

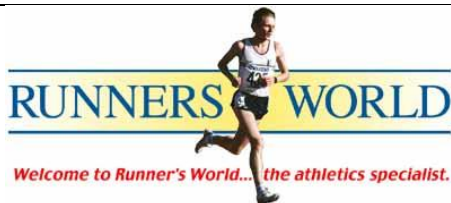


HEEL & TOE Online

Vol. 2022
Issue No. 2
Tuesday
11 January 2022

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

Editor: Stu Cooper stuwalks@yahoo.com.au



Welcome to Runner's World... the athletics specialist.

VRWC preferred supplier of shoes, cloths and sporting accessories

Address: **RUNNERS WORLD** 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

** WALKER OF THE WEEK **

Our first WOTW for 2022 is **Owen Toyne** of the ACT. Owen is one of a number of emerging young speedsters posting impressive times this summer. This weekend, Owen won a two-man duel on the Woden Park track with previous WOTW Kodi Clarkson, to win over 3000m in **13:03**, only 5secs shy of his PB, with Kodi following in 13:09.

Well done, Owen – and Kodi. We wait in anticipation of your results in a fast championship field later in the season. (No pressure, of course ...)



CLUB NEWS and RESULTS

NEXT VRWC RACES

8.30am 20km, 15km, 10km
9.30am 5km, 3km
10.00am 2km, 1km
11.15am Winter presentations
12.00pm Annual General Meeting

**Sunday 16
January
2022**

NOTE: Winter presentations and AGM will start earlier if all racing and equipment pack-up has been completed.

* PETER VYSMA *

Peter is now accommodated at the -

**Royal Talbot Rehabilitation Centre
1 Yarra Blvd, Kew 3101**

He is now able to receive cards, flowers, gifts and messages as before. He would love to hear from you, and he is greatly appreciative of the contacts and good wishes he has received so far.

** ADDITIONS TO SUMMER FIXTURE

**Wednesday
2 February
Collingwood
(Geo Knott Res)**

7.00pm VRWC 1500m Open
7.15pm AV 5000m Teams race Open
VRWC 5000m Open

*Rules for AV Teams Championships:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.

5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

Sunday	8.45am	VMA 5000m c'ship Women
6 March	9.30am	VMA 5000m c'ship Men
Mentone track	10.10am	VRWC 5000m & 3000m Open
(Dolamore Res)	10.40am	VRWC 1500m Open

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

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

Stu Cooper
President

Question for Readers 2:

'What was your major race walking highlight for 2021?'

Hi Stu,

I'm assuming I'm too late but I just read your newsletter and figured I'd reply anyway. I'm Melissa Lewis, W30 athlete from Perth.

For me, my personal highlight in 2021 was lowering all my PBs significantly.

In March 2020, I gave birth to a baby girl. My aim was to get fit enough to be presentable at Masters Nationals. Sadly that event did not happen but I had no idea that by then I wouldn't just be presentable, I'd be smashing all my pb's. Hopefully in 2022 I can continue to lower them.

*Thank you,
I enjoy reading your newsletter*

Melissa

** We are still keen to hear from readers (wherever they may be), as to their 2021 race walking highlight. Send your responses to stuwalks@yahoo.com.au .

VICTORIA - METRO & REGIONAL

**** 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: Murrumbeena	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. Bill Jacob Shield walk, Saturday 8 January – Woden Park Athletics Park, Woden

Thanks to Mark Roberts for his report on the ACT’s first outing for 2022, and for the comprehensive listing of their upcoming summer program.

The ACT Walking and Fitness Club welcomes the beginning of the 2022 season and the return of Supernova 2022 to the AIS.

Our first season’s event was on Sunday with 1,500m and 3,000m walks which saw our youth in action during our ACT Athletics event, the Bill Jacob Shield.

Perfect conditions saw the return to competition of Owen Toyne who took the lead early with Kodi Clarkson close on his heels. We welcome back Casey Smith from NSW who had a wonderful walk. Jillian Ryan from Little Athletics was all smiles during the 1,500m.

*(*Editor’s note: Darcey Roberts would have started in this race, but on arrival at the track she was notified that she was a COVID close contact, had to go home, take a RAT and isolate. This can happen to anyone – anyone at all. Vaxxed or not, we can all catch, carry and spread it, at the very least. Let’s all keep doing what we know we should – not just what we feel like.)*

1,500m walk	
Jillian Ryan	10:03
3,000m walk	
Owen Toyne	13:03
Kodi Clarkson	13:09
Casey Smith	18:37

Left: *Happy Jillian.*
 Middle: *Owen and Kodi put the hammer down.*
 Right: *Casey (NSW) walked well.*

(Photos: Mark Roberts)



Our senior walkers are at the AIS preparing for Saturday’s Supernova 10,000m walk. This year will see ACT walkers who are not part of Supernova have the opportunity to participate in the 10,000m walk subject to a pre-qualifying time.

The event will be wonderful to watch with the majority of Australia's current top u20 and Open walkers competing. If you are in the ACT on the 15th or 22nd of January, please come to the AIS track.

Entry is free for the public and the walk starts at 8am.

Future walk events for January and February within the ACT:

15 Jan 8:00am AIS - Supernova 10,000m (ACT athletes need sub 60min time to enter)
16 Jan 11:30am Woden - AACT ACT & NSW Combined Champ 1,500m, 3,000m & 5,000m.
20 Jan 6:30pm Woden - AACT & ACT Masters 2,000m.
22 Jan 8:00am AIS - Supernova 10,000m (ACT athletes need sub 60min time to enter)
27 Jan 6:30pm Woden - AACT & ACT Masters 1,000m, 3,000m & 5,000m.
28 Jan 6:15pm AIS - AACT Open & U20 Champ 3,000m, 5,000m & 10,000m.
03 Feb 6:30pm Woden - AACT & ACT Masters 800m & 2,000m.
10 Feb 6:30pm Woden - AACT & ACT Masters 1,500m.
18 Feb 6:15pm Woden - AACT u14 to u18 Champ 3,000 & 5,000m.
20 Feb 10:30am Woden - AACT u14 to u18 Champ 1,500m.
24 Feb 6:30pm Woden - AACT & ACT Masters 1,000m, 3,000m & 5,000m.

For any questions regarding upcoming ACT walking events, please feel free to contact the ACT Walk and Fitness Club race secretary on 0412 890 733

Happy walking and please ... *remember to stay Covid safe.*

QUEENSLAND QMA results, Saturday 8 January – QSAC, Brisbane

Conditions at QSAC were overcast and very humid after overnight rain. (Bit unusual for Brisbane, don't you think ... ?)

M29&U 2000 Meter Race Walk

1 Hunter, Sibenaler M10 Unattached 14:27.71

W29&U 2000 Meter Race Walk

1 Davey, Caterina W13 Unattached 13:30.19

W30 2000 Meter Race Walk

1 Kirwin, Roslyn W32 Qld Masters 15:17.32

W55 2000 Meter Race Walk

1 Woodward, Erika W55 Qld Masters 11:41.04

M65 2000 Meter Race Walk

1 Connolly, Peter M69 Qld Masters 16:58.78

W75 2000 Meter Race Walk

1 McKinven, Noela W79 Qld Masters 16:58.17

SOUTH AUSTRALIA SARWC road races, Saturday 8 January – South Parklands, Adelaide

South Aussie has bounced back into new year's action with their latest SARWC fixture. Thanks to Kim Mottrom for this report.

SARWC hosted road races today as there's been a bit of a break and we wanted our walkers to have another racing opportunity leading into Oceanias in 5 weeks. Some PB's, but also a return from Samantha Findlay who hadn't raced in over 3 years, but came back strong. Also, Sebastian's mother, Lauren, did her very first walk today with a very good time over 1km.

Open 5km

Kim Mottrom	21:48
Nellie Langford	26:14
Cooper Rech	29:27
Peter Crump	31:16
Greg Metha	32:11
Stephen Downs	38:03
Di Camilleri	38:34

Open 3km 15:35
 Samantha Findlay 17:18
 Daisy Braithwaite 17:22
 Katie DeRuvo 18:49 PB
 Mel Grantham 22:54
 Liz Downs

Open 2km 9:29
 Sebastian Richards 12:00
 Orlando Grantham 13:23
 Matilda Rech

Open 1km 6:12 PB
 Liliana Templer 6:59 First ever race
 Lauren Richards

TASMANIA 1) Athletics South interclub, 8 January
 2) Tas Masters T&F, 5 January – Domain Athletics Centre Hobart

Thanks to David Moore for these results:

Result 5000m Walk

1. Oliver Morgan OVA 28:23.42

Result 1500m Walk

1. Macy Devine ES 8:34.38

*** Tas Masters T&F**

Results 3000m Walk

1. Wayne Fletcher NS 24:3



NATIONAL RACE WALKING RANKINGS – 2021

Paul Jenes, AA statistics guru, has provided the final table of upper-level Open performances from around the nation for 2021. The table has been edited to include only the best times in each distance for the year.

AUSTRALIAN RACE WALKING RANKINGS 2021 – OPEN WOMEN

3,000 METRES WALK

12:55.13	Olivia Sandery	S	220103	Adelaide	11-Dec
13:01.52	Clara Smith	Q	090398	Brisbane	6-Nov
13:08.58	Alanna Peart	V	060903	Ballarat	4-Dec
13:32.2h	Rebecca Henderson	V	040701	Melbourne	13-Nov
13:37.21	Milly Boughton	N	030206	Mingara	30-Jan
14:15.86	Melissa Lewis	W	210587	Perth	22-Jan
14:17.10	Allanah Pitcher	N	190903	Mingara	26-Feb
14:21.16	Sienna Pitcher	N	271107	Sydney	9-Dec
14:22.91	Camryn Novinetz	Q	031003	Brisbane	6-Nov
14:24.82	Alexandra Griffin	W	100605	Perth	1-Apr
14:40.65	India Duguid	N	130605	Mingara	26-Feb
14:45.13	Zoe Woods	N	221007	Sydney	9-Dec
14:46.04	Elizabeth McMillen	N	100404	Mingara	30-Jan
14:46.34	Nellie Langford	S	010605	Adelaide	16-Oct
14:50.9h	Charlotte Hay	V	011203	Melbourne	6-Feb
14:53.84	Amber Norton	Q	100406	Brisbane	23-Jan
14:55.19	Lyla Williams	N	081207	Sydney	9-Dec

5,000 METRES WALK

20:51.03	Jemima Montag	V	150298	Melbourne	27-Feb
22:05.82	Rebecca Henderson	V	040701	Melbourne	27-Feb
22:10.07	Katie Hayward	Q	230700	Brisbane	20-Feb
22:34.88	Olivia Sandery	S	220103	Adelaide	30-Oct

22:45.96	Alanna Peart	V	060903	Melbourne	27-Feb
23:16.90	Clara Smith	Q	090398	Brisbane	4-Dec
23:37.42	Milly Boughton	N	030206	Sydney	17-Apr
23:41.22	Elizabeth McMillen	N	100404	Sydney	17-Apr
23:56.07	Alexandra Griffin	W	100605	Sydney	17-Apr
24:24.65	Gabriella Hill	Q	091003	Brisbane	23-Jan
24:28.8h	Charlotte Hay	V	011203	Melbourne	6-Mar
24:33.71	Jayda Anderson	Q	100805	Sydney	17-Apr
24:35.46	Jemma Peart	V	150601	Melbourne	27-Feb
24:44.12	Hannah Mison	N	141101	Sydney	6-Feb
24:56.16	Nicole Fagan	N	240789	Sydney	6-Mar
24:57.39	Camryn Novinetz	Q	031003	Brisbane	4-Dec
25:11.97	Allanah Pitcher	N	190903	Sydney	13-Mar
25:25.11	Melissa Lewis	W	210587	Perth	12-Mar
25:36.07	Tara Laytham	N	210605	Sydney	17-Apr
25:37.24	Hannah Bolton	N	291203	Sydney	6-Mar
25:37.35	Sienna Pitcher	N	271107	Sydney	6-Mar
25:55.40	Nellie Langford	S	010605	Adelaide	30-Oct

10KM.WALK

43.25	Jemima Montag	V	150298	Melbourne	23-May
46:34	Rebecca Henderson	V	040701	Melbourne	23-May
48:04	Alanna Peart	V	060903	Melbourne	27-Mar
48:58	Olivia Sandery	S	220103	Melbourne	27-Mar
51:21	Elizabeth McMillen	N	100404	Sydney	23-May
51:23	Gabriella Hill	Q	091003	Melbourne	27-Mar
52:39	Melissa Lewis	W	210587	Perth	19-Jun
53:48	Emma Blanch	N	010403	Sydney	23-May
53:54	Madeleine Feain	V	280498	Melbourne	15-May
53:57	Hannah Bolton	N	291203	Sydney	23-May
54:10	Charlotte Hay	V	011203	Melbourne	27-Mar
54:21	Sarah Brennan	V	220476	Melbourne	23-May
55:05	Jemma Peart	V	150601	Melbourne	2-May
55:50	Nellie Langford	S	010605	Adelaide	7-Aug
57:28	Hannah Parker	N	221002	Sydney	23-May
58:40	Claire Samanna	V	241091	Melbourne	17-Jan
58:48	Kate Siviour	V		Melbourne	15-May
58:51	Emily Smith	V	270406	Melbourne	3-Jul

10,000m track

42:35.2h	Jemima Montag	V	150298	Melbourne	31-Jan
43:46.05	Katie Hayward	Q	230700	Sydney	15-Apr
45:13.77	Rebecca Henderson	V	040701	Sydney	15-Apr
47:01.69	Clara Smith	Q	090398	Sydney	15-Apr
47:03.55	Olivia Sandery	S	220103	Sydney	15-Apr
48:36.5h	Alanna Peart	V	060903	Melbourne	31-Jan
50:59.25	Hannah Mison	N	141101	Sydney	15-Apr
52:08.46	Emma Blanch	N	010403	Sydney	15-Apr
53:25.51	Charlotte Hay	V	011203	Sydney	15-Apr
53:36.5h	Milly Boughton	N	030206	Sydney	24-Jan
53:42.79	Allanah Pitcher	N	190903	Sydney	15-Apr
54:17.66	Melissa Lewis	W	210587	Perth	20-Feb
54:37.23	Gabriella Hill	Q	091003	Brisbane	14-Mar
56:07.41	Hannah Parker	N	221002	Sydney	15-Apr
57:09.51	Molly O'Neill	N	011100	Sydney	15-Apr
57:39.68	Claire Samanna	V	241091	Sydney	15-Apr
59:58.36	Brenda Gannon	Q	200874	Sydney	15-Apr

20KM.WALK

1:28:50	Jemima Montag	V	150298	Melbourne	27-Mar
1:30:41	Katie Hayward	Q	230700	Melbourne	27-Mar
1:31:53	Rebecca Henderson	V	040701	Melbourne	2-May
1:48:46	Melissa Lewis	W	210587	Perth	15-Aug
1:54:20	Hannah Mison	N	141101	Melbourne	27-Mar
1:54:32	Sarah Brennan	V	220476	Melbourne	2-May
1:55:43	Madeleine Feain	V	280498	Melbourne	17-Jan
2:02:44	Bridget Bell	N	160302	Melbourne	27-Mar

MEN

3,000 METRES WALK

11:37.2h	Rhydian Cowley	V	040191	Melbourne	18-Dec
11:47.5h	Kyle Swan	V	280399	Melbourne	18-Dec
11:50.25	Declan Tingay	W	060299	Perth	26-Nov
11:52.34	Carl Gibbons	N	190696	Mingara	26-Feb
11:54.43	Tristan Camilleri	S	140201	Adelaide	6-Feb
12:02.11	Tyler Jones	N	080498	Maitland	28-Nov
12:25.10	Kim Mottrom	S	270984	Adelaide	16-Oct
12:28.61	Dylan Richardson	N	171000	Mingara	26-Feb
12:44.9h	Corey Dickson	V	190702	Melbourne	6-Feb
12:55.33	Fraser Saunder	V	190804	Ballarat	4-Dec
12:58.3h	Mark Blackwood	V	250177	Melbourne	18-Dec
13:01.51	Ignacio Jimenez Solis	Q	080465	Brisbane	6-Nov
13:03.71	Jack McGinniskin	N	261202	Mingara	30-Jan
13:05.12	Isaac Beacroft	N	180707	Sydney	9-Dec
13:06.0	Mark Blackwood	V	250177	Melbourne	4-Dec
13:07.7h	Adam Garganis	V	180997	Melbourne	13-Nov
13:08.1h	Marcus Wakim	V	030506	Melbourne	13-Nov
13:14.7h	Jason Kozica	V	141187	Melbourne	18-Dec
13:28.79	John Ronan	W	021107	Perth	26-Nov
13:31.6h	Kodi Clarkson	A	100208	Canberra	13-Nov
13:32.61	Sam McCure	Q	180806	Sydney	13-Apr
13:35.6h	Jason Kozica	V	141187	Melbourne	13-Nov
13:38.36	Owen Toyne	A	190607	Sydney	13-Apr
13:40.2h	Riley Coughlan	V	140107	Melbourne	13-Nov
13:41.71	Ryan Bonham	N	281206	Sydney	13-Apr
13:46.99	Mathew Bruniges	S	040301	Adelaide	23-Jan
13:51.08	Ben Reid	W	300501	Perth	22-Jan
13:55.13	Grady Platt	N	110706	Sydney	13-Apr
13:56.47	Bailey Housden	Q	041007	Brisbane	2-Oct
13:59.3h	Heath Beveridge	V	190803	Melbourne	13-Nov

5,000 METRES WALK

18:49.94	Declan Tingay	W	060299	Perth	17-Dec
19:09.48	Rhydian Cowley	V	040191	Melbourne	27-Feb
19:43.42	Will Thompson	V	181102	Melbourne	27-Feb
20:18.22	Kyle Swan	V	280399	Melbourne	27-Feb
20:29.0h	Tim Fraser	A	220200	Canberra	4-Mar
20:36.20	Tristan Camilleri	S	140201	Adelaide	13-Mar
21:14.73	Kim Mottrom	S	270984	Adelaide	30-Oct
21:16.0h	Mitchell Baker	A	060701	Canberra	4-Mar
21:16.51	Corey Dickson	V	190702	Melbourne	27-Feb
21:22.0h	Tyler Jones	N	080498	Tumbi Umbi	18-Dec
21:22.1h	Carl Gibbons	N	190696	Tumbi Umbi	18-Dec
21:46.72	Dylan Richardson	N	171000	Sydney	6-Mar
21:53.42	Jason Kozica	V	141187	Melbourne	27-Feb
22:24.82	Fraser Saunder	V	190804	Ballarat	20-Nov
22:42.41	John Ronan	W	021107	Perth	17-Dec
23:04.6h	Mark Blackwood	V	250177	Melbourne	20-Nov
23:07.25	Mathew Bruniges	S	040301	Adelaide	16-Jan
23:33.45	Jack McGinniskin	N	261202	Sydney	6-Mar
23:35.02	William Robertson	T	051103	Launceston	21-Mar
23:41.6h	Adam Garganis	V	180997	Melbourne	11-Dec
23:41.68	Ryan Bonham	N	281206	Sydney	6-Mar
23:41.9h	Heath Beveridge	V	190803	Melbourne	11-Dec
23:50.0h	Ignacio Jimenez Solis	Q	080465	Brisbane	18-Jul
23:54.71	Raven Pyda	N	101204	Sydney	17-Apr
23:56.78	Lachlan McCure	Q	071104	Brisbane	23-Jan

10KM.WALK

40:00	Rhydian Cowley	V	040191	Melbourne	23-May
42:58	Kyle Swan	V	280399	Melbourne	15-May
44:30	Kim Mottrom	S	270984	Adelaide	17-Jul
44:56	Corey Dickson	V	190702	Melbourne	27-Mar
46:22	Mark Blackwood	V	250177	Melbourne	10-Jul
47:01	Tristan Camilleri	S	140201	Adelaide	28-Aug
47:30	Jason Kozica	V	141187	Melbourne	23-May
48:11	Ignacio Jimenez Solis	Q	080465	Brisbane	11-Jul
48:58	Heath Beveridge	V	190803	Melbourne	27-Jun
49:21	Jack McGinniskin	N	261202	Sydney	23-May

10,000m track


39:14.7h	Rhydian Cowley	V	040191	Melbourne	31-Jan
39:17.4h	Declan Tingay	W	060299	Melbourne	31-Jan
40:06.86	Kyle Swan	V	280399	Sydney	16-Apr
41:50.5h	Will Thompson	V	181102	Melbourne	31-Jan
42:19.33	Carl Gibbons	N	190696	Sydney	16-Apr
42:26.86	Corey Dickson	V	190702	Sydney	16-Apr
42:29.04	Mitchell Baker	A	060701	Sydney	16-Apr
42:45.44	Tyler Jones	N	080498	Sydney	16-Apr
43:09.5h	Tim Fraser	A	220200	Melbourne	31-Jan
43:33.6h	Tristan Camilleri	S	140201	Melbourne	31-Jan
44:13.69	Dylan Richardson	N	171000	Sydney	16-Apr
45:19.0h	Jared Tallent	S	171084	Melbourne	10-Jan
45:20.18	Gwyllam Young	A	060902	Sydney	16-Apr
46:57.27	Jason Kozica	V	141187	Sydney	16-Apr
48:02.00	Kim Mottrom	S	270984	Adelaide	28-Feb
48:25.40	Mathew Bruniges	S	040301	Adelaide	28-Feb
49:45.1h	Jack McGinniskin	N	261202	Sydney	24-Jan
49:45.43	Ben Reid	W	300501	Sydney	16-Apr
51:06.02	Bradley Mann	W	080199	Sydney	16-Apr

20KM.WALK

1:21:49	Rhydian Cowley	V	040191	Melbourne	2-May
1:24:00	Declan Tingay	W	060299	Sapporo JPN	5-Aug
1:24:08	Kyle Swan	V	280399	Melbourne	27-Mar
1:24:37	Quentin Rew (NZL)	V	160784	Melbourne	2-May
1:27:24	Carl Gibbons	N	190696	Melbourne	27-Mar
1:27:50	Mitch Baker	A	060701	Melbourne	27-Mar
1:29:55	Tristan Camilleri	S	140201	Melbourne	27-Mar
1:30:49	Tyler Jones	N	080498	Melbourne	2-May
1:32:19	Tim Fraser	A	220200	Melbourne	27-Mar
1:32:31	Kim Mottrom	S	270984	Adelaide	7-Aug
1:35:01	Dylan Richardson	N	171000	Melbourne	27-Mar
1:49:51	Ben Reid	W	300501	Perth	14-Feb
1:50:25	Mathew Bruniges	S	040301	Adelaide	7-Aug
1:51:23	Pramesh Prasad	V	210474	Melbourne	2-May
1:51:47	Kevin Cassidy	V		Melbourne	2-May

50KM.WALK

3:52:01	Rhydian Cowley	V	040191	Sapporo JPN	6-Aug
---------	----------------	---	--------	-------------	-------



INTERNATIONAL NEWS

NEW ZEALAND: 2022 Colgate Games (North Is.), 7-9 January – Newton Park, Wellington

Thanks to Phillip du Toit for this report. There seems to be plenty of enthusiasm for this yearly event across the ‘ditch’ ... any budding Alanas or Quentins there?

The Colgate Games are held in January every year and are made up of two events, one in the North Island and one in the South Island. It’s the biggest athletics event for children, with the games attended by hundreds of athletes aged 7-14 years old. There were race walks on each day, and it was awesome to see so many children competing.

Sunday featured an exhibition walk where Rozie Robinson and Liam Dunlop-Brown took the 7–9-year-olds through drills and showed them what race walking is all about. They then had the opportunity to walk with our junior walkers, Daniel du Toit, Sarah du Toit, Molly O’Reilly, Richie Trathen and Emma Gyde.



Getting ready for their first attempt at race walking

Results

Walk Judges: Daniel du Toit (chief), Geoff Henry, Geoff Iremonger, Phillip du Toit, Rozie Robinson, Antonia Martin, Sean Lake.

Whiteboard & Red card runners: Sarah du Toit, Emma Gyde, Thomas Strawbridge, Josh Jordan. Penalty zone: Willie Szeto, Jackie Wilson

<https://kidsathletics.nz/colgate-games/north-island/>

Girls 1200 Metre Race Walk Grade 10

Name	Age	Team	Seed	Finals
Heat 1				
1 #10123 Lucia Miller	10	Egmont Athletics	8:44.01	
2 #10192 Emma MacKenzie	10	OLYW	9:06.29	
3 #10218 Portia Mealamu	10	PAPT	9:17.73	
4 #10220 Phoebe Corin	10	PRAM	9:52.38	
5 #10208 Alina Rizvi	10	PNTH	10:04.63	
6 #10136 Kayleigh Gilberts	10	HTGA	10:30.64	
7 #10179 Feebe Donaldson	10	NAPA	10:58.32	
-- #10122 Amber Haldane	10	Egmont Athletics		DQ TR 54.4.1

Boys 1200 Metre Race Walk Grade 10

Name	Age	Team	Seed	Finals
Heat 1				
1 #10109 Kaleb Smith	10	HAWR	11:05.49	



Rozie Robinson taking the aspiring walkers through the rule & drills.



Daniel and Molly helping.

Girls 1200 Metre Race Walk Grade 11

Name	Age	Team	Seed	Finals
Heat 1				
1 #11199 Morgan Day	11	PAKU	6:50.48	
2 #11193 Taylor Sutton	11	OLYW	7:38.53	
3 #11182 Aaliyah Smith-McM	11	NORM	7:54.59	
4 #11179 Peylin Baylis	11	NORM	8:13.78	
5 #11118 Aurelia Wood	11	CAMB	8:29.59	
6 #11177 Millie Lyford	11	NAPA	8:42.42	

Boys 1200 Metre Race Walk Grade 11

Name	Age	Team	Seed	Finals
Heat 1				
1 #11168 Kieran Dunlop-Bro	11	Mana AAC	6:48.10	
2 #11257 Jude Poole	11	Kaponga	7:54.26	
3 #11103 Willem Buijtendij	11	HAWR	8:20.60	
4 #11227 Micah Berendsen	11	UHAC	8:22.32	

5	#11113	Tyriee Bengé	11	BVEA	10:42.24
--	#11115	Luke Kalolo	11	BVEA	DQ TR54.7.5

Girls 1200 Metre Race Walk Grade 12

Name	Age	Team	Seed	Finals	
Heat 1					
1	#12206	Veronique Koole	12	PAKU	7:34.00
2	#12171	Isabel Taylor	12	Mana AAC	7:34.18
3	#12174	Jordyn Tukukino	12	Manurewa AA & HC	7:47.20
4	#12240	Emma Grenfell	12	Selwyn	8:11.87
5	#12181	Izabella McMahon	12	NORM	8:21.26
6	#12123	Keava Burrough	12	FAIR	10:54.87

Boys 1200 Metre Race Walk Grade 12

Name	Age	Team	Seed	Finals	
Heat 1					
1	#12203	Harrison Day	12	PAKU	7:31.10
2	#12276	Finn Anderson	12	WHKE	7:58.21
3	#12101	Finn Bennett	12	Ashhurst H & AC	7:58.22
4	#12272	Joseph Du Toit	12	WHAC	8:01.94
5	#12213	Drew Smal	12	PAKU	8:22.10

Girls 1600 Metre Race Walk Grade 13

Name	Age	Team	Seed	Finals	
Heat 1					
1	#13196	Yandri Fourie	13	PAKU	9:37.15
2	#13217	Sinead O'Sullivan	13	STRA	10:35.14
3	#13138	Isla Hughes	13	Lower Hutt AAC	12:27.02

Boys 1600 Metre Race Walk Grade 13

Name	Age	Team	Seed	Finals	
Heat 1					
1	#13116	Campbell Donovan	13	Egmont Athletics	9:09.90
2	#13164	Nathan Baylis	13	NORM	9:20.17
3	#13106	Jayden Poole	13	HAWR	10:32.61
4	#13163	Lucas Nairn	13	NAPA	12:19.93

Girls 2000 Metre Race Walk Grade 14

Name	Age	Team	Seed	Finals	
Heat 1					
1	#14209	Molly O'Reilly	14	Selwyn	11:14.01
2	#14121	Amelie Wood	14	CAMB	14:11.49
3	#14161	Nora Caffrey	14	Manurewa AA & HC	14:53.31
4	#14223	Charli Gardiner-H	14	WUKU	14:56.24
5	#14116	Lily Frieswyk	14	BVEA	16:21.49

Boys 2000 Metre Race Walk Grade 14

Name	Age	Team	Seed	Finals	
Heat 1					
1	#14187	Richie Trathen	14	PAKU	10:14.62
2	#14101	Ari Bennett	14	Ashhurst H & AC	11:44.17

As one would expect, fast 35km times are appearing regularly as the World walking championships in Muscat approach. Brazil's **Caio Bonfim** left no doubts about where his sights are set with this impressive effort at the weekend.

New Brazilian 35km record set by Bonfim

(reprinted from *O Marchador*)

Bragança Paulista (BRA) 9 January - **Caio Bonfim**, athlete from CASO in Brasilia, was the main figure of the Brazilian Athletic Marching Championships that took place yesterday in Bragança Paulista (São Paulo), on a thousand-meter circuit, established in the vicinity of Bragança Garden Shopping, beating the national record for 35 km march, with a time of 2:33:57. After completing the first kilometer in 4:11, the splits in each 5 km were 21:29, 21:51, 21:48, 21:53, 22:04, 22:23 and 22:29 (4: 16 on the final lap).

The mark now established by Caio Bonfim, in a distance that is being cemented in the main national championships around the world and in major international competitions, replacing the 50 km, largely surpasses the previous record, which was already his own, when he passed through the 50 km of the Rio de Janeiro Olympic Games, in 2016 (2:39:19), being the second of all time in the South American ranking of the specialty. The day before, in Machala (Ecuador), Daniel Pintado had achieved a new South American record with 2:32:40.

Still in the men's 35 km, a reference for the other athletes who made it to the Brazilian podium, all filled with athletes from the Sobradinho Athletics Center, Diego Lima, with 2:53:09, and Max Batista dos Santos, with 2:59: 50.

In the women's 35 km there was, in a way, a surprise with the victory of **Elianay Pereira Barbosa**, also from CASO (DF), who completed the 35 laps of the circuit in a time of 3:10:08, leaving the favorite, Viviane Santana Lyra (Associação Fortes e Velozes-RJ), in the second position with the mark of 3:11:45. Mayara Luize Vicentainer (FME TIMBÓ) completed the podium with a time of 3:14:15. It should be noted that the Brazilian and South American record belongs to Erica Rocha de Sena, with 2:51:11 (Macas, ECU, 3-13-2021).



Photo: *Wagner do Carmo/CBAAt.*

Ratings

35 km men

1st, Caio Oliveira de Sena Bonfim, 1991 (CASO - DF), **2:33.57**
 2nd, Diego Pereira Lima, 1987 (CASO - DF), 2:53.09
 3rd, Max Batista Goncalves dos Santos, 1994 (CASO - DF), 2:59.50
 4th, Rudney Dias Nogueira, 1990 (UCA - SC), 3:01.43
 5th, Lucas Gabriel Ferreira da Silva, 1994 (Sport Club do Recife - PE), 3:12.45
 Disqualified: Luiz Felipe dos Santos, 1983 (Balneário Camboriú - SC).

35 km women

1st, Elianay Santana da Silva Pereira Barbosa, 1984 (CASO - DF), **3:10.08**
 2nd, Viviane Santana Lyra, 1993 (Fortes e Velozes Association - RJ), 3:11.45
 3rd, Mayara Luize Vicentainer, 1991 (FME TIMBO - SC), 3:14.15
 4th, Nair da Rosa, 1980 (AABLU - SC), 3:34.28
 5th, Elisangela Pereira da Silva, 1976 (Campaign Athletics Project - PE), 3:49.01
 Dropout: Paula Raissa Paz da Silva, 1993 (Sport Club do Recife - PE).

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.

- 10/01/2022 Utera (ESP): Crackling start of the outdoor season for Maria Perez Garcia – Garcia (who finished two spots ahead of Jemima Montag in Sapporo), opens her 2022 account with a sub-1:30 20km.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4249
- 09/01/2022 Sheffield (GBR): Tom Partington and Hannah Hopper win the 3.000m indoor – the latest instalment of the british Grand Prix of Race Walking.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4248
- 09/01/2022 Burjassot (ESP): Luis Manuel Corchete Martinez wins the 10th Gran Premio de marcha Ciudad de Burjassot – Results from a local championship in Valencia.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4247

- 09/01/2022 Bragança Paulista (BRA): solo by Caio Bonfim in the 35km with the new record of Brazil in 2:33:57 – read Nicola Maggio’s split-by-split report on the above Brazilian race at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4245
- 08/01/2022 San Antonio de Machala (ECU): Brian Daniel Pintado Alvarez wins the Ecuadorian 35km Championship establishing the South American record of 2:32:40 – Pintado will be one to watch in Muscat and Eugene over this distance. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4246

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.

- 8/01/2022 Magaly Bonilla and Daniel Pintado stood out in the 35 km march of the Ecuadorian Championships – more on the Ecuadorian 35km c’ship. <http://omarchador.blogspot.com/2022/01/magaly-bonilla-e-daniel-pintado.html>
- 9/01/2022 Glenda Morejón and Jordy Jiménez prevail in the 20 km march of the Nationals of Ecuador – <http://omarchador.blogspot.com/2022/01/glenda-morejon-e-jordy-jimenez-impoem.html>
- 7/01/2022 Italian Championship «BEFANA AICS INDOOR 2022» held in Palma (results) – this event featured Open and Masters age-grouped results. <http://omarchador.blogspot.com/2022/01/campeonato-de-italia-befana-aics-indoor.html>

Note: The O Marchadore blog is written in Portuguese. 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.

And to conclude ... US magazine ‘Track & Field News’ has released its top 10 rankings for 2021 in all events, including the 50km walk.

This article by **Pedro Peixoto** (*o Marchador*) contains the 50km listing and an explanatory note. *Well done, Rhydian.*

The merit rankings of the North American magazine Track and Field News (T&FN) were released, one of the few publications distinguished with the Heritage Award of the International Athletics Federation.

In the 50km march, João Vieira is considered the 5th best specialist in 2021, corresponding exactly to the place where he was in the Games.

These T&FN rankings – which have nothing to do with the lists of brands obtained or the World Athletics Rankings – are based on the principles established in 1948 by Don Potts and Roberto Quercetani: Honors achieved (read rankings in important events or records obtained), direct confrontations and sequence of brands.

In a specialty in which athletes do not multiply in competitions, quite the contrary, it is natural that the most important competition, in this case the Olympic Games, was the determining factor and naturally it was.

The first six classified in the Games occupy positions 1 to 6 of the ranking, followed by the winner of the very strong championships in Japan, where the best marks of the year were obtained; the 7th and 8th of Sapporo were in the following positions, closing with the winner of the Chinese championship.

Ranking
1st DAWID TOMALA (Poland)
2nd JONATHAN HILBERT (Germany)
3rd EVAN DUNFEE (Canada)
4th MARC TUR (Spain)
5th JOÃO VIEIRA (Portugal)
6th MASATORA KAWANO (Japan)
7th SATOSHI MARUO (Japan)
8th BIAN TONGDA (China)
9th RHYDIAN COWLEY (Australia)
10th LUO YADONG (China)



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
Wed 2 Feb 2022	AV 5000m Walk Teams race & VRWC Summer comp races – Collingwood (Geo. Knott Res)
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
Sun 6 Mar 2022	Vic Masters 5000m track walk c'ships – Mentone (Dolamore Res)
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.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.)

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au