



# HEEL & TOE Online

Vol. 2022  
Issue No. 7  
Tuesday  
15 February 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>



## \*\* AUSTRALIAN LINE-UP ANNOUNCED FOR 2022 WORLD ATHLETICS RACE WALKING TEAM CHAMPIONSHIPS

(Re-printed from Athletics Australia website, Wednesday 16 February)

Athletics Australia has announced a 12-strong team of race walkers to compete at the World Athletics Race Walking Team Championships taking place in Muscat, Oman next month.

Australia has a rich history at the World Athletics Race Walking Team Championships, having won medals at every edition of the Championships since 2004, and this year, the athletes selected are ready to extend upon the country's success.

The 20km men's team will be led by 2022 Australian Champion **Declan Tingay**, with Tokyo Olympians **Rhydian Cowley** and **Kyle Swan** joining him. 2016 World Under 20 representative **Tyler Jones** and 19-year-old **Will Thompson** will round out the team to make their senior team debut in Muscat.

Australia will also have a sole female athlete competing, with 2016 World Under 20 representative **Clara Smith** making her international 20km debut, and one competitor in the 35km individual event as **Carl Gibbons** dons the green and gold for the second time.

Five junior athletes including Australian 10km race walking champions **Olivia Sandery** and **Marcus Wakim**, as well as **Alanna Peart**, **Allanah Pitcher** and **Fraser Saunder** have also been selected, highlighting that the strong tradition of Australian race walking is in good hands.

General Manager, High Performance Andrew Faichney noted the significance of the Championships as part of a major year for Australia's race walkers.

"This is one of the bigger championships for our race walkers as it boasts a larger and more competitive field with five athletes per country in each event. The World Athletics Championships in Oregon and the Commonwealth Games are the main priorities for our race walkers this year, however these Championships will give them an indication of where each of them are sitting against their competitors, and give them an opportunity to lay their foundations down for the year," Faichney said.

"We're extremely proud to announce these 12 athletes onto our first Australian team for 2022, and we look forward to seeing them thrive amongst the world's best once again."

Athletics Australia also announced the two team coaches for Championships; Athletics Australia Event Group Lead Brent Vallance, and Olympic gold medallist Jared Tallent, who was last year selected to participate in AA's Athlete to Coach Pathway Program.

Vallance said he was most looking forward to seeing the men's team in action, as well as Smith and Jones competing internationally for the first time since 2016 after finding their way back to the sport.

"While we won't have a complete women's team this year due to clashes with our domestic season, our men's 20km team is certainly the strongest we've fielded since before the London Olympic Games. I'm really excited by what our men can do in this team, not only at this Championships but as we look ahead to the Paris Olympics in two years' time," Vallance said.

"We're thrilled to have Clara and Tyler back in the fold; both of them are walking PBs and adding to the depth of our talent pool as we look to Paris, but we also have a very capable junior female athletes, with one of our standouts being Olivia Sandery.

"We've won medals in that junior female event before, and this year's team are comparable to those. Olivia too is capable of bringing home a medal, and we view this as a great stepping-stone before athletes make their transition to senior teams."

Tingay, Swan and Olympic 50km walker Cowley all finished their Tokyo campaigns with career-best performances,

and for Tingay, a 17th place finish upon his Olympic debut has given him the confidence of his ability to succeed in Muscat.

“It’s a real privilege to be selected and a really exciting opportunity to be going to Oman with the team. I made my international debut at the World Athletics Race Walking Team Championships, and last time I was there with Kyle, we came away with a bronze medal in the junior team competition,” Tingay said.

“Our team this year is good. We have lots of depth, including four of us returning to this competition. I’m personally aiming to finish within the top 20 for the individual event or extend myself to finish in the top 16 to do better than Tokyo, and as a team we are aiming to finish on the podium.”

The World Athletics Race Walking Team Championships will take place from 4-5 March.

Event	Name	State	Coach	Club
<b>OPEN - MEN</b>				
35km Walk	Carl Gibbons	NSW	Frank Overton	Westlakes Athletic Club
20km Walk	Declan Tingay	WA	Steven Tingay	UWA Athletics Club
20km Walk	Kyle Swan	VIC	Brent Vallance	Athletics Nunawading
20km Walk	Rhydian Cowley	VIC	Brent Vallance	Glenhenty Athletic Club
20km Walk	Tyler Jones	NSW	Frank Overton	Mingara Athletics Club
20km Walk	Will Thompson	VIC	Brent Vallance	Mornington Peninsula Athletic Club
<b>UNDER 20 - MEN</b>				
10km Walk	Marcus Wakim	VIC	Adam Gargaris	Collingwood Harriers Athletic Club
10km Walk	Fraser Saunder	VIC	Daryl Biggin	Ballarat YCW Harriers Athletic Club
<b>OPEN - WOMEN</b>				
20km Walk	Clara Smith	QLD	Nicole Fagan	QLD Race Walking Club
<b>UNDER 20 - WOMEN</b>				
10km Walk	Olivia Sandery	SA	Bob Cruise / Jared Tallent	Pembroke Athletic Club
10km Walk	Alanna Peart	VIC	Jared Tallent	Ballarat YCW Harriers Athletic Club
10km Walk	Allanah Fitcher	NSW	Frank Overton	Mingara Athletics Club

## \*\* WALKER OF THE WEEK \*\*



Photo: Athletics Australia

In a week in which there were so many meritorious performances, this issue’s WOTW goes to the breaker of one of the toughest records on the national books – the Women’s Open 20km walk. **Jemima Montag** was destined to challenge Jane Saville’s imposing time (1:27.44) sooner or later, but as she said herself, conditions never seemed to be right in the past. Last Sunday in Adelaide, everything clicked as Jemima stormed home to wipe out the 2004 Olympic bronze medallist’s record with a new mark of **1:27.27**.

Other commitments will see Jemima miss joining the Australian team for the World Team championships in Muscat. However, she has the WA World Athletics championships in Eugene and the Commonwealth Games in Birmingham firmly in her sights. On the basis of this result she will go into both contests full of confidence. Well done, Jemima, and good luck with this year’s program!

### Honourable mentions:

- **Declan Tingay** and **Kyle Swan** – smashing their PBs by minutes in taking gold and silver in Adelaide;
- **Clara Smith**, **Tyler Jones** and **Will Thompson**, whose PB efforts earned them Muscat selection;
- **Kelly Ruddick** – set a new VMA W45 record for 20km of **1:36.58**;
- **Hannah Mison** – a PB of 9:48 was always going to make her a candidate;
- **Will Bottle** (TAS) – smashed his 3000m PB in a solo effort to record an excellent **12:55.18** in Launceston.

# VICTORIA - METRO & REGIONAL

**\*\* AVSL Playoffs – Saturday 5 March**  
*Stay tuned for information re events timetable.*

\*\*\*\*\*




## AV Track & Field Titles: Fri-Sun 18/20 & Fri-Sat 25/26 February Lakeside Stadium

Looking forward to seeing as many VRWC members as possible on the track at Lakeside for these titles over the next two Saturdays. *(Forgot to enter? Of course you didn't! Of course ... you ... didn't ... ?)*

<b>Saturday 19 February 9.45am</b>	U20 Men U18 Men U17 Men U20 Women U18 Women U17 Women	5000m Walk 5000m Walk 5000m Walk 5000m Walk 5000m Walk 5000m Walk
<b>Saturday 26 February 9.30am</b>	Open Men Open Women	5000m Walk 5000m Walk
<b>Saturday 26 February 10.15am</b>	U14 Men U14 Women U15 Men U15 Women U16 Men U16 Women	3000m Walk 3000m Walk 3000m Walk 3000m Walk 3000m Walk 3000m Walk

\*\*\*\*\*

# AROUND THE COUNTRY



## Oceania & Australian 20km & 10km Road Walking Championships Sunday 13 February – Adelaide

**\*\* SAVILLE'S RECORD FALLS TO MONTAG \*\***

Cool, crisp conditions that belied the 33C forecast temperature that would strike later, greeted the 38 walkers who assembled at War Memorial Drive for this year's Australia & Oceania Open & U20 championships. With so much international representation at stake this year – starting with the WA Race Walking Teams Championship in Muscat – not much more incentive to excel here was needed. The marquee events – the 20 kilometres for Open men and women – commenced first and, as they unfolded, would have disappointed no-one who saw them.

**Jemima Montag** made a statement and a half to the walking world with a new Australian record of **1:27.27**, eclipsing Jane Saville's 17 year-old mark by 17secs. Troubled by injury niggles following her post-Sapporo quarantine at

Howard Springs, Jemima's return to form hasn't been plain sailing, but her display last Sunday shows those issues are now well behind her.

Heading a small field of five competitors, Montag went out hard for an initial 4km split of 17:31. Behind her, **Bec Henderson** went through in 18:36 with **Clara Smith** 10secs adrift. Masters marvel **Kelly Ruddick**, after a conservative start, had picked up pace for 19:49 for the split, 24secs ahead of **Hannah Mison**.

With Montag hitting 10km in 43:47 and on target for a huge result, interest turned to Henderson and a resurgent Smith, back in calculations after an absence from major racing. Passing 10km in 45:53, the Victorian walker-triathlete (the youngest competitor in the Sapporo 20km) was gradually increasing her lead over Smith (46:32 at 10) who was hanging in well in her first 20k for four years. Ruddick, 49:08, was lapping with amazing consistency as was Mison who was focused on her own goals.

Positions would not change in the second half, the focus now upon whether Montag would break Saville's national record – which, of course, she did, to the delight of her family, supporters and the crowd. "It feels surreal right now," she said afterwards. "That national record is something I've been thinking about for a few years, but we've had the pandemic and the races cancelled. Often at times it hasn't been the right weather or right conditions, it wasn't what I had in mind but I could feel it was on in the first 5km."<sup>1</sup>

Bec Henderson, after a typically uncompromising effort that possibly showed the effects of a gruelling summer of training and Supernova racing, crossed second in **1:31.44**, her best by 9secs. Clara Smith, next home, was rightly delighted with her 3:29 PB for **1:33.37**, after not completing a 20 since 2017. Kelly Ruddick sped up to negative-split the second half for **1:36.58**, a new Victorian Masters W45 record. The day's massive improver was taillight Hannah Mison, whose **1:44.32** destroyed her previous PB by close to 10 minutes!



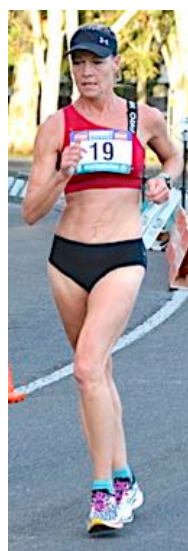
Jemima



Bec



Clara



Kelly



Hannah

In the Men's race, **Kyle Swan** and **Declan Tingay** dictated terms from the gun, passing 4km in 16:45 with NZ rep **Quentin Rew** in close attendance. Around 25secs further back, **Rhydian Cowley** and 20km debutant **Will Thompson** held a four second gap on **Tyler Jones**, himself well clear of a bunch containing **Carl Gibbons**, **Tristan Camilleri**, **Tim Fraser** and **Mitchell Baker**.

Swan and Tingay then put the foot down for a 16:15 split to reach 8km in 32:58, dropping the gritty Rew by 6secs. Cowley, now joined by Jones, passed 8km in 33:52 with Thompson falling back for 34:21. Baker, Gibbons and Camilleri reached 8km with only a second's gap between them.

Nothing separated the leaders at 10km, both crossing in 41:07, with Rew at 41:23 and now in no-man's land. Thompson, 42:47 and on a learning curve, was fighting to keep his deficit to Cowley and Jones from blowing out, while no member of the 'Gibbons group' had yet managed to force a break, going through in 43:46 to 43:48.

Over the 12-14km stage Swan ventured an attack, opening a 3-second gap that had closed by 16km, with Tingay now leading. Rew was doing it tough out alone, while the experienced Cowley had broken Jones's brave challenge with Thompson keeping the New South Welshman in sight with a consistent rate in the mid-8:20s. Gibbons had applied the pressure to leave the other pack members strung out behind him, each fighting to maintain his pace as fatigue took hold.

Two ripping sub-8 final laps saw **Declan Tingay** cross the line for an emphatic win and a huge PB in **1:20.44**, achieved with sound tactical judgement. "I didn't really plan on walking that fast this morning," said Tingay. "I had planned on qualifying for World Champs via the points system. To find a few extra gears today and knock the time out this early in the season is awesome."<sup>2</sup>

<sup>1</sup> Marcia dal Mondo [http://www.marciadalmundo.com/eng/dettagli\\_news.aspx?id=4300](http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=4300)

<sup>2</sup> Ibid.



Kyle Swan could not match Tingay's speed on the day but deserved credit for putting his cards on the table earlier, also earning a big PB with his **1:21.39**. Achieving these results so early in the year augurs well for both men's international campaigns.

Popular Kiwi Quentin Rew, for most of the race an island unto himself, took a clear Oceania bronze in **1:22.23**. Rhydian Cowley, only recently returned to serious training, managed a negative split to claim the National bronze in **1:23.29**, while Tyler Jones rallied for a sizeable PB of his own of **1:24.10**.

Will Thompson showed toughness and maturity beyond his years in opening his 20km account with an excellent **1:24.40**, while 4 of the final 7 finishers would also go home with PBs beside their names after a memorable day of hard racing in a quality field.



*Declan, Kyle, Quentin, Tyler, Rhydian, Will, Carl and Mitchell*

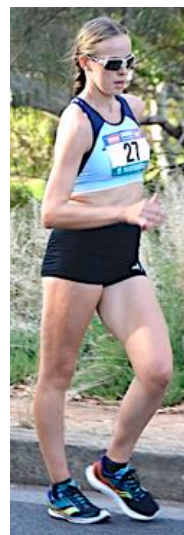
The U20 Women's 10km saw local star **Olivia Sandery** go straight into a lead she never relinquished, extending it with each lap for a commanding win in **46:35**. Ballarat's **Alanna Peart** kept Sandery in sight in the first lap, losing contact once the South Aussie stepped on the gas but holding on for silver in **48:30**. NSW's **Allanah Pitcher** has rebuilt her distance condition over the summer after two pandemic-affected years, taking the bronze on this occasion with **49:40**. All three girls again recorded World Team Championship qualifiers, giving those who finished behind them plenty of incentive to do the work necessary to emulate them.



*Olivia*



*Elizabeth and Alanna*



*Allanah*



*Fraser and Marcus*

Disappointingly, only two boys fronted for the U20 Men's 10km, indicating that some strategic planning is in order to build up our male youth walking depth, post-pandemic. **Marcus Wakim** and **Fraser Saunder**, both eyeing Muscat qualifiers, raced as if shackled together for 8km before Wakim slipped in a sub-9 last lap to pull away from his Victorian teammate for a good win. Wakim (**45:56**) and Saunder (**46:04**) recorded almost identical PBs and, of course, those qualifiers. Well done, lads!

(Photos: *Terry Swan*. See more at <http://www.vrwc.org.au/piwigo/index.php?category/593> )

**Men 20km Race Walk Open**

1	Declan Tingay	WA	1:20.44	<i>PB 3:16</i>
2	Kyle Swan	VIC	1:21.39	<i>PB 2:14</i>
3	Quentin Rew	NZL	1:22.23	
4	Rhydian Cowley	VIC	1:23.29	
5	Tyler Jones	NSW	1:24.10	<i>PB 1:32</i>
6	Will Thompson	VIC	1:24.40	<i>First one</i>
7	Carl Gibbons	NSW	1:26.30	<i>PB 0:54</i>
8	Tim Fraser	ACT	1:27.19	<i>PB 5:00</i>
9	Mitchell Baker	ACT	1:30.30	
10	Dylan Richardson	NSW	1:31.16	<i>PB 3:11</i>
11	Kim Mottrom	SA	1:31.32	
12	Adam Garganis	VIC	1:41.14	
13	Mathew Brugines	SA	1:49.34	<i>PB 0:49</i>
--	Tristan Camilleri	SA		DQ

**Men 10km Race Walk Under 20**

1	Marcus Wakim	VIC	45:56	<i>PB 0:29</i>
2	Fraser Saunder	VIC	46:04	<i>PB 0:26</i>

**Men 5km Race Walk Under 18**

1	Sebastian Richards	SA	25:58	
2	Cooper Rech	SA	28:09	<i>PB 0:30</i>

**Women 20km Race Walk Open**

1	Jemima Montag	VIC	1:27.27	<i>NR, PB 1:23</i>
2	Rebecca Henderson	VIC	1:31.44	<i>PB 0:09</i>
3	Clara Smith	QLD	1:33.37	<i>PB 3:29</i>
4	Kelly Ruddick	VIC	1:36.58	
5	Hannah Mison	NSW	1:44.32	<i>PB 9:48</i>

**Women 10km Race Walk Under 20**

1	Olivia Sandery	SA	46:35	
2	Alanna Peart	VIC	48:30	
3	Allanah Pitcher	NSW	49:40	
4	Emma Blanch	NSW	51:52	<i>PB 0:16</i>
5	Elizabeth McMillen	NSW	52:11	
6	Milly Boughton	NSW	52:18	<i>PB 1:18</i>
7	Hannah Bolton	NSW	52:31	<i>PB 1:06</i>
8	Char Hay	VIC	53:25	
9	Nellie Langford	SA	54:43	<i>PB 1:07</i>
10	Anika Clarke	QLD	57:58	<i>First one</i>
11	Summer Millard	QLD	59:49	

**Women 5km Race Walk Under 18**

1	Daisy Braithwaite	SA	27:21	<i>PB 0:03</i>
2	Emily Lynch	SA	27:24	<i>PB 0:37</i>
3	Angelina Legrand	SA	28:45	<i>First one</i>
--	Katie De Ruvo	SA		DNF

**A.C.T. ACT Walkers results, 10 February – Woden Park Athletics track, Woden**

Thanks to Val Chesterton for these results:

**1500m**

1. Scott Hyland	6:47	5. Lorna England	12:30
2. Peter Baker	8:30	6. Doug Fitzgerald	12:32
3. Jim White	10:51	7. Robert Kennelly	12:40
4. Bryan Thomas	11:34		

**SOUTH AUSTRALIA SA Interclub results, 11 February – SAAS, Adelaide**

Kim Mottrom reports on Friday night's Interclub races. With the Oceania championships on in Adelaide on Sunday, numbers for this Friday night competition were slightly reduced.

**Open 3000m**

Kim Mottrom	SA Masters	13:04.78	
Sebastian Richards	Southern AC	14:46.69	
Samantha Findlay	Southern AC	14:49.79	
Rhiannon Lovegrove	Port Adelaide	16:37.93	
Matilda Gourlay	Southern AC	17:15.55	PB
Peter Crump	Saints AC	18:10.06	
Marie Maxted	SA Masters	19:34.74	

**Open 1500m**

Cooper Rech	Coastal Districts	07:33.53	PB
Alexander Scarman	Adelaide Harriers	11:53.29	

**TASMANIA Interclub and Masters, 9 and 12 February – two locations**

David Moore sent in this uplifting report on some impressive results from the Tasmanian younger brigade:

Accolades this week to our trio of top young male Walkers, with **Will Bottle, Sam Lindsay and Oliver Morgan** putting in some very good performances at each end of the state.

Will Bottle shaved off over a minute from his 3000m time to go under 13 minutes for the first time, while clubmate Sam Lindsay also strode home for a PB in the mid – week Northern Tas Interclub event.

In the South, Oliver Morgan chipped in with a mid-week PB over 5000m and followed it up at Saturday's Athletics South Interclub with another PB for 1500m.

We look forward to Will, Sam and Oliver taking their good form into next week's state titles.

#### **Northern Tas. Athletics Interclub**

**St Leonards Northern Athletics Centre 9/02/22**

##### **Results 3000m Walk**

1. Will Bottle Newstead AC 12:55.18 **PB**
2. Samuel Lindsay Newstead AC 14:06.52 **PB**

#### **Athletics South Interclub**

**Domain Athletics Centre Hobart 12/02/22**

##### **Results 1500m Walk**

1. Oliver Morgan OVA 6:45.12 **PB (U/16)**
2. Elizabeth Leitch ES 10:00.99
3. Wayne Fletcher NS 13:11.82
4. Dave Moore TMA 13:18.03

#### **Tas Masters T&F**

**Domain Athletics Centre Hobart 9/02/22**

##### **Results 5000m Walk**

1. Oliver Morgan OVA 24:50 **PB (U/16)**
2. Wayne Fletcher NS 44:00

## **WESTERN AUSTRALIA WARWC results, 13 February – Perry Lakes, Perth**

Thanks to Terry Jones for these results. It seems conditions were more agreeable for athletics than last week.

#### **10K**

- |               |         |
|---------------|---------|
| Andrew Duncan | 53.17   |
| Bradley Mann  | 54.26   |
| Karyn Tolardo | 1:08.11 |
| Ben Reid      | DNF     |

#### **5K**

- |               |       |
|---------------|-------|
| John McDonagh | 35.32 |
| Maecela Ruiz  | 36.40 |
| Steve Travell | 42.53 |

#### **3K**

- |               |       |
|---------------|-------|
| Glenys Duncan | 27.13 |
|---------------|-------|

#### **2K**

- |              |       |
|--------------|-------|
| Sylvia Byers | 18.45 |
|--------------|-------|

\*\*\*\*\*



## **INTERNATIONAL NEWS**

### **FRANCE: National Youth Indoor championships, 12 February - Rennes**

Emmanuel Tardi reports from Rennes, where despite wintry weather outside, the competition indoors was hot:

I was in Rennes (capital of Brittany, 300km in the west of Paris) on Saturday, for the National indoor Championship for the Youth category (U18 U20 U23). There was also a race for the best “non young” walker who have not walked this year under 21mins for men (5000m) and 14mins (3000m) for women.

8 races were scheduled from 12:00 to 17:00.

In U18, **Lena Auvray** beat her French Record (13'55, set last December).

In U20, **Elvina Carre** did all the race alone and won easily.

The U23 was the best race, with 5 walkers who battled in the first half of the race. **Maele Bire-Heslouis** (2<sup>nd</sup> last summer in the World championship in Kenya) finally won.

In the N2 race, **Anne-Catherine Quenehervé** beat the W55 world best time in 14'46 (previously set by Australian Lyn Ventris at 14'51 in 2012). Quenehervé (previously Berthonnaud ) was 39 times in the French team between 1983 and 2000.

In the Men's U18, **Quentin Chenuet** won very easily.



**Women U18 3000m**

1 AUVRAY Lena	CAF/06	La Vigilante Fougères	13'34''90
2 MERBITZ Marine	CAF/06	Fc Sochaux Montbeliard	14'10''84
3 SAINT-MARTIN Juliette	CAF/05	As Aix les Bains	14'13''99
4 GUILLARD Lisa	CAF/06	Stade Sottevillais 76	14'40''77
5 TARTRON Lea	CAF/05	Beauvais Oise Union Club	15'12''21

**Women U20**

1 CARRE Elvina	JUF/03	As Tournus	13'23''52
2 DELAHAIE Ana	JUF/04	Dordogne Athlé	13'58''03
3 LAURENS Emilie	JUF/03	Cs Bourgoin Jallieu	14'05''47
4 MASSON Liv	JUF/03	Bordeaux Athle	14'18''91
5 BERGER Alyssa	JUF/03	Ao Nivernaise	14'33''53

**Women U23**

1 BIRE-HESLOUIS Maele	ESF/02	Stade Saint-lo	13'15''02
2 TERREC Maele	ESF/01	St Max Essey Club Athlé	13'27''05
3 MANARESI Marion	ESF/00	Ac Romorantin	13'29''37
4 ROTTIER Marine	ESF/00	La Postillonne Longjumeau	13'37''28
5 MOLIST Lucille	ESF/01	Cs Bourgoin Jallieu	13'41''05
6 PERRICHON Julia	ESF/01	Grenoble Uc	14'03''30
7 DUCLOS Adele	ESF/00	Athle 91	14'13''10
8 MILLE Angele	ESF/01	Givet Renin Ac	14'29''59
9 JUMEAU Celia	ESF/00	Bonneval Athlé	14'30''24

**Women N2**

1 PICARD Axelle	SEF/99	St Max Essey Club Athlé	14'23''72
2 DENISSELLE Vanessa	MAF/84	Val-de-reuil Ac	14'26''16
3 DELAUNAY Dorothee	SEF/98	Sc Universitaire France	14'39''34
4 PESLERBE Bertille	SEF/98	Ea Pays De Broceliande	14'42''89
5 QUENEHERVE Anne-Catherine	MAF/66	Grand Angouleme Athletisme	14'46''15

*Elvina Carre**Maele Bire-Heslouis**Lena Auvray**Anne-Catherine Quenehervé***Men U18 5000m**

1 CHENUET Quentin	CAM/05	Gien Athle Marathon	22'33''83
2 PICART Bastien	CAM/06	Cote De Jade Athlé	23'50''30
3 ELLUL Hugo	CAM/05	So Calais Athletisme	24'04''07
4 SCHOONHEERE Arthur	CAM/05	As Marck	25'25''43
5 PETIOT Simon	CAM/05	Ac Secteur Monistrol	25'54''53

**Men U20**

1 BATIFOL Ellis	JUM/03	Asvel Villeurbanne	21'57''53
2 GARROUTY Erwan	JUM/03	Ca Perigueux	22'18''57
3 GARREAU Faustin	JUM/03	Afa Feyzin-venissieux	22'29''82
4 BENJELLOUN-TOUIMI Leo	JUM/04	As Libourne	22'59''35
5 NAU Louis	JUM/04	Saran Loiret Athletic Club	23'32''04

**Men U23**

1 MADELINE-DEGY Martin	ESM/01	Ecla Albi	20'34''75
2 DUC Matteo	ESM/01	As Aix-les-bains	20'39''48



3 DREVILLE Lucas	ESM/02	Beauvais Oise Union Club	20'55''36
4 HUE Aymeric	ESM/01	Ec Orleans Cercle Jules Ferry	21'00''02
5 ROBICHON Alexis	ESM/00	Ac Roche-sur-yon	21'10''35

#### Men N2

1 RODRIGUEZ Remi	SEM/89	Clermont Athletisme Auvergne	21'09''79
2 VALLEE Kyrian	SEM/94	Blagnac Sc	21'19''77
3 BAZZO BORTOT Symon	SEM/96	As Raismes	21'29''55
4 MARTIN Come	SEM/95	Annecy Haute Savoie A.	22'01''26
5 FAITEAU Maxime	SEM/90	Entente Poitiers Athle 86	22'08''66
6 DELAUNAY Sebastien	MAM/74	Cap Saumur	22'10''81



Quentin Chenuet



Martin Madeline-Degy



Remi Rodriguez



Ellis Batifol

### UNITED KINGDOM: 2022 ERWL Fixture #2, 12 February – King George Playing Fields, Enfield

Thanks to Ron Wallwork for the latest Enfield League results. Sounds like a day for the tough!

A bitterly cold wind sweeping across the King George Playing fields didn't make things easy for the 23 walkers who toed the line for the second ERWL fixture of 2022 on 12<sup>th</sup> February. Nevertheless at least one PB was bettered and several posted quicker times than in the first race in January.

Picture by EHAC Chairman Barry Cook (more on Enfield & Haringey website), shows plenty of intent from all the participants.



#### 5 miles

1 George Wilkinson	Enfield H AC	Mu23	39.04	1 Abigail Jennins	Aldershot F&D	Wu23	41.33
--------------------	--------------	------	-------	-------------------	---------------	------	-------

2	Dave Annetts	<i>North Herts RR</i>	M55	39.33	2	Emma Dyos	<i>Ilford AC</i>	W45	47.51
3	Dave Walsh	<i>Enfield H AC</i>	M60	46.38	3	Maureen Noel	<i>Belgrave H</i>	W55	51.46
4	Michael George	<i>Vets AC</i>	M50	49.08	4	Rachel Lawless	<i>Ilford AC</i>	W55	52.31
5	Stuart Bennett ©	<i>Ilford AC</i>	M60	51.21	5	Amalia da Silva	<i>Belgrave H</i>	W55	54.55
6	John Arthur	<i>Ilford AC</i>	M60	51.39	6	Noel Blatchford	<i>Abingdon AC</i>	W70	56.23
7	John Borgars ©	<i>Loughton AC</i>	M75	52.14	7	Fiona Bishop	<i>Enfield H AC</i>	W60	58.10
8	Andrew Tweed	<i>unattached</i>	M70	54.55	8	Diana Braverman	<i>Enfield H AC</i>	W70	58.47
9	David Hoben	<i>Surrey WC</i>	M65	60.07					
10	Mal Blackwood	<i>Trent Park</i>	M75	61.49					
	<b>3 miles</b>					<b>3 miles</b>			
	Francisco Reis	<i>Surrey WC</i>	M60	26.43		Shaeda Arthur	<i>Ilford AC</i>	W60	49.20
	Tony Wilkinson	<i>unattached</i>	M60	35.31		<b>2 miles</b>			
	David Ainsworth©	<i>Ilford AC</i>	M70	46.27		Lucy Engwell	<i>unattached</i>	W60	22.26

### UNITED KINGDOM: Bob Wright H'cap series, 23 Jan, 6 Feb, 13 Feb – Guernsey

Rob Elliott reports on recent Channel Isles racing. Thanks to David Ainsworth for passing it on:

#### First Series Win for Stuart Le Noury

A new name appeared on the Bob Wright Memorial Trophy when grandson Stuart became the latest in the family to win it. Usually seen winning most Sarnia events in recent years, the trophy until now has been out of his reach. But it was close this time with Stuart only just beating second placed Mick Le Sauvage on count back after seven races. With one race falling foul to the weather it ended up as a six race series with five to score, Stuart taking the overall win after securing higher positions in the races. Kevin Le Noury took third place overall.

Remarkably, there have been 13 different winners of the trophy since 2008, with Jayne Le Noury winning it three times in that period.

In the final race over 3 kilometres it was Kevin Le Noury winning easily with Stuart taking second place, leaving Dave Dorey and Mick Le Sauvage behind in the final straight. The windy conditions did nothing to dampen the enthusiasm of the small field, with the final two walkers still active after many years in the sport at ages 75 and 82 respectively.

Donna Allan had taken victory in the penultimate race over 2 kilometres with a late sprint to head Mick Le Sauvage by two seconds, with Kevin Le Noury a further two behind that.

Another event over 5 kilometres saw Stuart Le Noury finish in 28.42, in a race held in very windy and unhelpful conditions.

#### \* Bob Wright Handicap Series Race 6 (2 kilometres) , 23 January – Les Amarreurs

- 1 Donna Allan W45 15.19 (watch time) / 3.00 (handicap) / 12.19 (actual time)
- 2 Mick Le Sauvage M80 15.21 / 0.00 / 15.21
- 3 Kevin Le Noury M60 15.23 / 1.30 / 13.53
- 4 Stuart Le Noury M35 15.54 / 5.30 / 10.24

#### \* 5 kilometres road walk, 6 February – Les Amarreurs

- 1 Stuart Le Noury M35 28.42
- 2 Mick Le Sauvage M80 41.41
- Dave Dorey M75 DNF

#### \* Bob Wright Handicap Series Race 7 (3 kilometres), 13 February – Cambridge Park

- 1 Kevin Le Noury M60 23.35 (watch time) / 2.30 (handicap) / 21.05 (actual time)
- 2 Stuart Le Noury M35 24.02 / 8.30 / 15.32
- 3 Dave Dorey M75 24.15 / 0.00 / 24.15
- 4 Mick Le Sauvage M80 24.31 / 1.00 / 23.31

#### **\*\* Bob Wright Series**

- 1<sup>st</sup> Stuart Le Noury 92 points. (Wins on count back)
- 2<sup>nd</sup> Mick Le Sauvage 92
- 3<sup>rd</sup> Kevin Le Noury 75
- 4<sup>th</sup> Dave Dorey 71
- 5<sup>th</sup> Rob Elliott 71
- 6<sup>th</sup> Donna Allan 58.



Photo: *Sheffield Star*

**JOHN 'PADDY' DOWLING 1929 – 2022**  
*Irish ultra-walker par excellence*

It was announced last week that Irish walking legend **John 'Paddy' Dowling** had passed away, aged 93. While his name may not be familiar to many outside the ultra-distance walking world, Paddy's was an extraordinary story, by any reckoning.

Although a survivor of horrendous childhood privation and brutality, he was clearly not one to allow this to define him. Rather, Paddy's past appears to have hardened him like steel, paving the way for the endurance exploits that earned him widespread admiration and respect within his own shores and beyond.

From the many tributes and messages circulating on social media pages and elsewhere, one did not need to have met Paddy to deduce that here was a tough yet gentle man, determined to push his own physical and mental boundaries yet valuing the bonds of friendship that come with club affiliation and society. His love of music – a very Irish trait – showed another dimension to his personality that would have gladdened hearts around him.

For a detailed account of 'Paddy' Dowling's life and walking feats, Tim Erickson's informative article at <http://www.vrwc.org.au/tim-archive/articles/wo-john-dowling.pdf> is a must-read.

The VRWC expresses its condolences to Paddy's family, friends and clubmates.

**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.

- 14/02/2022 - Prague (CZE): The Czech Republic Indoor Walking Championships. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4301](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4301)
- 13/02/2022 - Adelaide (AUS): Declan Tingay and Jemima Montag win the Australia and Oceania 20km Championships – (yeah, I did hear something about this one ... somewhere ... ) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4300](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4300)
- 13/02/2022 - Pamplona (ESP): Alberto Amezcua and Maria Perez win the 20km walk Spanish Championships. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4299](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4299)
- 12/02/2022 - Rennes (FRA): Lena Auvray's new U18 girls national record at the French Indoor National Championships. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4298](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4298)

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.

*Note: The O Marchador 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 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 12/13 Mar 2022 **LAVic State Track & Field c'ships U9-U16** – 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  
Sun 15 May 2022

AV 'Run The Tan' – Kings Domain, Melbourne  
Oceania & Australian 35km Race walking championship – Melbourne (TBC)

**International Dates**

Mar 1 – 6, 2022  
Jun 26 – July 7, 2022  
Jun 29 – Jul 10, 2022  
Jul 15 – 24, 2022  
Jul 22 – Aug 7, 2022  
Aug 11 – 21, 2022  
TBA, 2022  
TBA, 2023  
Aug 2023 (TBC)

**29<sup>th</sup> World Athletics Race Walking Teams Championship** – Muscat, Oman (postponed from 2020)  
**World University Summer Games** – Chengdu, CHN (postponed from 2020)  
**23<sup>rd</sup> World Masters T&F Championships** – Tampere, FIN  
**18<sup>th</sup> World Athletics Championships** – Eugene OR, USA  
**XXII Commonwealth Games** – Birmingham, GBR  
**European Athletics Championships** – Munich, GER  
**19<sup>th</sup> World Athletics U20 T&F Championships** – Cali, COLOMBIA  
**24<sup>th</sup> World Masters T&F Championships** – Gothenburg, SWE  
**19<sup>th</sup> 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](mailto:stuwalks@yahoo.com.au)