

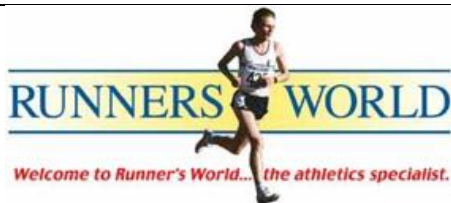


# HEEL & TOE Online

Vol. 2022  
Issue No. 4  
Tuesday  
25 January 2022

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

Editor: Stu Cooper [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



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 \*\*

The Supernova elite 10,000m series, held over the past two weekends at the AIS track in Canberra, has provided our last three WOTW winners. Last week it was Jemima Montag and Declan Tingay who split the award. This time it's **Kyle Swan** (VIC) who joins them, posting his own Commonwealth Games standard-beating time of **39:22.0**. Last week, Kyle finished around 20secs adrift of the standard in Race #1. This time he left nothing to chance, taking full advantage of the fast track and A1 competition to throw his hat into the selection ring.

Kyle's self-belief and dedication to improvement with virtually every race has made him one of the most exciting elite walkers in Australia for a long time. We look forward to seeing him in regular action both locally and internationally in what will be, hopefully, an uninterrupted and successful competitive year. Congratulations, Kyle!



### Honourable mention:

- **Allanah Pitcher** (NSW) – first sub-50min 10,000m with a time inside the World U20 qualifying standard;



## CLUB NEWS and RESULTS

### \* VRWC COMMITTEE for 2022 \*

At the club's Annual General meeting, held on Sunday 16 January at Middle Park Bowling Club, the existing Club Committee was re-elected unopposed. Some positions were clarified and updated, and further changes may occur as the year progresses.

Given Peter Vysma's current situation, Stu Cooper has temporarily taken over his Judging Coordinator and AV Delegate responsibilities.

We are also happy to announce that **Pramesh Prasad** was invited to join the General committee, having expressed wish to join. Welcome aboard, 'Mesh!

So – here is your VRWC committee for 2022:

#### EXECUTIVE OFFICERS

President	Stuart Cooper
Senior Vice President	Mark Donahoo
Treasurer	Karyn O'Neill
Secretary	Terry Swan

#### GENERAL COMMITTEE

Club Captain - Women	Heather Carr
Club Captain – Men	Terry O'Neill
Club Captain – Junior Women	Madeleine Feain
Club Captain – Junior Men	Corey Dickson
Publicity Officer	Stuart Cooper

Handicapper  
Uniforms  
Delegate to Athletics Victoria  
Judging Coordinator  
Club Coach  
RWA Liaison Officer  
Club Records Officer  
First Aid Officer/COVID

Mark Donahoo  
Donna & Shane Dickson  
Peter Vysma (\*Stu Cooper acting)  
Peter Vysma (\*Stu Cooper acting)  
Mark Donahoo  
Mark Donahoo  
TBA  
Shane Dickson

### NON-EXECUTIVE MEMBERS

Donna Elms, Michael Bodey, Pramesh Prasad, Bob Gardiner, Harry Summers

Race Entry Portal  
Auditor

Ralph Bennett  
Simon Evans

\*\* To obtain a copy of the 2021 Annual Report, visit [http://www.vrwc.org.au/documents/VRWC\\_AGM\\_2021.pdf](http://www.vrwc.org.au/documents/VRWC_AGM_2021.pdf)

## \*\* 2021 WINTER PRESENTATIONS \*\*

A blazing January summer day might not be considered the 'right' time to present winter sports awards, these normally being given out around September. But under the circumstances we've all faced in the past 24 months, any time you can do anything is the 'right' time. (And bear in mind that, as far as the VRWC was concerned, there were no Winter 2020 awards as there was no Winter 2020.)

While it was unfortunate that holidays and other commitments prevented a bigger turnout, it was still a welcome pleasure to be able, finally, to present those who could attend their well-earned gongs. (And yes, there WAS something in those boxes. Time constraints prevented a proper display beforehand, for which we apologise to the recipients. In any case, it was you the camera was interested in!)

**\*The happy winners (No use hiding – we know you're smiling!)**



*Ela, Havana, Aydin and Haris*



*Kate and Madeleine*



*Char*



*Daniel*



*Donna*



*Matilda*



*Violet*



Jade



Ariana



Emily



Heather, Gwen, Karyn, Terry and Geoff

## **\*\* NEXT VRWC RACES**

**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  
6 March  
Mentone track  
(Dolamore Res)**

8.45am VMA 5000m c'ship Women  
9.30am VMA 5000m c'ship Men  
10.10am VRWC 5000m & 3000m Open  
10.40am VRWC 1500m Open



## \*Some news on PETER VYSMA

In recent weeks I have had many inquiries from walkers, judges and the general athletics fraternity as to Peter's condition and progress.

I am happy to report that recently I was invited to speak to Peter via a Zoom conference set up by his family. Apart from a bulky surgical collar (which will soon come off), he looks very like the Peter we know and is in good spirits. He spoke confidently if softly, inquired about Club matters and also asked me to convey his best wishes to everyone at the VRWC and AV. Our chat was short on this occasion, but I'm looking forward to further online meetings with him.

Peter's rehab therapy is now focussed on regaining motor control over his arms and legs, amongst other objectives, and on building up strength. This is wonderful progress considering the outlook at the time of his accident. We are all awaiting the day when he puts in his next appearance at Middle Park, or trackside at AVSL – however long it takes.

Peter still welcomes your messages and communications: His address is:

*Peter Vysma – Royal Talbot Rehabilitation Centre, 1 Yarra Blvd, Kew 3101*

\*\*\*\*\*

## VICTORIA - METRO & REGIONAL

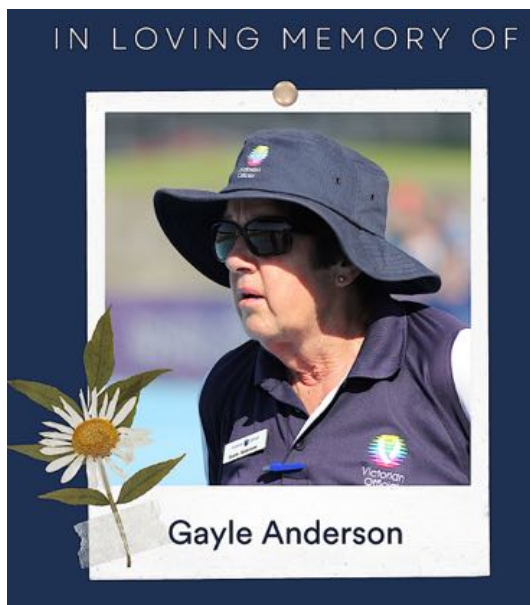


Photo: Athletics Victoria

VRWC members who compete with Victorian T&F clubs, or serve as AV officials, will now know that **Gayle Anderson** has passed away. Athletics Victoria have issued the following notice in her memory:

*With great sadness, we wish to notify the members of the athletics community of the sudden passing of Gayle Anderson.*

*Gayle, a member of Malvern AC and an inductee into the Malvern Hall of Fame, began her athletics career as an athlete – a heptathlete competing both at Victorian and Tasmanian State Championships. She became an Official when her Club required assistance on the field and had 28 years as an Athletics Victoria Official, assisting the athletes and mentoring other Officials. Her knowledge of the sport streamed across both track and field, but she loved having a gun in her hand starting a race. Gayle was awarded Official of the year in 2013.*

*Gayle's officiating took her to many Oceania islands assisting the local Officials and enjoying the camaraderie of her fellow Officials. She spent time in the Cook Islands educating the Officials and helping the athletes.*

*Gayle was a mentor to many Victorian Officials over the years. Perhaps Gayle's greatest delight was in seeing her beloved Dees (Melbourne) win the AFL flag again.*

*Gayle will be sorely missed. Our thoughts are with Gayle's family and friends, including many in the Athletics Community, at this difficult time.*

*May you rest in peace, Gayle.*

The Victorian Race Walking Club joins with the wider athletics community in offering its sincere condolences to Gayle's family and friends, and to all whose lives she touched for the better with her passion for athletics.

With most of the country in the grip of a heat wave and temperatures across Victoria registering mid-30s, times were somewhat slower than usual, with most walkers opting for the shorter 1500m. Scheduled for 5:15pm – the hottest part of the day – these walks were good ones to get behind you in the hope of more agreeable conditions to come.

**\*\* Metro Zone A: Round 8, Saturday 22 January – Moonee Valley Athletics Centre, Aberfeldie**

**Laura McLennan** started fast and led all the way for a good 1500m win. **Brian Anderson** also made light work of the heat, registering a big PB on a day when they were hard to come by. Lewis McLennan wasn't letting Mum bag all the glory, finishing fast for a PB of his own.

The 3000m saw **Marcus Wakim** continue his excellent season, lapping the field at least once to take line honours. **Jade Chitty** was another who seemed to thrive in the conditions, walking strongly from the gun to maintain her season of improvement.

**1500m**

1	Laura McLennan	(DAC)	F45	8:59.2h	411	
2	Brian Anderson	(ESS)	M60	9:15.5h	411	PB 1:33
3	Donna-Marie Elms	(PTN)	F60	9:23.7h	467	
4	Tracy Colbert	(PTN)	F50	9:29.2h	402	
5	Lewis McLennan	(DAC)	M14	9:42.7h	291	PB 0:08
6	Debbie McKenzie	(DIV)	F50	9:46.9h	374	
7	Lula Parrott	(DAC)	F14	10:12.1h	295	
8	Mark Donahoo	(ESS)	M60	10:25.0h	320	
9	Janice Hodgart	(WES)	F55	10:25.8h	354	
10	Kim Peak	(DAC)	F55	10:56.1h	306	
11	Michael Johnson	(RIC)	M40	11:15.3h	174	
12	Jo Moxon	(DIV)	F55	11:15.6h	285	
13	Heather Lamb	(BWK)	F55	13:06.9h	187	

**3000M**

1	Marcus Wakim	(COL)	M16	13:14.7h	532	
2	Adam Garganis	(COL)	MOP	16:19.5h	363	
3	Jade Chitty	(WES)	F18	16:29.1h	439	
4	Maddison Nash	(KNA)	F16	17:20.6h	422	
5	David Smyth	(COL)	M50	18:11.5h	384	
6	Bernie Keirl	(DIV)	M55	19:43.3h	354	
7	Sarah Papadopoulos	(DIV)	FOP	19:43.7h	271	

**\*\* Metro Zone B: Round 8, Saturday 22 January – Duncan McKinnon Reserve, Murrumbeena**

At Murrumbeena it was invitee **Rachael Curwen** who took the points in the 1500m, with **Charlotte Hay** logging another win in the longer race. Times aside, it looks as if there were some close tussles in the heat.

1	Rachael Curwen	(UNA)	FOP	8:44.5h		
2	David Sommers	(ANW)	M60	8:57.2h	429	
3	Mia Ward	(ANW)	F20	9:30.2h	289	
4	Heather Carr	(GHY)	F65	9:38.2h	484	
5	Dee Holohan	(SAN)	F55	9:52.6h	404	
6	Emilie Garside	(YRA)	FOP	10:12.6h	240	
7	Geoffrey Barrow	(MEN)	M65	10:26.6h	361	
8	Gwen Steed	(GHY)	F65	10:31.5h	429	
9	Chris Winter	(GHY)	MOP	10:55.1h	165	
-	Bryan Despard	(GHY)	M65	DQ		
-	Shane Usher	(GHY)	M45	DQ		

**3000M**

1	Charlotte Hay	(KNA)	F20	15:23.4h	467	
2	Eden Morgan	(KNA)	M18	15:42.8h	423	
3	Geromi Tucker	(RWD)	M20	16:31.2h	373	
4	Zachary Matters	(BOH)	M16	16:49.1h	401	
5	Emily Smith	(KNA)	F16	17:26.1h	419	
6	Mietta Morgan	(KNA)	F14	18:25.0h	402	
7	Carolyn Rosenbrock	(ANW)	F55	18:26.3h	457	
8	Madeleine McGregor	(BOH)	F14	18:46.1h	385	
9	Michael Harvey	(WAM)	M55	20:38.3h	317	
-	Ian Handasyde	(OSC)	M65	DQ		

**\*\* Ballarat Zone: Round 8, Saturday 22 January – Llanberris Stadium, Ballarat**

The absence of Pearts and Fraser Saunter saw **Sarah Brennan** dominate the 1500m at Llanberris. **Kelly Ruddick**, all alone, gave herself a creditable 3000m time trial in the heat.

**1500M**

1	Sarah Brennan	(BYC)	F45	7:51.76
2	Charlotte Macdonell	(BYC)	F14	9:40.33
3	Kevin Ruddick	(BHA)	M65	11:19.70
4	Roslyn Ireland	(BWK)	FOP	11:27.49
5	Peter Roberts	(BHA)	M55	11:40.49
6	Stephen McCulloch	(BHA)	M45	11:44.89
7	Olive Ireland	(BWK)	F60	12:32.57

**3000M**

1	Kelly Ruddick	(BHA)	F45	13:35.47
---	---------------	-------	-----	----------

**\*\* Bendigo Zone: Round 8, Saturday 22 January – Latrobe Uni Athletics Track, Flora Hill**

Next best thing to scoring a PB is to equal one, something **Tiffany Bussem Jorgensen** managed quite nicely, with **David Lonsdale** taking line honours in the 1500m.

**1500M**

1	David Lonsdale	(BEU)	M50	9:38.59	308
2	Jennifer Payne	(SBE)	F65	9:46.82	476
3	Annette Curtis	(SBE)	F65	12:07.10	305
4	Wendy Ennor	(EAG)	F60	13:10.94	208
5	Peter Savage	(EAG)	M65	14:09.02	172

**3000M**

1	Tiffany Bussem Jorgensen	(BGO)	FOP	18:09.55	340	Eq PB
2	Leigh Browell	(SBE)	M45	22:17.17	205	

**\*\* AVSL – Round 9 Metro venues and start times – Saturday 5 February**

<b>Zone A: Aberfeldie</b>	1:30pm:	2000m Walk
		5000m Walk
<b>Zone B: Casey Fields</b>	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>

\*\*\*\*\*



**NEW SOUTH WALES NSW Country c'ships, 21-23 January – Maitland Regional Athletics Centre, Maitland**

The NSW Country Championships were held on the weekend at Maitland Regional Athletics Centre. Walks were held on Friday 21st in the evening.

It was a warm night with temperatures around 25 degrees and it was very humid.

The competitor numbers were down as some were away and others elected to compete for their clubs to gain points in other events.

The 1500m were combined boys and girls and ages, as was the 3000m..

It was good to have some new faces and first timers.

Good performances were recorded and after talking to some of the new comers it was pleasing to see how keen they are about walking.

**Boys 1500 Metre Race Walk U16**

1	Ashby, Myles	Gosford Litt	7:16.03
2	Spamer, Brodie	Edgeworth an	7:48.80
3	Cousins, Callum	Edgeworth an	8:26.10
4	Charlton, Peter	Eastlakes At	11:21.13

**Girls 1500 Metre Race Walk U16**

1	Newberry, Brooke	Armidale Ath	8:33.81
---	------------------	--------------	---------

**Boys 1500 Metre Race Walk U15**

1	Day, Jackson	Macquarie Hu	9:16.66
---	--------------	--------------	---------

**Girls 1500 Metre Race Walk U15**

1	Baker, Adelaide	Woolgoolga A	9:52.49
---	-----------------	--------------	---------

**Boys 1500 Metre Race Walk U14**

1	Hall, Lukas	Edgeworth an	9:15.66
2	Rejske, Beau	Athletics Wo	9:30.26

**Girls 1500 Metre Race Walk U14**

1	Flahey, Natasha	Grafton Athl	7:50.52
2	Ashby, Caetlin	Gosford Litt	8:34.53
3	Mckenzie, Imogen	Tamworth Sen	8:50.90
4	Maxwell, Madeleine	Macquarie Hu	9:06.08
5	Anderson, Imogene	Athletics Wo	9:23.69
6	White, La'Kya Jai	Woolgoolga A	10:12.61
7	Hall, Cheyannah	Athletics Wo	11:09.52

**Men 3000 Metre Race Walk U17**

1	Platt, Grady	Adamstown Ne	14:23.62
2	Ashby, Myles	Gosford Litt	14:57.57

**Men 3000 Metre Race Walk U20**

1	Vizintin, Cory	Wallsend Rsl	22:44.38
---	----------------	--------------	----------

**Men 3000 Metre Race Walk Open**

1	Mcginniskin, Jack	Mingara Athl	13:39.24
---	-------------------	--------------	----------

**Men 3000 Metre Race Walk 70-79**

1	Yuen, Tuck	Nsw Masters	25:52.13
---	------------	-------------	----------

**Women 3000 Metre Race Walk U17**

1	Pitcher, Sienna	Mingara Athl	14:44.66
2	Platt, Madeline	Adamstown Ne	16:25.16
3	Hearnden, Emma	Macquarie Hu	16:39.72
4	Pinches, Stella	Adamstown Ne	17:10.22
5	Newberry, Brooke	Armidale Ath	18:12.62
6	Ashby, Caetlin	Gosford Litt	18:13.08
7	Maxwell, Madeleine	Macquarie Hu	19:46.34
--	Pinches, Aiva	Adamstown Ne	DNS

**Women 3000 Metre Race Walk U20**

1	Smith, Casey	Koorringal W	18:38.82
---	--------------	--------------	----------

**Women 3000 Metre Race Walk Open**

1	Hogg, Ashleigh	Illawarra Bl	24:13.99
---	----------------	--------------	----------

**Women 3000 Metre Race Walk 60-69**

1	Withnall, Susan	Nsw Masters	28:29.16
---	-----------------	-------------	----------

**Women 3000 Metre Race Walk 70-79**

1	Yuen, Sweet	Nsw Masters	24:26.75
---	-------------	-------------	----------



**A.C.T. Supernova 2022 #2 10,000m Walk, Saturday 22 January – AIS, Canberra**

*A photo essay by Mark Roberts*

*Photos by Willa McIntyre*



**SUPERNOVA 2022 10,000m WALK**  
**Australian Institute of Sport**  
**Canberra ACT**  
**22 January 2022**



A magnificent sunrise, hot air balloons and a setting moon greeted the AIS ducks and athletes at the AIS in preparation for second Supernova 10,000m walk on arguably Australia's fastest track.

They say a picture is worth a thousand words and this is certainly true about the amazing experience called Supernova 2022.



*Mitch Baker & Sam Manning checking bibs*



*Brent Vallance & Robbie Bolton, old friends reunite*



*Olivia Sandery receiving a helping hand from Hannah Bolton*





*Rhydian Cowley, Jemima Montag, Bec Henderson, Alanna Peart warming up part of team Vic.*



*Even Darcey Roberts got into spirit of Supernova 2022 at the AIS*



*Dylan Richardson, Tristian Camilleri and Tyler Jones*



*Hannah Bolton, Allannah Pitcher and Hannah Mison*



*Starters gun and the walkers are off for 25 laps of the track*







*Dylan Richardson, Corey Dickson, Tim Fraser, Tristian Camileri & Jemima Montag*



*Bec Henderson from Vic*



*Tim Fraser, Jemima Montag and Corey Dickson*



*Lisa Colquhoun our chief judge.*



*Kodi Clarkson & Owen Toyne on the water station*



*Tyler Jones, Mitch Baker & Clara Smith*



*Declan Tingay first across the line*



*Clara Smith & Jemima*



*Kyle Swan second walker across the line*







*Tim Fraser and Kyle Swan*

*Congratulations all round and well deserved Celebrations by all.*



*The athletes still made time to have photos with local walkers. Jullia and Jemima*



*The moment Allanah Pitcher broke 50 min with a time that exceeds the u20 world 10,000m qualifier.*



*Olivia Sandery and her proud mum*

As with last week, everyone walked well and many PBs were achieved.

Special mention goes to three athletes who exceeded Commonwealth Games Selection times:

- Declan Tingay** (39:01.3) a new PB and now with the 7<sup>th</sup> fastest Australian time for 10,000m,
- Kyle Swan** from Vic (39:22.0) also a new PB and the 11<sup>th</sup> ranked Australian 10,000m time.
- Jemima Montag** (42:39.2), only 4 seconds off her personal best 10,000m time

Congratulations also goes to 3 who exceeded U20 World Youth 10,000m qualifier times (<50:40).

- Olivia Sandery** from SA (46:12.0)
- Alanna Peart** from Vic (48:18.9)
- Allanah Pitcher** from NSW (49:17.7) with a new PB

An event like this needs the help of officials and volunteers. Thank you for making this a truly memorable event:

*Ian Colquhoun, Rod Gilchrist, Owen Heness, Geoff Bartley, Peter Boden, Annette Grocott, Julia Grocott, Rachel Tallent, Jaki Fraser, Hailey Shaw, Sid Shaw, Hana Jugovic, Sam and Hannah Manning, Owen Toyne, Kodi Clarkson, Willa McIntyre, Troy Clarkson Edna Dundas, Darcey Roberts, the AIS staff and anyone else who I have forgotten to mention.*

Judging Panel - *Lisa Colquhoun (Chief), Phillipa Hargraves, Ann Jugovic, Mark Roberts, Jodie Sundstrom, Sam Manning and Helen Toyne (shadowing).*

And finally a thank you to Brent Vallance for bringing Supernova back home to Canberra.

PHOTOS: Want to see larger, clearer photos of Supernova 2022 week2?

These can be found at <https://1drv.ms/f/s!Ak9j9Hcpv-70ijOZn4ffWbTNURL0>

OPEN Male				Open Female			
1	WA	Declan Tingay	39:01.3	1	VIC	Jemima Montag	42:39.2
2	VIC	Kyle Swan	39:22.0	2	VIC	Bec Henderson	45:21.8
3	VIC	Rhydian Cowley	40:28.1	3	QLD	Clara Smith	45:36.1
4	NZ	Quentin Rew	40:36.0				
5	VIC	Will Thompson	41:00.3				
6	ACT	Mitch Baker	41:30.8				
7	NSW	Tyler Jones	41:39.0				
8	NSW	Carl Gibbons	42:26.2	1	SA	Olivia Sandery	46:12.0
9	ACT	Tim Fraser	42:58.6	2	VIC	Alanna Peart	48:18.9
10	SA	Tristian Camilleri	43:42.7	3	NSW	Allanah Pitcher	49:17.7
11	VIC	Corey Dickson	43:50.7	4	NSW	Hannah Mison	52:19.3
12	NSW	Dylan Richardson	45:17.9	5	NSW	Hannah Bolton	54:21.6

**A.C.T. ACT Masters Perry Handicap, Thursday 20 January – Woden Park Athletics Centre, Woden**  
*Report by Mark Roberts      Photos by Willa McIntyre*

Thursday saw the return of ACT Masters events. We had the 2,000m Perry Handicap Walk. Three race walkers were perfectly balanced by three fitness walkers in the race.

The gun fired and **Lorna England** was the first off the line with the other walkers waiting for their allocated start time. The idea behind the staggered start of this event is that all the walkers cross the line but tonight Lorna was on a mission.

A very close race developed between Bryan Thomas and Jim White as the gap narrowed every lap.

After consulting the internet, Peter Baker developed a theory that a good walk straight after the Covid booster shot increases blood flow and will reduce any side affect. His pace was very impressive and we are all looking forward to this Thursday to find out if his theory was correct.

Sue Archer was determined to catch Lorna but it was to be Lorna’s night. She truly pushed herself and crossed the line first with all the other athletes only meters behind her.



*Our Masters walkers – Doug, Sue, Bryan, Peter, Lorna and Jim.*





*Sue Archer*

	<b>Athlete</b>	<b>BiB</b>	<b>Time</b>
1.	Lorna England	6141	16:58
2.	Jim White	2086	14:24
3.	Bryan Thomas	1458	14:55
4.	Peter Baker	5595	11:20
5.	Sue Archer	4057	13:26
6.	Doug Barrett	6657	13:23



*Jim White*

## **QUEENSLAND QMA results, Saturday 22 January – QSAC, Brisbane**

There was a combined 2000m walk and run, followed by a 1500m walk and run at QMA last weekend .

All four 2000w masters competitors backed up with the 1500w. You'll see a few more juniors were in the 1500w.

Weather was a bit like Melbourne's, a mixture of showers and sunshine, but remaining hot and humid.

### **W29&U 1500m**

1.	Torryn Fisher	W16	Unat.	8:26.67
2.	Siaan Fisher	W11	QMA	10:06.54
3.	Kiara Waterman	W10	QMA	10:23.38
4.	Tully Fisher	W8	Unat.	11:50.97

### **M29&U 1500m**

1.	Hunter Sibenalek	M10	QMA	10:03.94
----	------------------	-----	-----	----------

### **W55 1500m**

1.	Erika Woodward	W55	QMA	8:38.15
----	----------------	-----	-----	---------

### **M55 1500m**

1.	Ignacio Jimenez Solis	M56	QMA	6:57.49
----	-----------------------	-----	-----	---------

### **M65 1500m**

1.	Peter Bennett	M66	QMA	9:32.51
----	---------------	-----	-----	---------

### **W75 1500m**

1.	Noela McKinven	W79	QMA	13:00.92
----	----------------	-----	-----	----------

### **W29&U 2000m**

1.	Rebecca Teahan	W14	Unat.	13:36.73
----	----------------	-----	-------	----------

### **W55 2000m**

1.	Erika Woodward	W55	QMA	11:29.93
----	----------------	-----	-----	----------

### **M55 2000m**

1.	Ignacio Jimenez Solis	M56	QMA	9:23.96
----	-----------------------	-----	-----	---------

### **M65 2000m**

1.	Peter Bennett	M66	QMA	12:45.23
----	---------------	-----	-----	----------

### **W75 2000m**

1.	Noela McKinven	W79	QMA	17:47.41
----	----------------	-----	-----	----------

## **SOUTH AUSTRALIA SARWC, Saturday 15 January – South Parklands, Adelaide**

Kim Mottrom reports:

Wet and humid in Adelaide today. SARWC hosted road races in the parklands as there were no track races this week. A couple of PB's despite the conditions;

### **Open 3km**

1	Zayden Kamish	15:50 PB
2	Sebastian Richards	16:05
3	Rhiannon Lovegrove	16:34
4	Nellie Langford	16:44
5	Matilda Gourlay	17:52
6	Katie DeRuvo	18:07
7	Cooper Rech	18:35

### **Open 2km**

1	Orlando Grantham	12:49
---	------------------	-------

### **Open 5km**

1	Samantha Findlay	27:53
2	Peter Crump	31:25
3	Mel Grantham	31:56 PB
4	Greg Metha	32:47
5	Marie Maxted	34:21

### **Open 1km**

1	Lauren Richards	6:53 PB
2	Liz Downs	7:03

***\* SAMA Walks, Friday 21 January – SAAC, Adelaide***

Graham Harrison reports on the latest SA Masters competition. This week was a handicap event meeting at the SA Athletics Stadium. Weather was fine and warm.

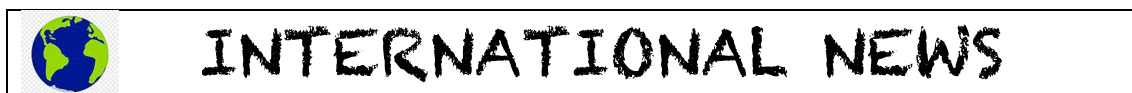
#### 1000M WALK

KIM	MOTTROM	0:03:59	M35	81.59%
GIL	MCINTOSH	0:06:31	M70	67.37%
PETER	CRUMP	0:05:41	M60	69.63%
MELISSA	GRANTHAM	0:05:44	W35	69.43%
JACK	RUSSELL	0:05:46	M65	74.50%
MARIE	MAXTED	0:06:13	W60	77.78%
ORLANDO	GRANTHAM	0:05:23		
MALCOLM	TIGGEMAN	0:07:48	M65	55.08%
HELEN	SURIDGE	0:07:47	W70	67.82%
GEORGE	WHITE	0:06:14	M75	74.51%
DAVID	ROBERTSON	0:09:14	M85	58.41%
GRAHAM	HARRISON	0:08:16	M75	57.51%
ROGER	LOWE	0:09:23	M75	50.67%

#### 3000M WALK

BRIAN	WITTY	0:21:33	M70	66.64%
EDNA	BATES	0:28:02	W65	56.33%
HELEN	SURIDGE	0:24:19	W70	65.73%
MELISSA	GRANTHAM	0:19:17	W35	62.52%
CATHIE	HORE	0:26:49	W70	60.33%
GEORGE	WHITE	0:19:17	M75	79.00%
PETER	CRUMP	0:18:33	M60	69.86%
DAVID	ROBERTSON	0:27:34	M85	65.27%
DAVE	FALLON	0:22:34	M65	62.25%
GIL	MCINTOSH	0:22:08	M70	64.88%
MARIE	MAXTED	0:20:52	W60	69.39%
GRAHAM	HARRISON	0:25:29	M75	61.29%
ORLANDO	GRANTHAM	0:19:33		

\*\*\*\*\*



### FRANCE: Championnats d'Ile de France, 23 January - Eaubonne

Emmanuel Tardi joins us for the first time in 2022

I was judge in Eaubonne (30km north of Paris ) for the **Ile de France Indoor Championship** .

4 races were scheduled from 9:30am to 11:30am.

In the women's race, it was new PBs for **Marine Rottier** and **Adele Duclos** .

The next races will be National Championship on February 12<sup>th</sup>, for U18 , U20 , U23 and February 27th for the Elite Championship.

#### Femmes

##### 3000m Série 1

1	ROTTIER Marine	ESF/00	La Postillonne Longjumeau	14'05''54
2	DUCLOS Adele	ESF/00	Athle 91	14'15''11
3	LAVILLE Marie	SEF/98	Ac St Gratien-sannois	14'31''96
4	DELAUNAY Dorothee	SEF/98	Sporting Club Universitaire	15'25''95
5	BIZARD Lucie	SEF/90	Stade Français	15'34''99
6	LANOUE Severine	MAF/85	Avia Club Athletisme	15'51''12
7	DE BISSCHOP Lorene	MAF/83	Us Creteil	15'56''66
8	CHATREFOU Cassandra	ESF/02	Csme Athletisme	16'02''91
9	GIRAULT Marie	SEF/88	Ea Cergy Pontoise	16'10''60
10	RIBEIRO Emma	JUF/04	Ac Pays De L Ourcq	16'44''75
11	MARQUIS Cecile	MAF/71	Avia Club Athletisme	17'56''28
-	LE RAI Mathilde	JUF/04	Bussy St Georges Athletisme	DNF

##### 3000m Série 2

1	MONMOUTON Delphine	MAF/73	Us Vesinet	18'09''51
2	BOUISSOU Sabrina	MAF/78	Es Sucy-en-brie	18'11''14
3	NICOLAS Zoe	ESF/02	Ac Pays De L Ourcq	18'27''34
4	DORE Sophie	MAF/77	Uai Nogent	18'36''16

5	NICOLAS Alix	CAF/05	Ea Cergy Pontoise	18'52''02
6	DALSACE Isabelle	CAF/06	Ao Charenton	19'45''75
7	RAHMOUNE Nawel	CAF/06	Tremblay Ac Athletisme	20'15''71
8	CABOURET Charlotte	CAF/06	Club Municipal Dorville	21'23''76

### Hommes

#### 5000m Série 1

1	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	23'18''82
2	DENONCIN David	SEM/88	Asfi Villejuif Athletisme	24'06''24
3	BEURIER Jocelyn	MAM/85	Us Vesinet	24'50''12
4	CHEVASSUS Melwan	JUM/04	Asfi Villejuif Athletisme	26'04''62
5	ROTTIER Lilian	JUM/03	La Postillonne Longjumeau	26'07''55
6	VABRE Romain	JUM/04	Csme Athletisme	26'12''31
7	BLONDIN David	MAM/69	Ea Cergy Pontoise	26'20''71
8	BOLLINGER Vincent	MAM/84	Dynamic Aulnay Club	26'27''61
9	TROADEC Matthieu	SEM/94	Dynamic Aulnay Club	27'06''29

#### 5000m Série 2

1	LEGENTIL Cyril	MAM/86	Dynamic Aulnay Club	26'49''16
2	DUCLOS Eddy	MAM/69	Us Champagne-sur-seine	27'54''27
3	GERAUD Loic	SEM/93	Athle 91	28'00''34
4	STEFANELLY David	MAM/76	As Mantes	28'25''99
5	MARIE Frederic	MAM/61	As Mantes	28'41''40
6	PLACZEK Bruno	MAM/62	Acsam	28'50''64
7	GIBRAT Fabrice	MAM/67	So Houilles	29'59''38



Marine Rottier and Laurent Legentil – winners on the boards at Eaubonne (Photos: Emmanuel Tardi)

## UNITED KINGDOM Steyning 15k+10k+5k Open road walks, 22 January - Steyning

Ron Penfold reports on the first outing for 2022 for Steyning AC. Rug up!!

Still a little low on number of competitors, and clashed with the Centurion's AGM. Having 10K & 5K races included helped though.

We were lucky with the weather, and the new 2.5K lap seemed to work out well.

From the comments afterwards, everyone enjoyed the afternoon.

One new walker returning from way back was No 139, Michael George, raced for B&H AC till he was 15, now M50, coached by Alan Buchanan back then, he met Julie Drake at a Park Run recently, she encouraged him to give walking another go and has been walking the P.R's, seems quite keen on doing more races.

### 15K Race

1	John Arthur	M60	Unattached	98:37
2	Brian Kirkdale	M60	Hastings Runners	103:51
3	Paul Gaston	M70	SWC	105:59

### 12.5K

1	Fiona Bishop	W60	Woking AC	96:01
---	--------------	-----	-----------	-------

### 10K Race

1	Trevor Jones	M65	Steyning AC	58:50
2	Michael George	M50	Vets AC	61:44
3	John Killick	M75	Steyning AC	69:42

### 5K Race

1	Ian Richards	M70	Steyning AC	31:57
2	Joan Lennon	W60	“ “	32:33
3	Martin Ford-Dunn	M75	“ “	38:40
4	Carol Killick	W75	“ “	41:33
5	Shaheda Arthur	W60	Unattached	52:54

## 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.

As Muscat approaches, National championship results over 20km and 35km are mushrooming. Those of 5 different nations are featured here this week:

- 23/01/2022 - Megara (GRE): Antigoni Drisbioti wins the 35km Championship of Greece with the new national record. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4278](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4278)
- 23/01/2022 - Tunja, Boyaca (COL): The national championship of 20km and 35km. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4279](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4279)
- 22/01/2022 - Nanjing (CHN) - First selection to Muscat (Oman). [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4276](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4276)
- 22/01/2022 - Antalya (TUR): The National Championships of Turkey. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4275](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4275)
- 20/01/2022 - Santee, CA (USA): 35km USATF Championships/ [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4274](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4274)
- 18/01/2022 - The events of the Club Championship in Pescara. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4272](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4272)

The Portuguese race walking blog **O Marchador** 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.

The main item of interest for Aussie readers in O Marchador this week is a brief outsider's report on the 2<sup>nd</sup> Supernova race:

- 23/1/22 - Declan Tingay (39:01.3) and Jemima Montag (42:39.2) in the 10,000m Supernova 2022 in Canberra. <http://omarchador.blogspot.com/2022/01/declan-tingay-39013-e-jemima-montag.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.*

\*\*\*\*\*





# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2022

Fri 28 Jan 2022	<b>Victorian Country T&amp;F championships</b> – Latrobe Uni track, Bendigo
Fri 28 Jan 2022	<b>ACT Athletics 10,000m Track walk championships</b> – AIS track, Canberra
Wed 2 Feb 2022	<b>AV 5000m Walk Teams race &amp; VRWC Summer comp races</b> – Collingwood (Geo. Knott Res)
Sat 5 Feb 2022	<b>AV Summer T&amp;F season (AVSL Round 8) season</b> – Aberfeldie (Zone A), Murrumbidgee (Zone B) Ballarat, Bendigo, Geelong
Sun 13 Feb 2022	<b>Oceania &amp; Australian 20km Race walking championship</b> - Adelaide
Fri 18/20 Feb 2022	<b>Victorian Track &amp; Field championships (Week 1)</b> – Lakeside Stadium
Fri 25/26 Feb 2022	<b>Victorian Track &amp; Field championships (Week 2)</b> – Lakeside Stadium
Sun 6 Mar 2022	<b>Vic Masters 5000m track walk c'ships</b> – Mentone (Dolamore Res)
Sat/Sun 19/20 Mar 2022	<b>Victorian Masters Athletics T&amp;F championships</b> – Lakeside Stadium
Sat 26 Mar/Sun 3 Apr	<b>Australian Track &amp; Field championships</b> – Olympic Park, Sydney
Fri/Mon 1/4 Apr 2022	<b>Australian Masters Athletics T&amp;F championships</b> – Brisbane
Sat/Sun 23/24 Apr 2022	<b>Australian Little Athletics championships</b> - Melbourne
Sun 24 Apr 2022	<b>AV 'Run The Tan'</b> – Kings Domain, Melbourne
Sun 15 May 2022	<b>Oceania &amp; Australian 35km Race walking championship</b> – Melbourne (TBC)

## International Dates

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

\*\*\*\*\*

*(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](mailto:stuwalks@yahoo.com.au)