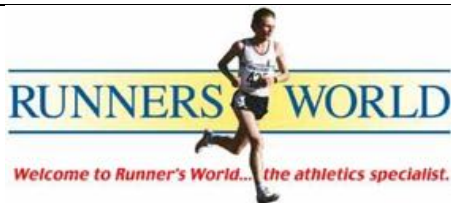




HEEL & TOE Online

Vol. 2020/21
Issue No. 64
Tuesday
21 December 2021

The official organ of the Victorian Race Walking Club, Inc.
Editor: Stu Cooper stuwalks@yahoo.com.au



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*** WALKER OF THE WEEK ***



This week's WOTW is again shared – this time by two of our latest Olympians. **Kyle Swan (VIC)** and **Declan Tingay (WA)** each turned on a powerful exhibition of speed in their respective Interclub competitions on opposite sides of the country.

Kyle's 11:47.5 for 3000m saw him rip 49sec from his PB at Knox, on a day of high winds not conducive to fast times. This was Kyle's first time under the 12min barrier and there are clearly more to come.

For his part, **Declan (right)** sundered Simon Baker's All-comers WA 5000m record by 51sec in Perth with a blistering **18:49.92**.

Both Kyle and Declan have a big year ahead in 2022, with selection for Oman, Eugene and Birmingham among the prizes. We wish them well and hope the speed shown on Saturday will translate into successful selection times for each.



CLUB NEWS and RESULTS

** PETER VYSMA ... a fighter, finding a way



Peter racing for MUAC in 1978

In Issue No. 58, I related the sad news that VRWC Life member and Judging coordinator **Peter Vysma** had been involved in a serious accident while riding his bike, suffering severe injuries. Club members were later told more of his condition, while the Committee and Peter's fellow walk judges have had regular updates. It's now time to inform the wider *H&T Online* readership of how his recovery has progressed thus far – and I'm happy to say it's a more agreeable task now that it looked like being back in November.

The first detailed report from the Vysma family was far from encouraging. Peter had suffered major spinal damage which, it was said, had left him in a quadriplegic state. He was unable to breathe without a ventilator and was in an induced coma in ICU at the Austin Hospital. Later, told of his condition and the grim prognosis, Peter indicated that he understood and accepted his situation, as well as certain 'options' that lay before him. Communicating with the aid of a lip reader, he said he 'had much to think about'.

Those of us who've known Peter for years also know that nothing easily defeats him – not challenges, not obstacles, not mechanical breakdowns, not injuries (his recovery journey from the shattering effects of a motorcycle crash in 1999 is a saga of resilience) ... and not himself. Combining the self-discipline of an RAAF officer and the resourcefulness of an engineer with the resilience of a 50km walker (he's been all three), Peter Vysma finds a way ... however long it takes.

Peter's sister and brother began sharing regular reports on his condition, and glimmers of hope started flickering. To begin with, he showed unexpected nervous response and

movement, albeit slight, in his legs and toes, and better breathing. Over the next few weeks he was raising and lowering his fingers, eventually making a fist, and was asking for his iPad and laptop!

Crucially, Peter progressed steadily to the point where he was breathing for up to 8 hours without a respirator, then independently with the aid of a valved tracheotomy tube. This has now been removed. He is speaking normally and communicating with family and others via Zoom conferences. He is in good spirits, chatting and joking with nurses and physios.

Peter is currently accommodated at the Austin's spinal Royal Talbot Rehabilitation Centre in Kew, for an indefinite period. He wears a neck brace, which will remain in place until his cervical vertebrae heal fully. He can move his knees apart and his lower legs forward and backward! (His nurse at Royal Talbot has said she has 'seen worse that him walk out of there.') He is now talking of plans to turn his bicycle into a stationary bike for exercises. Ever the engineer, it seems Peter will never cease seeking solutions, whatever the situation.

During his period in the Austin's ICU and spinal unit, one thing that has especially given him cheer and encouragement has been hearing the many messages of hope and support from extended family, friends, club-mates (VRWC, Athletics Victoria and the Landrover Club, among others). He has much appreciated these, and knowing those vital contacts are still there is an essential factor in his recovery. It's important that these communications continue. Please keep them coming. (Send to stuwalks@yahoo.com.au) Visiting, however, is for the future, and members will be informed at the earliest opportunity when this is appropriate.



At the Austin spinal unit, 12 December ... ready to go places.

Looking ahead, Peter's journey (and that of his family) along the rehab path will be a long and challenging one, and we at the VRWC join others in awaiting each piece of news of his progress. However, given his dreadful early diagnosis, Peter's improvement has been little short of astonishing, and there is every reason to believe it can continue as, with expert care and therapy, he claws his way back towards normal life as he clawed through those 50km championships in the 1970s. (For a summary of Peter's racing career, visit <http://www.vrwc.org.au/tim-archive/articles/wv-peter-vysma.pdf>.)

Finally, I would like to thank Peter's brother Robin and sister Marj for their detailed reports and updates over what has been – to say the least – an emotionally draining two months for them and their family. On behalf of VRWC members and AV officials, I wish the all the Vysmas a peaceful and happy Christmas and a 2022 of realized optimism and hope.

*Stu Cooper
President*



*Peter as we all know him ... as the chief judge. (Right) With fellow judges Mark O'Mahoney and Brenda Felton
It will take some time, but we want to see him back.*

VICTORIAN RACE WALKING CLUB

ANNUAL GENERAL MEETING

Sunday 16 January 2022, 12.00pm

at

Club HQ, Middle Park Bowling Club

following the morning's races & 2021 Winter presentations

The following Executive and Committee positions will be declared open:

President	Coaching coordinator
Vice President	Judging coordinator
Secretary	Property & Requisites steward
Treasurer	Racewalking Australia Liaison officer
Asst Secretary/Treasurer	Uniforms steward
Club Captains (Male, female)	Club records officer
Race secretary/Meet director	Publicity officer
Handicapper	Maintenance sub-committee
Prizes/Awards secretary	Up to two General Committee
Delegate to AV	members

Anyone wishing to nominate should do so via the nomination form which is attached to the email carrying this issue of *H&T Online*.

Nominations or proxy voting forms must be forwarded to
Club secretary Terry Swan by **9th January**.

All members are welcome to attend the AGM and new committee members are also welcomed.

Stu Cooper
President



VICTORIA - METRO & REGIONAL



AVSL RESULTS

**** Metro Zone A: Round 6, Saturday 18 December – Meadowglen Int. Athletics Stadium, Epping**

It was a case of 'Up spinnaker! Down spinnaker!' at the notoriously windy Meadowglen Stadium, as walkers struggled as much to proceed in a straight line as to overtake rivals. **Rhydian Cowley** emerged for his first AVSL outing for the summer and showed the wind who was boss, whipping through the 3000m in **11:37.2**. **Marcus Wakim** maintained his solid recent form, showing that a sub-13 is not far away. In the 1500m **Kerryn Walshe** continued her impressive season, handling the conditions confidently for **8:36.3**.

1500m

1	Kerryn Walshe	(KSB)	F55	8:36.3h	491
2	Kylie Irshad	(GHY)	F50	9:07.3h	428
3	Donna-Marie Elms	(PTN)	F60	9:11.2h	481
4	Timothy Erickson	(COB)	M65	9:14.9h	440

5	Tracy Colbert	(PTN)	F50	9:52.6h	365
6	Janice Hodgart	(WES)	F55	10:01.2h	392
7	Mark Donahoo	(ESS)	M60	10:02.3h	350
8	Patrick Clarke	(DIV)	M50	10:28.3h	253
9	Jo Moxon	(DIV)	F55	10:48.1h	319
10	Brian Anderson	(ESS)	M60	10:48.8h	291
11	Jenny-Rose Szuhai-Andrews	(BWK)	F55	11:32.0h	269
12	Debbie Voogd	(RWD)	F55	11:34.9h	266
13	Brenda Cashin	(WES)	F55	12:02.6h	239
14	Heather Lamb	(BWK)	F55	12:13.1h	228
15	Tess Rickard	(BWK)	FOP	12:36.1h	132
16	Bass Wakim	(COL)	M60	DQ	
17	Maryann Murray	(DIV)	F50	DQ	

3000m

1	Rhydian Cowley	(GHY)	MOP	11:37.2h	560
2	Marcus Wakim	(COL)	M16	13:17.3h	530
3	Adam Garganis	(COL)	MOP	14:11.9h	451
4	Jade Chitty	(WES)	F18	17:50.1h	381
5	David Smyth	(COL)	M50	17:52.4h	398
6	Paul Kennedy	(KSB)	M60	18:02.6h	444
7	Sarah Papadopoulos	(DIV)	FOP	21:25.1h	213

**** Metro Zone B: Round 6, Saturday 18 December – Knox Park, Knoxfield**

If there was any wind at Knox, WOTW **Kyle Swan** either didn't notice or used it to advantage for a huge PB effort of **11:47.5** in the 3000m. Not to be outdone, **Mark Blackwood** continued on his own PB quest with a quick **12:58.3**. In the 1500m, **Emily Smith** obviously liked being back on her home track, having her first win for some time with **7:50.7**. **Andrew Jamieson** showed he still has some toe to go with the heel, recording a brisk **8:00.3**.

1500m

1	Emily Smith	(KNA)	F16	7:50.7h	479
2	Kyle Bird	(MPA)	MOP	7:54.5h	359
3	Andrew Jamieson	(OSC)	M65	8:00.3h	517
4	Simon Evans	(BOH)	M60	8:07.4h	481
5	Carolyn Rosenbrock	(ANW)	F55	8:33.1h	495
6	Michael Hough	(ANW)	MOP	9:29.1h	227
7	Dee Holohan	(SAN)	F55	9:43.6h	414
8	Janice Marston	(WAM)	F55	9:54.7h	402
9	Lula Parrott	(DAC)	F14	10:03.1h	307
10	Gwen Steed	(GHY)	F65	10:19.5h	441
11	Geza Benke	(OLM)	M65	10:27.5h	359
12	Geoffrey Barrow	(MEN)	M65	10:32.2h	353
13	Anthony Doran	(GHY)	M65	10:34.1h	351
14	Rozlyn Walker	(GHY)	F55	10:43.7h	325
15	Kim Peak	(DAC)	F55	10:55.6h	307
16	Allegria Basile	(DAC)	F14	12:11.2h	
-	Chantal Klep	(ANW)	FOP	DQ	
-	Christopher Worsnop	(OLX)	M60	DQ	

3000m

1	Kyle Swan	(ANW)	MOP	11:47.5h	552	PB 0:49
2	Mark Blackwood	(KNA)	M40	12:58.3h	529	PB 0:08
3	Jason Kozica	(STK)	MOP	13:14.7h	487	
4	Ariana Pashutina	(KNA)	F16	15:12.4h	503	
5	Charlotte Hay	(KNA)	F20	15:33.9h	460	
6	Daniel Pashutin	(KNA)	M14	16:14.5h	444	
7	Maddison Nash	(KNA)	F16	16:32.5h	453	
8	Grace Louey	(KNA)	F20	17:01.7h	401	
9	Heather Carr	(GHY)	F65	19:18.1h	495	
10	Michael Harvey	(WAM)	M55	19:48.4h	351	
-	Madeleine McGregor	(BOH)	F14	18:08.0h	inv	
-	Riley Coughlan	(KNA)	M16	DQ		

**** Ballarat Zone: Round 5, Saturday 11 December – Llanberris Stadium, Ballarat**

Kelly Ruddick has had several summer races and seems to be approaching her form of old, clocking a fast **6:34.00** for 1500m. **Jemma Peart** was the first home of an all-YWC field in the 3000m, finishing in **15:05.60**.

1500m

1	Kelly Ruddick	(BHA)	F45	6:34.00	579
2	Stephen McLennan	(WEN)	M55	9:28.41	360

3	Kevin Ruddick	(BHA)	M65	9:37.23	419
4	Peter Luke	(WEN)	M60	9:56.00	359
5	Roslyn Ireland	(BWK)	FOP	11:21.44	179
6	Olive Ireland	(BWK)	F60	12:14.76	260

3000m

1	Jemma Peart	(BYC)	FOP	15:05.60	479
2	Scott Peart	(BYC)	M16	15:20.16	453
3	Charlotte Macdonnell	(BYC)	F14	22:10.96	245



Jemma Peart, Charlotte Macdonnell and Scott Peart start their 7½ laps; Kelly Ruddick means business in the 1500m, while dad Kevin makes his own statement ahead of the pack. (Photos: Kerrie Peart)

**** Bendigo Zone: Round 5, Saturday 11 December – Latrobe Uni Athletics Track, Flora Hill**

In the absence of Tiffany Bussem-Jorgensen, **Charlise McQueen** grabbed the opportunity for a win over 1500m, narrowly beating South Bendigo’s Jennifer Payne in **9:23.41**.

1500m

1	Charlise McQueen	(EAG)	F14	9:23.41	375
2	Jennifer Payne	(SBE)	F65	9:29.31	494
3	Claire Noonan	(EAG)	F18	11:04.16	200
4	Lincoln Norris	(EAG)	M14	11:29.69	189
5	John Watson	(BGO)	M65	11:36.40	279
6	Annette Curtis	(SBE)	F65	12:23.70	288
7	Wendy Ennor	(EAG)	F60	13:37.56	191
8	Peter Savage	(EAG)	M65	14:11.69	171
-	Annette Major	(EAG)	F55	DNS	

**** AVSL – Round 8 Metro venues and start times – Saturday 22 January** (NOTE: Round 7, 15 January – no walks)

Zone A: Aberfeldie	5.15pm:	1500m Walk 3000m Walk
Zone B: Murrumbena	5.15pm:	1500m Walk 3000m 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>*



AROUND THE COUNTRY

A.C.T.

- (1) ACT Masters Christmas 100m Relay Dash, 16 December – Woden Park Athletics Park, Woden
- (2) AACT North v South competition, 18 December - Woden Park Athletics Park, Woden

Rules were broken but memories were made

Wow, it was another week of all walk action in the ACT, starting with the **Masters Christmas 100m Relay Dash** on Thursday night. What a night it was with more walkers competing in the Dash than any other Masters event. Everyone, including our walk judges, formed teams to dash and it was a night that rules were broken and memories made.

With the crack of the gun the first walkers were off with baton in hand. Traditional technique went out the window as it was all about the dash and the batons. Our open walkers, Tim Fraser and Mitch Baker, must have both set new Australian 100m walk records!

With all the fun happening, we were never interested in recording which team won or the times. It was all about the comradeship of racewalking, sharing what we all love. Well done to everyone for a great night and maybe with some luck, we may see the 100m or 200m Relay Dash at our 55th anniversary of LBG (Lake Burley Griffith Carnival) in 2022. It would be a wonderful way to finish our 2022 carnival with friendship and memories made together.

Val Chesterton and Raylene Campbell dressed for the Xmas 100m Relay Dash



** North Versus South

Lake Burley Griffith splits Canberra in the middle, so everyone lives in the North or the South. As I am new to Canberra, I don't understand why no one officially lives in the East or West.

AACT arranged the inaugural **One Athletics North Versus South Competition** with LA, AACT and Masters competing, it was a tremendous day of events, music and laughter. Athletes of all ages were given a North or South competition top to compete in and it was game on. It was a hot and humid day with the temperature rising above 32C but we were in luck with the destructive storms holding off until the very end.

We had three walks on the day 1,100m, 1,500m and 3,000m. All the walks started simultaneously and it was great having all the athletes together doing what they love, racewalking. A big congratulations to all our walkers who competed in the North Versus South competition. On the day it was the North that had the most athletes participating and took home the bragging rights until next year.

1100 Metre Race Walk

1 Addison Hart	10 Ginninderra	6:32
2 Jillian Ryan	11 Corroboree	6:59
3 Lachlan Stevens	10 Corroboree	7:26

1500 Metre Race Walk

1 Jasmine Stevens	12 Corroboree	10:55
2 Heidi Ramsay	12 Corroboree	11:21
3 Sasha Rauraa	13 Ginninderra	11:26

3000 Metre Race Walk

1 Kodi Clarkson	13 Ginninderra	13:44
2 Julia Grocott	15 SCT	18:38
3 Casey Smith	17 New South Wales	19:06





North v South action at Woden Park (Photos: Mark Roberts)

** Being the last event for 2021 we now look to the 2022 calendar.



The Walk action returns to the ACT on Sunday 9 January 2022 with AACT offering two walks at The Bill Jacob Shield, a One Athletics event being ACT versus NSW Riverina. LA U9 and above can participate with senior athletes and Masters athletes. We'll have a DJ and race commentary for a fun and carnival atmosphere. The ACT walk community would like to take this opportunity to wish all our friends and walkers a Merry and Safe Holiday Season and wonderful New Year.

Dates for your diary 2022

- ACT Open & U20 Championship 10,000m walk 28 Jan 2022
- ACT U14 - U18 T&F Championships 8 to 20 Feb 2022
- ACT U9-U13 Track & Field Championship 11 to 13 March 2022
- LBG 2022 – Lake Burley Griffith 55 anniversary 12 June 2022

** *Editor's note:* And now, for those in need of a little perspective in life, which is pretty much all of us at some time or other ...



Mark and Darcey Roberts's house in Canberra, after high winds hit at the weekend. (Thankfully, nobody was hurt.)

NEW SOUTH WALES

- (1) Illawong Revesby Workers Walk & Throw meet, 18 December – Barden Ridge, Sydney
(2) Mingara Walk, Run, Jump, Throws meet, 18 December – Mingara Regional Centre, Tumbi Umbi

Frank Overton reports:

Saturday 18th December experienced very hot conditions for all events conducted in both Sydney and the Central Coast. Walkers had good numbers with those who competed at the State All Schools last week, backing up well.

At *Illawong*, the Women's 1100m was closely contested with **Erin Cassilles** winning in **6.32.96**, closely followed by Ella Van der Meer 6.36.95 and Brooke Cross 3rd with 6.37.51.

The Women's 1500m was won by **Isabella Farrell** in **8.02.36** with Danelia Samuel 2nd 8.32.20 and Ciara Cassilles 3rd in 8.36.27.

The Women's 3000m was won by **Grace Beck** in **16.01.80**.

The Men's 5000m was won by **Raven Pyda** in **30.12.11**, with the Women's 5000m going to **Milly Boughton** in **27.39.29**.

Men 1100 Metre Race Walk

1 Mathison, Michael 10 Port Hacking Lac 7:18.69

Women 1100 Metre Race Walk

1 Cassilles, Erin 10 Revesby Workers Lac 6:32.96
2 Van Der Meer, Ella 10 Westfields 6:36.95
3 Cross, Brooke 10 Illawong Rev 6:37.51
4 Mathison, Alexia 10 Port Hacking Lac 7:20.98
5 Linton, Scout 12 Ku-ring-gai 7:37.94
6 Penney, Lara 12 Liverpool City Lac 7:56.21

Men 1500 Metre Race Walk

1 Mitchell, Remy 10 St. George D 10:22.00

Women 1500 Metre Race Walk

1 Farrell, Isabella 05 Westfields 8:02.36
2 Samuel, Danelia 08 Winston Hill 8:32.20
3 Cassilles, Ciara 07 Westfields 8:36.27
4 Van Der Meer, Ella 10 Westfields 8:45.44
5 Armstrong Reading, Evie 08 Randwick Bot 8:49.09
6 Twigden, Lilly 10 Westfields 9:08.50
7 Felice, Madeleine 10 Illawong Rev 9:10.40

Women 3000 Metre Race Walk

1 Beck, Grace 08 Asics Wests 16:01.80
2 Corvalan Sotomayor, Laura 08 Girraween 20:12.37

Men 5000 Metre Race Walk

1 Pyda, Raven 04 Westfields 30:12.11
2 Horton, Jai 06 Westfields 32:35.76

Women 5000 Metre Race Walk

1 Boughton, Milly 06 Randwick Bot 27:39.29
2 Bell, Bridget 02 Asics Wests 31:15.68
3 Cassilles, Ciara 07 Westfields 32:35.76

On the Central Coast at *Mingara Regional Athletics Centre*, we saw another close race between **Tyler Jones** and Carl Gibbons with times of **21.22.0** and 21.22.1 respectively.

A good race developed in the Women's 5000m with **Hannah Bolton** leading from start to finish to record **26.32** with Sienna Pitcher coming home close behind with 26.50.

Open Men 5000 Metre Race Walk

1 Jones, Tyler 21.22.0
2 Gibbons, Carl 21.22.1
3 Richardson, Dylan 22.24.0
4 McGinniskin, Jack 24.49.0
5 Ashby, Myles 29.24.0

Open Women 5000 Metre Race Walk

1 Bolton, Hannah 26.32.0

QUEENSLAND QMA Results, 15 December – QSAC, Brisbane

W29&U 5000 Metre Race Walk

Name	Age	Team	Finals	Age-Grading
1 Millard, Summer	W16	Unattached	29:30.27 29:30.28	67.05%

W29&U 3000 Metre Race Walk

1 Fisher, Torryn	W16	QMA	18:10.37 18:10.38	63.74%
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W75 3000 Metre Race Walk

1 McKinven, Noela	W79	QMA	26:48.55 17:41.97	65.44%
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M65 3000 Metre Race Walk

1 Bennett, Peter	M66	QMA	20:02.52 15:10.91	69.32%
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TASMANIA

- 1) Athletics South 'Albert Johnson Memorial 1500m Walk, 18 December – Domain Athletics Centre, Hobart
- 2) Northern Athletics interclub, 15 December – St Leonards Northern Athletics Centre, Launceston
- 3) Tas Masters meet, 15 December - Domain Athletics Centre, Hobart

Thanks to David Moore for this entertaining report on an impressive week of walking activity in the Island State:

Hot and windy conditions prevailed at the Domain Athletics Centre for the **2021 Albert Johnson Memorial Walk**. The Trophy was truly anybody's to claim as this year it was a sealed handicap.

Pre-race expectations of some good performances were high as for the first occasion in a long time our young elite walkers from the north of the state (**Will Bottle** and **Samuel Lindsay**) ventured southward for this prestigious event and they were in very good form having both PB over the 1500m Race distance just 3 days before at their Northern Interclub.

For line honours, a titanic battle between two Wills, the North's **Will Bottle** and the South's **Will Robertson** produced a terrific spectacle

It was on from the starters gun, with the lead between two changing often and each taking turns to not let the other break away from a catchable distance.



A battle of Wills' (Photo: Sharon Bottle)

It was only over the last 50m that **Will Robertson** asserted his supremacy with a carefully controlled surge which got him over the line in front of **Will Bottle**.

Both went under 6 mins. and recorded new PB's for their 1500m Walk

In the Sealed Handicap the contest for the trophies were exceedingly tight thanks to some good handicapping from **Wayne Fletcher** with slim margins separating the top six.

Will Bottle's PB helped him to win the Men's section, while in the Women's section the oldest competitor (one of our two competitors in the memorial race to have been coached by Albert Johnson, the other being David Moore)

Liz Leitch held sway over our youngest walker on the day **Macy Devine** by a mere two seconds to take home the Women's trophy and celebrate her milestone of reaching 30 years as a race walker .



The Albert Johnson Memorial Walkers post – race (middle) Holding Trophy Winners Liz Leitch and Will Bottle
(Photo: Paul Leitch)

Albert Johnson Memorial 1500m Walk (sealed handicap) Result

		H'Cap.	Fin.Time	Actual
1. Will Bottle	Newstead AC	5:47.48		5:59.48 (PB)
2. Eliz Leitch	TMA	5:50.91		10:05.91
3. Sam Lindsay	Newstead AC	5:51.48		6:45.39
4. Macy Devine	ESAC	5:53.68		8:18.98
5. Will Robertson	OVA	5:57.11		5:57.11 (PB)
6. Oliver Morgan	OVA	6:10.76		7:07.47
7. Nathan Wass	ESAC	6:59.47		9:04.47
8. Dave Moore	TMA	8:27.36		13:26.36

**** Northern Athletics Interclub**

Results 1500m Walk

1. Will Bottle	Newstead AC	6:05.00 (PB)
2. Samuel Lindsay	Newstead AC	6:42.90 (PB)

**** Tas Masters T&F**

Results 5000m Walk

1. Wayne Fletcher	NS	40:11
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WESTERN AUSTRALIA Interclub meet, 17 December – WAAS, Perth

Terry Jones reports:

The WA results for Friday 17 December 2021 at the WAAS, are the last for this year, and featured two new state All Comers' records:

Declan Tingay set a new Open record, previously set by the great Simon Baker at 19:40.76 in Perth in March 1988.

John Ronan claimed a new U16 record, previously held by Sean Fitzsimons at 23:15.5 in Perth in Nov 2007.

Men 5000 Meters

1 Declan Tingay	UWA Athletic	18:49.92
2 John Ronan	Kingsway Athletic	22:42.41
3 Benjamin Reid	Perth Track	25:08.29
4 Bradley Mann	Perth Track	DNF

Women 5000 Meters

1 Alexandra Griffin	UWA Athletic	25:54.59
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INTERNATIONAL NEWS

* KARLSTROM, ELLWARD WIN IRISH OPEN 35KM C'SHIP

Reprinted from 'o Marchadore – Mon 20 December'

RAHENY (IRL) 19 December - The Swede **Perseus Karlstrom** and the Polish **Agnieszka Ellward** were crowned winners of the main 35 km march of the Irish Open Championships in Race Walking, yesterday (12/19) held at St. Anne's Park, in Raheny, Dublin, while **Brendan Boyce** and **Kate Veale**, runners-up, secured the Irish titles.

With the men's race being participated by 13 athletes from 8 countries, Perseus Karlstrom imposed his natural superiority, especially after the 20 km race, to triumph with 2:31:54, registering in each league 22:11, 22: 01, 21:54, 21:51, 21:30, 21:12 and 21:15 (4:10 in the last kilometer). The final mark sets the second position in the world list of the year (1st, Dementiy Cheparev, 2:31:27 - Sochi, Feb.2021) and a new national record from Sweden, whose best previous record (2:36:09)) had been obtained by Bo Gustavsson during the 50 km of the 1988 Seoul Olympic Games.



The early leaders at Rhaeny: Jelonek, Wilkinson, Boyce, winner Karlstrom (partly hidden) and Chiesa.

(Photo: Marcia dal Mondo)

The Swede Perseus Karlstrom and the Polish Agnieszka Ellward were crowned winners of the main 35 km march of the Irish Open Championships in Race Walking, yesterday (12/19) held at St. Anne's Park, in Raheny, Dublin, while Brendan Boyce and Kate Veale, runners-up, secured the Irish titles from a distance.

With the men's race being participated by 13 athletes from 8 countries, Perseus Karlstrom imposed his natural superiority, especially after the 20 km race, to triumph with 2:31:54, registering in each league 22:11, 22: 01, 21:54, 21:51, 21:30, 21:12 and 21:15 (4:10 in the last kilometer). The final mark sets the second position in the world list of the year (1st, Dementiy Cheparev, 2:31:27 - Sochi, Feb.2021) and a new national record from Sweden, whose best previous record (2:36:09)) had been obtained by Bo Gustavsson during the 50 km of the 1988 Seoul Olympic Games.

In men's second position, Finn Valley AC's Bredon Boyce finished 2:32:49, with 10 km partials in 44:13, 43:46, 43:17 and final 5 km in 21:33, remaining the Irish record in possession of Robert Heffernan (2:31:18), and in the third the Polish Jakub Jelonek, with 2:35:42 (10 km, 44:13, 43:51, 44:30 and 5 km, 23:08) .

Perseus Karlstrom and Brendan Boyce thus obtain the minimum international participation for the world championships in Eugene, Oregon-2022 (2:33:00) and Europeans in Munich-2022 (2:35:30).

In the women's race, with only 2 participants, Agnieszka Ellward came out victorious with 3:05:10, and partials in every 10 km of 50:03, 50:10, 54:34 and 5 km final in 30:23. In second place came Kate Veale, from West Waterford AC, with 3:07:03 (10 km, 53:51, 52:57, 53:40 and 5km, 26:35), significantly reducing the gap that separated her from the leader. , from 6:35 to 20 km until 1:53 at the finish.

In the remaining races, mention to the winners, in the 20 km, Callum Wilkinson, with 1:27:16, and in the 10 km, the sub-20 Matthew Glennon, with 43:58, and Heather Lewis, with 45:53.

(For more photos from these races, visit http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4237)

35 km male

1st, Perseus Karlstrom (SWE), 2:31:54
 2nd, Brendan Boyce (Finn Valley AC), 2:32:49
 3rd, Jakub Jelonek (POL), 2:35:42
 4th, Nick Christie (USA), 2:38:16
 5th, Rafal Sikora (POL), 2:44:48
 6th, Bruno Erent (CRO), 2:46:54
 7th, Jerome Caprice (Dundrum South Dublin AC), 2:56:37
 8th, Joe Mooney (Adamstown AC), 3:02:36

10 km male

1st, Matthew Glennon (Mullingar Harriers AC), 43:58
 2nd, Tom Partington (GBR), 44:47
 3rd, Jake O'Brien (Moy Valley AC), 48:39
 4th, Andrew Glennon (Mullingar Harriers AC), 48:53
 5th, Aisling Lane (Mullingar Harriers AC), 52:53
 6th, Ross Alexander (Coolquill AC), 53:59

9, Jonathan Hobbs (GBR), 3:15:28

*Disqualified: Dominic King (GBR) and Daniel King (GBR).
Dropouts: Stefano Chiesa (ITA) and José Manuel Perez (ESP).*

35 km female

1st, Agnieszka Ellward (POL), 3:05:10**2nd, Kate Veale (West Waterford AC), 3:07:03**

20 km male

1st, Callum Wilkinson (GBR), 1:27:16**2nd, Oisín Lane (Mullingar Harriers AC), 1:29:51**

10 km female

1st, Heather Lewis (GBR), 45:53**2nd, Jasmine Nichol, 52:37****3rd, Hannah Hopper (GBR), 52:42****4th, Maggihelen O'Connor (St. Joseph's BC), 56:18 - W50****5th, Brenda Gannon (Sligo AC), 59:30 - W50**

10 km male veterans

1st, Pat Murphy (Castleisland AC), 1:01:08 - M60**2nd, John Laste (Clonmel AC), 1:01:22 - M55****3rd, Sean McMullin (Mullingar Harriers AC), 1:04:47 - M75****4th, Danny Sharkey (Letterkenny AC), 1:14:16 - M60****5th, David Kissane (St. Brendan's AC - Kerry), 1:16:20 - M65****UNITED KINGDOM: 3rd Midland Area Winter League series, 12 December – Warwick Uni, Coventry**

Thanks to David Ainsworth for these results. We can only hope that, given new concerns with the COVID spread over there, UK race walking can proceed safely in the new year.

5km.

<u>Pos.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>H'cap</u>	<u>Net.</u>
1	Mark Williams	Birchfield Harriers	28.13	9.00	19.13
2	Jacqueline Benson	Ashford A.C.	28.39	9.30	19.09 W
3	Steve Utley	Ilford A.C.	29.44	9.30	20.14
4	Ellis Simmonds (U/17)	2 DASH	30.12	7.30	22.42
5	Wendy Kane	Nuneaton Harriers	30.54	10.30	20.24 W
6	Richard Emsley	Desborough Runners	31.30	11.45	19.45
7	Hardeep Minhas	Leicester W.C.	31.52	11.30	20.22
8	Julie Bellfield	Halesowen A.C.	32.09	12.00	20.09 W
9	Ian Torode	South West Vets	32.27	9.00	23.27
10	Roger Michell	M.M.A.C.	32.58	13.00	19.58
11	John Constandinou	Birchfield Harriers	33.32	12.00	21.32
12	Peter Everitt	Nuneaton Harriers	34.24	14.00	20.24
13	Lynn Bellfield	Halesowen A.C.	34.38	14.00	20.38W
14	Carolyn Derbyshire	Nuneaton Harriers	36.26	8.30	27.56 W
15	Isabel Knowles (U/17)	Halesowen A.C.	37.04	18.00	19.04W
16	David Fall	Birchfield Harriers	38.53	19.00	19.53
17	Karen Williams	Birchfield Harriers	39.18	19.00	20.18W
18	Gemma Smith	Stratford on Avon AC	39.35	19.30	20.05W
19	Daniel Mckerlich	Cardiff A.C.	DNF		

Under 13's Girls 2km

1 Aimee Thursfield Wolv.& Bilston A.C. 15.44

Under 11's Boys 1km

1 William Everitt Nuneaton Harriers 7.35

5km Handicap Teams

(Mixed)

1. Birchfield Harriers 59m 24s
2. Halesowen A.C. 59m 51s
3. Nuneaton Harriers 68m 44s

10km

1	Mark Williams	Birchfield Harriers	60.58	22.00	38.58
2	Jacqueline Benson	Ashford A.C.	63.38	21.00	42.38 W
3	Richard Emsley	Desborough Runners	66.23	23.30	42.53
4	Hardeep Minhas	Leicester W.C.	67.03	25.30	41.33
5	Parminder Bhatti	Unattached	71.14	30.00	41.14
6	Kev Baldry	Nuneaton Harriers	73.33	31.00	42.33
7	John Constandinou	Birchfield Harriers	77.35	26.00	41.35
8	David Fall	Birchfield Harriers	81.47	42.30	39.17
9	Julian Barnett	Birchfield Harriers	88.27	39.30	48.57
10	Daniel Mckerlich	Cardiff A.C.	DNF		

10km Men's Scratch Teams:

1. Birchfield Harriers 16pts.

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.

- 19/12/2021 The 35km Irish Open Championships - Victory of Perseus Karlstrom. As mentioned above, the page has more photos from this meeting. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4237

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.

As well as another take on the Irish 35km championships (reprinted above), other articles of interest include:

- 19/12/2021 Olivia Sandery featured at Athletics SA Interclubes in Adelaide . A nice short report on Olivia and Tristan Camilleri from the Athletics South Australia website. <http://omarchador.blogspot.com/2021/12/olivia-sandery-em-destaque-no.html>
- 13/12/21 **Vietnam 2021 Athletics Championships in Hanoi (results)** We seldom see sports results of any kind from Indochina, let alone race walking. <http://omarchador.blogspot.com/2021/12/campeonatos-de-atletismo-2021-do.html>
- . Whatever the age groups, the Spaniards know how to attract big fields!
<http://omarchador.blogspot.com/2021/12/campeonato-de-espanha-master-de-10-km.html>
- 16/12/21 2021 National Club Championship in Quito, Ecuador (results)
<http://omarchador.blogspot.com/2021/12/campeonato-nacional-de-clubes-2021-em.html>

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 – 2022

Sun 16 Jan 2022	VRWC Summer championships, 2021 Winter presentations, Annual General Meeting – Middle Park
Sat 22 Jan 2022	AV Summer T&F season (AVSL Round 8) season – Aberfeldie (Zone A), Murrumbena (Zone B) Ballarat, Bendigo, Geelong
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
Sun 13 Feb 2022	Oceania & Australian 20km Race walking championship - Adelaide
Fri 18/20 Feb 2022	Victorian Track & Field championships (Week 1) – Lakeside Stadium
Fri 25/26 Feb 2022	Victorian Track & Field championships (Week 2) – Lakeside Stadium
Sat/Sun 19/20 Mar 2022	Victorian Masters Athletics T&F championships – Lakeside Stadium
Sat 26 Mar/Sun 3 Apr	Australian Track & Field championships – Olympic Park, Sydney
Fri/Mon 1/4 Apr 2022	Australian Masters Athletics T&F championships – Brisbane
Sat/Sun 23/24 Apr 2022	Australian Little Athletics championships - Melbourne
Sun 24 Apr 2022	AV 'Run The Tan' – Kings Domain, Melbourne
Sun 15 May 2022	Oceania & Australian 35km Race walking championship – Melbourne (TBC)

International Dates

Mar 1 – 6, 2022 **29th 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 **23rd World Masters T&F Championships** – Tampere, FIN
Jul 15 – 24, 2022 **18th 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 **19th World Athletics U20 T&F Championships** – Cali, COLOMBIA
TBA, 2023 **24th World Masters T&F Championships** – Gothenburg, SWE
Aug 2023 (TBC) **19th World Athletics Championships** – Budapest, HUN

(EDITOR'S NOTE: When submitting contributions taken from another publication – such as the one above – please remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are give appropriate credit.

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