “added thrill” of driving home in a spectacular light show! Not to forget the thunder and pouring rain.

Considering this would have been the weekend of National All Schools it was good to see a few pbs posted as well as National Qualifiers.

Women 3000 Metre Race Walk

1 Clarke, Makenna 12	RED	17:30.13
2 Chadwick, Phoebe 15	QRW	17:42.01

3 Pickvance-Yee, Destinee 12	CAN	17:45.32
4 Lawson, Piper 15	RED	17:59.95
5 Goulding, Lily 14	QRW	18:20.42
6 Bray, Katie 13	ASR	18:25.96
7 Brady, Korey 16	QRW	19:32.53
8 Housden, Lily 15	QRW	20:03.35
9 Barron, Maya 12	QRW	20:03.77
-- Presland, Skye 13	QRW	DQ

Women 5000 Metre Race Walk

1 Smith, Clara 23	QRW	23:16.90
2 Novinetz, Camryn 18	IPS	24:57.39
3 Clarke, Anika 16	RED	28:09.20
4 Sharpe, Milly 13	GLD	29:16.28
5 Bergh, Mia 16	GCV	29:41.57
6 Heap, Ashanti 15	GCA	30:00.46
7 Fisher, Torryn 16	QRW	32:46.35
8 McRoberts, Jasmine-Rose 19	QA	33:41.92

3000 Metre Race Walk

1 Bradley, Alex 15	QRW	15:31.40
2 Dale, Kai 13	QRW	16:49.11

Men 5000 Metre Race Walk

1 Wasson, Seth 16	CRR	24:50.06
2 Housden, Bailey 14	QRW	26:05.16
-- Bannister, Jack 15	USC	DQ
-- Spanner, Jye 17	KPL	DQ

QUEENSLAND QLD Masters meeting, 4 December – QSAC, Brisbane

W55 2000M Race Walk

1. Erika Woodward	W55	QMA	11:32.37
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W75 2000M Race Walk

1. Noela McKinven	W79	QMA	16:52.14
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M65 2000M Race Walk

1. Peter Bennett	M66	QMA	12:50.18
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WESTERN AUSTRALIA WARWC races, 5 December – Perry Lakes Reserve, Perth

Thanks to Terry Jones for these results:

10K

Andrew Duncan	52.50
Wendy Farrow	1.09.07

5K

John Ronan	23.07
Karyn Tolardo	32.38
John McDonagh	34.11
Shandel Coleman	37.35

3K

Harry Gordon	18.18
Marcela Ruiz	20.32
Glenys Duncan	27.58

1.5K

Sylvia Byers	14.38
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INTERNATIONAL NEWS

UNITED KINGDOM: Enfield RWL Finale Five, 4 December – King George Playing Fields, Enfield

Ron Wallwork reports from southern England on the latest Enfield trophy race. It's chilling up properly over there now but some solid racing warmed things up.

ERWL2021 Finale Five

Permit: RWA21064-3

As one might have expected, the finale five fixture had "an end of the season" feel to it and the turnout of 18 reflected that. Overnight rain cleared leaving a bright sunny morning if somewhat on the chilly side.

George Wilkinson won as he pleased from Dave Annetts and once again Jacqueline Benson had it all her own way in the women's race. Feature of the race was a dogged battle involving Melanie Peddle and David Walsh. Melanie seemed to be hanging on as she trailed the Enfield man for the first three laps, but just before the bell she drew level and pressed ahead to gain a 25 second advantage by the end of the race.

It was good to see John Hall our contact man at this venue, once again in action after a lengthy period of inactivity because of injury problems. On hand also was EHAC Hon.General Secretary Barry Cook who presented Jacqueline and George with their ERWL championship 2021 trophies.



Finale Five winners Jacqueline Benson and George Wilkinson, with EHAC secretary Barry Cook (Photo Ron Wallwork)

5 miles

1	George Wilkinson	(EHAC)	39.06 u20
2	Dave Annetts	(N.Herts RR)	40.00 u20
3	Dave Walsh	(EHAC)	46.49 M60
4	John Arthur	(unattached)	51.09 M60
5	Tony Wilkinson	(unattached)	56.43 M60
6	John Hall	(Belgrave H)	57.27M70
7	Tom Casserley	(EHAC)	57.52 M80
8	Malcolm Blackwood	(Trent Park)	59.25 M7
9	David Hoben	(Surrey WC)	62.04 M65

© = Centurion

1	Jacqueline Benson	(Ashford AC)	44.53 Wu23
2	Melanie Peddle	(Loughton AC)	46.24 W50
3	Helen Middleton	(EHAC)	51.54 W55
4	Noel Blatchford	(Abingdon AC)	79.59 W70
5	Diana Braverman	(EHAC)	79.59 W70

3 miles

Elini Panayiotou	(unattached)	34.52 W40
Terry Braverman	(EHAC)	42.52 M75
Dave Ainsworth	© (Ilford AC)	47.07 M70
Shahed Arthur	(unattached)	81.12 W70

Judges: Peter Cassidy (Chief), Mark Culshaw,

Pauline Wilson ©

Timekeeper: Andrew Garner, - Recorders: Pam Ficken ©, Carl Lawton ©, Tracey Wilkinson.

Marshalls: Elizabeth & Simon Benson - Race Organiser/Referee: Ron Wallwork ©

UNITED KINGDOM: Lancashire WC Dick Maxwell Memorial Trophy, 4 December – Simister, Lancs.

Defying the Elements: The Nightmare Xmas 6 miles!

by **Tony Taylor** (reprinted from Lancashire Walking Club newsletter)

All praise to the indomitable spirits, competitors, officials and supporters, who did Dick Maxwell proud by turning up at Simister on Saturday for the club's Xmas 10 kilometres. Nightmarish conditions even though we didn't use the infamous Nightmare course! Saying I would have loved to be there rings rather hollow!

As ever Dave Evans reports:

The journey to Simister for this memorial race was about the worst we can remember. It lashed down and several competitors faced delays with accidents on the motorway caused by heavy rainfall and high winds. A pre-race check by one of our marshalls indicated that our usual out and back course would have to be shortened by about 300 metres unless our walkers were happy to walk that distance in calf-high water.



Do we really want to?

Despite the heavy drizzle and cool breeze, the field of seven set off into the maelstrom while the officials ran for cover. It was just over half an hour later when the leading walkers came into view clocking reputable times in the conditions. A number had indicated that their day's activity would be limited to half of the full race and it was no surprise to see Glyn Jones heading the field in fine style despite a niggling knee problem. Glyn and Pat Evans chose the shortened course recording times of 32 minutes 24 and 35 mins 13 respectively.



Glyn strongest over 5k



Ian – fastest on the day



Phil, oblivious to the elements



Roy looking relaxed

The remaining weather hardened individuals stood to their task with gusto (strong wind in Italian!) and actually walked as well if not better in the second part of their challenge. Defying his years, Ian Hilditch claimed the fastest gross time of the day with a very strong 65 mins 29 with new club president Joe Hardy claiming second spot in an excellent 68 mins 47.

Phil McCullagh straddles both running and walking and achieved an admirable 69 mins 44 walking both halves in the same time. Stephen Wilde, another duathlon performer, runner and walker, added another race to his portfolio with a steady 73 mins 12 and club secretary Roy Gunnett, recovering from some medical treatment on his shoulder and arm, walked with his usual aplomb and great style.



Great to see Greg back on the road



Pat dashing back to warm the pies



Post-Race 1 – thankfully back in the warm

(Photos: Martin Payne, Greg Smith)

Greg Smith, a more regular Marshall these days, did a virtual solo out and back and recorded a sound 33 mins 53, the second-fastest time on the short course.

Thanks to Sailash Shah, Irene Pike, Louise Waite and Martin Payne for helping with the officiating and Pat Evans for the catering which rounded off a good day despite the abysmal weather.

Thanks to Martin Payne and Greg Smith for the photos.

MARCIADALMONDO & O MARCHADOR ROUNDUP

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.

- 03/12/2021 - Cali (COL): Glenda Morejon wins the 1st Pan-American Games Juniores (U23)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4232
- 02/12/2021 Published by World Athletics: the **International calendar of the 2022 season of the World Athletics Race Walking Tour** http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4231
- 01/12/2021 Cali (COL): David Hurtado wins the 1st Pan-American Games Juniores (U23)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4230

The Portuguese race walking blog **O Marchadore** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

Note: The O Marchadore blog is written in Portuguese, as are the articles therein. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2021/22

Sat 11 Dec 2021	AV Summer T&F season (AVSL Round 5) season – Aberfeldie (Zone A), Casey Fields (Zone B) Ballarat, Bendigo, Geelong
Sun 16 Jan 2022	VRWC Summer championships, 2021 Winter presentations, Annual General Meeting – Middle Park
Fri 28 Jan 2022	Victorian Country T&F championships – Latrobe Uni track, Bendigo
Fri 28 Jan 2022	ACT Athletics 10,000m Track walk championships – AIS track, Canberra
Fri 18 Feb 2022	Victorian Track & Field championships (Week 1) – Lakeside Stadium
Fri 25 Feb 2022	Victorian Track & Field championships (Week 2) – Lakeside Stadium
Sun 24 Apr 2022	AV 'Run The Tan' – Kings Domain, Melbourne

International Dates

Mar 1 – 6, 2022	29 th World Athletics Race Walking Teams Championship – Muscat, Oman (postponed from 2020)
Jun 26 – July 7, 2022	World University Summer Games – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022	23 rd World Masters T&F Championships – Tampere, FIN
Jul 15 – 24, 2022	18 th World Athletics Championships – Eugene OR, USA
Jul 22 – Aug 7, 2022	XXII Commonwealth Games – Birmingham, GBR
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2022	19 th World Athletics U20 T&F Championships – Cali, COLOMBIA
TBA, 2023	24 th World Masters T&F Championships – Gothenburg, SWE
Aug 2023 (TBC)	19 th World Athletics Championships – Budapest, HUN

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